

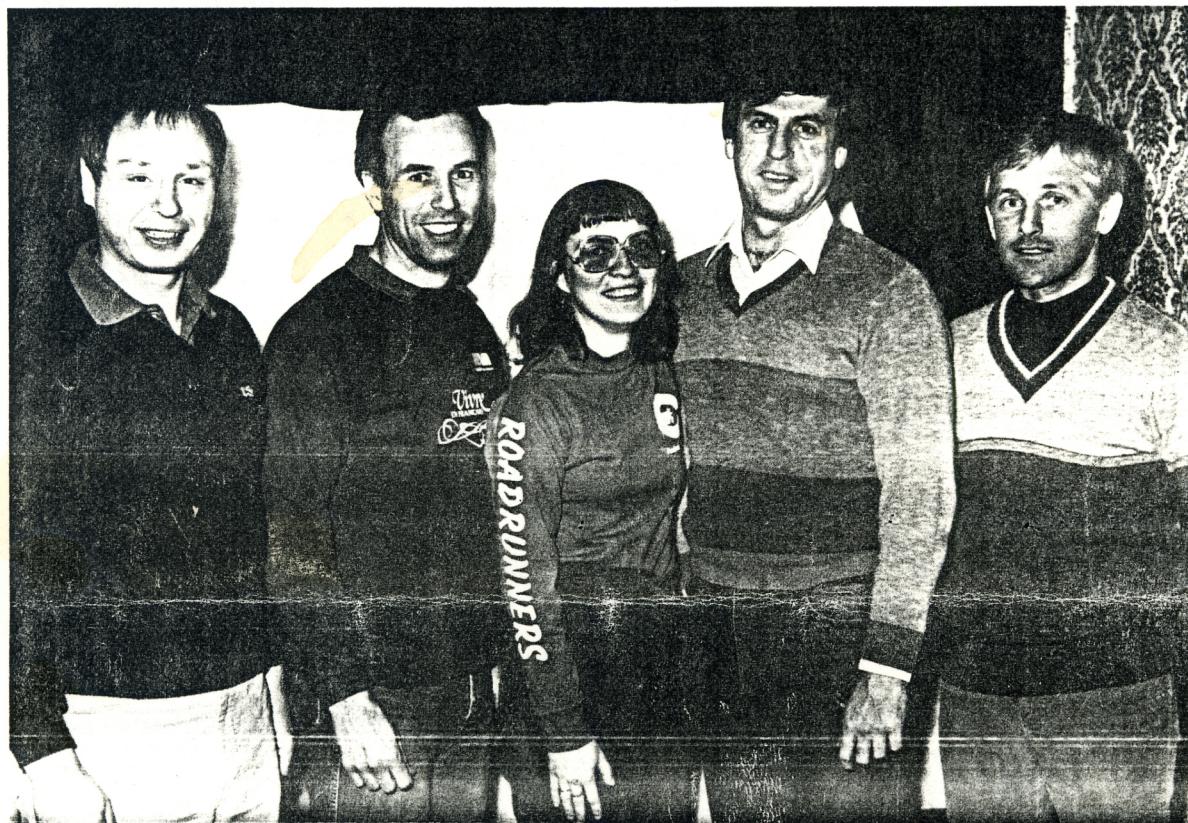
APRIL 1985

Volume 3 Issue 22

CAPITAL CITY ROAD RUNNERS

FREDERICTON, N.B.

FOOTNOTES



OUR EXECUTIVE left to right

Sick Hawhinney- Secretary 454-1721
Bill LeDrew- President 459-8114
Brenda Tree- Vice President 454-6202
Paul Lavoie Member at Large 459-5317
Larry Robinson Treasurer Registrar 472-0796

FOOTNOTES EDITORS

Brenda Tree 454-6202
David Tree

TELEPHONE COMMITTEE

Don Hicks 472-8664
Steve Scott 454-1714
Flo LeDrew 459-8114
Tim Maillet 472-0191
Joy Elliott 472-1482

FUNRUN COMMITTEE

acting Flo LeDrew 459-8114
Bill LeDrew

From the Editors

Thank you to all our assistant writers this month by sending us articles.

