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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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FOOTNOTES EDITORS	Brenda Tree David Tree	454-6202
TELEPHONE COMMITTEE	Mary Maillet Edna Harris Brenda Tree Dorise Turnbull	455-7291 454-1721 454-6202 454-2612

*July 1984
Parade
Bi-Cent.
Triathlon
Reg.*

FROM THE EDITORS

In this issue we have a profile on one of Canada's Olympic hopefuls in a sport we might not all be familiar with. It is the decathlon and the athlete is Dave Steen.

Speaking of profiles we would like to do a profile on each and every one of you, the members of this great club. These will be in your own words and can be as long or as short as you would like. We would like to have one on everyone so please take a minute and write up the Real You and pass it in to us as soon as you can. We will put one or two of these in each issue as we receive them.

There is an article in here taken from THE RUNNER magazine that I found amusing and I hope you do too.

Special Thank You to all the people who contributed this month. We appreciate any and all contributions. Please have these in about the 15th of the month you would like to see it in.

*Brenda Tree &
David Tree*

I would like to make a little contribution to our newsletter that many people might not know. The inception and idea of the club came about one cold winter night in the cozy confines of the River Room Bar. In attendance Dick, Edna, and Tim. Just enough for a quorum. While discussing the advantages of running, Dick couldn't understand why people of Fredericton have never started a running club for the average proder. So started in motion our running club. Our first meeting in Jan. /83 attracted 8 people and the next meeting in Feb. had 25 people there.

So at this time I would like to say to our past president Dick Mawhinney, congratulations for the idea and the work he put into the club.

This is also a good time to encourage our members who haven't been coming to the Funruns and other club activities that your support is necessary for the club.

A point I would like to make on competition. In the past when readying for competition I was taught to train hard and soft. The end result was fluidity that the mind and body was able to adapt to, with maximum results. If training for a road race you must have the easy runs to benefit the hard runs.

Tim Maillet

These are measurements made by Tony Little and his daughter. They all begin from the UNB gym. Thanks Tony

THE BRIDGES (The Princess Margaret and the City Bridge returning to the gym) 10.9 km. or 6.758 miles

Now these are from the gym to---- (not return)

the P M bridge 1.4 km. or .868 miles

Wilsie Road 2.9 km. or 1.798 mi.

experimental farm 4 km. or 2.48 mi.

Club Dallas 4.9 km. or 3.038 mi.

Flashing light (the old Vanier Highway) 6.5 km. 4.03 mi.

Animal Hospital 7.5 km. or 4.65 mi.

Scott's nursery 8.7 km. or 5.394 mi.

Airport Motel 9.3 km. or 5.766 mi.

Nevers Road 10.5 km. or 6.51 mi.

Airport 12.5 km. or 7.688 mi.

Daleys Furniture 13.8 km. or 8.566 mi.

Bridge 16.2 km. or 10.044 mi.

Oromocto By Pass 16.9 km. or 10.478 mi.

SHORTS AND SINGLETS

The CCRR's did go roller skating on March 26th although only 5 of us skated and 3 more watched we did have a great time. Only one of us fell with quite a few near misses. The LeDrews showed us all how it was done with great skating.

In my possession I have a list of Sports Medicine facilities and Dr.s The clinic listed for Fredericton is at UNB with a phone no. of 453-4575. Sports Physicians for Fredericton are: Dr. John Keddy (455-6461) and Dr. Ross Myers (453-4837). The Sports Therapist/Physiotherapist for here is David Paris (453-4575). Lastly are the Sports Scientists for F'ton. They are all at UNB and have specialties listed after them. Dr. Connie Bothwell-Myers -Bio-Machanics- Disabled sport and curling 453-4575

Donald Eagle- Sport Psychology, High performance sport-Gymnastic 453-4575

Prof. J. M. Early -Sport Psychology- Volleyball, Track and Field 453-4580

Dr. William MacGillivray- Motor Learning, Measurement- Hockey 453-4576

Gail Reynolds- Training/ Fitness Consultant- Running, Swimming. Ice Hockey, Team Sports, Raquet Sports- 453-4575

Dr. Christopher Stephenson- Sociology, Psychology of Sport- Rugby, Running 453-4575

Dean Barry Thompson -Bio-Mechanics 453-4527.

If any members from last year wonder about their times in certain races from last year I have most of them recorded. Brenda 454-6202

Special congratulations to Mr. and Mrs. Paul Theriault on the birth of their son in March.

