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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.

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FROM THE EDITORS

As you will notice there is included this month again the registration form for 1985. This will be the last issue of the FOOTNOTES you will receive before you register for 1985. Even if you have been a member since the beginning of time please fill in the form as many have new phone numbers and addresses. Please include the postal code.

We hope 1985 will be a good year for you and hope to see you at our Christmas party and at the funruns. We have enjoyed being you editors and hope you have enjoyed our efforts at "getting the news". Please continue to contribute to this worthwhile monthly.

Brenda
David Tree
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WINTER RUNNING

by Brenda Tree

As we all know, the North Wind is blowing and soon we will be runnin in snow, sleet, ice and cold. Most of us have run in winter before but perhaps a few would like some tips.

A good suggestion might be to leave your watch at home. Don't expect to have a personal best at a certain distance in winter. The weather, footing, and extra clothing all work against your time. There will be plenty of time in the spring to work on your speed. Think of winter as your "funrun" time; to enjoy running, nature, and yourself.

What do I wear? Dress in layers and remember it is easier to take clothes off than to be cold through the whole run. Always wear a hat- the highest percentage of your body heat leaves through your head. Warm mitts, a scarf for windy days, nylon pants and jacket are all necessary musts. Long johns are a nice extra. If you think you'd like to double your socks consider buying $\frac{1}{2}$ a size larger on your next sneaker perchase.

Speaking of sneakers; are your soles good on slippery surfaces? Racing flats leave you just that, flat, on icy sidewalks.

A good idea in winter is to always start your run facing the wind. It is much easier coming back with a tail wind when you are tired. Never go out farther than you can manage. Remember you have to come back. Carry phone money in case you do get out too far or you get injured or are too cold. You should always tell someone where you are heading for your run. Frost bite is no joke.

Some safety tips are; stay on the sidewalks as much as possible. Always remember that it is slippery for the cars too. Don't argue with a 2500 pound car, always be willing to take to a snowbank quickly. Wear retroreflective clothing if you are running after dark. Vests, ankle straps, and iron on tape is available at most sporting goods stores. If there is no sidewalk always run facing the traffic.

The main thing is to have fun, that's what you started this for remeber Winter is a lovely time to run. Words cannot express the feeling of running on a snowy evening with the flakes softly falling around you. All you hear is your breathing, the soft sound of snow landing on the ground, and a kind of powder puff sound of your feet landing on the snow. The world seems so quiet and peaceful that you will remember why you started running in the first place: for feelings like this.

MERRY CHRISTMAS

FROM:

PAUL and TONY and DAVE and DICK and BRENDA

TO:

TIM ANDREW, JOE-ANNE ANDREWS, GILBERT ALLARDYCE, DENNIS ATCHISON, CHRIS AND BONNIE BARR, PAT AND WENDY BEGGS, HENRIETTA BREWER, JOHN CATHCART, ELEANNA DAVIDSON, NICK GUITARD, MARTIN GROSWEINER, DON FERGUSON, EDNA HARRIS, SCOTT HARE, DON HICKS, BETH HEALEY, GEORGE HUBBARD, MR. AND MRS. ROSAIRE LEBLANC AND MARC, ANDRE, AND MICHELLE, BILL AND FLO LEDREW, TONY LITTLE, PAUL LAVOIE, DICK MAWHINNEY, TIM MAILLET, MARY MAILLET, ROLY MCSORLEY, JOHN MERCER, IAN MOGILEVSKY, NEIL MACTAVISH, BRUCE MEYER, CRYSTAL NASH, DAVE PREBBLE, GEORGE PHILLIPS, BRIGITTE RABY, GILLES ROUSEL, MARK ROBERTS, MR. AND MRS. DAN REARICK AND FAMILY, BARB ANDREWS, LARRY AND MARY ROBINSON, STEVE SCOTT, BRIAN SIPPRELL, BRENDA, DAVID, AND JASON TREE, ED TAKACS, FRED, DORISE, AND LEATHA TURNBULL, JAMES TUCKER, PAUL THERIAULT, DON TOWNSEND, DAVE WALLACE, JOHN, SUZANNE, LEE, ALLISON, JESSICA, AND ELEANOR WEBSTER, AND JOHN ZIMMERMAN.

ALSO WE WISH YOU ALL A HAPPY 1985 and hope to see you all at the Christmas party at Bill and Flo LeDrew's on the 15th of Dec. Remember to try to make an appearance no matter how short and BYOB.

SHORTS AND SINGLETS

MEMBER OF THE MONTH

This month this award goes to many winners; that is to the members who part in the recent Canadian Cross Country Championships. These brave souls are: Scott Hare, Bill LeDrew, Dave Wallace, Roly McSorley, Rosaire LeBlanc, Andre LeBlanc, Fred Turnbull, Larry Robinson, Tim Andrew, and Ian Mogilevesky.

A second award goes to us brave souls who battled the elements to watch other brave souls run in this competition.

We discovered on our Sunday Funrun a nice cross country route through Ode Park. It is about $1\frac{1}{2}$ miles long and very pleasant. You get there by coming into the park directly from Smyth St. at the entrance near Kings College St. From there you take the first path you come to on the left and just follow the beaten path.