FINANCIAL REPORT FROM 1984 EXECUTIVE
prepared by Brenda Tree

EXPENDITURES

Postage 92.40
cheq. chrg. 4.05
race costs 617.28
misc. 621.43
more post. 27.20
NBTFA mem. 35.00

\$1397.36

REVENUE

Beginning balance	\$509.20
memberships	382.50
WILLIAMS (trophies)	189.93
t shirt sales	23.00
N.B. grant	300.00
interest	9.60
race assets	675.00
cheq. exchange	1.05
membership	20.00

\$2120.28

Here is a list of the misc. under expenditures:

envelopes
Gleaner ad
for the cheques
Cancer society
Barbeque \$207.16
vests
stopwatches (3)
xmas party \$50
stop signs
fruit basket for F'ton Rec. Dept. for printing the newsletters (\$25)
xmas cards for our sponsors
to send George Hubbard to road racing meeting in Moncton (\$37.25)
NBTFA payment for 1985 race sanctioning
staples
typing paper
food at a meeting (\$11.66)

Thank you for a fine year.

Brenda Tree

SHORTS AND SINGLETS

Not very short this month.

First of all the executive would like to thank Martin for the lovely mug shot of us he was so kind to do.

A PARTY on March 23rd at the Tree residence- 624 Palmer St. at 7:00. It's BYOB and also a pot luck meal. If you can bring something you like to eat- some suggestions if you like might be a previously cooked hot caserole to be reheated, a cold salad, cold cuts, cheese, raw veg. and dip, rolls, or deserts like sweet breads, squares or cookies. If anyone wants they can call me for suggestions but anything is fine. Phone 454-6202- Come one Come all.

Dennis Atchison is leaving on his Tri City run on Thurs. the 21st at approx. 9:30 from 86 York St. It would be very nice if some of us could try to run a bit of the distance with him. He now has a partner running the whole distance with him. He will be returning he hopes on the 28th in the evening and again it would be nice to run him into town. Good luck Dennis!

Also a hearty GOOD LUCK to the brave souls who are planning to run the Boston Marathon in April.

Don't forget the Heart Marathon in April, if you can't run come out and cheer the rest on. Usually the majority of the club participates in some fashion.

There are still some long sleeved T shirts left in the red. If interested call Bill 459-8114.

The National Capital Marathon in Ottawa is to be run on May 12th. For info on this race write LABATT'S NATIONAL CAPITAL MARATHON P.O. Box 426 Station A, Ottawa, Ont. K1N 8V5.

The Spring For Life weekend happens at the Y on March 29th and 30th. It sounds like a great weekend and I hope to have more info in this issue. Our club has agreed to look after the race at 12:15 on the Sat. By looking after we are to measure the course (5k and 10k done by George) help police the course and look after the finish line. We would appreciate anyone turning up who could help. By the way the whole weekend of interesting sounding speakers, a punch and wine party, a banquet and the race will only cost you \$15 so it sure sounds reasonable.

On April 13th we will have a Carbo Loading supper at Vetus between 7-7:30. This will be a meal where everyone just orders from the menu.

Also My APPLOGIES to the Rearicks for not including them in the list of members last month. They are very much members and their phone no. is 363-3204. Also another renewed member is Jo Anne Andrews. Welcome back.

Another apology is extended to Steve Scott for the missing of his name from the list of telephone committee members. I guess the little people were busy screwing up my head last month.

The executive is in need of someone who might like to type some of our correspondance for us. It wouldn't amount to too much work but would be much appreciated. Anyone interested can call anyone of the executive. Also we are in need of a new Funrun Committee. Bill and Flo are now doing this but as you can see they have a lot of other duties in the club and it would be nice to devide the work. This committee involves phoning the Gleaner once a week with the Funrun location, picking that location, trying to be at the Funrun, and mapping out our route for the day (usually you will have lots of suggestions from the crew).