A special thanks to Ed (Let's run easy today) Takacs who helped me (through the woodlot) to a 36 min. 10km. at Benjamin's. (from Tim)

WHAT A TURNOUT! On the Funrun on April 1st there were 21 runners. Maybe the nice weather brought us all out of hiding.

A special Hello to all the new or renewed members: John Mercer, Henrietta Brewer, and the Websters, John, Suzanne, Lee, Allison, Jessica, and Eleanor, and Don Townsend and Ian Mogilevsky.

At the Heart Marathon I was talking to a runner from PEI and he gave me a copy of the PEI road races for this year so if anyone wants to know of any there you can call me. Also in PEI are the Canadian 20 km. championships this year on Aug. 26th. I will write to the club in PEI and get a number of entries for our club and also info about hotels so if you plan on going I will be getting some entries. Brenda

The Carbo loading supper at Tony Little's was excellant as many of you know. It was attended well and the food was excellant. Thank you Tony.

At the Heart Marathon you may have noticed that we had a booth promoting our club. There were photos of us at different activities and newsletters and, of course, registration forms. As a result we got 10 new members and our membership is up to 66. Thanks to Edna, Dick, and Brenda for their efforts on the booth.

ACHES AND PAINS

ATHLETE'S FOOT

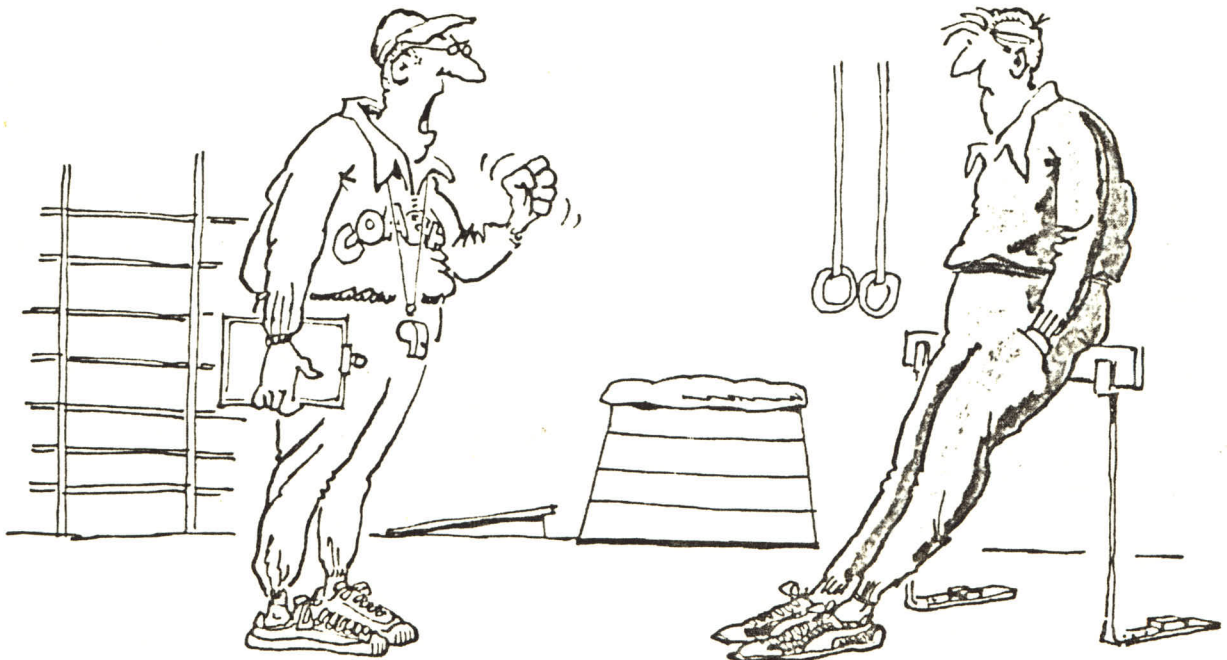
Athlete's Foot is a fungus which causes two types of eruptions. One occurs between the toes - the skin turns white and soggy, peeling off and leaving red raw patches. The other kind is on the sole of the foot, where many small blisters cover the area.

It is a nuisance; itching, burning and causing severe discomfort. If untreated the fungus will spread rapidly causing large blisters, raw skin and swelling.

The cause for Athlete's Foot is poor foot care. The usual causes are wearing sweat soaked socks or tight airless shoes. Both of these cause a good climate for the fungus to grow. It likes to grow in a dark, warm, and moist atmosphere.

Now we know how to get it so the reverse is true on how not to get it. Feet should be washed thoroughly and often. Anti-fungus powder is nice insurance. Always put on dry clean socks. Never use a pair of socks-already soiled from a run. Wearing boots made out of rubber or vinyl should be avoided or only for short periods of time. Sandals (in summer of course) are excellent because they ventilate your feet.

