

NOVEMBER 1984

Volume 2 Issue 17

CAPITAL CITY ROAD RUNNERS

FREDERICTON, N.B.

FOOTNOTES

THE EXECUTIVE

PRESIDENT	Paul Lavoie	454-7520
VICE PRESIDENT	Tony Little	459-1687
SECRETARY	Dave Wallace	457-0303
MEMBER AT LARGE	Dick Mawhinney	454-1721
REGISTRAR TREASURER	Brenda Tree	454-6202
FUNRUN COMMITTEE	Flo LeDrew Bill LeDrew	454-6073
FOOTNOTES EDITORS	Brenda Tree David Tree	454-6202
TELEPHONE COMMITTEE	Mary Maillet Edna Harris Dorise Turnbull Wendy Beggs Brenda Tree	455-7291 454-1721 454-2612 454-6875 454-6202

FROM THE EDITORS

We got quite a few of entries from within the club this month and we wish to thank you all very much. Any of you who wish to put in an article, fell free to do so and I'll remind you that the deadline each month is the 15th.

There are also included 1 race entry ~~for~~ for ~~aces~~ races in Maine. We included them so you can get an idea how the races there are handled.

Also you will find a new kind of sport injury entry. There are 3 of these which were given to me to put in the newsletter by an Emergency room physician. They are well done and well worth the reading. You may want to put them somewhere handy until, God forbid, you get that particular injury.

And again, I will remind any of you who would like to send us anything, including profiles on yourself, we would love to get it.

Brenda Tree
+ *David Tree*

SHORTS AND SINGLETS

First of all I'd like to welcome our new members from the road race: Bob Zinck and Dennis Atchison.

A big Hello to our member, Beth Healey who has moved to Alberta.

Congratulations to Dick Mawhinney who has been chosen to be a Fredericton City Police Auxillary.

The idea came up the other night about bears in the UNB woodlot. A conclusion was met that one should not run in the woodlot during the bear mating season with a fur coat on.

The Capital City Road Runner Country Music Award for 1984 goes to James Tucker. Can he ever play a mean guitar and James, you were the "life of the party".

For any of you who missed it, the race did go on and from all levels was a huge success. Where else could you pay only \$5 and run a true 10 km. course, have a meal, good change facilities, have a chance at terrific draw prizes, and rub elbows with members of the best running club in N.B.? It really was a huge success and this was due to the great organizing committee; Steve Scott, Dick Mawhinney, Brenda Tree, Bill LeDrew, George Hubbard, and Paul Lavoie.

Any of you who were at our race may not have known the winner, Mike Petrocci. He and his wife are MD's and live in Hatfield's Point. Mike told us that the marathon is his favorite distance and when asked his best time, he said it was 2:17. WOW!

Don't forget the Ladies Only Race on Oct. 20th and also there is a race in Saint John in early November. It is an 8 mile race over hill and dale, but as always in Saint John it proves to be a good time.

FOOTNOTES BELIEVE IT OR NOT- Dave Wallace encountered something different while running in the woodlot recently. He was hit by a deer- a buck. Believe it; I saw the scars! He didn't see how many points for the hunters among you and right now in the DEER ANNUAL is written a story on how dumb the human runners are this time of year or is it perhaps the "runner open season".

MEMBER OF THE MONTH

The member of the month this issue is none other than, Don Hicks. In case you haven't noticed Don has improved greatly just this summer. His times have improved and also he ran the 20 Km. in Riverview in a good time; when last year he probably considered such a distance as foolish and impossible. Well done Don and keep up the good work!

PERSONAL REFLECTIONS ON THE FREDERICTON 10K FALL CLASSIC

or

WHY I SHOULD NOT HAVE GONE TO THE CHESTNUT

or

THE DANGERS OF SITTING NEXT TO BRENDA

Sitting in a self-righteous mildly inebriated contentment after our Wednesday Fun Run, enjoying the amiable company and ambience of the club's favourite rendezvous, I was startled into defensive paranoia by a loud voice immediately to my left with the interrogatory command "Would YOU write an article on the Fall Classic for the newsletter?". After several fruitless attempts to deflect the question, I realized the enormity of my seemingly small volunteered commitment.

The Fall Classic is not just a road race, it is a happening with many events. Who am I to report on this? Did I troop around soliciting sponsors, did I participate in the various discussions on how things should and should not be done, was I there at 5:30 in the morning slicing tomatoes for the supper, was I there for the registration, did I see the great race between Mike Petrocci and Joe McGuire developing way out in front of me, was I there for James Tucker's country and western concert nearly twentyfour hours after the tomato slicing episode? No! What do I know?

What follows then, is a fragmentary eclectic presentation based on hearsay, assumption, fact and impression.

Driving down Saunders Street on the way to register, I was immediately impressed by the organization as I saw three CBC television mobiles in the parking lot of Odell Park. This was obviously going to be a very important race! Little did I realize that these mobiles had more to do with the Queen's impending visit than with us. Moving into the Welcome Building, I found David Tree eagerly waiting to exchange the necessary racing paraphernalia; race number, hat, safety pins, posters for some, etc., for my registration form and my money. From here, off to home to change, do a few warm-ups and hurry back. Arriving at 3:55, Paul Lavoie was already trying to marshall all these brightly costumed individuals at the starting line. It was certainly a good turn out; lots of people, many young people, quite a number of "older" runners and wafting through the excitement, shouts of encouragement to the first time racers. All that remained was to say hello to many friends, absorb the pre-race comradery and those last minute personal reminders like "Don't start off too quickly--you fool".

