

CAPITAL CITY ROAD RUNNERS

FREDERICTON, N.B.

FOOTNOTES

THE EXECUTIVE

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From the editors

This month I would like to thank again the contributors; Bill, Joy, and Mary Robinson.

A NEW NEW BRUNSWICK RECORD- Our own Scott Hare made the record books last weekend when he placed 3rd in a track meet held in Saint John. His time was 31:01 to break the previous record of 31:27 held by Greg Grondin. Congratulations Scott. For this we have voted you our member of the month. You did us proud.

Brenda Tree
✓
David Tree

FROM THE PRESIDENT

Well, this sure has been a busy month! I would like to extend a personal thank you to all the Club Members who helped out at the Run For Light and the Participaction Challenge in May. The response to our request was great. It's good to see members volunteering their time and efforts for good causes. Of course everyone had a great time as well!

By the time this edition hits the streets the Special Olympics (June 15) will be over. We have a lot of people lined up as helpers and I'm sure the event will be a success.

As you can see, we are now getting into the road racing season and many of our members are testing their mettle on the roads throughout the Province.

I would like to offer congratulations to Scott Hare for his new Provincial record in the 10,000 metres. Scott has been working extremely hard for several months, aiming for the Canada Games. It is obvious he is making great progress. Keep up the good work Scott!

On June 11th we held our regular bi-monthly General Meeting with about 25 members present. Our program consisted of a presentation and demonstration of Yoga by Pat and Wendy Beggs, who completed a one month Yoga teachers training program in the Bahamas this past winter. After a brief explanation of the principles and background of Yoga, they explained the relationship between Yoga and running. Some simple poses, designed to stretch the hamstrings and other major muscle groups, were demonstrated. It was a fascinating session and quite a few questions were asked about Yoga and the related lifestyle and implications for runners. Incidentally, we hope to have an article on Yoga by the Beggs' in our next issue of Footnotes.

Our plans for the Fall Classic are progressing well. We now have a Race Committee. I am acting as Chairman or Race Director, however I still hope to find someone else to share the load. Our Committee members are: Course Marshall/ Finish Line - Dick Mawhinney, Sponsor/Publicity - Steve Scott, Awards - Paul Lavoie, Reception - Larry Robinson, Registration - Bill LeDrew. Please call any one of us if you would like to help.

Well, that's it for this month. I hope to see more of you out on the run. The weather is great for running these days. If anyone has any comments or suggestions about the Club and our activities, please make your views known to any member of the Executive.

See you next month...

BILL LEDREW
PRESIDENT

Following the Oromocto Road Race most of wandered to Odell Park for the second annual CCRR picnic. About 45 attended and hopefully all had a good time. There was plenty of food with the men serving as excellent cooks. A water balloon fight followed the food where only a few avoided getting wet but everyone survived. We even had a baby parade of sorts where the babies were passed around and oohed and ahed over.

There was a wheelbarrow race, piggy back race and a backwards race. We learned that this is Martin's speciality. He outdistanced all of us. Paul Theriault was the definite winner of laughs in the dizzy relay. We even had a football and soccer baseball game.

After dusk approached and after baths and tucking the wee ones in bed, some of us retired to Dick and Edna's. Fashion seemed to be the item of the night; with Brenda showing us her black slacks, Joy told us of the use of masking tape, and Dick showed us some very important sports equipment. Meanwhile Paul L. kept us in tune with the hockey game. Dennis showed us all his remarkable skill with the guitar while we sat in the porch watching cars impale their mufflers on the tracks (railway).

All in all a very full day indeed. Thank you to everyone.

Other Happenings were:

The Run For Light went off very well on the Sun. with the CCRR mapping the route and directing traffic. Even our old pal Tim Andrew turned up to give us a hand. It was quite cool and the time did seem long but all in all a good turnout of volunteers. Thank you again.

Then came the Participaction Challenge in which we answered phones for a 2 hour period. Our group took approx. 2300 calls in the 2 hours. During our stint a few of us went out and ran behind a jeep while the CBC cameras filmed us. I hope most of you saw the program the next night. There were exclusive interviews with Bill, Joy, and Fred. The piece was about 2-3 minutes on the tube and looked really good (they did get our name wrong though). It sure was nice seeing some of the new faces out volunteering for these events.

On Friday the 15th we will also be in the parade for the Special Olympics and I will assume it will turn out well too. Then on the Sat. 16th we will be assisting with the track events for the Special Olympics at Nash. Field House. I will be premature in thanking everyone who helped as I type this before the event.

