

CAPITAL CITY ROAD RUNNERS

FREDERICTON, N.B.

FOOTNOTES

THE EXECUTIVE

PRESIDENT	Paul Lavoie	454-7520
VICE PRESIDENT	Tony Little	454-5019
SECRETARY	Dave Wallace	457-0303
MEMBER AT LARGE	Dick Mawhinney	454-1721
TREASURER REGISTRAR	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 Brenda Tree Wendy Beggs	455-7291 454-1721 454-2612 454-6202 454-6875

FROM THE EDITORS

We received our first letter to the editor about 2 weeks ago in the mail. It is enclosed on page 2.

A misconception has occurred that I must correct. A few of you think that we are writing "In The Fast Lane". The truth of the matter is it is an anonymous entry that we get in our mail box from time to time and we really don't know who it's from only that it is good and much appreciated.

At press time we received a gorgeous entry by Joy Elliot on the recent hike to the White Mountains. We want to thank Joy and also encourage you to read it. It is very well done indeed.

Brenda Tree

David Tree

Letter to the Editor:

As a member in good standing of the Capital City Roadrunners, I feel obligated to write presenting my views and opinions associated with the club over the past several months.

As a part-time fun runner, I feel these "runs" have gotten out of hand. The participation in these events has diminished greatly with only one or two females participating. The original purpose and intent was to have a casual run at the pace of the slowest runner. This is not the case. Any new or slower runners have been left to run by themselves. So what is the purpose of them running with the club?? Someone noted that Chuck Fulton was with the run a couple of weeks ago and he was running alone at the back of the pack - Why would he bother to come back?? The regular "fun runners" are no doubt in great shape and feel an urge to compete with their fellow racers but not at the expense of the slower runners.

This problem has been discussed on numerous occasions, but I feel a suitable solution has not been reached.

Another problem I feel we must address is the lack of participation in club events by the female population. In order to grow and prosper as a club, we need the female influence in events. I would like to hear, through the newsletter, the complaints and recommendations from the female sector.

The CCRR at this time appears to have reached a plateau. We need a renewal of interest stirred within the club, something that will revive the enthusiasm and invite new blood into the club. The executive cannot be expected to shoulder all these responsibilities. In order that the CCRR not evolve into a stagnation composed of a hard core group of 10 to 15 members, we must become more conscious of the needs of our other members as well as the running and jogging population of Fredericton.

I feel at this time, we are intimidating some people who might like to join the club. We must get back to basics and forget personal goals. There are 6 other days in the week for hard core running. Remember, we were all, at one time, struggling joggers.

This column welcomes your views.

Executive Meeting Minutes

July, 19, 1984

Location: Brenda Tree's house

Time: 7:30 p.m.

Present: Paul Lavoie

Tony Little

Dave Wallace

Dick Mawhinney

Brenda Tree

Three items were presented and discussed:

- 1) the printing of pamphlets publicizing the C.C.R.R. Club
- 2) the possibility of arranging a dual membership status between the C.C.R.R. Club and the Fredericton Track Club
- 3) formulation of new application forms designed to obtain information on members' interests and needs.

A design for a brief, one page pamphlet on the C.C.R.R. was drawn up. A motion was forwarded by Paul Lavoie to accept the design. The motion was seconded by Brenda Tree. All were in favour. Dick Mawhinney agreed to obtain an estimate on the cost of having it printed. Payment would be made from a \$300 fund granted by the provincial government.

The possibility of arranging a dual membership status between the Fredericton Track Club and the C.C.R.R. Club at a reduced price was presented by Paul Lavoie. Although he had been discussing the issue with Joe Lehmann of the Fredericton Track Club, no definite arrangements were made and discussions were to continue.

Dave Wallace suggested that a new application form designed to obtain profiles on club members' interests and needs should be considered for the following year. He agreed to present an outline of the questions which could be included in the application form at the next general meeting.

The executive unanimously agreed to call a general meeting on Thursday, July 26, 7:30 in room 26, Student Union Building (SUB), U.N.B. campus.

