

JUNE 1984

Volume 2 Issue 12

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

THE EXECUTIVE

PRESIDENT	Paul Lavoie	454-7520
VICE PRESIDENT	Tony Little	454-5019
SECRETARY	Dave Wallace	457-3479
MEMBER AT LARGE	Dick Mawhinney	454-1721
TREASURER REGISTRAR	Brenda Tree	454-6202
FUNRUN COMMITTEE	Flo LeDrew	454-6073
	Bill LeDrew	
FOOTNOTES EDITORS	Brenda Tree	454-6202
	David Tree	
TELEPHONE COMMITTEE	Mary Maillet	455-7291
	Edna Harris	454-1721
	Dorise Turnbull	454-2612
	Wendy Beggs	454-6875
	Brenda Tree	454-6202

FROM THE EDITORS

You will see more race results in this issue because there have been more races, but remember if you are in a race be sure we have your results. It is nice to have your efforts publicized.

We would like to remind you again of your profiles if you could help us with this it would be appreciated.

We would like to thank all the contributors this month and encourage all of you to send us anything that might be appropriate for this newsletter. The profiles we did get are excellent and we want to thank you both. Anyone who can type it is appreciated if your articles are typed but this isn't necessary. (much appreciated though)

If there is anything that you would like to see in this newsletter please tell us.

Brenda & David Tree

SHORTS AND SINGLETS

The FunRuns have been changed to Wed. nights now due to the longer days. These have been slowed down in pace considerably and we would like to see all of you there. To find out where and when check Tues. Gleaner in the local sports happening.

On most Tues. nights you can find a few of us doing some sort of track work at the FHS field. All are welcome to attend. For more info you can call Tim Maillet or Steve Scott.

We have another new member this month, Don Ferguson, and we all send a hearty hello his way.

If anyone is looking to reach Scott Hare he has moved back to Newcastle. We will surely see him at some of the races though this summer and his newsletter is being mailed up to him.

Anyone who raced with me last year will probably see a difference this year. For one I am a little faster, but the main difference is my philosophy at the races. I am no longer trying to beat anyone, only my own time. As I previously mentioned I am trying for a 45 min. 10km. and I don't care if every female in the province is ahead of me when I do it. What has this philosophy done, you might ask? Well for one I am more relaxed at the start of the race and even the trips to the old bathroom have become lesser. A funny thing did happen though, at a race this year when I was practising being every ones friend and not their opponent. I was in a race and was gradually catching this 16 year old girl. Every time I would catch up to her she would sprint up ahead. Well after many catch ups I stayed with her and she was breathing very hard and sweating buckets. She looked over my way and I smiled. Then I said "Nice day isn't it?" Well this broke her spirit I guess and she began to walk. Maybe being friendly pays off anytime eh? (Brenda)

We are having a T shirt sale and they are now \$5 each. We only have size medium. These can be obtained from Dick Mawhinney or Edna Harris.

You know you are getting older when your 10km. time is less than your age.

You know you are slow when a passing car driver says "Look at that girl running on the spot".

The club would like your suggestions to extracurricular activities. What would you like to do, play a ball game, have a barbeque, have a house party, go swimming,? We are open to suggestions and the executive are waiting for your help. Give any of us a call.

MAY 10, 1984.

Dear Brenda and David;

Steve Scott reminded me during our fun(!?) run last night in the pouring rain that you had asked for club member profiles for the newsletter. First, I would like to say how much we enjoy the newsletter you guys have been putting together. It's a real good job. I also realize newsletters are a lot of work but can be a lot easier and better when everyone chips in so here's my contribution:

John Webster, age 40, brand new CCRR member.

subtitle: "How did I ever end up running 5 miles in the rain with Steve Scott and calling it fun?"

It all started early last year when I realized that my beard was starting to turn grey, that I was 39 years old (and about 39 lbs. too heavy) and (gasp!) smoking and that if I didn't do something about it soon it would be too late. (Ominous background music here).