About our discounts: Sports Experts in the F'ton Mall 10%, United Sports 10%, and Neill's 20%. Now there are conditions to these discounts; show your club card before the item is rung in at the cash, and this is only on regularly priced items. If you have any problems you can let the executive know. We did confirm these discounts with the managers of these establishments.

Our General Meeting is scheduled for April 9th at 7:30 at the UNB Gym room 210. We hope to have a guest speaker perhaps on nutrition. Please try to attend as we schedule these meetings for you the members. Before that on March 26th at 7:30 at Dick's (454-1721). This meeting is for anyone willing to help with our Sept. race or anyone with suggestions.

Marathon Time	Pace Per Mile										
2:00:00	4:34.6	2:42:00	6:10.7	3:24:00	7:46.8	4:06:00	9:23.0				
2:01:00	4:36.9	2:43:00	6:13.0	3:25:00	7:49.1	4:07:00	9:25.2				
2:02:00	4:39.2	2:44:00	6:15.3	3:26:00	7:51.4	4:08:00	9:27.5				
2:03:00	4:41.5	2:45:00	6:17.6	3:27:00	7:53.7	4:09:00	9:29.8				
2:04:00	4:43.8	2:46:00	6:19.9	3:28:00	7:56.0	4:10:00	9:32.1				
2:05:00	4:46.1	2:47:00	6:22.2	3:29:00	7:58.3	4:11:00	9:34.4				
2:06:00	4:48.3	2:48:00	6:24.5	3:30:00	8:00.6	4:12:00	9:36.7				
2:07:00	4:50.6	2:49:00	6:26.7	3:31:00	8:02.9	4:13:00	9:39.0				
2:08:00	4:52.9	2:50:00	6:29.0	3:32:00	8:05.1	4:14:00	9:41.3				
2:09:00	4:55.2	2:51:00	6:31.3	3:33:00	8:07.4	4:15:00	9:43.6				
2:10:00	4:57.5	2:52:00	6:33.6	3:34:00	8:09.7	4:16:00	9:45.8				
2:11:00	4:59.8	2:53:00	6:35.9	3:35:00	8:12.0	4:17:00	9:48.1				
2:12:00	5:02.1	2:54:00	6:38.2	3:36:00	8:14.3	4:18:00	9:50.4				
2:13:00	5:04.4	2:55:00	6:40.5	3:37:00	8:16.6	4:19:00	9:52.7				
2:14:00	5:06.7	2:56:00	6:42.8	3:38:00	8:18.9	4:20:00	9:55.0				
2:15:00	5:08.9	2:57:00	6:45.1	3:39:00	8:21.2	4:21:00	9:57.3				
2:16:00	5:11.2	2:58:00	6:47.3	3:40:00	8:23.5	4:22:00	9:59.6				
2:17:00	5:13.5	2:59:00	6:49.6	3:41:00	8:25.7	4:23:00	10:01.9				
2:18:00	5:15.8	3:00:00	6:51.9	3:42:00	8:28.0	4:24:00	10:04.1				
2:19:00	5:18.1	3:01:00	6:54.2	3:43:00	8:30.3	4:25:00	10:06.4				
2:20:00	5:20.4	3:02:00	6:56.5	3:44:00	8:32.6	4:26:00	10:08.7				
2:21:00	5:22.7	3:03:00	6:58.8	3:45:00	8:34.9	4:27:00	10:11.0				
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2:23:00	5:27.2	3:05:00	7:03.4	3:47:00	8:39.5	4:29:00	10:15.6				
2:24:00	5:29.5	3:06:00	7:05.6	3:48:00	8:41.8	4:30:00	10:17.9				
2:25:00	5:31.8	3:07:00	7:07.9	3:49:00	8:44.1	4:31:00	10:20.2				
2:26:00	5:34.1	3:08:00	7:10.2	3:50:00	8:46.3	4:32:00	10:22.5				
2:27:00	5:36.4	3:09:00	7:12.5	3:51:00	8:48.6	4:33:00	10:24.7				
2:28:00	5:38.7	3:10:00	7:14.8	3:52:00	8:50.9	4:34:00	10:27.0				
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2:41:00	6:08.4	3:23:00	7:44.6	4:05:00	9:20.7	4:47:00	10:56.8				