Meeting adjourned at 8:50 p.m.

CAPITAL CITY ROAD RUNNERS CLUB

Location: Room 26, Student Union Building, U.N.B.

Time: 7:40 p.m.

Present: Dave Prebble

Brenda Tree

Crystal Nash

George Hubbard

Paul Lavoie

Martin Grosweiner

Pat and Wendy Beggs

Dave Wallace

Paul Lavoie announced that a recent discussion with Joe Lehmann of the Fredericton Track Club led to the possibility of establishing a joint membership scheme between the Fredericton Track Club and the CCRR. A dual membership between the two clubs could be obtained by payment of a full membership to one club and 60% of the membership fee to the other club.

A motion was forwarded by Paul Lavoie in favour of this arrangement. Seconded by Brenda Tree. Carried.

It was moved by Paul Lavoie that Dave Wallace draw up a list of questions to be included in next year's application form which would be designed to collect information on the applicants' specific areas of interest (i.e., casual running vs. racing, favourite running distance, etc.). Motion carried.

George Hubbard gave a brief outline on the 5 km relay and one mile race being held in Fredericton in August, encouraging all to participate.

It was reported by Brenda Tree that the club has now a membership list of 70, with a net \$285.00 in the bank. She furthermore reported that a stopwatch has been purchased, and ten (hunting) vests are on order.

It was reminded by Paul Lavoie that individuals interested in officiating/assisting in the 1985 summer games in N.B. should forward their names to him.

Paul Lavoie commented that Dan Rearick of the Dept. of Recreation would highly appreciate participation from CCRR members in assisting the organizing of this year's corporate challenge. The situation is especially difficult this year because the Y is not officially involved in organizing it. He remarked that interested members should contact either himself or Dan Rearick.

A final reminder from Paul Lavoie that the shorts and singlets ordered through the co-op will soon be out. Paul noted that individuals who had placed orders were to advance their payment (\$22) to Bill LeDrew.

Meeting adjourned, 8:15 p.m.

SHORTS AND SINGLETS

Did you see that white flash? That was Dave Prebble on the track where he ran a 64 sec. 400 m.

Benjamin's Tavern in Bangor has been closed so I guess that the 10km. race will be cancelled.

While running on Queen St. Edna and Brenda were passed by a guy in a tux. A bit overdressed wasn't he? Fast though.

Barb Ramsay is no more , now she is Barb Andrews. Congrats to you both and lots of luck in your futures.

Two new members this month that we say a cheery Hello to; George Hubbard and Bruce Meyers.

Dick got his wires crossed in Woodstock recently when he was seen dashing back to the change room just moments before the start. His problem? His shorts seemed to have their nametag on his rear instead of front. After the race just to keep in tradition Bill LeDrew was seen with his shirt on backwards.

On a warm Wed. Funrun the ladies of the club cooled of their feet in Wilmot Wading Pool and thus decided to have a Funrun there. About 400 laps to the mile and you must be in the pool. Drinks are on tap.

Dave Tree ran an interesting race in Chipman recently. At the water stop was a 2 liter Pepsi bottle of water and a glass. You poured your own. Sure saves on volunteers. Seriously though it was a nice little race, very low key, but friendly folks and NO entry fee.

The CCRR members who were at the Perfection 20k kept up our image. We were the last to leave the bar. After that some of went swimming at the hotel pool. Who made the biggest splash?

I heard a rumour lately that one of the members who now resides in New-castle was one of the best chicken cutters that Tingley's ever had. What other unknown talents does Scott have?

Another member, Dan Rearick, was heard on CBC radio recently talking about running. You came over well Dan and now that you are a celebrity we can expect free autographed photos next time we see you.

For those of you who missed the great climbs up the mountains another one is planned for Sept. 7th and 8th. The climb this time is up Mt. Katahdin. Everyone who has previously gone has come back with some interesting stories so this might be a good way to do something new. For more info or to answer questions call Dick at 454-1721 or Tim at 472-0191.

