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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

THE EXECUTIVE

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VICE PRESIDENT	Tony Little	new number
SECRETARY	Dave Wallace	457-0303
MEMBER AT LARGE	Dick Mawhinney	454-1721
REGISTRAR TREASURER	Brenda Tree	454-6202
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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

We received a lovely entry by Steve Scott on our upcoming race. The route was changed slightly after printing; now on the return trip you do not go on Parhurst Dr. but return from whence you came on Hanwell, then Waggoners Lane to Rookwood, Saunders and the finish. The reason for the change is it gives us a more secure turn around point. I also would like to mention that George Hubbard took a course this summer on the measurement of race routes and he has measured this course and it will be exactly 10 km. We hope you will all turn out in some capacity as runners, watchers, or volunteers.

For you new people and to remind you older members we started putting in profiles on you the members. If anyone feels inclined to let us know your feelings, strategy, training schedule, or whatever we would love to hear from you.

Brenda Tree & David Tree

SHORTS AND SINGLET

A special welcome to the new members this month. They are Larry and Mary Robinson and Brian Sipprell.

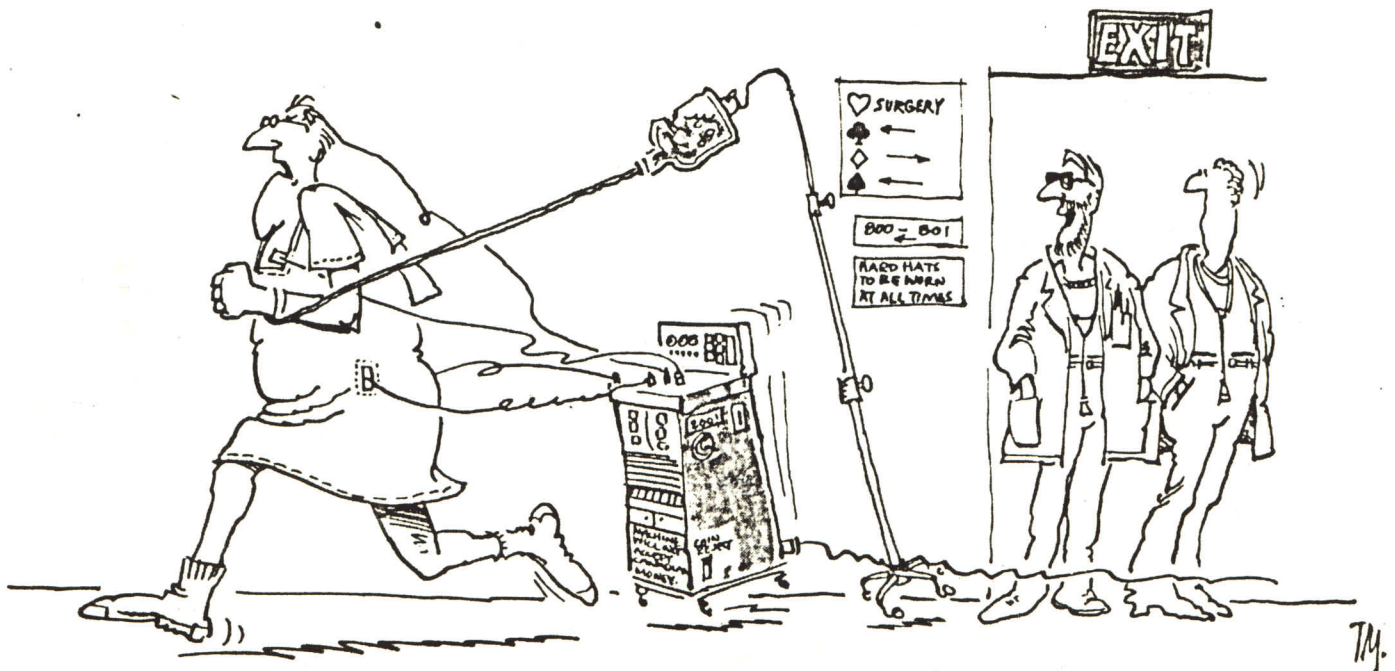
A note to Ed from Brenda..... Thanks for being my partner in the relay.

I hear the latest mountain climb was a big success. Those of us who went to St. Martins instead did our own mountain climbing too.