Interpolation:

Use the figures at right given in 5 second intervals. Example: for a marathon time of 3:00:25, look up the per mile time for 3:00:00 above (6:51.9); then add the time for an additional 25 at right (.95) for a total per-mile time of 6:52.85.

Marathon Pacing Chart

5 .19 25 .95 45 - 1.71
10 .38 30 .1.14 50 - 1.90
15 .57 35 .1.33 55 - 2.09
20 .76 40 .1.52

FROM THE PRESIDENT

Your new Executive has been busy planning Club activities for the coming year. I believe this will be a good year for all members as we have planned a number of activities which should prove to be both fun and worthwhile.

First of all, thanks to Paul Lavoie and last year's executive for the great job they did!

I would like to highlight for you the major events planned for the year. On March 21st, Dennis Atchison, a Club member and Executive Director of the New Brunswick Special Olympics, will begin his TRI-CITY RUN from Fredericton to Moncton and Saint John, returning to Fredericton on or about March 28th. The purpose of this run is to publicize the New Brunswick Special Olympics to be held in Fredericton June 16th. We want as many members as possible to begin Dennis' run with him at 9:30 a.m. on the 21st and run a few miles to start him off. Similarly, I hope to have a group of Roadrunners meet him on his return and run the last few miles.

The Provincial Department of Youth and Recreation and the YM/YWCA are sponsoring a fitness and nutrition conference at the Y, March 29th - 30th. More details are provided elsewhere in this issue. The Roadrunners have agreed to organize a 10K road race and 5K family fun run as part of this conference. This is a low-key event without prizes or awards. However, it will be high profile. We will need a few volunteers for this event, and the call will go out later on this month via the telephone committee.

April, of course, is Heart Marathon month. The Club will again have a booth at the registration and we hope to have an audio-visual presentation to show the public what great times we have. I hope to see good participation again by the Club members in this worthwhile race/fund-raising event.

Our first General Meeting under the new Executive is scheduled for April 9th. The exact location will be announced later. Plans are to have Bonnie Smith, a nutritionist with the Provincial Government, as our guest speaker. She has a very informative and interesting presentation on the importance of proper diet and nutrition for the fitness-oriented.

We have ordered a Bill Rodgers running video through Sport New Brunswick and plan to show it at our next bi-monthly General Meeting in June. We are committed to providing interesting and educational (as well as entertaining) programs for all General Meetings, in addition of course to transacting important business.

On June 16th the Special Olympics take place. Dennis Atchison has asked the Club to provide volunteers to assist in this event. It sounds like a very challenging and satisfying undertaking. I have told Dennis that we will encourage as many people as possible to take part. I am sure lots of you will wish to help with this event.

Other events we plan to be involved with this summer include the Run For Light run and the Participation Challenge.

cont'd...

FROM THE PRESIDENT, cont'd.

September brings with it the CCR 10K Fall Classic. Planning has begun already and an organizing meeting is planned for March 25th; place and time to be announced later. Planning this, our only road race and a high profile event, takes a fair amount of work, but the Committee has a lot of fun doing it. The success of last year's race showed that we are capable of putting on one of the best races in the Province.

Of course, we will have many social events throughout the year, beginning with our first party to be held at the "Tree House" on Saturday, March 23rd. Anyone who has been to a CCR party knows that they are a lot of fun. I've heard talk already of hiking/mountain climbing trips to Maine again this year. One of last year's most successful and best attended activities was the Family Bar-B-Q at Odell Park. We will of course be holding another one this year on the same day as the Oromocto 10K Race in May.