RUNNING ISN'T FOR EVERYONE. IS IT FOR YOU?

adapted from "THE RUNNER'S HANDBOOK"

Here are some questions for you to see if you are ready to begin this sport. If you think you'd like to run you should be able to answer "yes" to most of these questions.

Can you sweat without making noise?

Do you have a HIGH pain threshold?

Are you strong enough emotionally to whimper in public?

Can you talk to yourself while running, even though you are a bore?

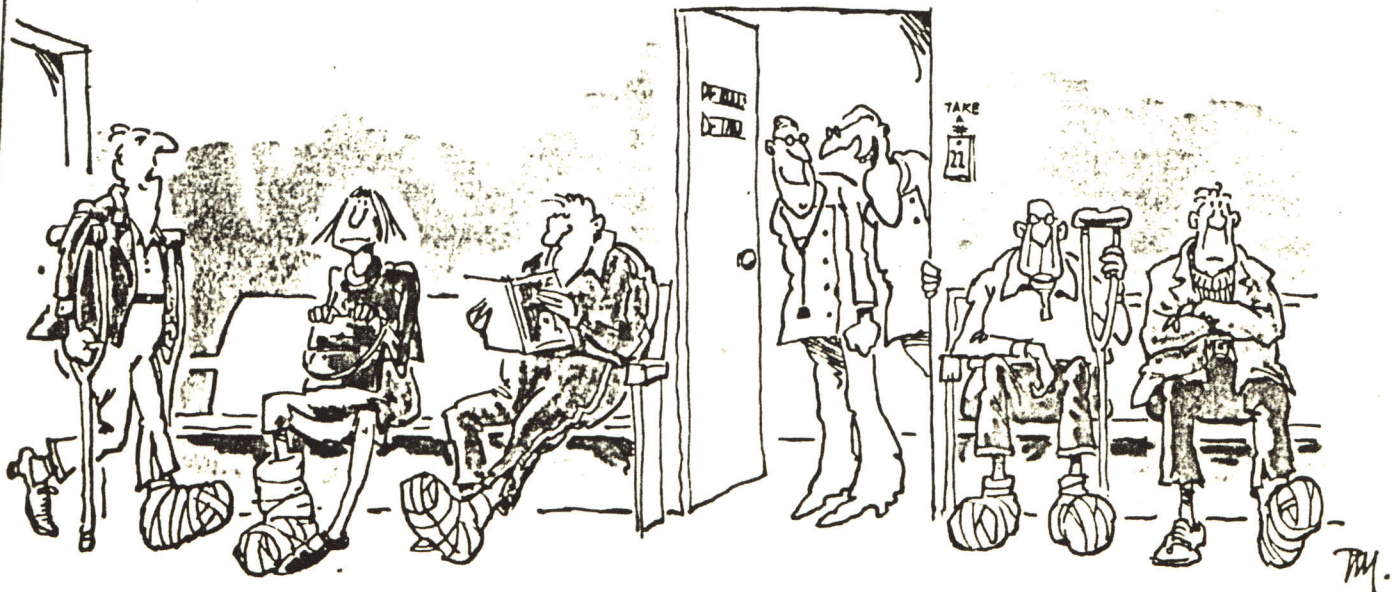
Do you know that 4 out of 5 motorists think it is open season on runners?

Do you think that having ugly feet is a status symbol?

Do you secretly enjoy pain?

Can you learn to limp with pride?

Will your bed partner be sexually aroused by the smell of A535?