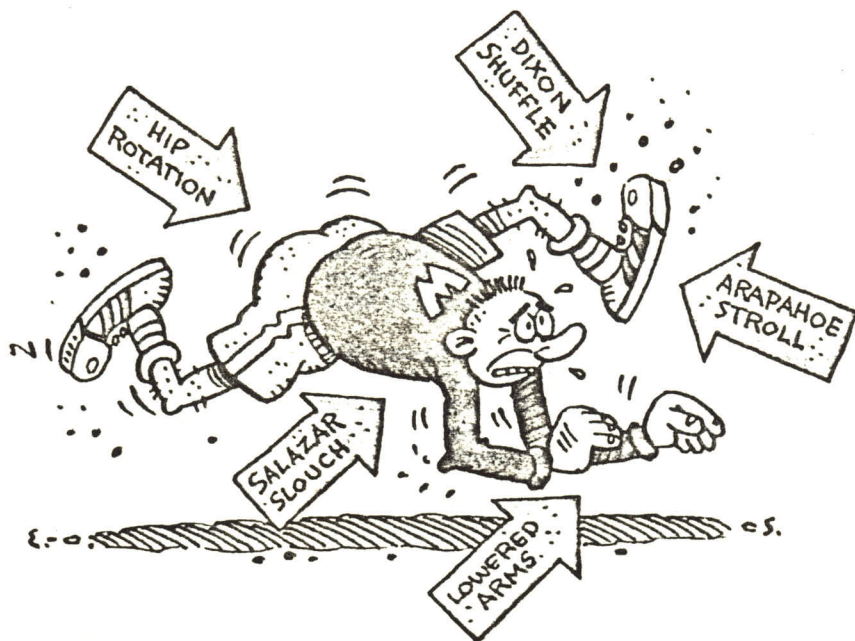
I think it is an old wives tale about getting Athlete's Feet in the locker rooms. Good and sensible care of your feet is the answer. After all your feet are the main support team for you and your runs so let's treat them with respect.



“... and when that barefoot Kenyan starts to make his move, step on his toes.”

Slouch, shuffle and stroll

A trying search for the ideal running form



I used to run with my friend Walker on weekends. That was before he decided to shave two minutes off his 10K time by improving his running form.

It all began on a long run three months ago. We were slogging through a light rain with Henderson, who works in shipping/receiving, when Walker suddenly dropped into a crouch and sprinted—as well as one can sprint in a crouch—a dozen yards ahead. It seems that Alberto Salazar's coach had once said that his star's running posture reminded him of an old man in a chair, and now Walker was trying out the "Salazar Slouch."

"If it works for Alberto," Walker said, "it will work for me. After all, form is the perfect idea that results in improved function."

"Huh?" commented Henderson.

During the following week, Walker worked on the Salazar Slouch and reported back to us on his success. That weekend we did our long run together, and I had to admit that Walker had succeeded—he really looked like an old man in an armchair.

It was then, roughly two weeks into Walker's experiment with form, that he came across an article on Rod Dixon. "A man after my own heart!" Walker enthused as we ran up Sanborn's grade, Walker peering up at me. (Talking to Walker in his Salazar Slouch was a little like talking to Dr.

Frankenstein's Igor.) "Watch!" And Walker executed a kind of soft-shoe, locking his knees and shuffling his feet along. In the loose gravel of Sanborn's grade, he sounded like a snare drummer playing backup on "Chattanooga Choo-Choo."

It was the Dixon Shuffle, Walker explained, designed to conserve energy over long distances by cutting down on excessive leg lift. "After all, form is the perfect idea from which function flows," Walker reminded me.

That week, Walker and I ate lunch with Jimmy Taldeer Smith, who works in accounting. We got to talking about the merits of our sport, and Jimmy pointed out that the members of his tribe were especially noted for their distance running abilities. The key, he explained, was that the Native American has a unique foot strike, landing on the outside corner of the heel, riding along the outer edge of the sole, and then rolling sharply, with great mechanical efficiency, across the ball of the foot. It helps, Jimmy added, to be a little pigeon-toed.

That Saturday, I noticed that Walker kept tripping. You guessed it: He was onto the Arapahoe Stroll. "You see," Walker explained while picking himself out of the boxwood hedge he had just fallen into, "I've maximized my mechanical efficiency to the point where I'll soon be moving faster and

with less effort than ever before."

Running with my friend Walker at that time was like running with a pigeon-toed, arthritic vaudevillian... sitting in an armchair.