SHORTS AND SINGLETS

Our members are getting so good that they are even being sent to various races away from the maritimes. Eunice Phillips was sent to London, Ont. for a race for postal workers and she placed 2nd for the females in a time of 42; ?? . Also travelling abroad was Scott H. who went up to Montreal to run in a 10 km. on the track about 2 weeks ago. I heard he was second in his heat in 31:40 but since then has taken that time down quite a fair bit. Also travelling was James, George, and Jim Lythgoe to the 10 km. in PEI about 3 weeks ago and they fared very well.

About 8 people went to the recent mountain climb and I have heard about it partially. I guess the Wilderness Holiday Inn was a sight for sore eyes, in more ways than one. If it wasn't for Flo having a Save Easy bag with her the shower would have been useless. I hear the climb was very nice though. Some people seemed to have sore muscles after, but their spirits didn't seem to be dampened though.

Crys Nash said in a recent note that she is enjoying keeping in touch with us all through the newsletter and she said she will be in NB soon for a few weeks and she will try to come out for a funrun.

The ladies are again hitting the roads together for their own funrun. It is now on Mon. eve at 5:30 starting at Edna's. Call for more info 454-1721.

UPCOMING RACES

Don't forget George's 5 km. and 10 mile event June 23rd.

July Races

13th - a Super Series 10 km. in Shediac- this is a new course so a description isn't possible.

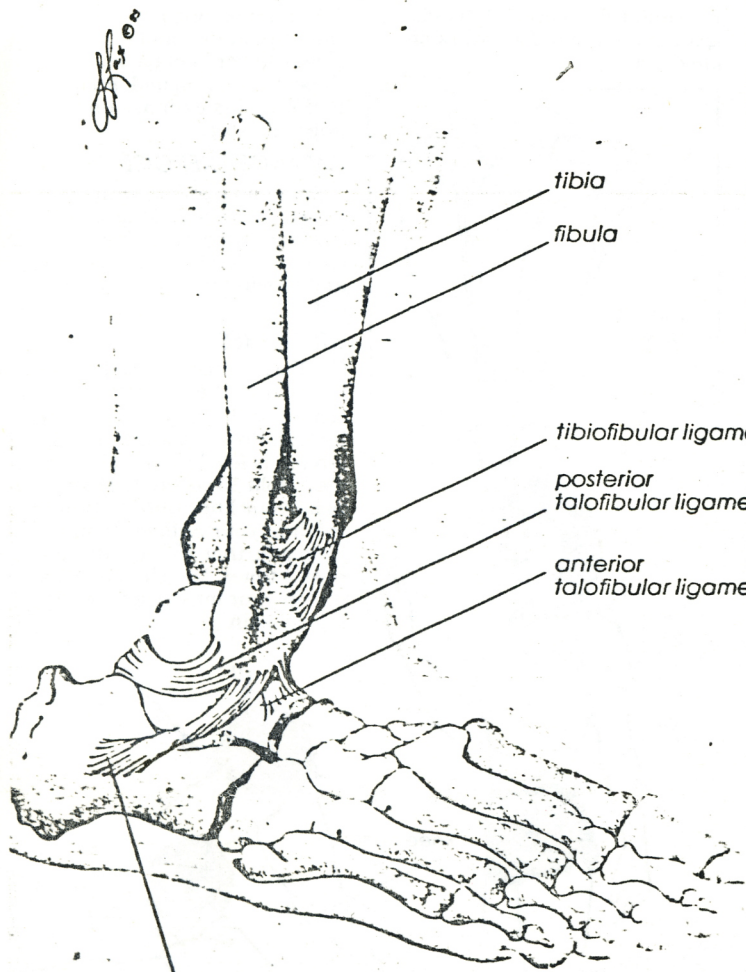
18th in Hillsborough at 7:30 PM a 5km. race against an old steam train. If you complete the course before the train you get a crest saying "I Beat The Train". There are also medals for age groups and you get a ride on the train. Cost is \$4.

20th marks 2 races - in Saint John the Loyalist Days race a 6.5 mile or a 13 mile event - usually well run and we all know the history of the good times in Saint John races.

Also on the same day at 5:30 PM is the Super Series 10 km. in Shippegan. This is a very flat course of 2x5 km. loops. A place where you should get a personal best. The people are nice, there are munchies after and awards.