**"Must be another running
book on the best-seller list."**

ACHES AND PAINS

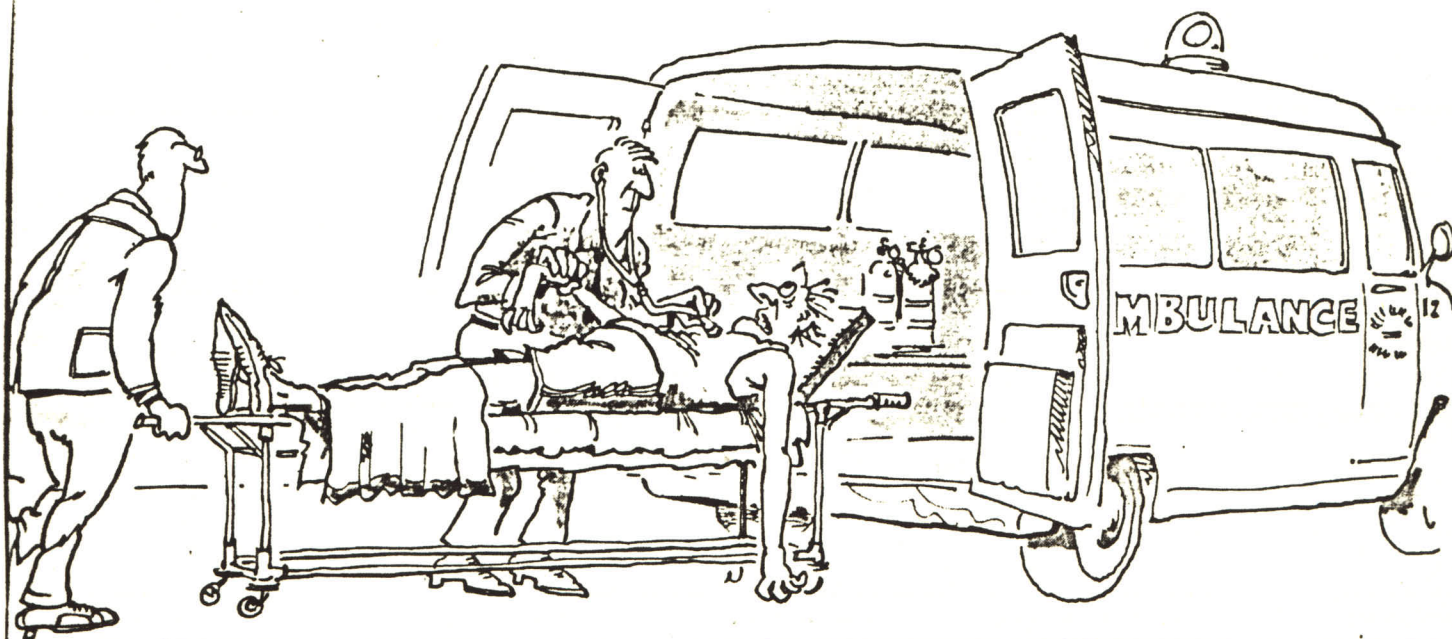
THE THICK SKULL

No, you aren't born with this and yes, all us runners seem to have this.

This is the problem, when your head and body don't see eye to eye: when your body says "no more" and your head says "you only have 20 miles this week", or your body says "slow down" and your head says "you can beat that guy", or your body says "I'm tired" and the head says "you must race this weekend".

Now that we know the problem, it's time to think of some of the injuries that may result: sprains, strains, soreness, depression, burn out, and loneliness when your friends get tired of hearing nothing but running.

