

July 1984

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C A P I T A L C I T Y R O A D R U N N E R S

F R E D E R I C T O N, N.B.

F O O T N O T E S

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FRM THE EDITORS

First we want to thank very much the contributors for this month. The profiles we received for this month are excellant. I want to remind other members that we would like to receive theirs, too.

We thought it would be nice to publish everyones feelings about the club barbecue that was held in May so please phone us any comments you might have.

We would like to plan any other activities you might suggest so please inform any of the executive of any ideas you might have.

Brenda Tree & David Tree

Dear Editor:

Congratulations to Tony Little for the "fun-time" barbeque held at Odell Park a few weeks ago - a job well done!!! The time spent planning certainly paid off as a good time was had by all.

Thanks to those who tended the grills, served the food and cleaned up afterwards - it was a real treat for the ladies to be able to sit back and enjoy!

Kids of all ages participated enthusiastically in the dizzy relay, boardwalk, touch football, frisbee throwing, and various other fun activities but most particularly the EGG TOSS!! Who says runners only enjoy running?? Perhaps the club could organize more family-oriented activities, as it is fun to meet each runner's personal support group (as well as encourage future little Roadrunners - beep beep, move over old folks).

Also a special thanks to Stephen and Carol Scott for opening their home for some festivities after the picnic. We all had a great time discussing running, politics - later in the evening, and playing charades.

All in all, it was fun!! Let's do it again next year.

From "ONE WHO WAS THERE"

PERSONAL ACHIEVEMENT AWARD

Again to remind you if you can think of anyone deserving of this award please contact Paul Lavoie or Tim Maillet.

Without further ado the winner for this month is FLO LEDREW

Flo's ambition for the year was to run a 10km. race in 50 min. and she did this in the Moncton Kings Sport 10km. held on June 4th. She ran the hilly course in 50:06 and as a result won the Masters lady division. Congratulations Flo!

On Sat. May 26th we had a club barbeque. Before I describe it, we all owe Tony Little a big "thank you" for all the planning and work that went into this event. Also thank you to the 4 or 5 wonderful cooks.

Now to the description! About 52 people attended on an absolutely gorgeous day. The food was scrumptious with games and treats for those of us who were young in both age and heart. One cooler did seem to get more attention than the other though!

There was a football game, egg toss, egg carry, boardwalk, and a hilarious game that made some of us more dizzy than usual. Many names to remember are Dave Wallace in the egg toss, James Tucker and Ed Takacs in the dizzy game and Don Ferguson for his tackle in the football game. Christopher Mercer was by far the best baseball player and the Webster and Grosweiner girls showed their form at badminton.

Afterwards many of us put our tired kids to bed and retired to Steve Scott's house. His house by the way still had power. You might remember that that evening half the city was without power for 5 hours. The big charade challenge will be remembered well by most of us. There were two teams and the charades were done on TV shows past and present. Quite a few of us made fools of ourselves. If you want a laugh ask Tony Little to do his rendition for "Private Benjamen".

SHORTS AND SINGLETS

The bank total is now \$387.67. The barbecue cost us \$207.16.

A group of us are still doing speed work on Tues. nights at the FHS track at 5:30. Also the Funruns are on Wed. nights and are in Tues. Gleaner. Please try to attend these if possible. We'd like to get to know you.

