

March 1984

Volume 2 Issue 8

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

Our Executive is:

| | | |
|-------------------|----------------|----------|
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| REGISTRAR | Wendy Beggs | 454-6875 |
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| FUNRUN COMMITTEE | John Mercer | 455-1880 |
| | Steve Scott | 454-1714 |
| FOOTNOTES EDITORS | Brenda Tree | 454-6202 |
| | David Tree | |

From the editors:

The racing season has started again and we wish all of you good luck. Again we would like to remind you that we would like to hear of your results.

As you saw last month we again received our anonymous column that is called "IN the Fast Lane". It is a great column and we wish to thank whoever is printing it. Any ideas as to who it is from?

Remember to help by contributing even if you just have some ideas as to how we might improve this newsletter.

Brenda Tree & David Tree

SHORTS AND SINGLETS

Some of the runners have been complaining that their Chariots seem to shrink in the toes after drying. Apparently the only solution so far is to stuff the toes with newspaper while they are drying.

The Heart Marathon is on for April 8th. I am sure that George Hubbard would appreciate any volunteers or suggestions.

The Fredericton Track Club are having indoor sprint workouts for long distance runners at FHS. For more info you might contact Roly McSorley.

Dave Edge was in the Fukuoka Marathon and placed 8th in a time of 2:11:48.

Dave Prebble has the applications for the Canadian Masters if any one is interested.

The Canadian Cross Country Championships will be held here this Nov. They will be run at Mactaquac on the golf course. There will be 4 different lengths; junior men and women and senior men and women. Apparently any N.B. resident may run in these.

Also the Canadian 20km. Championship will be in P.E.I. this year.



PROFILE
GEORGE GALLANT

I have decided to copy George's letter to me word for word as he expressed himself so well.

Here are a few notes to you Brenda that may help you in your newsletter.

I started running in my native town of Shediac in the year 1946-47. I was just running by myself. There were not too many races, not much competition either. I had no couch. Nobody knew anything about running so, I kept running every day not knowing how to train for races. At the beginning I would compete 3 or 4 times a year (twice on the island, twice in N.S. and once in Boston). There was nothing in N.B. As the years went by I got a little knowledge from runners I met at those few places that I went. Then, in N.B. running started as a competitive sport (mostly on the track).

It wasn't until 1953-54 that I started to compete more often. From then on I raced in Halifax, Dartmouth, Sydney, Kentville, Truro, Antigonish, etc. all in N.S. I won the Dartmouth 6 mi. 7 times, Halifax 5 times, Hantsport 5 times, Truro 6 times. I had wins almost everywhere in N.S. P.E.I., N.B., and Maine. In the fifties I ran my best 5 mile at New Glasgow in 26:26, best mile in New Glasgow in 4:32, 3 mile at Antigonish in 14:56, 8 1/2 mile at Halifax in 42:37 (the 10 km. split was 31:06), marathon in 1953 at Boston in 2:47. I was the first Canadian to finish. I didn't have the proper training for a marathon. I would run as many miles a day as I could. I thought that was the training for a marathon.

For a good 10 years I ran and ran not knowing how to train. I regret all those years±

Then I started to go to Training Plans to Toronto and there I got a program. I started to buy books and read and read. I wanted to improve my running. All the years I missed were gone. So I had to make the best of it at the age I was then.

I kept winning races even when I was 40 years old against the younger runners. Now I am happy that we have age categories. You always have something to look forward to as you age.

My training schedule for now is: 1 hr. exercise a day including weight training

leg curls

leg lifts

dumb bells for my rib cage

50 sit ups

30 push ups

10 chin ups

a lot of stretching

I also use my gravity boots 4-7 minutes per day

Mon. 6 miles

Tues. Speedwork (3 fast miles 5:30- 5:40) average 9 miles

Wed. 6 miles

Thurs. Rest

Fri. 12 times 1/4 miles 72-76 secs. Average 9 miles

Sat. 6 miles

Sun. 12 to 15 miles

I must tell you that I am not retired from work yet. I work for CNR and travel 80 miles a day to and from Moncton. I do my training at night. I do keep a training diary.

I hope these notes will help you. If you need further information do not hesitate to call or write. Thank you for the interest in my running.