27th is the Super Series race in Woodstock put on by the ^{Knight's} Knights of Columbus. This too is a new course as last year it was 6.5 miles. After there usually are sandwiches with the awards ceremony. The course itself, if they use last year's only shorter, is a few rolly hills.

Ankle sprain.



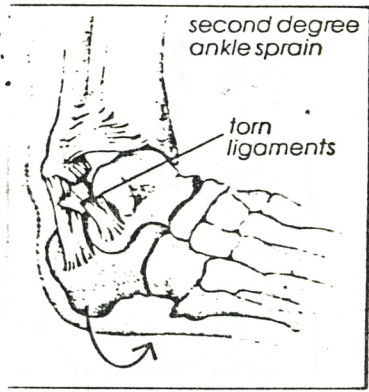
calcaneofibular ligament

Injury description

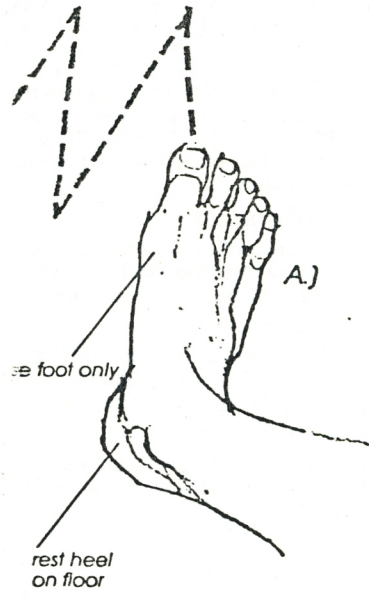
Ankle sprains are the nemesis of many an active sports participant. Immediately painful and incapacitating, the injury can often develop into a chronic problem. If treated quickly and properly, the ankle should heal well, and allow a safe and early return to activity. The injury is usually a result of the ankle turning in. Ankle sprains may be graded into three degrees of severity. The severity of the injury will dictate how long it will take before return to full activity.

The first degree injury is the most common and most minor if not neglected. It is actually a sprain of the ligaments connecting the bones of the ankle. They are stretched but not torn, with very little swelling and no instability. The person is usually back to sports within a couple of weeks.

The second degree injury is more serious. The ankle ligaments are partially torn. There is some blood in the tissues and there will be bruising of the ankle after a couple of days. This condition requires at least 3-6 weeks before return to full activity.



The third degree injury is the most severe. It is a more serious tear of the ligaments, but rarely requires surgery. It takes 12 months for ligaments to fully heal in third degree injury.



Predisposing factors

1. Previous injury
2. Weak muscles
3. Inappropriate/worn out shoes
4. Uneven surface

Treatment

The treatment is divided into four stages, with the objective being an early return to normal function.

Stage 1 (up to 72 hours)

Initially the pain and swelling must be reduced.

1. Ice the ankle (frozen peas) during the day for 15-20 minutes every two hours.
2. Compression of the ankle will limit the swelling. A tensor bandage is usually sufficient but a therapist or doctor may apply a more effective support.
3. Elevate the ankle as much as possible.
4. Your doctor may prescribe pills to alleviate pain and reduce the swelling and inflammation.

Stage 2 (1st week)

You can walk on the ankle as soon as it feels comfortable. Crutches can be used as partial support when you begin to walk. Further support for your ankle will be needed in the form of tape or a brace. After an injury your ankle will get stiff. It is important to maintain the range of motion of your ankle.

A.) Diagram the alphabet with your big toe with letters as large as you can make them.

Contrast baths can be started at this time to further reduce the swelling and pain. Prepare two water containers (one with ice water, the other with warm 38 degree C water). Place your foot initially in the warm water for 5 minutes followed by the cold for 1 minute. You can do your alphabet exercises when your foot is in the warm water. Repeat this five times. Each time decrease by one minute the time in the warm water.

Stage 3 (second week or longer)

The crucial part of the treatment is rehabilitation. Physiotherapy is the best way to improve your ankle strength and flexibility. A home program is also important.

Stage 4 (variable)

It is important that your ankle be strong before you return to activity. Too early a return will lead to re-injury and a chronic problem.

When you can stand on the toes of the injured ankle for 20 seconds and hop on your toes 10 times you can begin to run. Initially you should be jogging in a straight line. As you get stronger you can progress to large figure 8's. Finally you can cut and zig zag. You can return to your sport when you can zig zag without pain or instability.