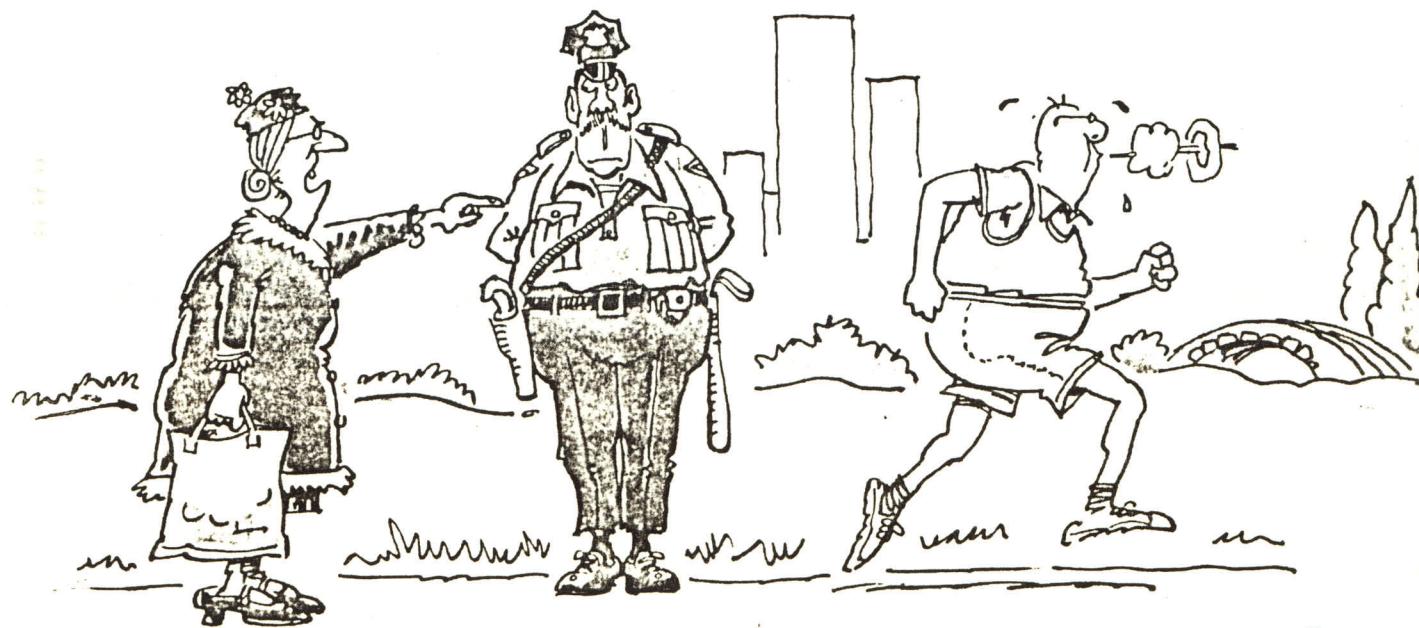
Guess who goes to the track and does so many quarters (400 meters) that the rest of us get dizzy just watching. His initials are J.T.

Welcome to the new members this month of Eleena Davidson and Neil MacTavish.

I saw on TV the other month a nutritionist who talked about a "Drink of Champions" that he prescribed. It supposedly is much better for you than Gatoraid. It tastes pretty yucky but on the one occassion that I used it I did not seem to perspire as bad and had a good race. It consists of 1 cup of cold water, 2 tablespoons of real orange juice, and a pinch of salt.

Every time our Funrun goes out the Lincoln Road one of our members disappears behind the support for the PM bridge. What's the big attraction Nick?

I hear the climb up the Mountain was a harrowing experience for the 3 brave souls who went on June 8th. The question I would like to ask them is wheather they would go up again?



"Officer, arrest that dirty old man. He's the heavy-breather who's been following me around the park."

Member Profile.....By Flo LeDrew

The Big Race

When Brenda first asked each member of our Club for a profile on our running, I hesitated, thinking, what do I really have to offer, or really how could I do a profile on my running..... for me running is a struggle.

Then I got to thinking, somewhere out there maybe there is a discouraged, struggling runner who may get some encouragement from my profile, so here goes.....

I first started running about ten years ago with a neighbour in Ottawa to try and lose a few pounds. We both enrolled in a fitness class which put great emphasis on running as a means to lose weight, look better and feel better. We really enjoyed the classes, worked our way up to one or two miles each day for a full year. My health improved greatly, I lost eight pounds in two months and my asthma attacks virtually disappeared.

We lived in a small rural community outside Ottawa and I will never forget my morning runs down country roads lined with fields of daisies and buttercups. The air was fresh and clean and those runs cleared my mind and soul and relaxed me for the rest of the day.

I never thought at the time I would ever run in a road race, or even wanted to spoil my tranquil times racing to beat the clock, or pushing my body and mind beyond repair to pass another runner in hopes of beating him to the finish line..

We moved to Fredericton in 1979 and the first year we were here I put more emphasis on cross country skiing than running. By then my husband Bill had gotten into running a bit more serious than I and encouraged, bullied and dragged me along to my first experience in a road race.....THE FREDERICTON 5 MILE.....!