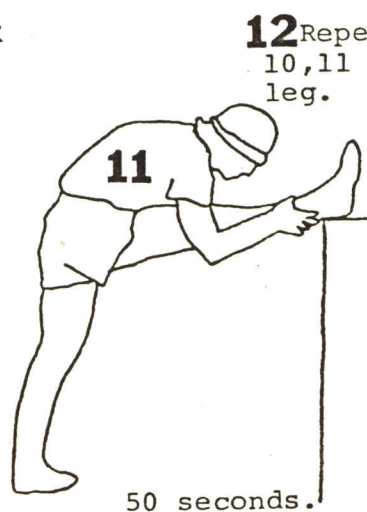
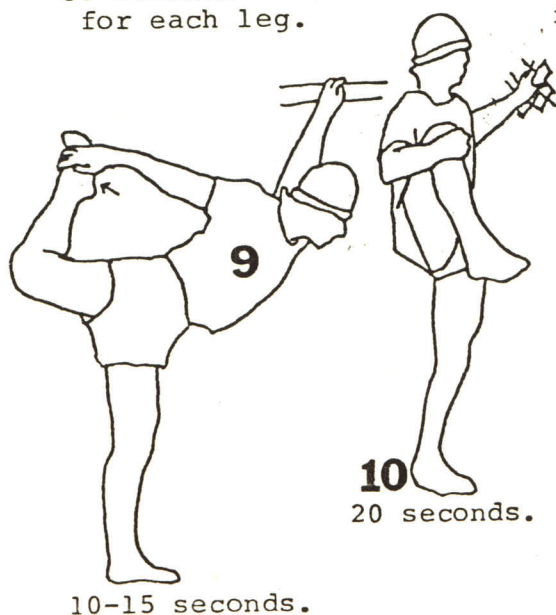
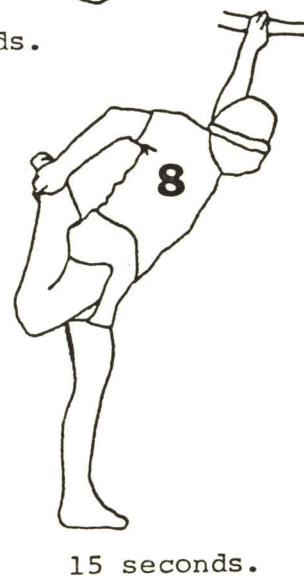
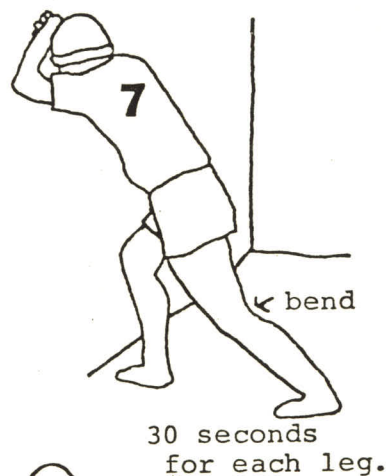
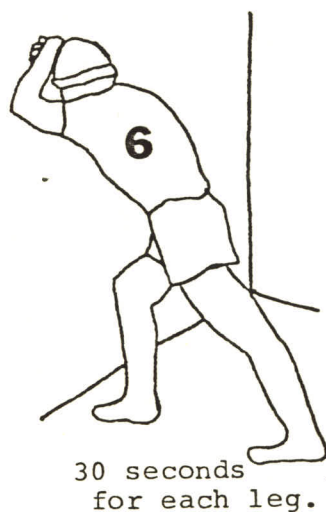
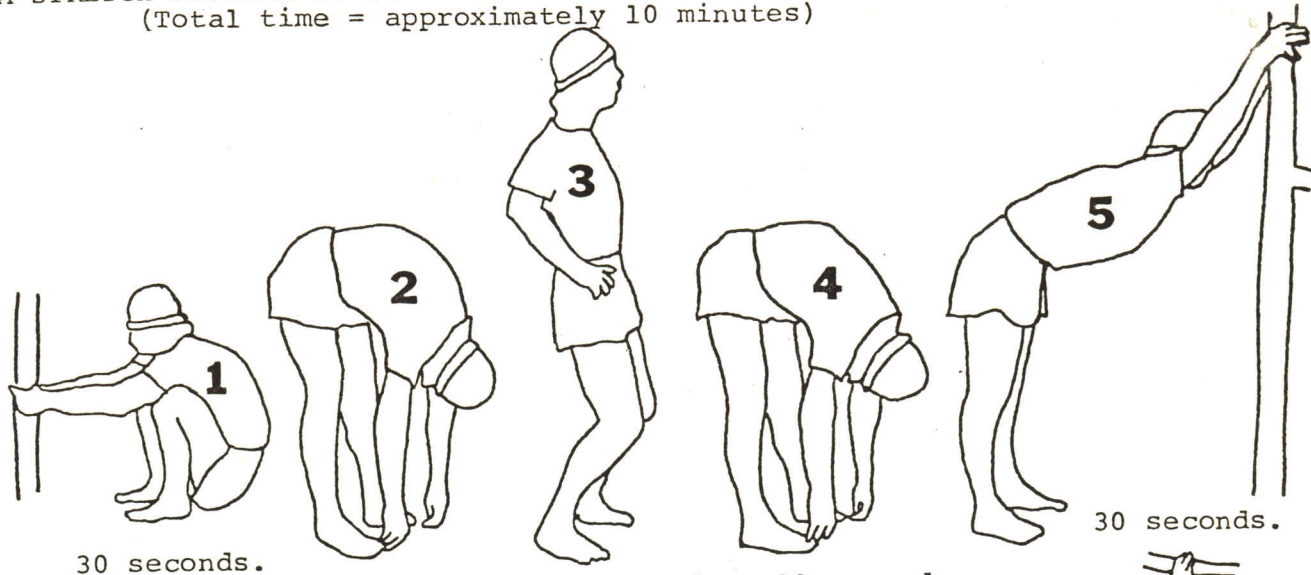
How do we treat this so called ailment? Take a few days off here and there, have Funruns every week, don't race every weekend, and most importantly remember that running CAN BE FUN and is most of the time.