An old wives tale from my Father about calluses. If you have hard , painful calluses soak your feet every day in warm water with about 2 Tablespoons of cider vinegar. Make sure it is the cider vinegar, the dark stuff. I tried it and it really worked for me.

The LABATT'S series is almost over and quite a few of our members are right up there in the standings. Good work!

The Canadian Cross Country Championships are here (Mactaquac) in Nov. They are hosted by the Fredericton Track Club. It should be an interesting thing to run in or to watch, also I am sure they could use some help with the organizing if anyone felt inclined.



"Aren't we carrying Dr. Sheehan's running philosophy a bit too far?"

LETTER TO THE EDITOR:

I am writing in response to the unidentified author whose letter appeared in the September issue.

Most of the members know me and I hope you will realize I am not a 100% red neck but that is just the position I am taking here for the sake of discussion and to express the "opposing point of view".

I train mostly alone. This is the easiest way to adapt my training to exactly what I want to do on a given day. I really do not see how, in an activity like running, we can get back to basics and at the same time "forget personal goals". There is no one I have ever known who ran for any length of time except for personal goals. That is, basically, what it is all about. I do not view training as a social activity. To me, racing is a social activity -- AFTERWARDS. I have read that the famous Gurkha warriors of Nepal (those guys with the big knives) never unsheath their weapons unless they draw blood. If a Gurkha has been merely sharpening his knife he will nick the edge of his thumb before putting it away. I see an analogy in this for running with other people -- if I run alone I can take it easy and plod along if I like, but if I put on my shoes and go running with someone else there has to be a test somewhere in the outing. Whether this is a sharp sprint at the end or a long push up a difficult hill, the test has to be there.

I find it hard to believe that there are a lot of people in the club unhappy with the fun runs as they have evolved. If this were true, the "problem" would solve itself because they would all show up and have fun running the way they want. We can not forget that in summer, hot weather and holidays do have some effect on individual schedules and plans for an activity like running.

My impression through the summer has been that those who attend generally do have fun. Can we legislate fun? What is fun for one person may not be fun for another, but I believe the members are flexible enough to allow different kinds of fun. For example, look at the hiking trips several members have been making. That looks like a lot of fun, but we don't all have to try it.

Please remember, I took the opposing point of view deliberately. Some of my best friends are joggers. I myself have been, and certainly will be from time to time in the future. Whatever else it is, running is an individual activity and runners as a group tend to be fairly individualistic in their approach to the activity. That a club can even exist among such people is in some ways a contradiction. The main message I would like to leave is this take a positive approach. Criticism with no constructive suggestions can never be a motivation for change. I believe the CCRR is being successful and can accept the needs of different runners.

Yours truly,

Dave

Dave Prebble (RED NECK)

YOUR PRESIDENT'S VIEWPOINT

FUN RUNS. ARE THEY FUN ANYMORE?

Webster's (no relation to fellow member John) Seventh New Collegiate Dictionary defines the words "fun" as something that is amusing and enjoying and "run" as an act or the action of running; continued rapid movement; a quickened gallop. For comparative purposes, the word "race" is defined "to go or move at top speed or out of control."

Have our fun runs gotten out of control? So it would seem, according to an unsigned letter to the editor in *our* last issue of the newsletter. To this concerned member, the latter definition best describes our weekly outings, and the word "fun" has somehow met the fate of old sneakers. While I tend to agree in part with this viewpoint, I feel it necessary to point out the the word "fun" has relative meaning for different members and it is unfair to place the burden of blame entirely ~~at~~ the feet of our more competitive runners, who are probably having "fun" at the runs. This is not to say that I fully condone the fast, all out racing that occasionally and perhaps all to frequently occurs at the fun runs, but I can tell you it is very difficult, if not impossible for a 5-7 minute per mile runner to keep his pace to anything less for more than a mile or two. Conversely, it is equally unfair to expect the recreational runner or aspiring beginner to risk heart failure, stress fractures, and a variety of other injuries that would undoubtedly occur if he or she attempted to maintain a pace that was inconsistent with their level of training.

Now, given the two extremes in terms of personal running abilities within our club membership, how do we achieve a happy medium that allows all participants to have "fun" at our runs? As mentioned earlier, I do not feel that this is the responsibility of just a few. It requires the efforts of all the membership and perhaps the following suggestions might help.