This is what is known as a mid-life crisis, of course. Then when I looked at all the various ways people around me seemed to be handling midlife crises (depression, affairs, divorce, alcoholism etc.) it seemed to me that exercise and 'getting in shape' might be a one of the least messy alternatives. (The fact that my wife, Suzy, was going to the Y regularly and stayed after me for about three straight months to join her may also have had something to do with it).

Anyway, I started attending fitness classes at the Y and found that after the initial shock to my creaky, sedentary system I actually enjoyed it!! (thanks Suzy) Not only that, I discovered running (or RUNNING!). I remember very clearly thinking that if I could only jog twice around Wilmot Park without stopping then I would be satisfied. That was quite a few miles ago. I'm still not satisfied but I sure do feel better.

What happened next was that the Terry Fox Run came along last year and I decided to try it. My goal was to do it in less than 1 hour (which I just managed). While I was running I noticed a group of red tee shirts (far ahead in the distance) and the chap I was running with (not a member) told they were Capital City Roadrunners. (Light trumpet music here).

The next time I heard that name was in a notice about the Fall Classic 10K -- my first race (thanks CCRR). I think the thing that made me raise my sights from twice around Wilmot Park to a real race was that at about that same time I found out about this terrific idea called the 'Masters' category.

"You mean when I get to be 40 I just have to race against other old guys like me?? Fantastic." (Thank goodness I was too naive at that time to realize how fast all you other 'old guys' really are.)

Anyway, I finished the Fall Classic last year in a blazing 48 or 49 minutes and have been enjoying my positive addiction to speed ever since.

After working hard all winter my 10K time is now about 44 min. and my current goal is to get that down to 40 min. by the next

Fall Classic. (Watch for a greying blur in one of those red tee shirts).

When I'm not running I'm the Director of Audio-Visual Services at UNB and the proud father of four.

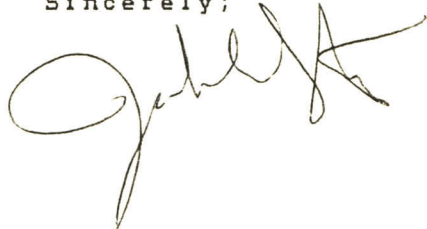
Our son, Lee, has just completed his third year at Royal Military College in Kingston and we have three girls ages 4 (Eleanor), 7 (Jessica) and 10 (Allison). I've already mentioned my wife Suzanne who works at the Greenery in the Fredericton Mall. She also spends a fair amount of time at the Y when she's not home cooking terrific vegetarian meals (we haven't eaten meat for about 15 years), coping with a seemingly immortal pile of laundry (all that running gear etc.) and generally keeping busy as mothers do.

That reminds me of a question/suggestion. Are there any other little CCRR's out there? Would anybody be interested in club events or activities to encourage younger runners? I would certainly be interested in talking with anyone about this.

I'm also interested in microcomputers and am currently working on a training log program for the Apple II that anyone would be welcome to if they have a similar machine.

This has become much longer than intended. I just wanted to say hello on behalf of our family. Keep up the good work with the newsletter and let's hear from some more of you out there.
(Fade out music).

Sincerely;

A handwritten signature in dark ink, appearing to be 'John A.', written in a cursive style.

MEMBER PROFILE- STEVE SCOTT

I began running in the very early 70's to lose weight, but quit after a few months. During the following years my weight went up steadily. Finally in 1979, with my wife's encouragement we began to run in our subdivision. The agony of those first few weeks is still vivid, however, along with the agony came a few neighbors to give jogging a try.

A new decade began in 1980 and my running became something which I could focus on and measurable results began to appear. The flab began to melt away and 3 mile runs weren't too hard on my system. Bad weather still kept me indoors, but I began to think about competing.

The Heart Marathon (1/4) beacons, but I chickened out. Finally in Aug. of 1980, I got up enough courage to enter the Famous Fredericton Five Miler. My fondest wish was to break 40 min. and not finish last. 80th place out of 130 entrants and 35 min. and change was the reward of my diligence. I was totally hooked on running from then on and made preparations to enter my next race, the Oromocto Marathon (1/4).

Later, the week after the Fredericton 5 miler, Tim Andrew informed me that I was the winner of a silver medal and a t-shirt in the Joggers category of that race. I was quite happy about that even if my moment of glory went by without my presence.