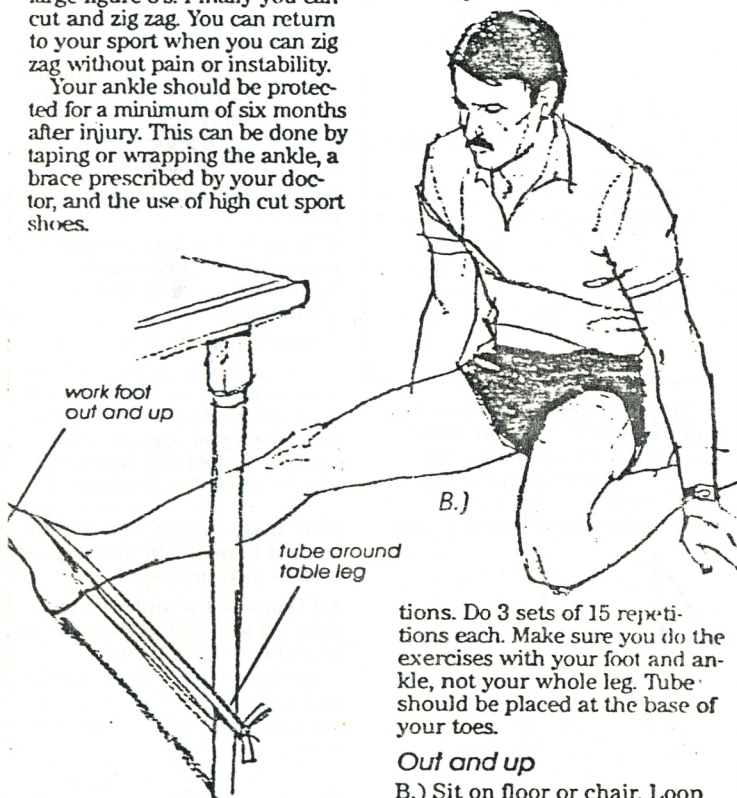
Your ankle should be protected for a minimum of six months after injury. This can be done by taping or wrapping the ankle, a brace prescribed by your doctor, and the use of high cut sport shoes.

Exercises

Exercising your ankle will strengthen the muscles that support the injured area. The following exercises can help prevent re-injury or chronic problems:

TUBE EXERCISES

Obtain surgical tubing (approx. 2') at a medical supply store or use bike tire inner tube. Work your ankle in four direc-



tions. Do 3 sets of 15 repetitions each. Make sure you do the exercises with your foot and ankle, not your whole leg. Tube should be placed at the base of your toes.

Out and up

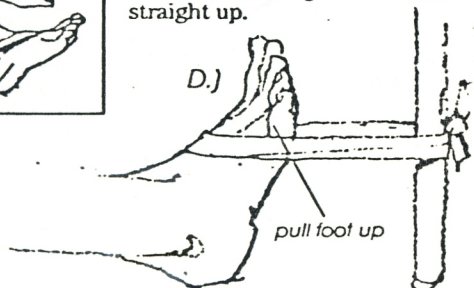
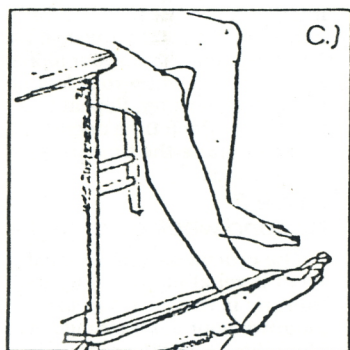
B.) Sit on floor or chair. Loop tubing over foot and around table leg. Work ankle out and up.

In and up

C.) As before, but loop tubing to provide tension against an in move. Work ankle in and up.