Our weekly Fun Runs will continue. We decided to switch them from Sunday afternoons to Saturday mornings at 10:00 a.m. Check Friday's Daily Gleaner for the location. The runs will switch to Wednesday evenings around the end of April. We are consistently getting from 10 to 20 runners every week. I would like to see more of you out as these runs are at an easy pace and we more or less stay together. You can hear us talking from a mile away -- they really are fun!!

I hope to see lots of members participating in the many races in the Labatt's Lite Series again this year. Travelling out of town as a group is a lot of fun and most of the races are well organized.

Well that's about all for now. I hope to have a letter in each newsletter to bring members up-to-date on what your Executive is doing. Please excuse the length of this one, but I had a lot of ground to cover! Please feel free to contact me or other Executive members if you have any comments, suggestions, or criticisms about the Club and its activities. That's all for now folks...I'll see you next month...

BILL LEDREW

Lifestyles

Debate On Running Knows Little Middle Ground

THE TELEGRAPH-JOURNAL

By Kirk LaPointe
The Canadian Press

The debate on running knows little middle ground. Its supporters praise it as the ultimate sporting activity, improving everything from their self-images to their sex lives. Detractors insist it is a waste of time and a surefire cause of heart, leg and back problems.

Evidence remains inconclusive on an array of issues related to running. What are its long-term effects on joints and ligaments? Do the physically addictive qualities of running have any psychological side-effects? Can city runners actually do more harm than good by inhaling the exhaust of downtown traffic?

Some research in sports medicine is beginning to break down many of the myths associated with running. Last year, two important U.S. studies concluded that regular jogging or running helps protect men from cardiac arrest, even though they found the odds of suffering such attacks during exercise were slightly higher than at other times.

Still, running has at best a mixed public image — helped by such research but hurt by such events as the death last year of running guru Jim Fixx while jogging. Fixx's

death has been attributed largely to heart disease — something no amount of exercise can erase. Those who love running will point out that no Olympic marathon entrant has ever died of a heart attack, but others persist in their belief that running can kill.

Increase Research
Now that the running "boom" has taken hold, and there is a wider sampling from which researchers can assess the situation, the next five years may lead to solid evidence to change many of the common perceptions about running.

It's doubtful many who now run are going to stop while the jury is out. But what if you want to start a serious program of running — say, a half-hour, every other day?

Faced with this debate, what are you to do?

Perhaps the best first step is to seek advice from the medicine or physical education departments of your local university, where experts are familiar with the latest research and are generally better qualified to discuss the pros and cons of running than the typical family doctor.

But before you do that, let's put to rest a handful of the most common myths about running.

Myth one: Running in cold

out. But what if you want to start a serious program of running — say, a half-hour, every other day?

Must Push Heart
Myth two: A short run is no better for your heart than a long walk. To achieve cardiovascular fitness, doctors say it is necessary to push the heart to at least 60 per cent of its potential — the maximum it can beat and pump blood through the system — three times a week for 30 minutes at a time. Many athletes even push the heart to 80 per cent of its potential for longer periods each day. Usually, the potential is about 205 beats per minute, minus your age. Even at a brisk pace, a walk won't give you

weather is a health hazard. One of the long-held myths is that the lungs will "freeze" when cold air is inhaled. Truth is, cold air never makes it much farther than your throat. If the lungs tingle, it may be because they're being used more vigorously than usual. As for other hazards — frostbite, for example — layered clothing of non-synthetic fibres, thick gloves and a touque or head covering will protect runners in temperatures as low as -70 C. Apart from the hands, it's important to protect the head because it generates about 20 per cent of body heat. Men are advised to wear an athletic support.