My mileage went from 51 in 1979 to 395 in 1980. It was 970 in 1981; 1410 miles in 1982 and 1750 in 1983.

In 1981, I competed 9 times, and the highlight of my young running career was the Oromocto Marathon which I finished in 3 hours 49 min. and 38 seconds. The person to thank for my first marathon is my good friend John "Boy" Mercer who told me at the 25 mile mark he'd kick my ---- ass if I stopped. To run 26.2 miles is an accomplishment that not many people can brag about. It is, in my opinion, the ultimate test of a person's drive and determination and an emotionally satisfying and draining experience.

In conclusion to this long preamble, I've discovered that running has done positive things for me personally. It has lowered my weight back to near what it was in my teenage years, It has improved my health, changed my dietary habits (a bit), given me a better attitude, encouraged me to reach for and attain personal goals in running, given me a focal point (the Capital City Road Runners) to encourage people to begin running as a way to a healthier lifestyle and best of all, given me a change to meet many good people who enjoy not only the work part of running but the social part as well.

ACHES AND PAINS

With the summer months approaching it is very important for us all to be aware of the possibility of heat exhaustion or heat stroke. Heat stroke is very serious and has resulted even in death. You don't have to be running to have this occur, but doing anything that may cause you to perspire heavily, as in mowing the lawn, playing tennis, or just lying on the beach. Another myth that I have heard is that you have to be running fast; that has little bearing on the problem except that it may occur sooner than if you were running slowly.

The symptoms should be well remembered: headache, weakness, nausea, profuse sweating that if you continue will develop into cold skin that is no longer sweating, and a gradual loss of consciousness.

These symptoms are important for us to know also in dealing with other runners we might meet in a race or out on the streets. The treatment is to ingest cold water and to massage the muscles to eliminate the heat. DO NOT TREAT THE COLD FEELING WITH WRAPPING UP. If unconsciousness has occurred it is very important for medical help as this is very serious and death could occur.

In this issue is an article submitted from Bill LeDrew that he picked up in Boston on the easiest way to drink on the run. It is important during a race to drink at those water stops even if you have to stop to get a good drink. The most dangerous times for heat exhaustion to occur is when you have not drunk enough before and during a race, during an especially hot day, when the first hot days of the year occur because you are not accustomed to the heat, or when you run too far or too fast. It really does not have to be on an especially hot day either. Another point I'd like to make is that it can happen in numbers. I know a couple of fellows who were running together in the city and they both suffered heat stroke at the same time so therefore could not help each other. This resulted in them both being admitted to hospital with quite serious injuries or problems.

During this time of the year it is wise to plan your routes around a source of water. If you are doing the bridges there is a source of water on the North side in that little park on Union St. Right adjacent to the traffic lights there is a tap attached to a green post that is working now. Also at Queen Square and Wilmot Park soon there will be water around the wading pools. Another water source is MacDonalds and Burger King, I have stopped there once or twice and they have given me water without any problem. It would be wise to always carry a dollar or so with you in case you need to buy a drink or call for help anyway.

In closing I have tried this way to drink on the run and it seems to work, though only if it is a paper cup and not a styrophone one.

PERSONAL ACHIEVEMENT AWARD

The basic idea for this award is to recognize personal achievement within the club. It is not a competition between members but for your own personal achievement. We hope no politics or jealousies will occur with this award. It is a form of recognition and encouragement for the recipient. It will be due noted through the monthly newsletter. We need help and suggestions from the whole membership for information relating to this award. Please make comments written and/ or verbal to Tim Maillet at 41 Ferris St. Apt. 22, phone 472-0191 or Paul Lavoie at Comp III Site 4 ss3 New Maryland phone 454-7520.