I arrived sheepish and hesitant and feeling completely out of place. I quietly slipped to the back of the pack, hoping no one would notice me, when a quiet female voice said to me, "How are you going to pace yourself today?" Not having heard that expression before I came up with the brilliant answer, I,m not sure yet!"

While Bill was of warming up, stretching and chatting with the boys, I paced, trying to figure out a way to get out of this mess. Finally, they all started to line up and look serious. I stayed at the back for fear of being run over and ground into the dirt.....the starting gun went off....and I was instantly alone.

I prodded along thinking, this IS fun and I,m not really alone, I have these ambulance drivers to keep me company. Finally, I looked over at them and said "You,re really making me look bad." They shrugged and kept pace with me.

After what seemed to be hours I finally sighted a runner ahead. I pushed myself a bit and finally caught up to him. I wish I could say he was a young jock, but he turned out to be a white haired 65 year old. I passed him with much effort, determined now to beat him to the finish line. Now it was just he and I to worry about as the rest were already patiently waiting at the finish line for us to come in.

Finally, U.N.B was in sight, the crowd was gathered, I ran unto the field with my competition not far behind. I crossed the finish line, ran through the wrong section dropping my stick in the process thinking, There,s no popsicle on this! My first thought when I stopped was, I hope I didn't discourage that poor old soul.

My running has not greatly improved since then, however I now finish in about the last third of the pack.

I ran in the Labatt Lite series last year and did not accomplish any great feats, however, I now have an improved runners vocabulary. Words like fartlek, pacing, runners toe, carbo loading, L.S.D., endorphins are all everyday words for me.

I still don't take my running or racing too seriously. I really enjoy the social part of the Club and our weekly "Fun Runs" are very relaxing and enjoyable.

I hope to run some races in the series this year, but am mostly looking forward to visiting the different communities around New Brunswick, and I know, somewhere out there, sometime, some place my white haired 65 year old friend is just waiting for me to challenge him once again. His words keep coming back to me as I passed him on Queen St that faithful day, "Go for it!"

So all you discouraged, struggling runners out there, " Go for it." Your "RACE" will come.

ACHES AND PAIN

THE KNEE

I think we have all heard of "runner's knee" and some of us have even suffered this injury. Knee pain is the most common running injury reported to physicians.

The knee must absorb 3 times our body weight force each time our foot strikes the 1000 times over a 1 mile distance. This stress is again doubled on downhill runs.

At the Heart Marathon I was talking to UNB's Phys. Ed professor Gail Reynolds about knee problems. I was informed that we runners have very poor knee and hip flexibility, hence the occurrence of knee and hip injuries. She suggested simple toe touching and hurdle position done only after warm up. She suggested a distance of about a mile of jogging first. Of course, she said not to do the exercises in a bouncing method.

Now, what to do if you already have knee pain. Avoid all hill and speed workouts. Apply ice immediately after running and before bed. Swimming and biking are good alternatives when running is just too painful.

The knee pain itself is usually caused by a tendonitis around the kneecap or by the kneecap itself becoming inflamed (patello femoral pain syndrome).

Surgery, of course, is an alternative to continuous knee problems. Most of us heard of the remarkable recovery Joan Benoit made from her knee surgery. Just 2-3 weeks before winning the U.S. Olympic Trials for the marathon in a time of 2:31 she had undergone surgery done with a arthroscope. This type of surgery is getting to be quite common now, and even here there is a type of microscopic knee surgery being done.

Certainly all of us would like to avoid surgery so I guess, as much as I hate it, stretching is the answer.

Member Profile (Dave Prebble)

This looks more like "nostalgia time" as I re-read it but I trust it will bring some pleasure to all the eager readers of our newsletter. I am currently a great arm chair runner and I enjoy inserting my own PR's into race result lists to see where I would have finished, "if only ..." It sure saves wear and tear.

My running career officially began at the end of grade nine (1957) when I tied for last place in an 880 yard dash. I had not yet started serious training on the Prebble schedule (one day a week) although I had practised the approximate distance by running along the railroad tracks near home in Saint John. I reasoned that the surface would get me used to a cinder running track, since the CPR was still using coal fired steam locomotives for yard work.