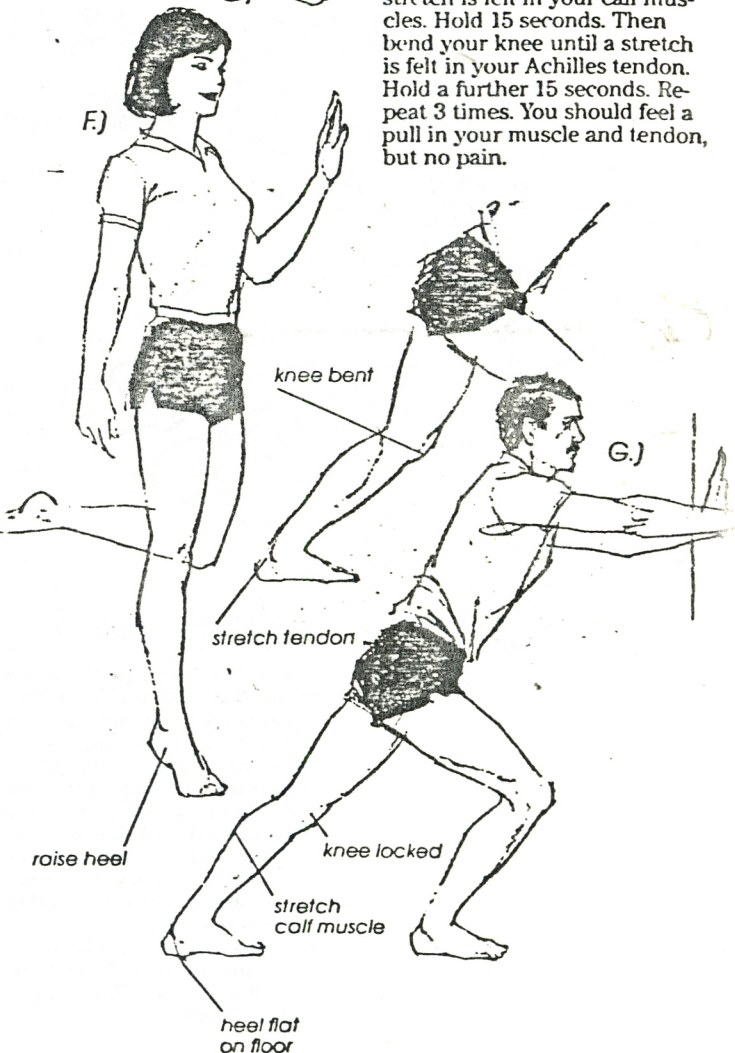
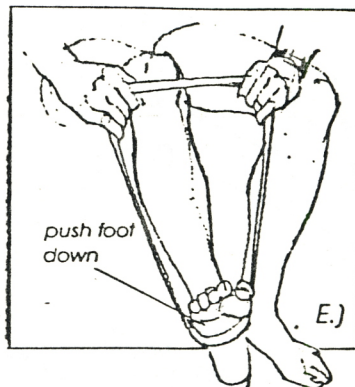
Straight up

D.) Loop tube over foot and around a table leg. Work ankle straight up.



Straight down

E.) Hold tube loop with hands against bottom of foot. Work ankle down.



HEEL RAISE

F.) Stand on one foot. Slowly raise up on toes and equally slowly lower heel back to floor. Repeat until fatigued. Progress to doing this exercise on the edge of a step.

BALANCE EXERCISE

Stand on one foot with eyes closed. Balance as long as possible. Repeat 5 times. Variations can be added by waving arms and moving raised leg in and out.

STRETCHES

G.) This exercise should be done before and after activity. Lean against wall with your back knee locked. Press forward until a stretch is felt in your calf muscles. Hold 15 seconds. Then bend your knee until a stretch is felt in your Achilles tendon. Hold a further 15 seconds. Repeat 3 times. You should feel a pull in your muscle and tendon, but no pain.

After being out on a long run lately I made up a tongue in cheek list of Ways To Tell If You Have Been Out Too Long On a Long Run;

1. the shorts that fit you perfectly when you left now have to be held up with your hand
2. the area looks unfamiliar; in fact, you're not sure you are in the same province
3. you are moving soo slow it is hard to pass a parked car
4. as you pass a dog he lifts his leg. Even he thinks you aren't moving.
5. you left at 6 am and now it is getting dark
6. when you decide to use your change in a payphone to get a drive, you notice there are no payphones and you forget where you saw the last one.
7. you finally see a house and go up for help; the people aren't home but their doberman chases you and you are another 2 miles down the road before you slow down
8. you're shoes garanteed for 1000 miles have just come apart (and you just bought them 2 weeks ago)
9. you've just hit your 9th Runner's High of the day
- 10 you're so thirsty and hungry you start looking at the empties in the ditch to see how much beer they still have in them
- 11 finally you get home and the wife and kids don't recognize you and is that a new coat of paint on the house?



"One more mile and I may be able to squeeze into my new dress."

8

SPORTS EXPERTS-DIET COKE

FunRunClassic

FREDERICTON

June 23, 11 am

(WALK or RUN)

5k, 10mi.

Start / Register:

HEALTH HUT

225 Prospect St.

TO ENTER CONTACT:

G. HUBBARD

Bates Bldg., Unit 2

385 Wilsey Rd.

Fredericton, N.B. E3B 5N6

(506) 454-8513 Res. 455-7312

#6.00 ENTRY FEE.