1. All participants maintain the pace of the slowest runner for the first mile or so.
2. The faster runners who choose to breakaway, set a pace that is comfortable for them but still allowing for the inclusion of others who may wish to keep up.
3. Have more of the recreational and beginning runners coming out for the runs so that there is a bigger group and no one is left running by themselves.
4. Stick around after the run for some stimulating conversation training tips, refreshments or whatever. This is where we can actually come together collectively as a club and get to know one another better in an atmosphere where we are all equal.

I do not expect, as a result of this article, that the concerns of those of you who feel strongly on this subject will disappear over night, but would hope that it goes a long way in helping to solve some of the problems. Let's put the "FUN" back in our runs. It is you the member that has to do it through you full participation. SEE YOU AT THE NEXT RUN?

P. J. Lammie

THE SECOND ANNUAL 10Km. FALL CLASSIC

by Steve Scott

All members please take note on Sept. 22nd at 4:00 PM the gun will sound for our Premier running event for 1984.

We hope all members, slow or fast, short or tall, young or old, or whatever will attend either as participants, officials, or onlookers. WE REALLY NEED YOU.

The Club executive has put together a really dedicated team of organizers under the direction of Steve Scott to make this one of the great running events in the city and indeed all of N.B.

Dick Mawhinney is in charge of Promotion, Brenda Tree is in charge of Food, Bill LeDrew is in charge of Trophies, Paul Lavoie is in charge of the Race Course and all of the above are being assisted by George Hubbard, who is well known as a race director. As well, Edna Harris has typed many, many letters for the Committee.

A number of other Club Members have been invaluable to the Race Committee to date. They are Martin Grosweiner, Tony Little, and Paul Theriault.

This race is not only a Super Series event for elite or competitive road runners but one, we hope, will appeal to beginners, recreational joggers and runners, walkers, and almost everyone.

The Race Committee, with the direction from the executive and suggestions from the individual members, has attempted to make it a fun event for everyone. We will be providing babysitting service so Mom and Dad can both run or walk. We are providing free caps to the first 100 registering thanks to the generosity of NIKE (Louis Wilby) and ALPINE (Peter Allison). There will also be a free meal (cold cuts, etc. to make sandwiches with) thanks to the generosity of VICTORY MEAT PACKERS, TINGLEY'S SAVE EASY, PERFECTION DAIRY FOODS, and THE CAPITAL CITY ROAD RUNNERS.

There will also be free refreshments provided by MARITIME BEVERAGES at the finish line and ALPINE at the awards ceremony which will take place at the CAPITAL WINTER CLUB on Rookwood Ave. If there is enough interest (and that depends on you) the people at the CWC will allow us to use their facility for the balance of the evening.

The Committee is very pleased to have such a good sponsor as WILLIAMS SEA FOOD (Bill Doherty) to help us out with the trophies and medals. If you look at the pamphlet which has been produced with the assistance of ALPINE you will note that we have, in addition to the regular categories, special ones such as 1st Jogger, 1st Male and Female Walkers (please note no running and walking in this category) middle of the pack runner, and the 1st First Time Competitor.

As well there will be merchandise awards to go along with the trophies for most of the categories and also draw prizes. Please note, draw prizes will be generally limited to those competitors who have not won a trophy.

The merchandise awards and Draw Prizes are being made available through the following community spirit minded companies:

FREDERICTON EXPRESS HOCKEY TEAM
HEADMASTERS
NEW BALANCE (D.S.M. AGENCIES)
VIDEO KING
MACTAVISH FOR SPORTS
QUALITY SHOES, FREDERICTON MALL
NEILLS
SPORTS EXPERT
NIKE (E.S.P. MARKETING)
ALPINE SPORTS

As for the race itself, Paul Lavoie will be assembling a full crew of officials to look after all competitors.

The course will begin on the Exhibition Grounds near WILLIAM'S SEA FOOD , going past the Welcome Building (where registration may take place) which RITCHIES CARPET WAREHOUSE has kindly made available and unto Saunders St. From Saunders St. you proceed left along Rookwood Ave. past the CWC and turn right on Waggoners Lane Ext. Turn right onto Hanwell Rd. and left unto Woodstock Rd. and proceed with due haste up Woodstock Rd. until directed to turn around near the Condor Motor Inn. Continue back down the Woodstock Rd. until directed unto Hanwell Rd. Watch carefully here because you will soon make a sharp left unto Parkhurst Dr. From Parkhurst it is clear sailing until you make one final sharp turn into the Exhibition Grounds. Don't forget to keep your head up and smile. Someone may want to take your picture at that moment of triumph you so rightly deserve.