It was a beautiful warm day, the trees just starting to adopt their fall colouring, and the wind blowing briskly downriver--ideal for pushing tired runners towards the finishing line but slowing the pace on the outbound leg.

The gun sounded and we were on our way. Out of the Exhibition Grounds and a hard left onto Saunders Street and I am in a crowd. I have to concentrate to avoid tripping runners that I am passing, moving out of the way for faster ones and get ready for another hard left onto Rookwood. Finally, along Waggoners Lane we sort ourselves out into single file and small groups and it is time to take stock. How is my breathing--too fast--too slow, what about the pace and where are the runners against whom I want to pace myself? Around the corner, across the tracks and we get our one mile times. Just a bit too fast so I slow down and I notice that everyone else is doing the same thing. Turning onto the Woodstock Road and facing into what seems to be gale force winds, I search for shelter looking for some huge runner moving at the same speed that I want to go. We all settle into a steady pace and after passing the 4km signpost, I begin to wonder when we will see the front runners and who will be leading. Here they come, first two, and then a pack. I count each runner as they go by and make the turn in 51st position (more or less). I remind myself that the wind is blowing from behind (it now seems to be just a light breeze) and that I can pick up a bit of speed, though not too much, there is still a long way to go. Soon I find myself rounding the corner of the Hanwell, running across to the other side of the road, getting my time with one mile to go, and it confirms that I will cross the finish line inside my goal. The elation spurrs me through the final mile and I am surprised to find that I have some "kick" for the final few hundred meters.

Now the race is over, I find something to drink and walk back to cheer the runners who are now entering the Exhibition Grounds. I love watching the tiredness, determination, and triumph etched on the face of each person as they come into the grounds and see the finish line.

After a shower, change and a beer, I hurry over to the Capital Winter Club for supper and the awards. Runners are a hungry lot--those kaisers were filled high with various meats, cheese, pickles, lettuce and garnish. I was late in arriving and it was almost time to start the awards ceremony.

The awards table was loaded with prizes and Steve Scott and Paul Lavoie worked hard and got prizes and trophies out to the best in each of many categories. A rose for the women was a nice touch, guys! Those of us who did not win a category award waited anxiously for the draw prizes. It was nice to see substantial merchandise prizes going to those who do not often win.

A party was held later at the Diplomat Motel. Discretion prevents me from expanding on this other than to note that Moosehead Breweries contributed heavily to the success of the evening.

BDM

Complete race results follow.

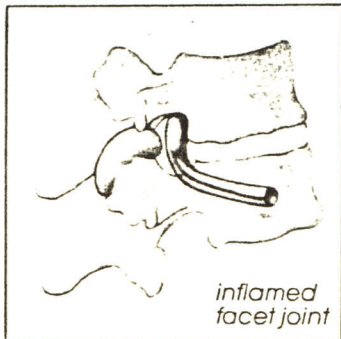
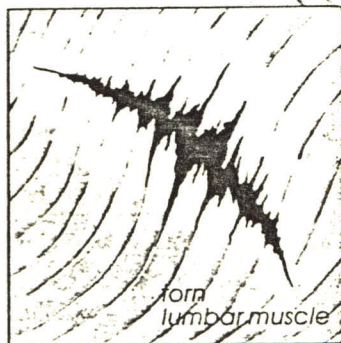
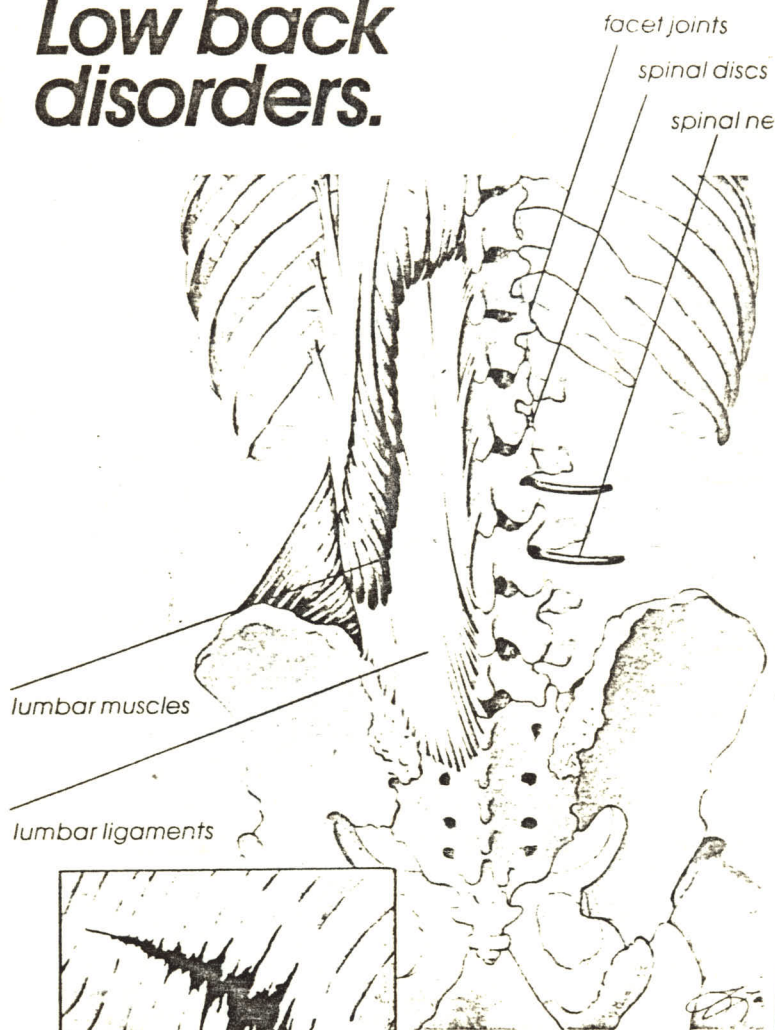
THE TRUTH ABOUT RUNNING