At about this point, Bedeker in engineering became intrigued with Walker's quest for ideal form. "The real trick is bringing the force of your arms into play," he announced. "Most people carry their arms too high when they run; they fail to take advantage of the natural leverage produced by a swinging object."

Obediently, Walker lowered his arms so that his hands hung somewhere down around his knees, not all that difficult since he was already in the Salazar Slouch. Now, running with my friend Walker was like running with a pigeon-toed, stiff-legged, retired vaudevillian gorilla... sitting in an armchair.

I know it was wrong of me. I should have foreseen the consequences. But I came across an article on torque that suggested a runner could improve his or her form by adding a slight rotation in the hips. This change was supposed to improve mechanical efficiency and result in a faster race pace. I gave the article to Walker.

Two nights ago, I was out for my evening walk. It was dusk, that eerie time when all sorts of peculiar creatures appear. As I rounded the corner down by the pond, I came upon a dark, ragged figure struggling through the fog ahead of me.

I could hear the frenzied hiss of its breath. Its back was bent; its knuckles scraped the ground; its legs scuttled stiffly back and forth; it kept stepping on its own toes, and its hips rotated more violently than a Polynesian dancer with fire ants in her grass skirt.

It was Walker, out on a training run. In a few steps, I came up beside him.

"How's it going?" I asked.

Walker peered up at me from under furrowed brows and muttered through clenched teeth, "Form comes before function... just remember that. Any day now, everything is going to fall into place."

FINISH

Jerald Jahn is a poet and essayist from Spartanburg, South Carolina. His form has no known function.

ROAD RACE SERIES HIGHLIGHTS RACING SCENE

In New Brunswick, they're taking their running seriously . . . or, more precisely, series-ly.

Four years ago, New Brunswick road runners and organizers created the province's first road race championship series by combining results from 18 races. The idea was an immediate success and gave a high profile to New Brunswick's racing scene. By 1983, consistent with the series' growth in prestige, the number of races had grown to 31. Sensing that a good thing was brewing, Labatt's became the major sponsor of the series.

Ironically, this success and expansion became a problem, especially for the competitive runner. The point tabulations for the series were based on an athlete's best eight races: 30 points for a win down to a single point for 23rd spot and every placing thereafter.

The problem was that it became possible that three runners could be tied for first place, each with perfect scores. Further, it was possible that this could happen without this select threesome ever meeting in a race!

As a result, many runners asked for a smaller, condensed series.

Organizers howled. They contended that all deserving races were entitled to the publicity and benefits of the series.

The tug-of-war between racers and organizers was on.

The New Brunswick Run Canada committee met in Newcastle last fall. Out of this meeting came a new structure for the series.

Races judged inadequate were dropped; new races were planned; the end result was a province-wide series of 25 races, ranging from 9 k to the marathon.

The existing point-scoring system will, for the most part, be maintained. The 10 most prestigious races will be regrouped into the Labatt's Lite Super Series which will award 50 points for first down to two points for each finishers.

To be eligible for certain awards, runners must compete in races outside their region.

The Super Series promises to be the most interesting facet of the new set-up. Awards incentives should attract competitive runners who previously chose to concentrate on victories in smaller events.

Anybody who is serious about placing well in the province's rankings can't afford to miss more than two races in the Super Series. It's likely that they will opt to run in all 10, a guarantee of elite fields for the premiere events.

In addition to the Super Series, 10 k and 20 k provincial championship races have been selected. These two races are given an even higher priority — the committee ruled that a runner hoping for provincial ranking must race in at least one of the championships.

It was, to say the least, an organizational nightmare, with everybody having their own cause to champion.

Runners from the north of the province requested that no championship races be held before May; they said that training is particularly difficult in their region during this time. They didn't want to be handicapped with an emphasis on early season runs.

Some runners were worried that the certain distances would be overloaded or that race dates might overlap. The consensus is that the organizers have made the best of what was a difficult situation. Of the 10 Super Series races, four are 10 k, four are between ten miles and half-marathon, and the two others cover 6.5 and eight miles. The dates run over four months, from May 20 to September 22. Half are on Saturdays, the other five on Sundays.

Runners will probably hope to peak in July, when there are four races in as many weeks.

While the emphasis might seem to be on the victors and their spoils, Labatt's is quick to point out that participation is the goal. Labatt's spokesman Robert Keith, an avid runner, says the brewery wanted to ensure that the "awards for all concept" wouldn't be lost amid the structured competition. Labatt's will be providing all awards for the races and has published a booklet containing information, rules and a scorecard for the series. These free booklets are available by sending a stamped, self-addressed envelope, legal size, to Leo Sheehy, R.R. 1, Hopewell Cape, N.B. E0A 1Y0.