Yours truly
signed George Gallant

p.s. My age is 55 as of Dec. 4

My 1983 races:

Jan. 30 Frigid Fun Run 10km. 39:20
Feb. 13 Dieppe 5 mi. 31:13
Mar. 19 St. Paddy's Run 8 mi. 48:15
Apr. 2 Bunny Hop Charlottetown 10km. 39:30
Apr. 10 Heart Marathon 13mi.
May 1 Memramcook 18km. 1:11:37
May 9 New Glasgow 13.1mi. 85 min.
May 22 Campbellton 13.1 mi. 1:26:14
June 19 Burt's Corner 7.5 mi. 46:32
June 25 Railroad Days 10km. 37:21
July 1 Tilt of the Tartan 20km. 1:21:15
July 9 George Gallant Road Race 12.8km. 49:45
July 16 Shippagan 10km. 36:27
July 23 Saint John 13.1mi. 1:27:32
Aug. 7 Dieppe 10km. 39:02
Aug. 14 Riverview 20km. 1:19:40
Aug 28 Fredericton 5mi. 28:44
Sept. 3 Nackawic 9km.
Sept. 10 St. Martins 10mi. 69:58
Sept. 16 Truro 10km. 36:59
Sept. 17 10 A.M. Terry Fox run Shediac 10km. 42:05
Sept. 17 11 A.M. Terry Fox run Cap Pele 10km. 38
Oct. 2 Bangor Me. 10km. 37:56
Oct. 16 Stanhope P.E.I. 10km. 38:41
Oct. 30 Atlantic x Country Championships 5.5 mi. 36:19
Nov. 5 Saint John 8mi. 49:56
Nov. 27 Sam's Mug Run Halifax 5mi. 29:50

ACHES AND PAINS

ACHILLES HEEL

This is our body's vulnerable spot. The achilles' tendon connects your powerful lower leg muscles to the heel. An injury to this tendon is painful and longlasting. One doctor gave 6 major causes for Achilles' tendonitis as:

1. mainly the act of running as we tighten the calf muscles so much more than normal we forget to strenthen the Achilles by doing dorsiflex exercises of th feet. This is the bending of the foot upwards.
2. most of neglect warm-ups and stretching exercises. Tight, tense muscles and tendons are more susceptible to injury.
3. running on the balls of your feet causes strain on the Achilles
4. bursts of speed by a runner who hasn't built up to this will strain the tendons
5. running shoes with low heels or ones that do not flex under the ball of the foot also causes the strain
6. runners with narrow Achilles tendons have a much higher incidence of tendonitis than the ones with broader Achilles'

There are other causes to precipitate an attack, a sudden change in footwear (thick soles to thin soles), running surfaces (soft to hard), or a change in your running patterns (lots of hill work or speed work all of a sudden). If you overtrain when tired or run on wornout shoes or stretch with fast jerky motions or stretch too far it may cause damage to yoyr Achilles' tendon.

Injury to the Achilles' may be 2 types; tendonitis or rupture.

Tendonitis- marked by pain and stiffness during and after workouts, as well as, tenderness to touch. Treatment is soaking in ice or cold water to limit inflammation and swelling. Direct application of ice while moving the foot up and down for about 10 minutes is quite effective. Later on use of heat before a workout and ice immediately following is generally used. Pain and strain may be lessened by putting lifts in the heel of your shoe (up to 1 inch). As pain lessens lower the amout of the lifts. Avoid stretching when recovering from an Achilles' problem. Eliminate hill and speed workouts. Cut down your mileage. If after all this the pain remains see a Dr. who will probably put you to rest 7-10 days.

RUPTURE- this can be partial or complete. This involves a tear in the tendon accompanied by severe pain and swelling. A physician should be consulted. Recovery is very slow and at times requires surgery.

You should stretch the Achilles' tendon more than once a day, always before and after a run. If you have an injury treat it promptly but remember and Achilles' injury is slow to heal so be prepared for a long recovery period.

PULSE CHECK

Many of us check our pulses from time to time while running but I thought some of you might not know how.

There are 2 regular areas for a pulse check. One is at the radial pulse taken at the radial artery. This is on the inside of your arm near the wrist. The second is the carotid pulse taken at the carotid artery. This is on the front of your neck on either side of the trachea.

Always take the pulse using your 4 fingers and not the thumb. The reason for this is that the thumb has a small pulse of it's own and this will interfere with the accuracy of the reading.

What is a pulse? It is the count of beats per minute of your heart as felt through an artery. The easiest place to detect the arterial pulse is in a place where the artery lies near a bone. Of course, the pulse can also be taken holding your hand over the left side of your chest.

In books you may have read "resting pulse". This should be taken when you are completely at rest especially with your feet up. You find your pulse area and using a watch with a second hand count how many beats per minute you feel in 1 minute. A lot of people count for 15 seconds and multiply by 4 but for the resting pulse it should be taken for at least 30 seconds. The pulse during exercise now should be taken for 10 seconds and multiply by 6 or for 15 seconds x 4. The reason for this is that if you are in fairly good shape your heart will begin to slow itself down again after only a few seconds.