adapted from "THE RUNNERS HANDBOOK"

1. The further you plan on running in the morning, the more times you will be awakened in the night by the kids, dog or phone.
2. No matter what direction you run the cold wind will be in your face.
3. The more expensive your running shoes, the sooner the dog will chew them up.
4. No matter how bad you feel at the start of your run, you'll feel worse at the end.
5. Even though it's an out and back course, there still seems to be more up hills than down.
6. Injuries will only occur when you are the farthest point from home and on a day when you forgot your phone money.
7. If you still have sex on your mind after a run, you aren't running hard enough.

A man was running through a suburban neighborhood in New Orleans and saw a tennis ball near the curb. He scooped it up and since he had no pockets, he tucked it in his shorts. A few blocks away, a women out picking up her newspaper openly stared at the bulge in his shorts. Embarrassed, the runner explained, "Tennis ball." "Oh you poor dear," she said, "I have tennis elbow and I know how painfull that can be!"

Low back disorders.



Injury description

Back pain is very common in both athlete and nonathlete alike. It can vary from a nagging, nuisance type ache to a severe incapacitating pain. The cause of back pain is complex and varied. The following are the four main causes of back pain:

Lumbar strain

This is the most common type of back problem seen in the sports participant. It accounts for 70-75% of all back problems. It is caused by strain or microscopic tears of the muscles and ligaments in the back and is usually the easiest to treat.

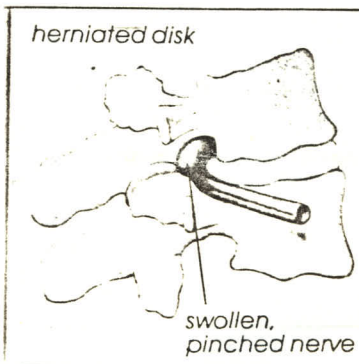
Facet joint syndrome

The vertebrae in your back are connected by small joints (facet joints). These joints are about the size of the joints in your finger. They can become

strained and/or inflamed when they undergo extreme forces, as with excessive twisting or arching of the back. Since you cannot splint these joints, the pain may persist for a long time as they are constantly irritated. This accounts for 10-15% of back problems in the active person.

Herniated disc

This is usually the most severe of low back disorders. Traditionally it is called a "slipped disc". It occurs commonly in the young (under 50), but can also bother the older participant. The disc is a soft substance that acts as a shock absorber between the vertebrae. The inner centre of the disc is like the liquid centre of a golf ball which can push out at a point of weakness or injury. This can then press on the nerves causing pain from the back down to the foot. This condition accounts for 5-10% of back problems.



Degenerated discs

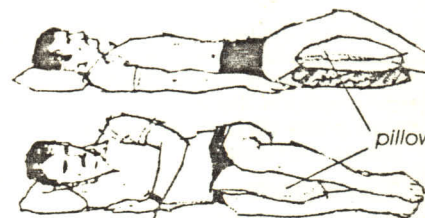
If the discs lose moisture, they may occasionally shrink and cause the facet joints to settle closer together, thus irritating the adjacent nerves. Some disc degeneration commonly occurs in people over 40 even without specific injury.

†† The above four conditions encompass the major causes of back pain in the active person, but there are many other possibilities. The treatment of each individual back problem varies but the principles are the same.

Treatment

REST

In the most severe cases, total bed rest is mandatory. You must be on a hard firm surface (firm mattress, floor). These are the two ideal rest positions:



a) Lie on your back with pillows placed under your knees.

b) Lie on your side with your knees pulled up to your chest. Place pillows between the knees.

ICE, HEAT, MASSAGE

If your muscles are in spasm, ice and/or massage can help relieve the spasm and the associated pain. To reduce stiffness, heat can be applied in the form of heating pad, baths, whirlpool, etc.

MEDICATION

Your doctor may prescribe pills depending on the nature of your back pain. The pills will help relieve muscle spasm, decrease inflammation in the joints or ligaments and help reduce pain.

PHYSIOTHERAPY

You may need physiotherapy to reduce the muscle spasm and inflammation in your back. In addition, a rehabilitation program to prevent further episodes of back pain should be worked out for you, based primarily on increasing the flexibility and strength of your back.