Please note during your journey along our scenic, basically flat course, you will encounter signs which say 1Km, 1 Mile, 2 Km, and so on. These signs will help with your pacing. Also there will be kindly souls with red vests on and/or stop signs at all the corners (to control traffic) and encourage you. There will be other individuals giving splits at the 1st mile and possibly at the last mile as well as at the ALPINE and NIKE finish line.

You may also encounter some CAUTION: ROAD RACE signs along the route too and if you are real quick or real slow a pace car or van (ALPINE and city police cruiser).

Last but not least there will be 2 water stops along the route to help you quench your thirst. The kindly souls at these stops will more than likely be slightly damp and hopefully cheerful.

I do hope this mini verbal tour of our FALL CLASSIC for 1984 will really be an enjoyable event for each and every member involved in it.

May the spirit of PHIDIPPEDES always be with you and please remember that the Salazars, De Castellanos, Sekos and Deckers of this world can be beaten.

ACHES AND PAINS

We all know that we get injured , but why? Listed will be ten reasons why we do get injuries:

1. WEAK FEET- a distance runner's feet strike the ground 100 times during every 7-10 minute mile. The force of impact of each foot is approximately 3 times your weight. Surveys indicate 35-60% of all runners have weak feet. If your feet are weak, then the force exerted upon footstrike causes an abnormal strain on the supporting muscles and tendons of the foot and leg; therefore causing damage to these muscles and tendons.
2. UNEQUAL LEG LENGTH- in many cases unequal leg length causes no injury, but in some cases this may force the shoulders out of alignment, the spine to curve, or the pelvis, knees, ankles, and feet to rotate abnormally. The result can be a variety of back, hip, foot, and leg injuries.
3. POOR FLEXIBILITY- tight or shortened muscles can be more easily injured than stretched muscles. Some of us who took the fitness test at the Heart Marathon learned our own flexibility is not all we thought it was.
4. WEAK MUSCLES- sure our back and leg muscles are strong, but some of us have ignored the muscles in our stomach, shin area, thigh and knees. This unbalance can cause back pain, shin splints, and knee pain.
5. STRESS AND TENSION- we all realize, I think, that undue stress and tension can make our runs unenjoyable but they have also caused injury. Try to relax before and after exercise.
6. OVERUSE SYNDROME- overtraining or trying to do too many things with your life can make you susceptible to injury and illness. Listen to your body and ease up when it tries to warn you.
7. IMPROPER TRAINING HABITS
8. ENVIRONMENTAL FACTORS- this is not the weather, but our running shoes. We should all have knowledge now on the best brands of running shoes and most of us have our favorites. The main point is to be sure these are kept in repair.
9. INJURY REHABILITATION- take your time. Allow the injury to heal before running hard again.
10. POOR ADVICE- this can be from a fellow runner or even a Dr. (especially one who doesn't run himself and automatically says "stay off it for weeks"). This can result in a lot of problems including stress and tension or not taking enough time to recover.

YUO KNOW YOU'RE IN BAD SHAPE WHEN.....

No matter how much you hurry you always get caught in the intersection when the signal changes to "Don't Walk"

The salesgirl at the sporting goods store will only sell you running shoes if you promise not to tell who sold them to you.'

You ran for the bus this morning and would have missed it if the lady expecting twins hadn't runn ahead and held it for you.

You know so little about running that your willing to bet a weeks wages that "ADIDAS" means "good bye" in Portugese.

When a mortician sees you shuffling out to get your mail, he stops and gives you his business card.

You were so tired after watching "Chariots of Fire" that the paramedics had to drive you home from the theatre.