This issues recipients are:

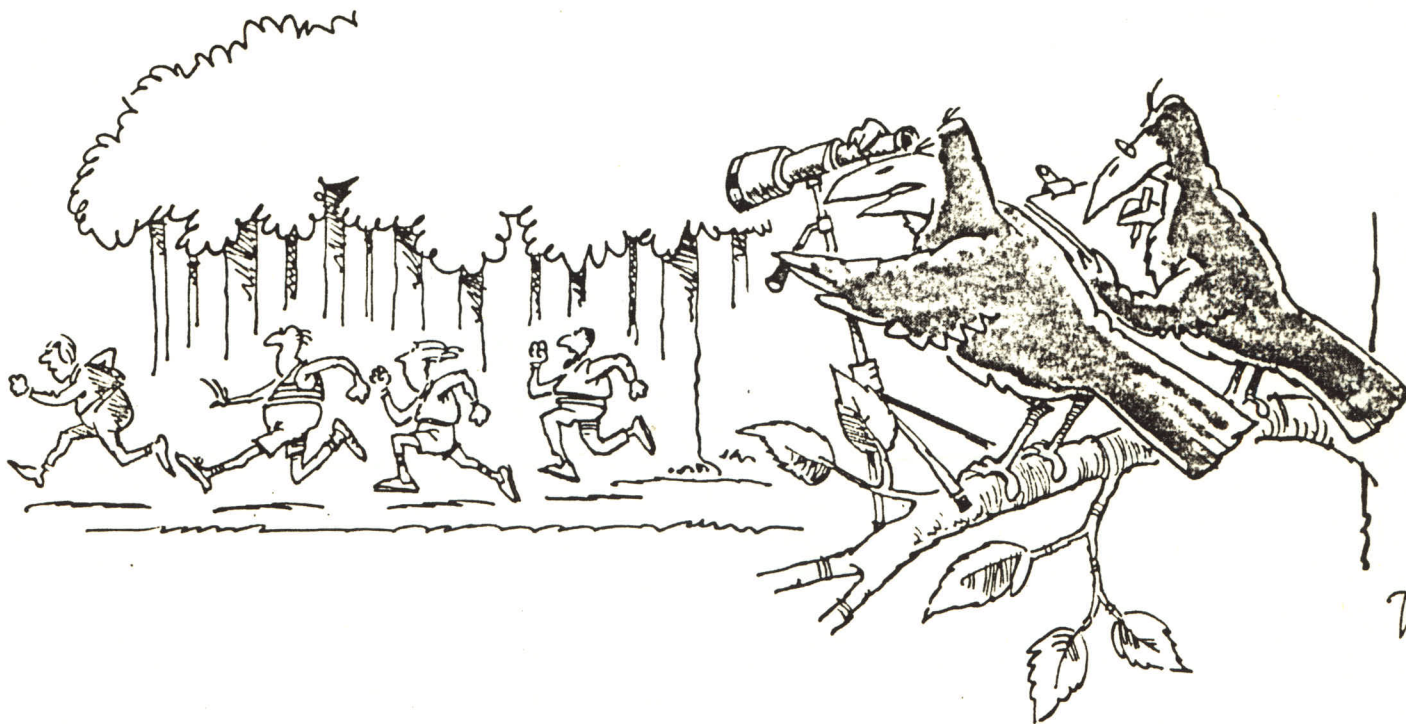
FRED TURNBULL

This is a 51 year old man who ran his first marathon on April 8th in a time of 3:49 after only running for a year and a half.

MARTIN GROSWAINER

This member is to be congratulated for losing between 30-40 pounds through diet and exercise and a lot of dtermination.

These two are to be congratulated and we wish them well in the future.



"I spy a Red-Bellied Accountant, a Crested Homebody, a Brown-Bearded Professor and a species I've never seen before."

I've been listening out there and composed a list of the excuses I have heard at the races. I, myself used some of them and I am sure we have heard most of them before.

Here goes:

1. This was just a training run for the big race next week.
2. I've been sick all week with the flu.
3. I got a side stitch at the first mile and had it the whole race.
4. I got lost. (this should sound very familiar to some)
5. I got a blister.
6. I've got a pulled muscle in my-----
7. I started out too fast.
8. I started out too slow.
9. The course was too hilly.
10. I decided to stay back with old what's his name and urge him on.
11. My stomach was bothering me.
12. I spent the whole race looking for a bathroom.
13. My shoes came untied and I broke my lace.
14. I only had 2 hours sleep last night.
15. What a party last night!
16. I only found out about this race 20 minutes ago.
17. I've never run this far before.