"My mind told my body to keep going."

Inf.

A STRETCH ROUTINE TO DO BEFORE AND AFTER RUNNING:
(Total time = approximately 10 minutes)



12 Repeat #s 8,9,
10,11 to other
leg.



AND THEIR OFF

On upcoming races the most important race in Sept. is , of course, the Capital City Road Runners 10km. to be held on Sept. 22. We will need lots of help so any of you who can assist in any way please call one of the following; Steve Scott 454-1714, Brenda Tree 454-6202, or Dick Mawhinney 454-1721. Also try and run in it if you can or be sure to tell all your friends about it. See you there!

And now to results;

SHEDIAC JUNE 14 8miles

2 Roly McSorley 44:32
 3 Scott Hare 44:35
 8 Bill LeDrew 47:34
 21 James Tucker 49:23 4 Master
 23 John Cathcart 49:33
 37 Steve Scott 52:12
 53 Tony Little 55:24 7 Master
 54 Tim Maillet 55:25
 56 Dave Prebble 56:05 8 Master
 87 Dick Mawhinney 61:48
 99 Dave Tree 72:10
 100 Brenda Tree 72:11 6th Female

Saint John July 12

6 miles

5. Dave Tree 37:10
 Dave Prebble 42:37
 Dick Mawhinney 42:59
 33 Brenda Tree 48:33 3rd F

13 mile

7 Tony Little 90:12

SHIPPEGAN 10k. JULY 21

2 Roly McSorley 33:27
 4 Scott Hare 33:37
 4th Master James Tucker 37:30

DIEPPE 10k August 5

George Hubbard 39:40
 Steve Scott 39:52
 Don Hicks 42:33

WOODSTOCK 6.5 miles July 28

3 Roly McSorley 35:14
4 Scott Hare 35:16
6 Bill LeDrew 37:07
9 James Tucker 38:03 3rd Master
11 David Tree 38:25
12 John Cathcart 38:32
27 John Webster 42:08
33 Steve Scott 43:50
37 Dick Mawhinney 44:08
40 Paul Lavoie 44:39
59 Martin Grosweiner 49:42
60 Brenda Tree 50:28 8th F

Riverview 20 k. Provincial Championships
Aug. 12

8 Scott Hare 71:45
14 Bill LeDrew 74:11
32 James Tucker 79:56
54 Tony Little 84:23
60 Steve Scott 85:22
63 Bruce Meyer 86:34
71 Don Hicks 89:07
104 Brenda Tree 108:51 8th F

11

We've Got No Place To Go But Up!!

These were the memorable words uttered by Dick Mawhinney as we gazed longingly (??) toward the crest of Mount Madison. Meanwhile, Tim was wiping his brow (we had not even started to climb yet!) and holding his side while Joy discretely emptied her two pound make-up kit out of her backback and Ed inquired as to when we would stop for our first "ceremonial shot"!!