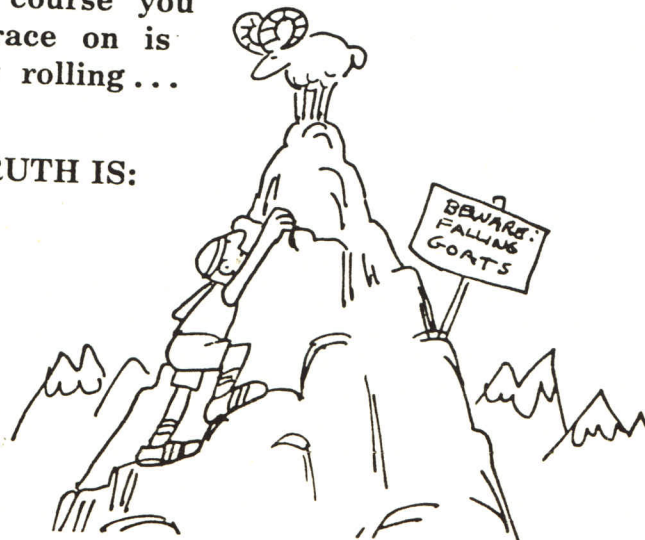
taken from the book "The Runner's Handbook" especially for Tim and Freddie:

Postmen should not run. In fact, whenever possible, tiptoeing is advisable. Why wake up more angry Dobermans than you have to? Also, a letter carrier who runs through his appointed rounds may commit the misdemeanor of delivering the mail on time, an offense which could cause immediate expulsion from the Postal Employees Union.

IF THE RACE APPLICATION SAYS—

"The course you
will race on is
gently rolling..."

THE TRUTH IS:



ATTENTION⁹ LADIES

There is a Ladies Only Race and Funrun to be held here on Oct. 20th. The director is George Hubbard and he can be called at 455-7312 if there are any questions.

Race time is 2 PM with registration from 12-1:30. The entry fee is \$4 per person. There are 2 distances, a 2 mile Funrun and a 10 km. race. The 10km. route will have 10 age categories including 2 walking divisions. The categories for the 10km event are:

under 15

15-19

20-24

25-29

30-34

35-39

40-44

45 and up

under 35 walker

over 35 walker

In the 2 mile event each finisher will get a certificate.

Rumor has it that they may be sports bags for all competitors.

Other awards will go to oldest, youngest, mother/daughter team, and sister team. These also will be for the 10km. event.

If any of you men read this far I am sure that George could use your help with this event.

REGISTRATION AT WILMOT PARK

AND THEIR OFF

The race results will be short this edition. First of all I didn't include the 2x5km. relay as the results were complicated but we all had a good time and it was lots of fun.

I also do not have the results yet from the Fredericton 5 Miler I asked to have them sent to me and as of yet I haven't received them. I wasn't at the Nackawick race and didn't hear the times so if anyone wants their times recorded they can call me with them.

AUGUST 19 FREDERICTON 1 MILE (GOLDEN MILE)

The numbers beside the names will be that persons placing in his or her age group.

2 James Tucker 5:09
 3 Dave Prebble 5:17
 John Webster 5:22
 Rosaire LeBlanc 5:23
 1 Fred Turnbull 5:53
 1 Bill LeDrew 4:50
 2 Steve Scott 5:26
 3 Don Hicks 5:29
 1 Brenda Tree 6:33
 1 Andre LeBlanc 4:15
 3 Scott Hare 4:35
 Marc LeBlanc 4:55
 Ian Mogilevsky 4:57
 Michelle LeBlanc 7:06
 WALKERS
 1 Dave Tree 9:04
 3 Jason Tree 14:55

ST. MARTINS SEPT. 8th

5 miles

4 David Tree 32:47
 Jason Tree WALKER 93:18

10 MILES

7 James Tucker 65:06 2nd Master
 9 John Cathcart 65:30
 17 Don Hicks 70:42
 31 Brenda Tree 88:16 2nd Female

THE IMPOSSIBLE DREAM?

by Brenda T.

It's 1:30 and the Golden Mile starts at 2. I visit the bathroom for what I hope, is the last trip. I remind myself for the 100th time that this is FUN and to complete not compete.

Out of the corner of my eye I see an "older" female. Is she in my age category? She looks fast. She's lean, well muscled, and wearing racing flats. She seems to look me over, then dismisses me as no threat.

It's time to warm up so I slowly jog to the start line. I get a side stitch by City Hall. This doesn't look good! It sure seems longer than just 1 mile.

On the green, people are doing quite a variety of activities. One or two are sleeping, obviously not runners. Some are sprinting, some are stretching, some are comparing strategy, some are meditating, and then we are betting on our times. Beer and Paesi are the wagers.

The timers (Dick and Edna) are ready. "Bang" the first runners are off. My group goes next and I don't see that female around in the waiting group so I must be the only female.