The mini-series will kick off on May 20 with the Restigouche Half Marathon. Held in Campbellton, this well-organized race offers a large selection of prizes. The proximity to the Quebec border may draw some elite runners

from Le Belle Province.

The King Sport Road Race takes centre stage on June 3. Sponsored by a Moncton sporting goods store, this 10 k always attracts a large, strong field. Two short but tough hills in the middle of an otherwise flat course should make this race an interesting, tactical battle.

A three-week break gives the field an opportunity to prepare for the first provincial championships, the Jaycee Provincial 10 k on June 24. The event will undoubtedly be Newcastle's largest ever. Medals will be awarded to the first 100 finishers. Like King Sport, this is one of the oldest races in the province and one that has improved every year.

On July 8 the unique Tilt of the Tartans 20 k will launch a four-races-in-four-weeks grind. The fast course starts in Port Elgin and ends across the border in Nova Scotia. Superb hospitality, a five-mile fun run and beaches within a stone's throw of the finish help make this race one of the best for a family outing.

Six days later the George Gallant Road Race takes off from Shediac. The 12.8 k course is annually visited by some of the province's best runners. The race is held in conjunction with the Shediac Lobster Festival.

Le 10 k du Festival, on a fast course in Shippagam, goes the following Saturday. This race annually provides many runners with a shot at a personal bests.

Then on July 28, Woodstock hosts the Knights of Columbus Road Race.

Runners can look for a two-week break after the Woodstock run. On August 12, the Perfection 20 k is New Brunswick's second championship race. Runners can look forward to meals both before and after the race. The Southeast Striders host the race in Riverview.

The series winds down in September with two races. On the eighth, the Bicentennial Diet Pepsi Fun Run in St. Martins is probably one of the toughest ten-mile races in Canada. The course is extremely hilly and even features a short cross-country circuit.

The final event takes place in Fredericton on September 22. The 10 k Fall Classic is organized by the Capital City Road Runners and promises to be a most competitive race. The Series championship could ride on the results of this race.

DAVE STEEN

Everything about Dave Steen suggests that he is an athlete. But this is no ordinary jock who flirts with jogging, nautilus, raquetball or hockey. Dave Steen belongs to a rather elite fraternity of athletes who compete in the decathlon.

In the age where specialists from commerce to sports, become more and more the norm, the decathlon athlete stands uniquely apart. He is a generalist.

As a decathlete, he performs in 10 strenuous events that must be run in the same order at each meet and must be completed in two consecutive days. The first day features the 100 m. dash, the long jump, shot-put, high jump, and 400 meters. The second day's events are the 110 m. hurdles, discus, pole vault, javelin, and 1500 meters.

The decathlon is a gruelling test of the consummate athlete and it has made a rising star out of Dave Steen. He won the World University Games in Edmonton and a gold medal at the Pan Am Games. At the age of 23 the Burnaby, B.C. native has set a new Canadian and games record in Edmonton. Decathletes are not supposed to peak until 28 or older. You can go on as far as 32 or 33 years and still keep improving in the decathlon. The reason for a later peak is that the decathlon requires tremendous amounts of strength and an athlete can keep developing strength until he is 28 and can maintain it for a while after that. Development of strength and the amount of technical training needed for 10 events explains why decathletes peak at a more mature age.

Dave Steen was born in New Westminster, B.C. but grew up in Burnaby where he attended high school. His father, Don Steen, had been a Canadian decathlon champion and his uncle, Dave Steen, had been two time Commonwealth gold medalist in the shot-put.

Steen won a track and field scholarship to Berkly, Cal. In 1977, his first year there, he trained very hard. Under a new coach the next year, his interest in track began to dwindle.

The turning point in his career was to join coach Andy Higgins at the University of Toronto. Now he is a full time athlete who trains 6 hrs./day, 6 days/week. That's 2 hours each morning and 4 hrs. in the afternoon. For the time being, he has given up his education to concentrate on training for the L.A. Olympics.