I raced on the roads the first time about a year and a half later, secretly trained by Joe Richard. Joe was still running out of the Chatham area a year or two ago, and probably still is. He has been getting the old age pension for several years, but the last result I saw, he was pretty close to 7 minute pace. I learned more about training and racing from Joe than I have from any other single source. Some of Joe's training hints:

- == Always surge up a hill in training.
- == Wear light weights on your hands or carry some stones. Stones are good if there are dogs on your route.
- == When running at night and you meet a car, close one eye until the car passes---then open it and it is already adapted to the dark when the brightness of the headlights is gone.

These were also the days of Billy Best and George Gallant...what else is new?

My first long race was the Lafontaine Parc 12 mile in Montréal in 1960. My shoes for competition in those days were a well worn pair of tennis sneakers... I could hardly run for a month afterwards. A couple of years later I ran a 15 mile race in Montreal which was won by Fred Norris. In the late 50's Norris, a British marathoner, had held the world record for the one hour track run (then about $12\frac{1}{4}$ miles, I believe). I was 15th and more than 21 minutes behind the winner who did 76 something. That gives you an idea how many people there were on the roads then. Norris was a coal miner by trade, and probably one of the last world class runners whose basic strength training came from his daily work.

Most of my training in those days was 8 or 10 interval $\frac{1}{4}$'s in 65 - 70 second pace about 4 days a week. Usually a few miles on grass on the weekend if there was no race. It was adequate for any kind of racing from the half mile to 10+ miles on the roads. It is terribly boring and brutal, but probably about the most efficient use of one's time if that is how you want to approach your running. In the winter we would run the walkways on Mount Royal and surge flat out approximately every $\frac{1}{2}$ mile. The same damn thing only if you were too slow in the recovery interval the other guys would be taking off again just as you caught up. If you fell on the ice you had little chance of catching up so you learned good balance.

I did not do much road racing from 1963 until I moved to Victoria, BC in 1968. Considering the ideal climate for year round running, I was amazed at how few runners there were. One really had to do research to learn about any races. While there I ran a 20 mile race in Stanley Park (Vancouver) in 2:20 and came home elated. HA! Marathons aren't so much! I could have done another 6 miles in 45 minutes or so today -- no problem. (Note that with that time I was the last finisher and at least 5 or ten minutes behind the previous runner. Those of us on the roads then were pretty serious, but now it is more fun. You can usually maintain some kind of contact with other runners in a race.) Anyway about a month later I got a chance to test my theory. There was a full marathon on the same course, so I set my pace for three hours. Things didn't go quite that smoothly. Temperature was 80F + and I didn't know anything about water on the run. When my pace began to drop off badly around 12 miles, I began to panic. When the leader lapped me (it was a 5 mile loop course) I quit at 17 miles. To date that is my only DNF.

In 1970 I moved to Kitchener, ONT and enjoyed several years of competition. In July 1973 I completed my first marathon in Scarborough on a flat course. I ran Boston in 1974 --- it was a real emotional experience because I had been wanting to for 15 years --- but the running was my worst marathon experience. Temperature was not too bad, but I got badly dehydrated because I could only get Gatorade and it bothered my stomach so I did not take enough. I remember all these old guys parading by in the last 3 - 4 miles, including the old John Kelly who was then about 67 I think. Afterwards I lay on the cot at the Pru trying to stop shaking. More gatorade. Then I crawled to my hotel to discover that the runners who beat me got to use up all the hotwater. So I lay in bed shivering some more until about 7 pm. What great pleasure these memories bring.

Today my goal is to see which of my old PR's I can beat. A secondary goal is to see how little training I can do and still avoid injury and race when I want to. I have no interest in 80 or 100 mile weeks but would like to race about once a month with a marathon once or maybe twice a year. Ottawa in May 1985 is my current target for the next marathon I'll try.

Dave Prebble
June 1984

On Thurs. June 14th Steve Fonyo passed through F'ton on his cross Canada run for the Cancer Society AND the CCRR were there.

Since it was 9 a.m. only 2 of us could make it but we ran 3 miles with Steve. We presented him with \$25 for Cancer research and also made him an honorary member of the CCRR by giving him a membership card and a t-shirt.

He seemed very shy. I did learn that he had trained for 10 months for his run and that he trained anywhere from 1-20 miles per day, 7 days/week. Dick and I estimated that we were running approx. 13-14 per minute miles. He did a 3 mile run then a rest then more running. The day we met him he was hoping to get in 25 miles.