The Wed. Night runs are great. The men meet at the Y and the women meet at Edna Harris'. Both runs start at 5:15. The women's run is nice and slow with lots of time for talking and gossiping, all the nice things in life. On the other hand I think the men's run tends to be fast and "get it over quick" kind. We all meet after to compare notes and to eat at the Chestnut. Join us won't you?

Joe Lehmann of the Fredericton Track Club asked if any of you would be interested in helping to coach the indoor workouts. If so, call him at home or Sport New Brunswick.

The club has spent a few dollars on Christmas Cheer so to speak. We have sent Xmas cards to our sponsors and have also bought a fruit basket for the folks at Fredericton Recreation Dept. These are the folks who photocopy these lovely newsletter for us.

Congratulations to George Hubbard for running on his 50th consecutive run last Sun. Pretty impressive record.

Just a little note to all the ladies. We are still having our weekly fun runs on Wednesday nights at 5:15 from 206 Argyle Street. Actually we are getting a really good turn out - 4 to 5 each night. We have a nice leisurely run around town and then follow it up with supper at THE CHESTNUT. The pace is very slow, probably around $9\frac{1}{2}$ to 10 minute miles, so even the slowest runner can keep up - besides we just like to get together and talk and you can't talk if you're running too fast. We have been having some really good runs and with a good number, we can vary the distances because some can go a little farther than others and still catch up with the slowest runners. Anyway, come on out and run with us. Our main aim is to have fun and the more the merrier. Mark it on your calenders now, or if you can't come before Christmas, let it be a New Year's Resolution to run with the ladies on Wednesdays.

REPORT TO THE CCRR FROM George Hubbard

TOPIC Planning Meeting Labatt's Lite Series

The meeting took place in Moncton's City Hall Assumption Place on Nov. 9 and 10. 1984. Present were; Mike Lushington, Leo Sheahy, J.P. Parent, Jocelyn Parent, George Hubbard, O'Neil Arsenault, Cmer Dupuis, Leroy Washburn, Alphonse Doiron, George Gallant, Ed Boudreau, Paul Bourgeois, Terry Edgett, Gary Agnew, and Nicole Breau.

First the 1984 Super Series was reviewed with each person present asked to comment as they saw fit:

- 1) Restigouch & Marathon Campbellton- a good overall report and asked to join the Super Series again
- 2) King's Sport Moncton- some neg. comments on the course, reception and finish line but also asked to join in the SS again.
- 3) Jaycee Prov. and Tilt of the Tartans (Port Elgin)- both races requested not to be SS at the request of the organizers.
- 4) George Gallant 12.8 km Shediac- generally good but request made to run the race in oposite direction due to traffic. Accepted into SS if the traffic situation resolved.
- 5) Shippegan 10km. Festival- good comments: accepted into SS.
- 6) Knights Of Columbus 6.5 mile Woodstock- provided that start/ finish area facilities improved this race was accetpted into SS. Next year it will be a 10km.
- 7) Provincial 20km. Riverview- excellant, accepted into SS
- 8) St. Martin's 10 mile- dropped from series. This is a dangerous run with inadequate facilities according to the group.
- 9) CCRR 10 km. Fall Classic- Fred. - excellant, accepted into SS

It was also decided that Saint John would have a Super Series race, as well as Oromoct Marathon, St. Isadore 10 km. and Balmoral 10 km. The following runs were suggested but later rejected; Campbellton 9 km, Memramcook 18 km, Edmunston 20 km, St. Stephen 5 mile, and Chatam 14.5 mile.

Provincial Championships will be Shippegan 10 km, Perfection 20 km. and Oromocto Marathon.

PRESENTATIONS

By Paul Bourgeois on " Le Marathon de L'Acadie". It was suggested that this multiple event, which moves from location to location yearly, be considered in years to come for the Super Series.

By Jocelyn Parent and George Hubbard on criteria for a SS run. They were strict and all encompassing taking in most of the points that the group wanted to see accomplished. It was suggested that an evaluation be distributed at each race to get feed back on this. As well, at least 1 member of the SS executive shall evaluate each race.

By George Hubbard on the CCRR 10km. as the Porv. Championship. Points made; sound organization, good course, accurate measurement, Rejected due to a) a lage support for the Shippegan race from the Northern delegates (due to it's quality and possiblitiy of attracting more runners) and b) the fact that the Oromcoto Marathon is so close geographically and is a Provincial race.

By Leroy Washburn concerning NETFA's role with respect to the road runners: a commitment was made to work out differences between the 2 groups.

It was resolved that the best 7 out of 11 Super Series races would be taken for statistics purposes.

The suggestion was made that each area of the province organize their own mini series such as Newcastle's monthly 5 Km. funruns.

EXECUTIVE

PROVINCIAL CHAIRMAN Mike Lushington- Site 11, Box 9 Balmoral, N.B. EOB 1C0

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PUBLIC RELATIONS Leo Sheahy RR#1 Hopewell Cape N.B. EOB 1Y0

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Awards ceremony for the 1984 Super Series will take place at the Restigouche $\frac{1}{2}$ Marathon May 19, 1985.

Special thanks to the Capital City Road Runners for sponsoring me to attend this historic meeting.

signed George Hubbard