An article that I read about the heart said that during exercise if your pulse is double your resting pulse then you are doing maximum aerobic exercise. In other words, you are exercising your heart.

Some of us since running have very low resting heart rates. This is nothing to be concerned about but please tell a Dr. or nurse you are a runner before they check your pulse and push the panic button.

SKILLS FROM RUNNING

From running we have all developed some very specialized skills besides those of pace and breathing. I thought I'd share a few of these skills you have developed but may be unaware of:

1. blowing your nose without a kleenex
2. spitting without getting it on your chin
3. fairly accurately determining a mile (some of us are better at this than others)
4. weaving in and out of pedestrians at noon downtown on the sidewalks
5. drinking water quickly (at water stops at races)
6. timing accurately the last trip to the bathroom before a race (this is an IMPORTANT SKILL)
7. calculating peoples' ages (as in Is he/she in my age group?)
8. knowing when specific traffic lights change to "WALK"
9. knowing to avoid the eating of colored snow especially yellow
10. at a glance, judging a person as a "jogger" or a "runner"
11. judging the friendliness of a dog by the look in his eye
12. learning what you can and cannot eat before you go out on a run or enter a race.

Haven't we all developed some wonderful and useful skills?

 WHY DO I RUN?

Why do I run? Tain't no mystery--
 Wanna have a good medical history,
 Doctor told me runnin' is great--
 Helps them blood cells circulate,
 Great for the lungs, great for the ticker,
 Can't nothin' getcha in better shape quicker,
 Feels so healthy, feels so sweet,
 Pumpin' my arms and flappin' my feet,
 Moldin' my muscles, firming my form,
 Pantin' like a pack mule, sweating up a storm,
 Keeps me youthful, keeps me loose,
 Tightens my tummy and shrinks my caboose,
 Beats bein' sluggish, beats being lazy--
 Why do I run? Maybe I'm crazy!

taken from a poster by Ed Cunningham

DAVE EDGE

Some of us met this runner in 1982 at the Riverview 20km. Perfection Race. That year the race was the National Championship. He was the winner of the race in a time of 60:45.

When we met him the one thing I remember was his comment that he was a family man with a family and a full time job. Running wasn't the only thing in his life.

David and I also saw him perform in the Boston Marathon in 1983. He finished a remarkable 6th with a time of 2:11:03. That made him the 2nd fastest Canadian Marathoner ever, 2nd only to Jerome Drayton.

Dave Edge is 28 years old and was born in Blackpool, England. He will most likely be representing Canada in the 1984 Olympics in L.A.

As a child he was an all-around athlete. As a runner he was excellent by Canadian standards, but in England he was only ranked in the top 10. After school was done he became a policeman. His times then were: 10 km. 28:42, 5 km. 13:49 and 1500 m. 3:49. His best accomplishment was a 27th place finish in the National Cross Country Championships.

In 1979 he vacationed in Canada and liked what he saw especially in running. He and his family moved here shortly after.

His first race here left him very unpopular with the other runners. On a windy day he refused to take his turn leading the pack but did win the race. His contemporaries learned the Mr. Nice Guy does not win an international event.

At this time running came second to establishing a home and career. His workouts were done late at night then.

He then had a scare after competing in Israel and winning a couple of medals. He came home quite sick and had to have surgery. Luckily the surgery only showed that he had picked up a parasite while abroad.

After that his training became geared towards the marathon. His first attempt left him jogging and walking at the 17 mile point. His 2nd attempt was the Montreal Marathon and he was 2nd Canadian finisher behind Mike Dyon. His time was 2:17:13. Shortly after that he broke the Canadian 20km. record and set it at 59:56. He since has become an international racer competing abroad. He has beaten many reknown stars including Bill Rodgers and Dick Beardsly.

I, for the most part haven't heard much about Dave Edge recently. I am hopeful that this means he is in hard training for L.A. and just perhaps might bring home a medal for Canada.

RACE RESULTS

The New Maryland Winter Carnival 4 mile race was held on Jan. 28th. This race was sponsored by the CCRR and was well attended by the club members.

The race chairman was Paul Lavoie and I wish to say thank you to him for a well run race and especially to his wife, Ruth for the excellant chilli. Also many thanks to the registrars, timers direction people, dish washers and to the athletes.