This scenario marked the beginning of a two day hiking trip in the Presidential Range of the White Mountains in New Hampshire for Dick Mawhinney, Tim Maillet, Ed Takacs, and Joy Elliott. The first day's hike proceeded along the Air Line Trail and a portion of the Knife Edge to Madison Hut and on up to the summit of Mount Madison. The descent followed the Valley Way Trail to the base of the mountain.

The day dawned bright and clear and enthusiasm was high as we neared the mountain. Enthusiasm immediately waned when we donned our backpacks! Dick was prepared for a week-long stay, Ed was contemplating shaving off his moustache to cut down on the weight, Tim was looking for a Sherpa to carry his pack for him, and Joy was wondering if she put enough deoderant on!! Not to be discouraged, we began our 5,363 foot ascent. No sound was to be heard except for the gurgles of a nearby brook, the quiet rustle of the wind through the trees, and the sound of Dick and Tim breaking wind... oh, the great outdoors!! As the hike proceeded and the climb became steeper Joy, who was chosen to set the pace, stopped often to wait for Dick, Tim and Ed to catch up...so much for letting Joy set the pace. Spirits remained high and the conversation was light and hearty until Joy broke into the chorus of that old Country & Western hit "I Can Feel It Slippin' Away". Dick and Tim immediately chimed in with "It Won't Be Long, Yeh, Yeh" while Ed searched in his pack for a shot.

The Madison Hut was a real novelty to see - out in the middle of nowhere - a few hundred feet below the summit. It was staffed by a rather rugged looking crew of young people, reminiscent of the Woodstock Rock Concert, strumming guitar and banjo and recovering from the effects of an Appalachian Mountain Club party the previous evening. Imagine the "buzz" you could get at that elevation!! We were served a stiff round of chili that left us rather winded (in more ways than one!!). After the first taste Tim and Joy gracefully declined while Ed and Dick finished it off. Needless to say we put them at the back of the line for the descent! Being a rather naive hiker, Joy spent several minutes looking for the garbage can only to receive a rather indignant response from one of the staff that "you pack out what you pack in". On that note we felt we had overstayed our welcome and commenced down the "hill". The Valley Way Trail proved to be rather rugged and rocky and was aptly described by one young fellow who we met coming up as "a real bitch". We trudged on!! Our spirits were lifted somewhat when we approached the brook at Tama Falls only to find a brave young couple who decided to bare themselves and have a skinny-dip. It took an extra ten minutes to finish that portion of the trail as we slowed our pace somewhat at that point to admire the "scenery".

The last mile or so in any hike seems long. This one was no exception. By this time Dick had carved out two makeshift crutches to help him along, Ed and Tim had slipped into a comatose state while Joy skipped along singing (again) "I Can Feel It Slippin' Away". Nevertheless, we reached the base about 5:15 p.m. quite pleased with our day's trek and eager (??!!) to plan day two.

Back at the hotel we had a dip in the pool and proceeded to one of Gorham's many fine restaurants for a hearty meal. The highlight

of the evening was Joy's quick exit from the table after the meal as she scurried outdoors, feeling quite ill. She claims it was not the effect of the nine hour hike, the twelve pound pack she carried, her aching, sore feet OR the three to four beer she practically inhaled on the drive into town, but rather it was "just an upset stomach"!!

Day Two

If there was one lesson we learned from our first day's hike, it was to travel light. We unpacked the lobster and caviar and reduced our load from four packs to two. Surprisingly enough we were quite chipper the next day after a hearty breakfast (and several painkillers). Our next conquest was Mount Washington, an elevation of 6,288 feet and the highest mountain in the East. We had our route all chosen as we approached the Tuckerman Ravine Trail. The only problem was...all four of us missed the first turn-off to the Boott Spur Trail which we planned on taking. We decided the trail was poorly marked and certainly not a reflection of our hiking skills (heaven forbid if we got lost on the mountain!).

Our trek took us along the Tuckermans Ravine Trail to the Link to the Boott Spur Trail, along a portion of the Davis Path to the Lakes of the Clouds Hut and on up to Mount Washington Summit.