BRACE

Your doctor may prescribe a brace to help support your back. If sitting for long periods of time seems to aggravate your back, then special back supports may be helpful to relieve the pain.

LIFESTYLE

Small adjustments in the way you sit, stand, lean and sleep can make a remarkable difference to your back. Your doctor or physiotherapist will discuss these adjustments with you.

WEIGHT REDUCTION

This is most important. Often losing 10 pounds can alter your posture enough to relieve some pressure from the back.

Sports

When back pain is severe, all sports are obviously impossible. When you do return to sporting activity, the best sports are those

that keep the back straight and do not involve jarring and twisting movements which aggravate the condition. Try to maintain your pelvic tilt (see exercises) during your sport.

Good sports

These sports will be easiest on your back.

1. *Swimming (swimming on your back is especially good)*
2. *Cycling (stationary)*
3. *Walking*
4. *Skating*

Questionable sports

These sports may be alright for some people but bad for others.

1. *Jogging*
2. *Skiing, downhill and cross country*
3. *Baseball*
4. *Hockey*

Bad sports

These sports are particularly hard on your back.

1. *Diving (avoid at all times)*
2. *Racquet sports*
3. *Football*
4. *Volleyball*
5. *Basketball*
6. *Running fast or downhill*

Exercises

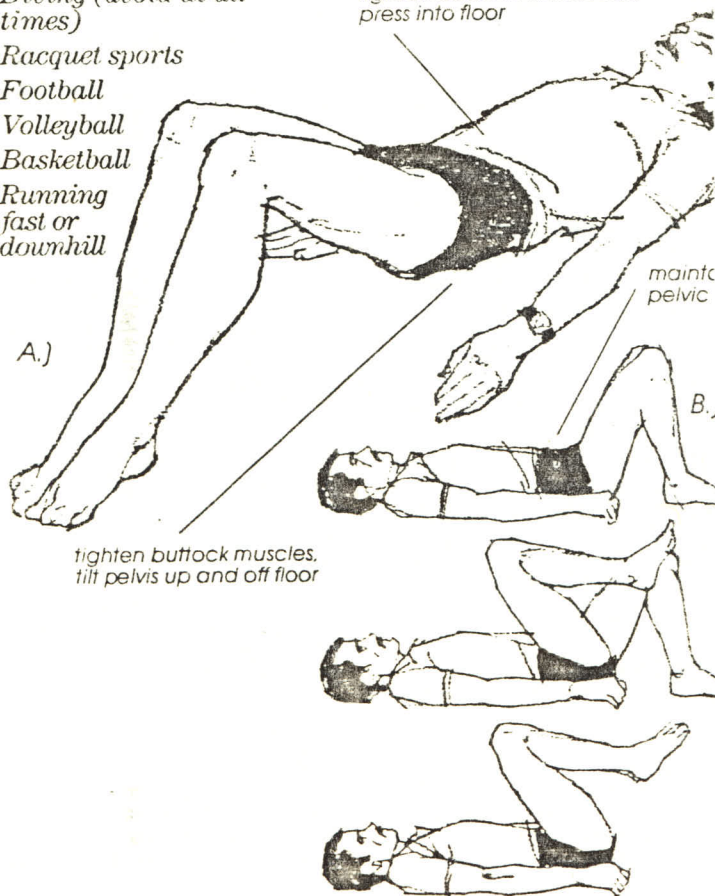
The conditioning of the stomach muscles is the key to improving your back problem. The basic back exercise is the pelvic tilt. It is important that you learn this exercise first, and then try to maintain its position during your sport activities. Initially, the pelvic tilt may feel awkward, but with practice it can become second nature.

THE PELVIC TILT

A.) Lie flat on your back, knees bent, feet flat on the floor and body relaxed. Tighten your abdominal muscles and press the small of your back into the floor while tightening your buttock muscles and tilting your pelvis up. Hold 10 seconds and relax. Repeat 10 times.

B.) A progression of the basic pelvic tilt is the knee raise. Tilt pelvis as above and raise right knee up over chest without using your hands. Now raise your left knee to join the right. Hold both for 5 seconds and return feet flat to the floor. Repeat 10 times.