Later the same evening some of saw him at a reception at City Hall. There were 5 CCRR members there which made up about 20% of the total amount of people. He looked tired and said he had in fact covered 23 miles that day.

On Sat. June 15th the CCRR T-shirts were very visible at the Bicentennial Relay that was held here. It was put on by the City Bicentennial Committee and proved to be a good time. It was organized by George Hubbard and I think people went away happy.

RACE RESULTS

SAINT JOHN May 19th 5 miles- 87 runners
7th Tim Maillet 28:30
12th Tony Little 29:59
26th Dick Mawhinney 32:02
41 Brenda Tree 34:43
51 Martin Grosweiner 36:31

SUPER SERIES CAMBELLTON 13.1 mile MAY 20th 67runners

Our team of Joe McGuire, Scott Hare, Bill LeDrew, Bill Best, and James Tucker took top honors in the team division and I heard won a little cash.

9th Scott Hare 80:34
10th Bill LeDrew 80:37
19th James Tucker 85:??

I am afraid that I did not get the results from Oromocto but I am trying. At this race we had a big representation of our club and a lot of us went away with good times.

SUPER SERIES MONCTON KING SPORTS 10km. June 4th 123 runners

4. Scott Hare 34:33
7. Bill LeDrew 35:23
16 David Tree 36:59
21 John Cathcart 37:19
27 James Tucker 37:51- 3rd Master
33 Neil MacTavish 38:11
36 Tim Maillet 38:45
44 Steve Scott 39:20
54 Tony Little 40:51
66 Dick Mawhinney 42:29
72 Fred Turnbull 43:01- 2nd Veteran
103 Brenda Tree 47:31- 10th Female
106 Paul Theriault 49:37
107 Flo LeDrew 50:06- 1st Master

BURTT'S CORNER 7.5 MILES June 17th

1 Scott Hare 43:26
3 David Tree 44:26
4 Dan Rearick 44:46- 1st Master
5 John Cathcart 45:09- 4th Open
10 Steve Scott 48:56
Rosaire LeBlanc 49:55- 2nd Master
Dave Prebble 51:21- 3rd Master
22 Dick Mawhinney 54:35
29 Brenda Tree 59:29- 2nd Female
31 Martin Grosweiner 60:09
32 Tim Maillet 60:11

AFTER

by Steve Scott

The end is in sight. You ease to a stop in front of your house. It's been a good workout. You feel tired from the effort expended, but somehow satisfied. The day has been an ideal one for a good run and it didn't seem too hard to find just that right pace (not too fast or too slow).

Now you're done, except for the ritual of your warm down exercises. Most days they are drudgery to you, no matter how necessary they are. But today they seem easier than usual. It's a good sign, for the best is yet to come.

We all have our rituals for one thing and another. For me, it is customary to have a good long drink of cool water followed by an even colder bottle of beer. Next I find a comfortable (favorite) chair to recline in and reflect on the day's run. A few sips, and inevitably it is time to take off the old running shoes. This is accomplished generally one foot at a time. That is, a careful unlacing of the left shoe. This requires some dexterity, due to the fact that some time ago I learned the hard way that when competing always, always tie your shoes for running in double knots. As well care should be taken to loosen the laces appropriately and with gentle but firm pressure, release the foot from it's confinement.

Next, it almost goes without saying, that this is the proper time to inspect said footwear for wear and tear and general condition i.e. is the shoe dirty? does it need shoe goo at the heel or toe? how about the odor, Can I still stand to take a good whiff?

All is OK- the shoe has passed inspection again. Another sip of beer is in order. Now comes the important step- the removal of the sock and the inspection of the foot itself. First throw away that damp smelly sock. Wiggle the toes? Surely- feels good to have the air get at that poor old tired foot. Next check for blisters, calluses and toenail length. Another swallow of beer. The left foot has passed inspection. Now for the other one. Same procedure as before.

Finally, (that is before I get another beer) time to put the old feet up on a footstool and really get into reflecting on the day's run.

Contentment, satisfaction, smugness and many other adjectives come to mind as you drink in the memories of the run itself and contemplate the rewards of doing it again.



E3A 2M7

For a refund

115 Queen St. W.

Mr. & Mrs. Hosman follow & you