To make our travel more safe and to avoid shortness of breath due to excessive talking, we devised a few code words to assist our conversation. We were on the lookout for "BFR's" (big f_____g rocks) and "HSC's" (a helluva steep cliff). We also kept an eye out for "petrified ice"...a rare natural phenomena found only in the White Mountains (see Tim or Ed for additional scientific explanation).

Along the bottom of the Tuckerman Ravine Trail we were treated to a beautiful waterfalls and picturesque brooks. The chit chat and

singing had diminished somewhat from the previous day and was replaced by some serious hiking (with intermittent praying). Joy had two inch thick padding on her calluses, Dick had practically put a makeshift cast on his big toe, and Ed and Tim kept whispering to themselves "we're tough". Ed even sweat a little, much to our surprise.

The most challenging and exciting part of this climb (other than not being able to go to the bathroom) was a few hundred feet of an extremely steep climb over large rocks and boulders to reach the Davis Path. At some points we were using arms and legs to crawl up over the rocks.

Speaking of rocks, Joy had taken a keen interest in the various types of rock and stone to be found on these mountains. By halfway up the climb she had filled both pockets and was finding it increasingly difficult to keep her shorts up around her waist as they quickly slipped to her knees (much to Tim's delight!!). Joy wasn't the only one to develop a few bad habits...Ed became increasingly obsessed with plunging rocks down the side of the mountain (much to the dismay of those below) just to see how far they would fall. We attributed this obsession to the thin air and hoped it would pass.

At the Lakes of the Clouds Hut (a little larger than Madison Hut), we had a delicious bowl of homemade chicken vegetable soup. Ed and Tim longingly admired the beautiful lakes surrounding the Hut, wishing they had brought their fishing poles. We then proceeded to Mount Washington Peak. Joy reached the summit about fifteen minutes before Ed, Tim and Dick, mainly because they stopped to examine a cross planted in the ground near the trail. Upon closer examination and some discussion with passing hikers it was discovered that "someone's dog must have been buried there"!!!

As we climbed up through the clouds to Mount Washington we saw a bearded wonder whom we thought was a vision of Moses coming across the Mount with tablets of stone...we later learned it was another member of the Appalachian Mountain Club staff with the week's menu for Madison Hut.

We toured the main building at the top, watched the Cog Railway Train arrive, and had a lunch in the cafeteria. We were quite relieved to get back to good old salty junk food with lots of additives. We were unable to catch one of the regular tour buses down the Auto Road so we teamed up with four other hikers and chartered a van for the ride down.

James Bond couldn't hold a candle to this driver...we travelled about 50 miles per hour down a road that was shaped like a snake ready to attack and all four tires very rarely made contact with the ground at the same time. The driver then chose this moment to tell us of the most recent death on Mount Washington...a passenger in a truck whose brakes had failed and had crashed into an embankment. Needless to say, we were thrilled!! In all honesty, our driver was a friendly fellow who gave us a running commentary on the White Mountains, the AMC and the development of the hiking trails.

The grand finale to our weekend was the flat tire about 30 miles outside of Fredericton on a dark, unpaved road. We calmly exited from the car and unloaded the trunk to retrieve the spare tire. Within minutes we had the car jacked up, the tire off, and were replacing it with the new one. We stopped momentarily to catch our breath...just long enough to discover Ed about 20 yards down the road examining a dead porcupine which he assumed was the culprit in the case of the flat tire (he found a few quills missing!!). Thanks Ed, you were a big help...

So all you runners and joggers out there...if you want to try something different...READ ON...

17
L A D I E S & G E N T L E M E N

All ye who are heavy-laden...throw off they burden and follow
us to...MOUNT KATHADIN!!!

The Capital City Roadrunners are organizing a one day hiking
trip of Mount Kathadin for Saturday, September 8th. We will
be driving to Beautiful Baxter State Park on Friday, September
7th and returning to Fredericton on Saturday evening, September
8th.

TEST YOUR SKILLS...YOUR STAMINA...AND YOUR CALLUSES!!!

To sign up for the fun call:

Tim: 472-0191

Dick: 454-1721

Joy: 472-6367