tighten abdominal muscles, press into floor

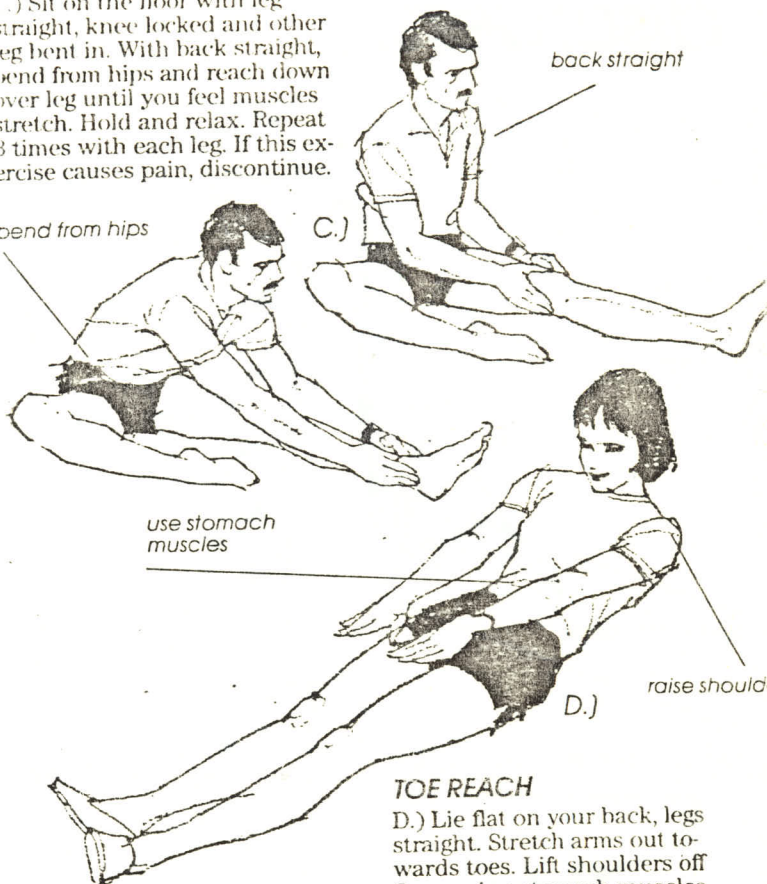


HAMSTRING STRETCH

C.) Sit on the floor with leg straight, knee locked and other leg bent in. With back straight, bend from hips and reach down over leg until you feel muscles stretch. Hold and relax. Repeat 3 times with each leg. If this exercise causes pain, discontinue.

bend from hips

back straight



TOE REACH

D.) Lie flat on your back, legs straight. Stretch arms out towards toes. Lift shoulders off floor using stomach muscles. Hold for 5 seconds and then relax. Repeat 10 times.

SIT UPS

E.) Full bent knee situps can be added as pain subsides. Maintain pelvic tilt. Sit ups should be done slowly, with a smooth, non-jerky motion (both up and down). Start with only a few, and increase the number as your strength improves.



YOUR PRESIDENT'S VIEWPOINT

This month's issue of the newsletter carries the complete and revealing results of our 2nd Annual 10km Fall Classic. Much to the credit of the organizing committee, this year's event turned out to be the most successful race of the 1984 Labatt's Lite Road Racing series. Steve Scott is to be given full recognition for the considerable time and effort he and his committee put into making this race the tremendous success that it was. In this respect I would like to pay special tribute to those individuals who helped Steve in the organization of the race.

1. George Hubbard - technical advisor
2. Paul Lavoie - Course official
3. Bill Ledrew - Trophies
4. Brenda Tree - Lunch
5. Dick Mawhinney - Promotions

Of course, the many hours of late night meetings and chasing of sponsors, would have been for nothing had it not been for the willingness of many more club members, their family and friends, who were there when needed most on the day of the Race itself. At the risk of missing someone I would like to thank the following people:

Carol Scott - registration
 Dave Tree - registration
 Cheryl Mercer - results
 Wendy and Pat Beggs - results
 Ed Tacas - Finish Line
 Joy Elliotte - finish line
 The Air Cadets - route marshalls
 Herb Little - mile split
 The water stoppers
 John Mercer
 Lisa Lavoie
 Jennifer Campbell
 Toby Little
 Ms. Grosweiner
 Martin Grosweiner - traffic signs, km signs, etc.
 Tony Little - stop signs, many other things
 Kim Scott and friend - baby sitting

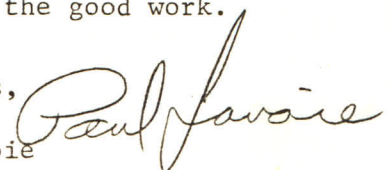
If I had one thing to do over again on the day of the race, it would be to go back to the awards ceremonies and publicly thank you all for the work that you did. I had every intention of doing so at the time but just plain forgot. It has been said that "a man's mind begins to function the second he is born, but ceases to work as soon as he stands before a crowd." A good excuse for forgetting but not a good reason.

Finally, by the conclusion of the day, I was proud to be a member of the Capital City Roadrunners and honored to be its President. I believe that we have a Club that is going places and can certainly be considered a model for other clubs to follow.

Congratulations CCRC members, you did a fine job. Keep up the good work.