Peter Richardson says :Women 30-39 on the line". It's time! I close my eyes and for a brief flicker of time I see myself coming in ahead of all the men in my heat; doing a 4:50 mile. The elusion passes with the 5,4,3,2,1,...Bang.

My stride, is it too long or too short? What did Edna say? Can I multiply it by 4 on the run? No need there's Dick at the half and he says "3:02". Hey not bad, but my or my is my throat ever dry. The men are pulling farther away and my dream of a 4:50 mile flutters away like a piece of wrapper from a Coffee Crisp bar. In my numb mind comes the "complete not compete" idea.

Is that brick building really the Legion? I see the last man finishing ahead and I only have 50 meters to go, 40, 30,.... My name is on the lips of every CCRR member. Thanks folks. I smile as George snaps my picture. My time is 6:33. I begin planning for next year before I wipe the sweat of my brow.

A mile isn't so bad, the recovery time isn't long and the hurt is only for a short time. Sure, no moment of glory with a new world record, but I completed a mile in under 7 minutes when 2½ years ago I couldn't run to the top of our street in that time. The body is a wonderful machine. Now Don Hicks where is my Pepsi?

Life Styles: Running - The Lifestyle of the 80's

You see them everywhere, on city streets, on country roads, on grassy greens, in the morning and late at night, in the spring and in the winter. These are the runners and joggers of Fredericton, men, women, young, old of all sizes and shapes. However, the question arises from most non-runners "Why do they run?"

For the most part people run just for the joy of it. It feels good to exercise your body and running is one of the best forms of exercise. Whereas with other sports that require expensive equipment, runners only need a good pair of running shoes. Runners are not regulated to certain times or places, they can run whenever or wherever they wish.

Today's jogger runs to keep fit. More and more people are recognizing the relationship between running, fitness and good health. By the early 1970's, many people were becoming aware of the benefits of running. Most started by jogging around the block and found within a few weeks a couple of miles was within reach.

Running creates a healthier and happier psychological outlook. The heart works more efficiently. The pulse rate at rest slows and is stronger. High blood pressure is reduced. The most important result of running is a loss of weight and a trimmer looking body. Heart disease appears to be decreasing among those who exercise regularly.

Many people ask "What is the difference between a runner and a jogger?" The rule of thumb is that when jogging you can carry on a conversation but if you are gasping for air, you are running.

Both running and jogging are excellent ways to keep fit. Each have different theories of competition. The jogger may wish to compete only against themselves, go a little further each run or perhaps a little faster. The runner will probably race against other runners. Whatever the category, all runners experience the joy of achieving. The personal satisfaction of completing that first mile or the first marathon is especially exciting.

The Capital City Roadrunners is a club formed in 1982 dedicated to the promotion of better health through running while having fun at the same time. The "Roadrunners" as we are commonly called, have a membership well in excess of 70 individuals. We have weekly fun runs as well as monthly meetings, a very informative newsletter and several social functions per month. The Capital City Roadrunners Club is composed of members of all abilities, therefore giving us the great advantage of having expertise in many fields from types of sneakers for new runners to diagnosing an injury.

Another objective of the CCRR is to provide a focal point for all Fredericton runners. We encourage runners of all abilities to meet other members of the running community and enjoy fellowship on a non-competitive basis.

As previously noted most runners begin by attempting a very short run and proceed from that point. Soon a five mile run will be completed with ease. Many have increased their distance to the point where they feel ready to take on the marathon - the most exciting long distance race of all - 26 miles 385 yards.

The CCRR are very active in local sporting events such as The Heart Marathon, Run For Light, The Terry Fox Run, The Triathlon, The Golden Mile, The Great Canadian Challenge and the Bi-Centennial Relay.

However, the premier event on the CCRR itinerary is the Fall Classic 10 Km Fun Run. This year makes the second anniversary of the event. This fun run slated for Saturday, September 22, 1984, commencing at the Exhibition Grounds at 4:00 p.m. offers something for all walkers, joggers and runners. Trophies, medals, merchandise awards and quality draw prizes are available to all entrants. A lunch and beverages will be served at the Capital Winter Club following the run. There will be a registration fee of \$5.00 to help defray the costs associated with this event. Changing and shower facilities are available at the Y.M.C.A.

The rewards of running are many, some of which we have alluded to earlier. However, there is that magic moment, when your breathing becomes easy, your legs seem to move by themselves, easily and fluidly, you glide on and on - you feel free. At that moment running is pure joy.