Myth four: Runners can take a long layoff and quickly return to form. Researchers are finding "reversibility," the loss of muscular capacity to absorb oxygen, in runners as early as seven or eight days following a layoff. Two or three days of rest can be just what's needed to cure a stale runner, but lengthy breaks can send you almost back to the drawing board.

Myth five: The body was not made to run. Although the medical community is divided about the long-range effects running has on the body, anthropologists recently wrote in Britain that the body was made to run. After all, running uses the strongest muscles — in the

appointed by the World Health Organization to draw up a strategy for the prevention of coronary artery disease, included regular physical activity as a high priority in their recommendations. To quote their report, "The issue is important to affluent and developing nations alike. Great innovation is required in community education in order to attain healthy levels of physical activity in urban work and the general pattern of living."

CONCLUSION

There seems no doubt that coronary artery disease is multi-factorial in origin. Precisely what the unhappy set of coincidences was that combined to give us our 20th century epidemic still remains uncertain. Despite this, the circumstantial evidence is sufficiently strong to allow adoption of a number of preventative strategies. Screening for and control of high blood pressure and diabetes are relatively straightforward procedures, readily available through the primary-care physician. The same situation applies with regard to estimation of the blood fat levels, which should be carried out whenever there is a history of heart disease. Beneficial life-style changes include stopping smoking, reducing the intake of dietary fat and cholesterol, and making regular physical exercise a part of normal daily life. In countries which have followed these guidelines, coronary artery disease mortality has dropped; in those which have not, there has appeared to be no change or an increase. Can we, as individuals, any longer afford to say that the association is coincidental, and that personal action must await further irrefutable scientific proof? To take such a nihilistic approach would, I feel, be foolhardy. □

Dr. Kavanagh is Director of the Toronto Rehabilitation Centre. He is a world recognized authority in cardiac rehabilitation therapy.

Some thoughts on the death of James Fixx

When James Fixx's untimely death was announced on television, one newscaster reported the event with commendable objectivity. He said, "James Fixx, the noted author, died suddenly at 5 p.m. today. He was 52 years old, and it is assumed that the cause of death was a heart attack. He was jogging at the time." Or words very similar to that.

It is, of course, ironic that Mr. Fixx should die in the act of practicing what he preached. It is also unfortunate that the question, spoken or unspoken, too often was "Did jogging kill Jim Fixx?"

The plain and simple truth is "No". Jim Fixx did not die from a "jogging attack", any more than Bing Crosby died from a "golfing attack". As far as the facts are known, both died from a heart attack. In light of the current high incidence of fatal heart attack in middle-aged men (one-third of all deaths), that is hardly news. Neither is the fact that death was sudden, and without apparent symptomatic warnings; sadly, that is the manner in which about one-in-four of all cardiac deaths occur. Indeed, so common is sudden death these days that autopsy findings are generally of interest only when they reveal non-cardiac causes. As for what the unfortunate victim happens to be doing at the time of death, that has little or nothing to do with it. After all, he has to be doing something, and I have never heard sleep, sexual intercourse, television watching, walking one's dog, or any other variety of day-to-day activities seriously incriminated as a cause of sudden cardiac death. The reason that we are seeing more deaths during jogging is because more people are jogging (in excess of 25 million in the United States alone, according to a recent Gallup Poll). In our high coronary-risk society, any activity which attracts the increasing interest and time of the coronary-prone is bound to be associated with cardiac fatality — and in direct proportion to the degree of participation.

No, the activity is not to blame. The culprit is all too well known to every

pathologist. In fact, to every medical student. It is atherosclerosis, the process which thickens the lining of the coronary arteries with fatty, bulbous patches, narrowing their core, and placing the working heart muscle in jeopardy by threatening to cut off its blood supply. Obviously, such a process takes a long time to develop. Its progress is measured in decades of life, not minutes of a run, or hours of a golf game. The greater and more extensive the degree of coronary narrowing, the greater the certainty of sudden cardiac death.

The causes of atherosclerosis?