Your Pres,

Paul Lavoie



RACE RESULTS
2ND ANNUAL 10 KM
FALL CLASSIC

Overall Finish #	Name	Time	Position by Category								
			Male				Female			Walker	
			-19	20-39	40-49	50+	-19	20-34	35+	Male	Female
1	Mike Petrocci	31:53		1							
2	Joe McGuire	32:10			1						
3	Mike Simmons	32:32		2							
4 *	Roly McSorley	32:38		3							
5	Gilles Gautreau	32:17		4							
6 *	Scott Hare	33:20	1								
7 *	Andre LeBlanc	34:03	2								
8	Roger Vienneau	34:34		5							
9	William Cummings	34:55		6							
10	Bill Best	35:17			2						
11 *	Dave Wallace	35:18		7							
12	Sean Best	35:40	3								
13	Jeff Anderson	35:51	4								
14	Mike Waller	35:57	5								
15	Ed Boudreau	36:16		8							
16 *	Dennis Atchison	36:24	6								
17	Paul Bourgeois	36:30			3						
18 *	John Cathcart	36:34		9							
19 *	James Tucker	36:35			4						
20	Mike Lushinton	36:36			5						
21	Gilles Bourgeois	36:45		10							
22	Jacque Paynter	37:34		11							
23 *	Marc LeBlanc	37:35	7								
24	Raymond Gallant	37:48		12							
25	Omer Dupuis	37:49		13							
26 *	Larry Robinson	37:56		14							
27	Robert Jackson	38:07		15							
28	Peter Cashion	38:14	8								
29 *	Brian Rosborough	38:20		16							
30	Marty Morris	38:41		17							
31 *	Don Hicks	38:45			6						
32	Jim Allain	38:50	9								
33	Gabriel Pinard	38:54		18							
34 *	Rosaire LeBlanc	38:55			7						
35	George Gallant	39:04				1					
36	Peter Ross	39:13	10								
37 *	Brian Sipprell	39:14		19							
38	Andy Chartrand	39:26			8						
39	Ed Lutes	39:26		20							
40 *	Bruce Meyer	39:27		21							
41	Kevin Murphy	39:28		22							
42 *	Tony Little	39:30			9						
43	Darren Campbell	39:42	11								
44	Terry Goodlad	39:43				2					
45	Darryl Jardine	39:48	12								

* CCRC MEMBER

Overall Finish #	Name	Time	Position by Category								Male	Female	
			Male				Female			Walker			
			-19	20-39	40-49	50+	-19	20-34	35+	Male			Female
46	Duncan Hadley	39:49		23									
47	* Tim Maillet	39:52		24									
48	Colin McCabe	40:06				3							
49	Sean McGuire	40:09	13										
50	Jacqueline Maillet	40:10					1						
51	Mike Carey	40:14		25									
52	Andrew Grieve	40:17		26									
53	Gary Gallant	40:18	14										
54	Fraser Veitch	40:19	15										
55	Chris Hyde	40:50	16										
56	Rayma Palmer	41:13						1					
57	Andrew Stillwell	41:21	17										
58	* John Webster	41:25			10								
59	Tony Chan	41:28		27									
60	Mike Stapenhurst	41:29			11								
61	* Fred Turnbull	41:30				4							
62	Michelle Cormier	41:31					2						
63	Frank Eardley	41:39			12								
64	* Dick Mawhinney	42:11		28									
65	Howard Jenkins	42:31	18										
66	Doug Mulholland	42:32			13								
67	Ted Dunphy	42:39		29									
68	Alphonse Doiron	42:44			14								
69	* Dave Prebble	42:47			15								
70	Sean Campbell	42:56	19										
71	Rob Blanchar	43:10	20										
72	Roddy Clarke	43:13	21										
73	Ian Rae	43:16			16								
74	Wendy Mathers	43:38						2					
75	* Gilles Roussel	43:58		30									
76	Bud Flann	44:09		31									
77	Troy Ripley	44:37	22										
78	Ed Wall	44:39		32									
79	* Pat Beggs	44:56		33									
80	Lloyd Carrol	45:06		34									
81	* Barb Andrews	45:06						3					
82	Jan Truka	45:20			17								
83	Dianne Stevenson	45:33						4					
84	John Drummond	45:49		35									
85	Dan O'Brien	46:05		36									
86	Benjy White	46:15	23										
87	Steve Leger	46:30	24										
88	Wayne Lenehan	46:31		37									
89	Larry Harley	46:32		38									
90	Eunice Phillips	46:48						5					
91	Mike Jardine	47:00		39									
92	Linda Davis	47:03						6					
93	Mike Fraser	47:57		40									

* CCRC MEMBER

Overall Finish #	Name	Time	Position by Category								
			Male				Female			Walker	
			-19	20-39	40-49	50+	-19	20-34	35+	Male	Female
94	* Brenda Tree	47:58						7			
95	* Martin Grosweiner	48:08		41							
96	Ann MacKay	48:31						8			
97	Jason Ross	48:47	25								
98	Rick Sequin	48:48			18						
99	Eric Robichaud	49:13		42							
100	* Bob Zinck	49:22		43							
101	* Tim Andrew	49:50			19						
102	Jeremy Judah	49:55	26								
103	Eric Vienneau	49:59	27								
104	Heather Neilson	50:10						9			
105	Wayne McHelbn	50:35		44							
106	Doug Britton	51:39		45							
107	Carolyn Brown	51:51							1		
108	Fred Farrell	52:18		46							
109	Kevin McKinney	52:24			20						
110	Jackie Fraser	52:30						10			
111	Mary Farrell	52:31						11			
112	Harry Drost	53:11		47							
113	Ed Harris	53:14				5					
114	Serena Malin	54:24					3				
115	Ann Urquhart	54:30							2		
116	Scott Mather	56:31	28								
117	Wayne Tomilson	57:09		48							
118	Brian Gillis	58:56			21						
119	Kim Malcolm	58:57									
120	Glen Leachman	59:46		49							
121	Richard O'Brien	61:43	29								
122	* Edna Harris	61:43						12			
123	* Flo LeDrew	61:43							3		
124	Robert Tulk	70:55	30								
125	No Record	72:16									
126	Robert Webb	74:30								1	
127	Phyllis Goodlad	76:32									1
128	James Vicars	81:42	31								
129	Kyla Rae	81:43									2
130	Derek Rae	88:24	32								
131	Earl Wilson	82:25								2	
132	Simone Boudreau	85:30									3
133	Kathy Rae	86:37									4
134	Nancy Bristin	81:38									5
135	Paula Hamill	93:19									6
136	* Carol Scott	93:19									7
137	Arthur Parks	93:19								3	
138	Wendy Tomilson	94:23									8
139	Janet Clark	94:23									9
140	* Susan Lavoie	102:56									10
141	* Ruth Lavoie	102:56									11