MINUTES FROM GENERAL MEETING
Held April 26, 1984

Present- 16 members

Paul Lavoie opened the session by introducing the members of the executive and outlining the agenda.

It was announced by Paul Lavoie on behalf of the executive that the CCRR would assist in organizing the running section of the triathlon sponsored by the Chamber of Commerce on Sat. June 30. The club would assist be designing the route, and providing advice for the manpower requirement, timing procedures, etc. Tim Maillet objected to the authority of the executive giving a commitment in principle to the Chamber of Commerce without consulting club members. It was pointed out by Bill LeDrew that it is within the executive power to make conditional commitments at short notice without consulting the club in general.

The possibility of the CCRR taking part in the July 2 parade was unanimously approved. The phone committee agreed they would phone individuals for involvement in the parade.

Tony Little listed a number of items which could be purchased by the club: materials for the construction of stop signs, vests, and a stopwatch at \$50. George Hubbard objected to the latter item, since these are available at \$20 each elsewhere. Tony agreed to look into it.

Paul Lavoie reported that club shorts and singlets with screening from United Sports were priced at \$40. Since a price of \$32 was obtained from Neills it was decided that Paul would approach United to reduce their price. If successful, and if their reduction is reasonable interested persons would pick up and pay for their shorts directly.

It was forwarded by Paul Lavoie that the CCRR as a club with a constitution, is eligible for annual funding from the province. \$500 would be applied for. The money could be used to print information pamphlets about the club to be distributed throughout the city for the public, in motels, etc.

A campaign for the instituting a Member of the Month achievement was advanced and discussed. The award based on personal achievement was stressed by Tim Maillet. However, Bill LeDrew warned that such criteria for an award can make decisions on deserving individuals difficult. Dick Mawhinney pointed out that some degree of recognition of individuals is important. Bill LeDrew and George Hubbard moved that the executive receive names of individuals eligible for the award and that the names be printed in the newsletter. Such names could be submitted by any club member.

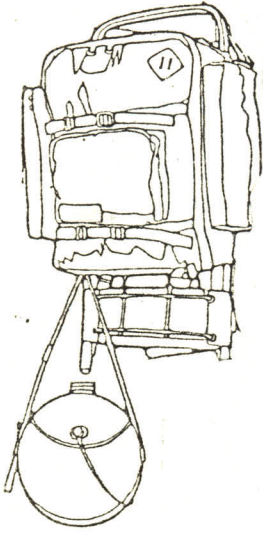
A number of items were brought up as new business:

1. Brenda Tree announced that the Ladies Walk and Roll event on May 19 would appreciate volunteers to help out. If interested individuals should contact Barb Ramsay for details.
2. Rosaire LeBlanc suggested that the CCRR should support in principle the proposed new walking biking running trail along the CN railway bed extending towards Mactaquac. This was moved by Paul Lavoie who also replied that several CCRR members attended a City Council meeting as a show of support when the project was presented.

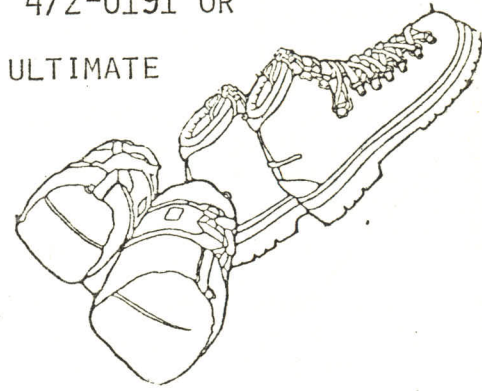
3. It was reminded by Dick Mawhinney that volunteers would be appreciated to assist in Participation Day on May 16th by answering phones. If interested contact Gerry Kelly of the Recreation Dept.
4. George Hubbard announced that the Ladies Race tentatively scheduled for Oct. 20 is eligible for a \$250 Bicentennial grant, provided the name Bicentennial is included. Paul Lavoie noted that a director or directress is needed for the race.
5. A 4x5km. relay and a 1 mile run will take place the 18th and 19th of August respectively. For further info and applications contact Geprge Hubbard.
6. George Hubbard outlined a Bicentennial relay within the city on June 16th. The relay event will consist of runners from around the province running into F'ton from outside the city limits. Volunteers from the club would be appreciated. If interested persons should contact George Hubbard.
7. Ed Takacs mentioned that club members interested in a canoe trip sometime in June should contact him.
8. Bill LeDrew was approached by organizers of the 1985 Canada Games in Saint John if members of the club would be interested in officiating.
9. Steve Scott announced the inception of the committee for the Fall Classic race. Positions have been delegated as follows; Director of Promotions, Dick Mawhinney; Food, Brenda Tree; Officials, Paul Lavoie; and Awards, Bill LeDrew. Their duties were defined.