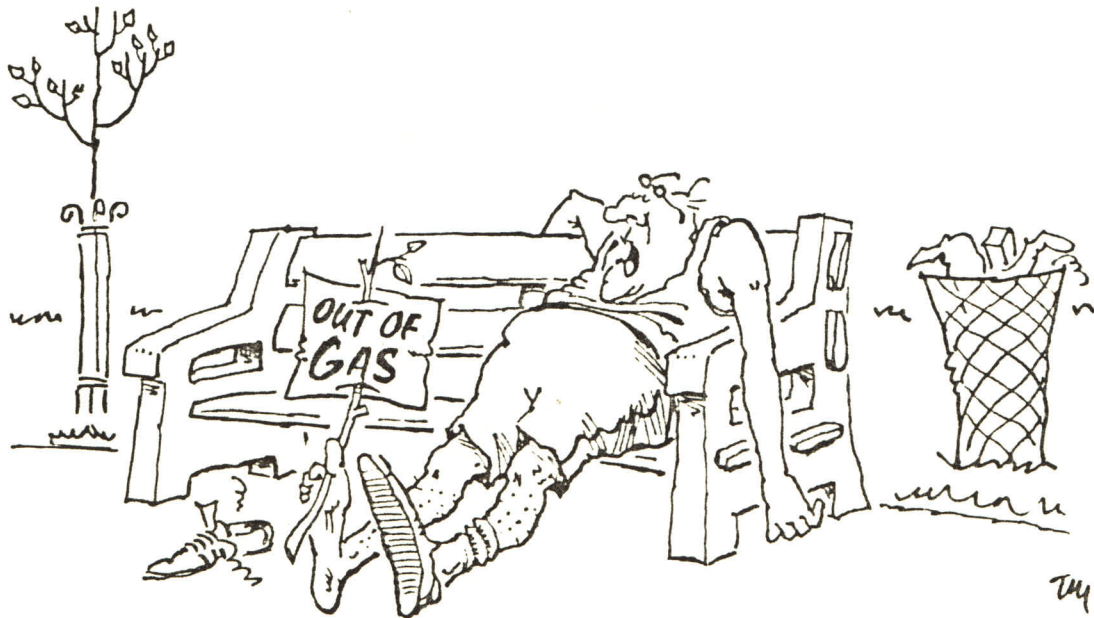
Steen is unsure of his ultimate goal but he is wisely has 3 years of child psychology under his belt. He is not willing to abandon everything else to get to the top of the decathlon world. He absolutely refuses to use steroids or other drugs.

Steen's success so far has come naturally from his dedication to his sport. What worries him most is that people may expect too much from him.

A medal is unrealistic for him right now from L.A. but at the 1988 Olympics, at age 28, he hopes to be peaking.

His training program is designed to make him bigger and stronger. He is going to run faster, jump higher, and throw farther than any other man and he has got many years to prepare for it.

Let us watch him in L.A. and wish him luck.



THE BOSTON EXPERIENCE

by Dave Wallace

The rain poured down in buckets as Bill LeDrew and I sat in one of the school buses which had carried us an hour ago from the Prudential Center in downtown Boston. It was cold and wet in Hopkinton, with yet about an hour before the start of the marathon. Most of the 7,000 odd competitors were crammed in the Hopkinton High School, which, with much disgust, we had briefly toured. There was very little walking space in the school, even less for sitting, and for all practical purposes, there was none available for breathing. It stank with a degree of suffocation that was barely tolerable for sustaining oneself. But everyone seemed enthusiastic for the upcoming onslaught (marathon) while momentarily resting in peace. Thus, Bill and I found ourselves comfortably huddled in the damp air with plenty of leg room provided by the buses. We were joined by only a few hardy stragglers, but for the most part, the bus remained empty as the start of the race approached. The later proved to be a mistake as many of us suffered in the race from cold, seizing muscles. Sitting in the cold no doubt weakened our resistance to developing cramps.

Shortly before the race, the rain appropriately stopped, the American anthem was orchestrated, and before we knew it, 5-4-3-2-1 blast, we were off. Competeitors were roped off at the start in blocks of 500, in accordance with their bib numbers. These in turn were granted on the basis of one's best qualifying time, thereby placing the faster runners near the start. With number 779, I was approximately 100-200 feet from the starting line, which took about 30 seconds to run after the official start. The marathon took on the character of a "race" after the first $\frac{1}{2}$ mile, when the crowd was sufficiently scattered to enable oneself to pass, or be passed.

My personal strategy in the race was blighted by a touch of tendonitis in the right leg above the ankle. It proved to be much better behaved than I had anticipated. However, the ankle was stiff, the leg seemed to drag. I tired easily, and began to drop off from a 6 minute pace at approximately 10 miles. Up until that point, Bill and I had kept together fairly well. He continued at a steady pace, as I began to slow down to a shuffle.