* CCRC MEMBER

Some statistics of the Race worth forgetting

1. NUMBER OF PARTICIPANTS BY CATEGORY

MALE		FEMALE		Walker	
				Male	Female
19 and under	- 32	19 and under	- 3		
20 - 39	- 49	20 - 34	- 12		
40 - 49	- 21	35 plus	- 3		
50 plus	- 5				
	<u>107</u>		<u>18</u>	<u>3</u>	<u>11</u>

2. HOW DO YOU COMPARE TO THE CATEGORY WINNER?

Winning pace/mile by category

<u>Male</u>		<u>Female</u>	
19 and under	- 5:11	19 and under	- 6:27
20 - 39	- 5:04	20 - 34	- 6:37
40 - 49	- 5:10	35 plus	- 8:20
50 plus	- 6:17		

3. HOW DO YOU COMPARE TO THE AVERAGE?

Average pace/mile by category

<u>Male</u>		<u>Female</u>	
19 and under	- 6:54	19 and under	- 7:17
20 - 39	- 6:46	20 - 35	- 7:48
40 - 49	- 6:45	35 plus	- 8:59
50 plus	- 6:56		

These wonderful statistics were prepared for you by Paul Lavoie and we want to heartily thank him. Well done Paul.

And now for the rest of the months results.

I finally have the results for the Fredericton 5 Mile Road Race held in Aug.

4. Scott Hare 27:03
 5 Andre LeBlanc 27:38
 11 George Hubbard 29:09
 14 John Cathcart 29:37
 15 James Tucker 29:39
 19 Marc LeBlanc 30:44
 24 Larry Robinson 31:05
 26 Neil MacTavish 31:17
 27 Rosaire LeBlanc 31:18
 33 Don Hicks 32:02

34 Steve Scott 32:07
 36 Paul Lavoie 32:14
 45 Bruce Merer 34:33
 49 Ian Mogilevsky 34:37
 50 Fred Turnbull 34:38
 54 Gilles Roussel 35:15
 60 Brenda Tree 38:18
 72 Mary Maillet 46:31
 73 Tim Maillet 46:31

Cromocto Oct. 4th

6.5 Mile event

Open Men

6 George Hubbard 41:09
7 Brian Sipprell 42:51
8 Larry Robinson 43:01
11 Tim Maillet 46:49
13 Martin Grosweiner 50:38
14 Bob Zinck 53:51

Masters Men

1 John Webster 44:09

13.1 Mile Event

Open Men

2 Dave Wallace 1:19:08

Junior Men

1 Scott Hare 1:19:03

And for the brave men who did the 26.2 Mile event

James Tucker 2:52
John Cathcart 2:58:40
Tony Little 3:08
Steve Scott 3:14:33
Fred Turnbull 3:44:17

Also on the same day 2 of our men competed and did well, I might add, in the Halifax Marathon. They were:

7th Roly McSorley 2:39:47
13th Bill LeDrew 2:48:51

IN THE FAST LANE

Welcome back after a month layoff.

Lots of things to talk about. Sometime in late September, Tim Maillet, Dick Mawhinney, Dave Prebble, Martin Grosweiner, Ed Takacs, Joy Elliott, Tony Little and Leanne Merrill went on a two day mountain climbing expedition in Maine. I understand the day of the climb was great. Also, the reputation of the Knife's Edge proved to be less formidable on a nice day with no wind. It was reported to me that Ed Takacs had the quotation of the day. Before starting the Knife's Edge, Dick and Tim gave a little talk on safety. Ed stated at that time that Joy should walk ahead of him because he "had a responsibility". Apparently somewhere in the early going the hikers encountered a sheer cliff that had to be climbed. Joy followed Tony Little and was up without a problem. However, Ed was still at the bottom pondering which foot should go first. Upon looking up, Ed saw Joy almost at the top whereas he stated in astonishment "How the ****!!** did she get up there?" For the remainder of the hike Joy had to slow and wait for Ed because she now had "a responsibility". Actually, the reports are good and everyone had a great time. Plans are already being made for a trip in the spring. Rumour has it that Joy wants to go winter camping -- keep it in mind everyone.

Congratulations to the Capital City Roadrunners for the success of the Fall Classic. This race is certainly one of the best in the province.

The Roadrunners were very much in evidence at the Oromocto Autumn Marathon. Congratulations to all those who ran. I understand the spirit of the club was greatly appreciated at the finish line and along the route, especially by the marathoners. The post race festivities were also enjoyable by all reports.