Meeting adjourned.

Come On And Have Some Fun



ANYBODY INTERESTED IN A BACKPACKING, MOUNTAIN-CLIMBING TRIP (LIKELY TO BE IN MAINE OR NEW HAMPSHIRE) CONTACT TIM MAILLET AT 472-0191 OR DICK MAWHINNEY AT 454-1721. IT'S THE ULTIMATE RUNNER'S HIGH!



ANYBODY INTERESTED IN A CANOE TRIP AND/OR FISHING TRIP CONTACT ED TAKACS AT 454-8567 OR JOHN MERCER AT 455-1800. WE'LL HAVE SOME REAL FISHIN' STORIES TO TELL!

BOTH THE BACKPACKING AND CANOE/FISHING TRIPS ARE SLATED FOR JUNE. WHY NOT TAKE SOME TIME AND PARTAKE IN THESE TWO GREAT EVENTS!



IN THE FAST LANE

by

The Loose Sneaker

Spring is finally here. Say goodbye to slushy sidewalks and icy streets. Say hello to windy days and rainy nights. Actually if the wind isn't too bad, the rain can be relatively nice because the temperature is usually above 10 C. Remember, when running in windy weather, try to devise a course either out and back or a loop where the wind is at your back for the final couple of miles.

Saw some roadrunners the other day with their T-shirts -- they looked good! Let's try and generate a little enthusiasm by wearing our roadrunner T-shirts when possible-- and, hey let's be especially friendly to other runners out there.

Heard some club members talking the other day on how good the newsletter has been. Congratulations to Brenda and David Tree for a great job. And remember, they need the support of the entire club so if you have anything to report - sad, funny, gossipy or informative, please type it up and send it to Brenda.

Also heard through the grapevine that the fun runs have finally slowed down. According to an unnamed executive member, this concept of the fun runs has been of great concern. The word from the last fun run was that everyone had a good time and the pace was very relaxing. Remember, the fun runs are meant for runners of all calibers and nobody should or will be left behind. Some of the faster runners train on Tuesday nights and I think they're too tired to run fast on Wednesday nights. Anyway, it's good to hear the fun runs are fun again.

Anyone who missed last year's softball game would be well advised to partake this year. Times, dates and locations will be posted shortly. A new concept suggested this year is that the beverages be brought forward earlier so that game strategy may be used to a greater degree. I think the five inning rule will be in effect - any team lasting longer is automatically declared the winner. Remember last year's m.v.p. - Wendy Beggs - What does m.v.p. stand for?

Anyway, it looks like a great fun filled summer so keep those cards and letters coming in. How about a letter to the editor section??

See you next month.

The Participaction Challenge held on May 16th was a lot of fun for some of us club members.

Some of us organized a "fun run" with ballots available at the finish. The weather was perfect and the idea gave us some nice publicity.

Some more of us brave souls manned the participaction phones for 2 hours. I must say the 2 hours of work sure went quickly and I had a lot of fun doing it. The old comradship was there again. Turning 30 wasn't so bad after all. Thanks guys! (Brenda)

RACE RESULTS

First of all I now have the results for the N.B. Heart Marathon that was held on April 8th.