The most difficult sections of the course were the downhills. The cold and wet heavily contributed to the stiffening and aching of the quads. Twice, towards Newton, and after Heartbreak Hill, I found myself walking downhill. The crowds along the length of the course were fantastic. Although supposedly thinner than previous years in times of better weather, they were more than adequate at times of low moral. They cheered when I trotted from a walk, and again, whenever I picked up a passing pace.

After finishing, cold and confused, I found myself following the crowd into the underground parking lot of the Sheraton Hotel. It looked like a scene from a refugee camp in Lebanon - rows of cots, aching, moaning people, some being carried in, and devoted MD's treating, what else, tender feet.

Whithin a few minutes, I met up with Bill, who being in much the same state as I, - cold and in pain from the hips down- finished within 2 minutes of my time. We hobbled our aching joints across the street

into the Hilton, wher we were greeted by fellow New Brunswickians (Joe McGuire, Mike Simmons, Roly McSorley)and a warm hospitable room. Notes were compared, and the merits of running, and of the running under such conditions were considered. Everyone's times were slow even Geoff Smith's (2:10- record 2:09). Wait until next year.

INTERVAL TRAINING

Since a few of us are already doing some interval training and more of us wish to start soon I found this article taken from RUNNER'S WORLD to be quite informative.

HINTS FOR EFFECTIVE INTERVAL TRAINING

VARY THE PROGRAM. Do different sets of intervals, different distances and experiment with recovery times.

USE PROGRESSION. Start easy and progress from there.

APPLY COMMONSENCE RULES. Don't do more than a specific workout calls for; don't stick to a workout if you can't handle it.

DON'T WEAR SPIKES. Wear training flats, not racing flats.

WARM UP ADEQUATELY. Run 2 to 4 miles and stretch for 20 minutes prior to any hard interval work. Repeat this procedure after the workout as well.

DON'T WALK DURING AN INTERVAL WORKOUT: If you quit in practise, you'll quit in a race.

DON'T RACE IN TRAINING. Nothing is more destructive.

THE COMPETITION SHOULD BE FUN. That is, it should be fun if the runner has run intervals properly and calloused himself for competition.

This article was written by Bill Dellinger and I am sure we do not all agree with each of these hints, but on the other hand his students do seem to get results don't they?

IN THE FAST LANE

BY

THE LOOSE SNEAKER

In this month's column, I will interview Fred Turnbull.

Q: Freddie, you're 51 years old, and have just completed your first marathon. Looking back at the race itself, what are your thoughts at this time?

A: I was very surprised to find the 26.2 mile race not as hard a run as I first thought it would be. It is a very long and tiring type of run but if one has the "mechanics" of a good runner such as good (a) style of running, learning to (b) pace properly and (c) conserving your strength so as to evenly distribute your stamina over the entire course and save a little for the finish.

Q: Briefly what type of training did you do in preparation for this race?

A: I started to run as a "recreation" type sport in February, 1983, more or less to keep my weight down and also as a good general conditioning type of sport. Very soon I found the running and the competitive aspect of the sport to my liking. During the course of a year I ran in 10K, 12.8K, 20K races and had some success for a person of my age and limited running experience. Now as to running a full marathon the only training I did was running more often over a period of four (4) months, probably about 35-40 miles a week, sometimes more and once a week during the four month period I would put a 16-17 mile run in, which is the reason I began to tire after the 23 mile mark in the marathon. (In retrospect you should put in a lot more 20 mile type of training runs before trying a full marathon).

Q: What, if anything, would you do differently in preparation for a race of this magnitude?

A: If I decide to run another full marathon, I will definitely train harder. [(a) run more miles a week, (b) run longer races (c) do some training on the track for speed work, etc.] As for the race itself I would definitely run the first half at a faster pace than I did in the first marathon.

Q: How did you feel, physically and mentally, during this race?

A: During the first half of the race, I felt remarkably good, (physically and mentally). I am of the opinion now that I could have run the first half a lot faster than I did and still have finished the race. At about the 23 mile or about the "Experimental Farm Hill" on the return trip is where I began to feel tired and down a bit emotionally and the last three miles was a bit of a disappointment for me as I rapidly began to run out of "gas". However, you have to dig deep for that last bit of "stamina" and generally you can find it as you know that you have accomplished something rather unique. In my case, I managed to run a full marathon

at 51 years of age and only with a little over a year's running experience.

Q: Was there ever a time that you felt you had "hit the wall"? If so, how did you feel then?

A: The only time I experienced any feeling of "hitting the wall" was at the top of the "Farm Hill" on the return trip. This would have been about the 23 mile mark but I know I still had enough energy and stamina to draw upon in order to finish the race. One of my running friends, Dick Mawhinney, met me at the top of the farm hill and after a drink of "Coke", he ran the remainder of the race with me. This was of great benefit to me.