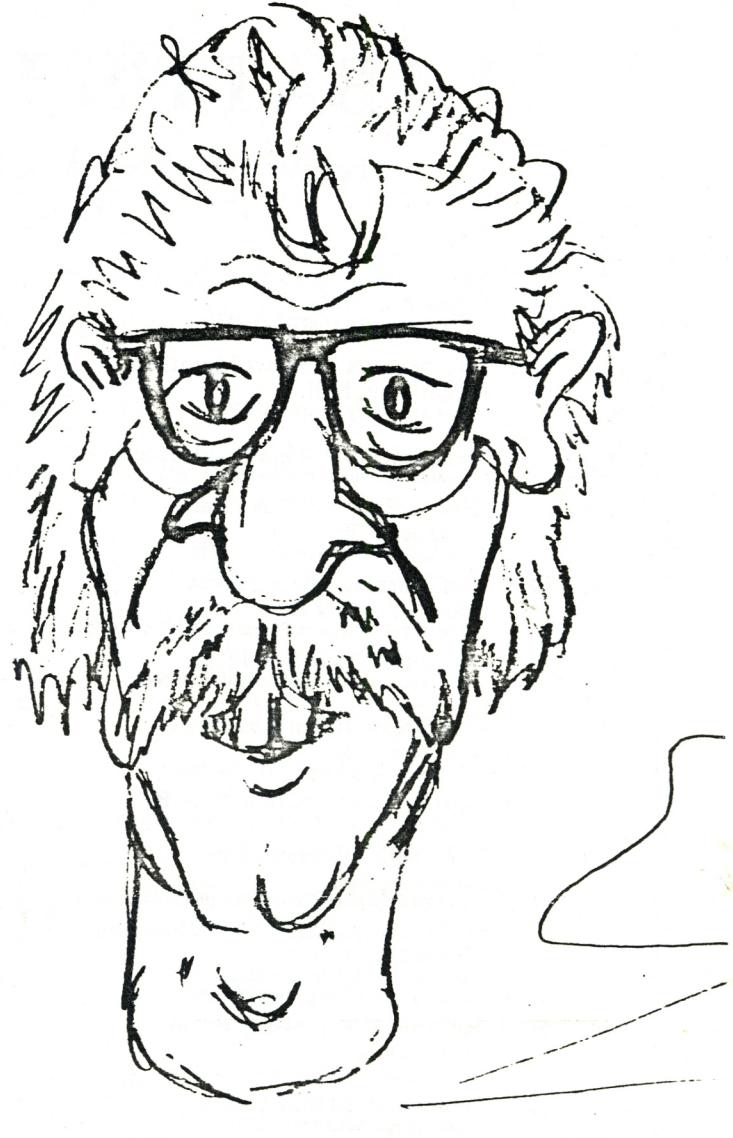
Epidemiologists list cigarette smoking, high blood fat levels (usually associated with a diet high in animal fat), untreated high blood pressure, untreated diabetes, heredity, and possibly environmental stress. No mention of exercise in any way, shape, or form. In fact, exercise is frequently quoted by many authorities (including the World Health Organization) as being conducive to the avoidance of atherosclerosis.

The "news" of James Fixx's death lay not in its cause, nor in its circumstances, but in who he was. In less than 10 years, James, by his own statement, went from a beefy, unfit, chain-smoker, to an 8 time marathon finisher, a State 10 000 metre age-class champion, and a fierce proponent of the benefits of fitness. He lost over 23 kg., stopped smoking, wrote two best-selling books on running, and achieved that peculiar international fame accorded to those personalities who "never go anywhere without an American Express card." Above all, he was to all intents, and from personal experience, a very nice guy. As a reformed "rolly-poly", the success of his book inevitably cast him in the role of runners' evangelist. Possibly, apart from Kenneth Cooper, no other individual has contributed so much to world-wide fitness in so short a time. Unfortunately, it would seem too short to reverse the process started long before his conversion. His best epitaph would be for us to ensure that the circumstances associated with his death are not confused with the cause of his death. □



Do you know me?