In the 6.5 mile event the club members were;

2. Roly McSorley 35:47
3. Ed Takacs 36:34
6. David Tree 37:26
14. John Cathcart 38:57
32 Marc LeBlanc 42:45
38 Ian Mogilevsky 43:20
46 John Webster 44:27
56 Nick Guitard 46:09
58 Rosaire LeBlanc 46:35
71 Dick Mawhinney 47:36
73 Brenda Tree 47:58
81 Dave Prebble 49:02
96 Beth Healey 51:30
99 Don Townsend 52:07
115 Flo LeDrew 53:47
130 Paul Theriault 55:16
170 Mary Maillet 64:29
199 Leitha Turnbull 84:32
228 Henrietta Brewer 1:40:22 Walker

I forgot to mention the number of entrants in the 6.5 event was 239.

In the 13.1 mile event there were 100 finishers and the CCRR members were

5. Scott Hare 79:43
11 John Mercer 85:00
17 Mark Roberts 87:51
22 Tony Little 92:44
47 Barb Ramsay 1:41:18
48 Tim Maillet 1:41:19
54 Don Hicks 1:42:30
67 John Zimmerman 1:48:13
71 Martin Grosweiner 1:50:08

In the full marathon or 26.2 mile event there were 45 finishers and we were

14 James Tucker 3:09:55 2nd Master
19 Steve Scott 3:20:32
31 Fred Turnbull 3:49:57

The next race I have results for is the 10km. race held in Sackville on April 29th. As we attended this race I can give you some background. The course was numerous rolling hills and we were told it was definitely long as in 200-400 meters. It was a very hot day. The race was a one way route that is they bused us out and we had to run back. The organization was pretty good with 2 water stops and quite good traffic control. After the race there were very light refreshments with a few draw prizes in addition to the usual trophies and medals. Heres how we did:

5. Scott Hare 35:06
11 David Tree 36:45
19 James Tucker 38:37 2nd Master
40 Dick Mawhinney 42:50
51 Brenda Tree 46:25 5th female
I forgot to mention again that there were 73 entrants.

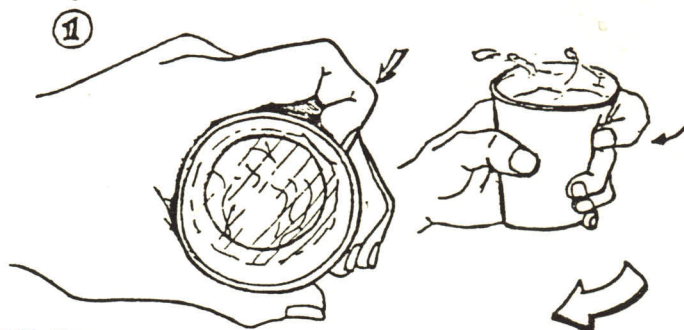
The last race in this issue is an 18 km. race held in Memramcook on May 6th. There were 49 entrants and the 2 guys who went are sporting nice t-shirts.

7. James Tucker 75:12 1st Master
12 Steve Scott 80:02

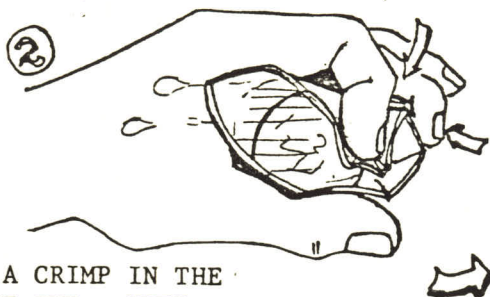
HOW TO DRINK ON THE RUN



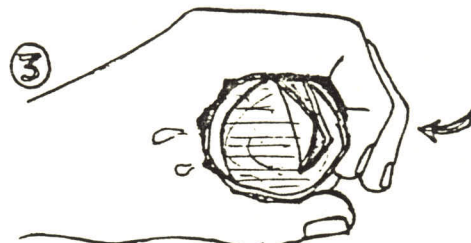
TO DRINK FROM A CUP
ON THE RUN--WITHOUT
GETTING MOST OF THE
CONTENTS ALL OVER YOU,
DOWN YOUR WINDPIPE OR
UP YOUR NOSE ...