Q: You looked very strong at the finish line. How did you feel after the race?

A: Yes, I saved a little "gas" for the finish of the marathon and of course there is a little bit of the "ham" in all of us. I knew there were a few of my relatives (I told as many as I could) at the race and of course I wanted to look good coming across the finish line. I felt quite good after the race.

Q: Do you have any plans to run another marathon this summer?

A: If I am able to get enough miles in training and my general health keeps good, I would definitely like to run another marathon this summer.

Q: Is there anything in particular that you would recommend to a first time marathoner?

A: Yes, try to run at least one longer run every week (at least 20 miles) during your training. Approach the run with a good frame of mind and don't let the distance overwhelm you, because it isn't as "insurmountable" as it is advertised.

Q: There is no doubt that you have made great strides and have had much success in the road racing circuit. Are you looking beyond the local races perhaps to Boston or New York?

A: It has long been a desire of mine to run at least once in the "Boston Marathon" or a similar type quality race. I would at this time have to knock some time off my 3:49 (Veterans Class - 50 and over) time in order to qualify for the "Boston". With determination and effort I think that I could qualify. We will have to wait and see????

Q: Having competed in all race distances, what is your favourite? and why?

A: 10K of Course!!!! At my age group and with my limited experience, I find it easier to run a 6.2 mile course and still be reasonably competitive.

AND THEIR OFF

The first race for April was the Heart Marathon on April 8th. It was well run and attended. George Hubbard is to be commended for a great job.

CCRR members were there in full force but unfortunately not everyone knew their times so I won't publish them at this time. I will though list the names of the members who did run to the best of my knowledge. I am sure that I have missed one or two of you and I do appologize.

In the .6.5 mile event there was:

Roly McSorley, Ed Takacs, David Tree, Nick Guitard, Dick Mawhinney, Brenda Tree, Dave Prebble, John Webster, Flo LeDrew, Henrietta Brewer, Marc LeBlanc, Rosaire LeBlanc, Beth Healey, and Leitha Turnbull, John Cathcart.

In the 13.1 mile event were:

Scott Hare, Barb Ramsay, Tim Maillet, Tony Little, John Mercer, Mark Roberts, and Martin Grosweiner.

In the 26.2 mile event were:

Steve Scott, Fred Turnbull, and James Tucker.

GOOD SHOW TO ALL OF YOU!

A VERY IMPORTANT MESSAGE!

Our club is sponsoring a 10km. race in Sept. (22) that will need a lot of support from all our members. Steve Scott is the race director for this event. The planning for this event is already started and we need you to help. Anyone willing to help in any way can call Steve at 454-1714.

The weather it was cold and raining as the members of the CCRR made their appearance at the starting line of the Boston Marathon. There were puddles on the roads and people everywhere but our boys didn't bat an eye but went straight to work.....

The Boston Marathon as you might know was held April 16th with a total of somewhere around 6300 runners. Our fellows did well and deserve a good hearty pat on the back.

Their times were:

Dave Wallace 3:03

Bill LeDrew 3:05

John Cathcart 3:11

GOOD WORK BOYS!

1) July 2, - Parade - → Kellarey Lake
 Triathlon - Swim, Bicycle, Run
 June 30 Saturday 400m. 25+30K.
 Sponsored by Chamber of Commerce

May 16/84
 Wednesday
 phone call
 Team for
 Fitness Challenge
 Bear Lake

2) Shorts + ~~Shirley~~ Singlets
 United Sports \$40.00
 \$40.00 for tops + bottoms
 silk screening
 32.00
 Sports Report

10% Sports Experts.
 Show card.
 5 or 6 discount
 15%

3) What applies \$500 for Govt grant

4) (member) of the month.

Line support to the trail on south side of river.
 Friday June 16/84
 Same date as gone St. John.
 Burt's Corner Race same time.
 June 17/84 Woodstock
 Aerobic Endurance 100 mile marathon

Team 4X5K. Abby Race
 Sat August 18 = 1 mi. race
 Sunday 19 =

Training Fore Pace ① Best 10K. mile warm up Reps. Red
 40:00 1 20+400m, 10-15
 Pace 1:35 7mi
 43:00 - Pace 1:52
 Pace 1:45
 ② 40:00-1-20x400-30-60
 ③ Training for strength and speed
 Reps min. Pace 1:26 1.5mi-6
 40:00-2-10-400-2-3

Oct 20/84
 Smiles
 Wenzel
 Formales

Fall Classic
 Sept. 21/84
 To help

Total Distance miles
 7