I won the 19 --
Heart Marathon.



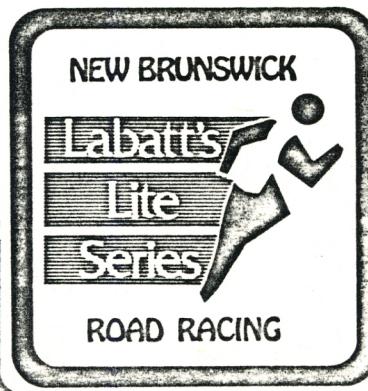
American Canadian Express

LABATT'S LITE SERIES

NEW BRUNSWICK ROAD RACING

Feb. 10	5th Annual Dieppe Friendship Carnival Frigid Fun Run Contact: Terry Edgett 854-2525	June 30	Campbellton Road Race — Dairy Queen 9 km Contact O'Neil Arsenault Res: 753-2098 Bus: 753-7771
April 14	7th Annual N.B. Heart Marathon Fredericton, N.B. Contact: Barry Short 472-0262	June 30	Grand Falls, 10 km Contact: Charles McCluskey 473-3080
May 4	Memramcook 8.4 km Road Race Contact: Edouard Boudreau 758-2412	July 13	* George Gallant 10 km Super Series Road Race Shediac, N.B. Contact: Paul Landry 532-6472
May 12	"Sports Exports" Road Race Dieppe, N.B. Contact: Daniel Gallant 855-0425	July 20	* Le 10 km du Festival Shippegan Chapionnet Provincial Contact: Aldo Mallet 783-7811
May 19	* Half Marathon Restigouche Campbellton, N.B. Contact: Jean-Pierre Parent 759-9559 or 788-5137	July 27	* Knights of Columbus Road Race Woodstock, N.B. Contact: Rex Brown 328-6933
May 25	Oromocto 10 km Road Race Contact: Camilla MacDougall 357-9940	Aug. 3	St. Isidore Rodeo 10 km Road Race Contact: Nicole Breau 395-6306
June 2	* King Sports 10 km Road Race Moncton, N.B. Contact: King Sports Ltd. 384-9484	Aug. 3	Dalhousie New Classic Road Race Contact: Clem Tremblay 684-2255
June 9	* Labatt's 10 km, Balmoral, N.B. Contact: Benny Poirier 826-2545 or 826-3412	Aug. 11	* Perfection 20 km, Moncton, N.B. Contact: Race Director 734-2601
June 16	Miramichi Jaycees 10 km Chatham, N.B. Contact: Stephen Gracie, Miramichi Jaycees 622-0585	Aug. 31	Nackawic Community Days Road Race Contact: Davy Jardine (H) 575-2194 (B) 575-2221
June 16	Shoppers Drug Mart 10 km Fun Run Moncton, N.B. Contact: John Johnston (day) c/o Shoppers Drug Mart 854-0720	Sept. 2	Fredericton 5 Mile Road Race Contact: Brian L. McEwing 454-6130
June 22	2nd Annual Tantramar 10 km Sackville, N.B. Contact: Virgil Hammock 536-1896	Sept. 7	St. Martins Diet Pepsi Fun Run Contact: Lynn Crowther 833-4684
June 23	Fredericton 10 Mile Classic George Hubbard 455-7312	Sept. 15	* Atlantic Autumn Marathon CFB Gagetown Contact: Sgt Warren Morash 422-2660
		Sept. 21	* Capital City Road Runners 10 km Fall Classic Fredericton, N.B. Contact: Steve Scott 454-1714
		Oct. 19	* Saint John 20 km Contact: Faye Horgan 652-4750

* Denotes Labatt's Lite Super Series



For detailed racing booklet
Contact: Ed Boudreau 758-2412
Box 511
Memramcook, N.B.
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