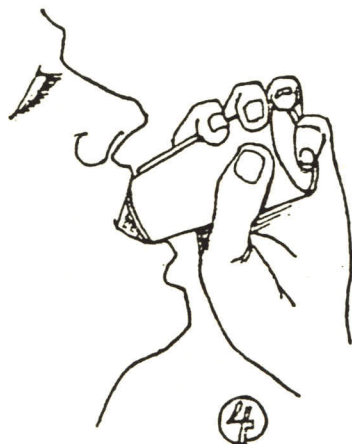
1. PUSH IN THE FAR SIDE OF THE CUP
WITH YOUR INDEX FINGER ...



2. ... PUTTING A CRIMP IN THE
TOP OF THE CUP. WITH
THE OTHER FINGERS
GATHER THE FOLD ...



3. ... SO THE TOP IS NOW SMALLER
THAN THE BOTTOM, SMALL
ENOUGH TO GET THE TOP INTO
YOUR MOUTH.



4. TAKE A DEEP BREATH
WHILE RUNNING, PUT THE
CUP TO YOUR MOUTH, TAKE
A MOUTHFULL AND RUN WITH
THE CUP WHILE YOU SWALLOW,
TAKE ANOTHER BREATH OR TWO
AND THEN FINISH OFF WHAT'S
LEFT IN THE CUP WITH
ANOTHER MOUTHFULL ...
UNSPATTERED AND
ON THE RUN!



KEEP HYDRATED DURING YOUR RACE! IF IT'S WARM, KEEP COOL BEFORE YOU OVERHEAT... POUR WATER OVER YOUR HEAD AND SHOULDERS OFTEN AND DRINK PLENTY OF DILUTE FLUIDS LIKE Gookinaid E.R.G. TO MAINTAIN ELECTROLYTE AND FLUID LEVELS. DRINK A LITTLE AT EVERY AID STATION, ENOUGH THAT YOU AREN'T THIRSTY WHEN YOU GET TO THE NEXT ONE BUT NOT SO MUCH THAT YOU HAVE A "FULL" FEELING... TOO MUCH CAN BE UNCOMFORTABLE AND CAN EVEN FORCE FLUIDS INTO THE INTESTINES ... WITH DISTRESSING RESULTS. BECAUSE ONLY THE SLOWER RUNNERS CAN POSSIBLY ABSORB AS MUCH AS THEY ARE LOSING, MOST MARATHONERS MUST PRE-HYDRATE BY DRINKING AS MUCH AS A GALLON OF FLUIDS THE DAY BEFORE. BECAUSE THEY WILL PASS SOME OF THIS ALONG WITH THEIR OWN MINERALS, IT MAKES SENSE TO DRINK A BALANCED ELECTROLYTE DRINK AND/OR TAKE POTASSIUM, CALCIUM AND MAGNESIUM SUPPLEMENTS ALONG WITH THE WATER. DRINK PLENTY THE MORNING OF THE RACE TOO, UP TO AN HOUR BEFORE THE RACE TO GIVE THE BLADDER A CHANCE TO CATCH UP AND THEN A CUP OR SO A FEW MINUTES BEFORE THE START. THIS IS THE PROCEDURE FOR BILL RODGERS, RON TABB, JULIE BROWN AND MOST OTHER SUCCESSFUL MARATHONERS.

IF IT'S COOL, WATCH FOR SYMPTOMS OF HYPOTHERMIA OR HYPOGLYCEMIA---HEAVY LEGS, IRRITABILITY, DEPRESSION, WEAVING --- YOU NEED THE GLUCOSE IN Gookinaid E.R.G. FAST AND OFTEN! IF IT'S COOL, WEAR A CAP OR HAT, GLOVES OR MITTENS AND A LONG-SLEEVED SHIRT....YOU CAN ALWAYS TAKE 'EM OFF IF IT WARMS UP BUT YOU CAN'T PUT 'EM ON IF YOU DON'T HAVE THEM!

LOOK FOR THE RED Gookinaid E.R.G. cups at the AID STATIONS AND HAVE A GREAT RUN!

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