Here are the results:

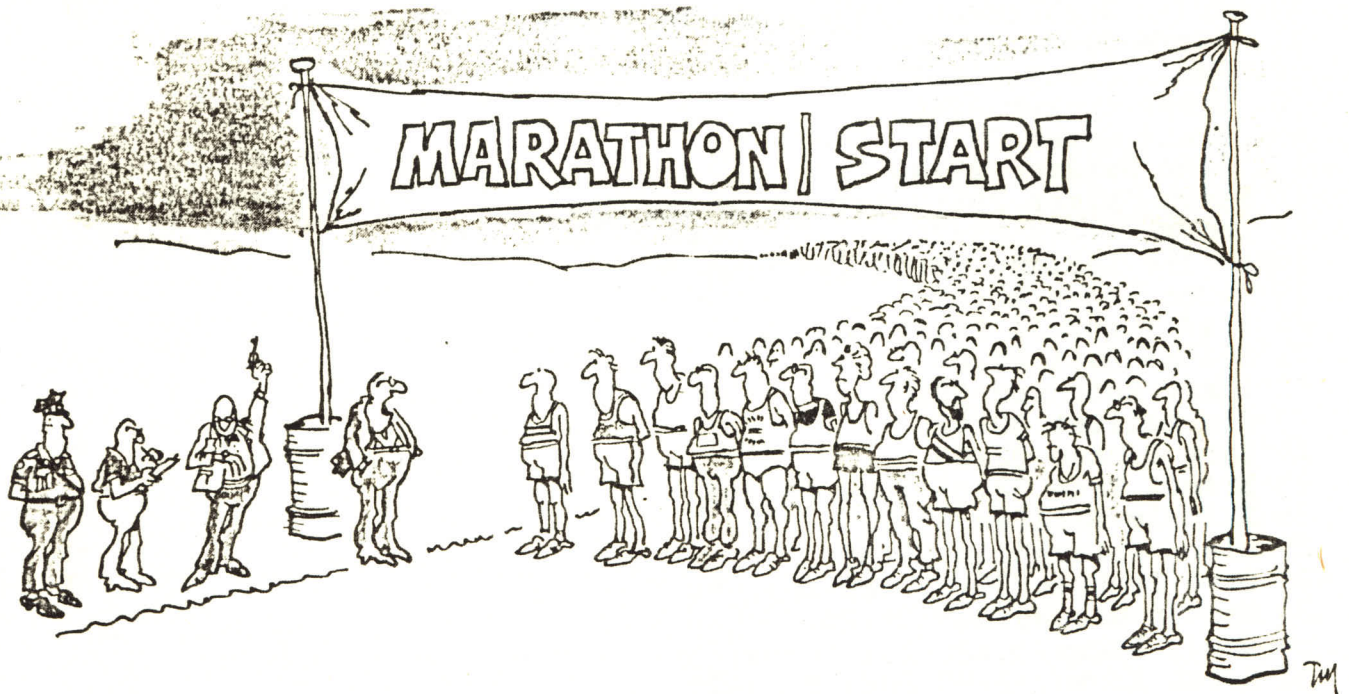
1. Greg Grondin 22:17 1st. in under 21
2. Roly McSorly 22:39 1st. in the 30-40
3. Dave Wallace 23:22 2nd. in " " "
4. David Tree 23:47 1st. in the 21-29
5. Bill LeDrew 23:54 3rd. in the 30-40
6. Bill Best 24:30 1st. in the over 40
7. John Cathcart 25:06
8. John Mercer 25:55
9. Terry Goodlad 26:05 1st. v
10. Brian Rosborough 26:34 2nd. in 21-29
11. Steve Scott 26:35
12. Paul Doudette 26:57
13. James Tucker 27:08
14. Bruce Meyer 27:17
15. John Webster 27:49
- 16 Rayma Palmer 27:59 1st. F in the 30-35
- 17 George Walls 28:10
- 18 Rosaire LeBlanc 28:19 2nd over 40
- 19 Wayne Welch 28:42
- 20 Fred Turnbull 28:47 2nd. v
- 21 Blaine Hatt 29:04
- 22 Larry Robinson 30:05
- 23 Tim Maillet 30:42
- 24 Gary Duncan 32:03
- 25 Brenda Tree 32:35 1st. 21-29F
- 26 Malcolm MacAfee 33:12
- 27 Eleon McLaughlin 33:38
- 28 Dave Prebble 36:03 3rd over 40
- 29 Martin Grosweiner 37:26
- 30 Wendy Beggs 38:20 1st F over 35
- 31 Karen Brown 42:43 2nd. F 21-29
- 32 Phyllis Goodlad 55:28 1st walker
- 33 Nancy Brisban 57:48 2nd walker

Dieppe 5 Mile on Feb. 11

The weather was perfect for this, the 2nd race in the Labatt's Series. There was the smallest showing ever for the CCRR's with only 2 of our members present but they did do a good showing for the team. There were 44 starters in this race and the results are as follows;