October 20 at 2:00 p.m. at Wilmot Park marks the start of the "For Ladies Only" race. Sounds like it will be a good event. I would think George Hubbard may need volunteers so if you're around on Saturday, why not drop up to Wilmot Park.

Word has it the fun runs have been going well. Remember, they begin at 2:00 p.m. on Sundays for the winter months.

I understand a general meeting will be forthcoming -- more on this through the telephone committee.

If anyone has any ideas for the general meeting or betterment of the club or any suggestions about anything, the newsletter or the executive are the ways to present your views. Please feel free. Any funny or odd situations would be appreciated by the newsletter committee.

The animals are finally striking back. Three of our female runners were attacked by a partridge the other night and Dave Wallace was trampled by a deer in the U.N.B. Woodlot. Dave has the scares to prove the attack.

Several of our members are still going to the Chestnut on Wednesday nights even though there is no fun run. Dollar hamburgers are the attraction on Wednesday's. It's also a good excuse to have an informal meeting. Burger Business starts around 7:00 p.m. on Wednesday.

Heard a good "Where's The Beef" joke the other day. Thought of George Hubbard immediately. For further information call Joy.

Rumor has it Dave Prebble may have a house party in early November, probably November 3, following the race in Saint John. Let's begin to prepare now. I really think the club needs a break from the hectic summer schedule. Further details to follow regarding Nov. 3.

In closing, I would like to announce that Tim Maillet has a pair of 1982 Brooks Chariots for sale, excellent condition, about 10,000 miles on the unit, good rubber all around, recently re-laced and only used on Sundays by Grandma Maillet. A real bargain for the not-so-serious runner. Trade-ins accepted and on the spot financing available.

See you next month.

17
" the MAINE event "
7TH ANNUAL



THE GREAT PUMPKIN RACE

10K RACE AND 1.5 MILE FUN RUN

sponsored by

WORMWOOD'S BY THE BREAKWATER

In Conjunction With

MARATHON SPORTS RUNNING CLUB



Sunday, October 28, 1984

9:00 A.M.

1.5 Fun Run

10:00 A.M.

10K Race

WHERE:

Our Lady of Victory Church, Seaside & Route 9, Camp Ellis and ending at Wormwood's Restaurant, Camp Ellis, Saco, Maine. Come Ready to Race!!!

COURSE:

TAC Certified 10K (6 miles, 376 yards, 4inches)

ENTRY FEE:

Fun Run Pre-registration \$2.50 (\$3.00 day of the race)

10K Pre-registration \$3.50 (\$4.00 day of the race)

T-Shirts to the first 100 entrants for the Fun Run and first 200 for the 10K

AWARDS:

1.5 Mile Fun Run: -Certificates to all finishers

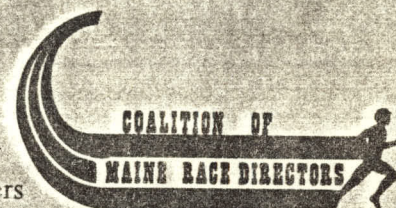
-Finishing position and time will be posted

-No Divisions -Refreshments to all runners

-A GREAT PUMPKIN to the first male and female finishers

10K Race:

AWARDS for Division Winners



MEN

Open Div. 1 - 5
14 & under 1st
15 - 18 1 - 3
19 - 29 1 - 3
30 - 34 1 - 3
35 - 39 1 - 3
40 - 49 1 - 3
50+ 1 - 3

WOMEN

Open Div. 1 - 3
14 & under 1st
15 - 18 1 - 3
19 - 29 1 - 3
30 - 39 1 - 3
40 - 49 1 - 3
50 + 1 - 3

GREAT PUMPKIN COURSE RECORDS

1981 Bruce Bickford 29:43

1982 Karen Dunn 34:58

RUNNER SERVICES

Water stops

Refreshments

Splits

Digital clock display

Mile markers

Chronomix

Toilet facilities

Complete results in "Maine Running"

GREAT PUMPKIN PIE!!!!

10 Great Pumpkin Pies will be awarded via random drawing of entry forms

SPECIAL AWARDS:

Men's and Women's Teams (4 per club team) Pre-registered ONLY.

Husband and Wife Team ...One Great Pumpkin Pie

SEND ENTRY FORM TO: Marianne and Preston T. Powell, 9 Roanoke Ave, Ocean Park, Maine, 04063

(Enclose self addressed stamped envelope to avoid number pick-up race day)

/207-934-5560

Day of the Race Registration at Wormwood's Restaurant, Camp Ellis, Saco, Maine

ENTRY FORM

The Great Pumpkin Race

* In consideration of acceptance of this entry, I for myself, heirs and assigns waive and release any and all rights and claims for personal damages I may have against the persons and officials of this race.

Name _____ Age _____ Sex _____

Address _____ State _____ Zip _____

10 K Race _____ Best 1983 10K Time _____ 10K Spouse (team) _____

10K Team Club _____ Signature _____

(Guardian if under 18)



Mr. & Mrs. R. Seblanc farm.

115 Epworth Circle

Ft. St. John

E3A 2M7