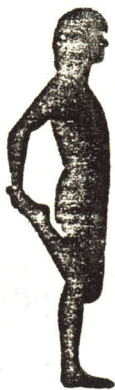
5th David Tree 28:27

16th James Tucker 33:00 3rd Master

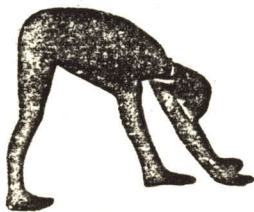


**"Whatever happened to the loneliness
of the long-distance runner?"**

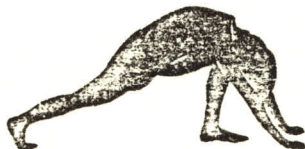
WARM UP EXERCISES



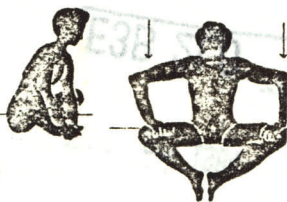
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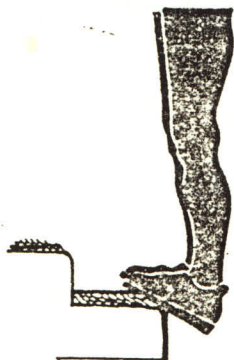
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3.



4.



5.

1. THIGH STRETCH - Stand on left leg. Lift right heel to right seat and with right hand grab top of right foot behind back and gently press heel to seat. Hold for 10 seconds. Change legs. Repeat each leg.

2. CALF STRETCH - Put one foot one stride in front of the other, both feet point forward. Bend front knee. Put both hands on floor 18" in front of the front foot. Push rear heel to the floor and try to straighten back leg. Let head and neck hang down loosely to release tension. Hold 10 seconds. Change legs. Repeat each side.

3. SPLIT STRETCH - Put one foot one stride in front of the other. Bend front of leading foot. Extend back leg as far back as possible. (keep heel off floor). Feel stretch in groin, upper thigh and hip area. Let head and neck hang loosely to release tension. Hold for 10 seconds. Change legs. Repeat each side.

4. HIP MEDIAL ROTATORS STRETCH - Sit with knees apart and soles of feet together, hands resting on knees. Press gently down on knees. Hold for 15 to 30 seconds and relax. Increase action by placing feet close to trunk, decrease stretch by placing feet further away from body.

5. ANKLE PLANTAR FLEXORS STRETCH - Place ball of feet on step or curb, heels below toes. Keep hips, knees and spine extended and let weight of body push heels down. Do not bounce. Hold for 15 to 30 seconds.

6. EVERTORS AND INVERTERS OF FOOT STRETCH - Stand with feet flat on floor and about six inches apart. Raise heels and stand on toes, hold for 15 to 30 seconds, lower heels, raise toes and stand on heels, hold for 15 to 30 seconds. Shift back and forth ten times.

7. HIP FLEXOR STRETCH - Lie on your back and clasp one knee to your chest. Keep head, back, hips and extended leg on the ground. Slowly increase the pull on the flexed knee. Hold for 15 seconds then change to other leg. If you are unable to keep the straight leg in contact with the ground, relax the leg until such time as your flexibility has increased to the point where you can do so.

8. LUMBAR EXTENSOR STRETCH - Lie on your back. Flex hips and knees toward chest. Clasp hands around knees and pull toward chest. Hold for 15 seconds. Release and maintain contraction of abdominal muscles. Repeat five times. This symmetrical exercise will stretch the short lumbar extensors and strengthen the abdominal muscles.

9. BENT KNEE SIT UP - Lie on floor on your back, knees bent, feet completely on the ground and arms folded across chest. Slowly raise the trunk to a sitting position, then lower it back to the starting position. Repeat up to 20 times. This exercise must be done slowly, curling upwards and downwards one vertebra at a time. Feet should not be held down. That way you will bring the abdominal muscles most strongly into play.

10. GROUND HURDLING - Sit with one leg extended and the other bent at the knee so that its foot is at the side and a bit to the rear of your buttocks. Bend the trunk forward as much as possible and reach with your arms for the toes of the extended leg. Hold for 15 seconds. Then change to other side. This exercise will increase flexibility of thighs, hips and back.



6.



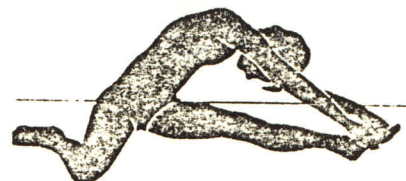
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8.



9.



10.