Free SPORTBAG - 1st 100 ENTRIES.

RACE KIT PICKUP from 8:30-10:30 A.M.

EVERYONE . WELCOME!



REFLECTIONS FROM A MORNING RUN

The first rays of sunlight are filtering through the window. I look at the clock ... 6:20 A.M. ... it's going to be a nice morning for a run. I quickly put on my running gear and creep quietly out of the bedroom. I tiptoe to the kitchen and get the baby's bottle, change his diaper and put him back to bed to enjoy his bottle. The other two are up by now, and I sit them down to their breakfast. Now for my stretching and I'm ready for my run. As I head down the hill to run my regular route, I'm struck by the beauty of the surrounding land. Pockets of fog are nestled deep amidst the woods, curling gently around tree to tree. Each leaf and blade of grass glistens with it's fresh coat of dew. The early birds are numerous this morning, hopping about looking for tasty morsels. As I approach a field, I notice a cat half hidden by tall grass, getting ready to pounce upon his prey. I profess to feeling a wee bit smug as I run down the road, knowing others are still sleeping or bleary eyed from just arising. Before I know it I've reached my halfway point, and I slowly turn around and head back. The temperature is warmer now, and the sun feels good. Such a feeling of freedom to be running in shorts, after being in long-johns all winter. As I come to the bottom of the hill, I notice the fog is slowly dispersing, reluctantly unfurling from the trees. Upon reaching home, I stop and gaze back over nature's beauty for a moment. What a beautiful start to a day! I wish that I could enjoy it longer, but I've a busy day ahead of me. How exhilarated I feel as I open the door. The house is "alive" with activity ... the kettle's boiling for coffee ... my day has begun.

Yours in running,

Mary L. Robinson

TWENTY-TWO DIFFERENT SPORTS EVENTS TO ENJOY. AUGUST 7-25, 1985

1985 August	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	Minimum Age
Event	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	Women
Opening Celebration	•																			Men
Athletics					•						•	•	•	•	•	•	•	•	•	30+ 30+
Badminton						•	•	•	•	•	•	•								35+ 40+
Basketball				•	•	•	•	•	•	•	•	•								30+ 35+
Bowling															•	•	•	•		50+ 50+
Canoeing			•	•	•	•	•													30+ 35+
Cricket						•	•	•	•	•	•	•	•	•	•	•	•	•		35+ 40+
Cycling					•	•	•	•	•											30+ 35+
Diving														•	•	•				25+ 25+
Equestrian		•	•	•	•															45+ 45+
Fencing							•	•	•	•	•	•								40+ 45+
Ice Hockey			•	•	•															— 35+
Mid-Games Jubilee										•										
Orienteering		•	•		•															35+ 35+
Racquetball							•	•	•	•	•									35+ 35+
Rowing										•	•	•								27+ 27+
Sailing			•	•	•	•	•	•	•											35+ 35+
Shooting													•	•	•	•	•	•	•	55+ 55+
Squash								•	•	•	•	•	•	•	•					35+ 35+
Swimming		•	•	•	•	•	•	•												25+ 25+
Synchronized Swimming								•	•	•	•	•								25+ 25+
Table Tennis															•	•	•	•	•	40+ 40+
Tennis						•	•	•	•	•	•	•								40+ 45+
Water Skiing										•	•	•								30+ 35+
Sports Medicine Symposium		•	•	•																
Closing Festival																			•	

Tis is the list of ages and events for the World Masters Games to take place in Toronto in Aug. Anyone who might want more info might contact Toronto Tourism or I believe that Dan Rearick has some more info on it. If you are planning to vacation that way they would probably be interesting to watch.

AND THEY'RE OFF

CAMBELLTON

held May 19th

About a dozen of us made the long trek up to race in Campbellton. As far as value went you did get your money's worth here. We got a T shirt (the 21.1 km runners), a substantial carbo loading meal the night before, finish line photo with good results, and a meal or lunch after.

Most of us stayed at the Howard Johnson's where we got rooms for \$35. Dick and Edna's room was chosen for the congregation the night before by one and all.

On race day we awoke to a cold and rainy day but luckily the rain stopped before race time.

The route for the $\frac{1}{2}$ Marathon was TOUGH. The first 7 km. was up-hill and then from 10 km. on we fought a headwind. Now for the pros; every km. marked, times at the 1 mile, 5k, 10km, 15 km, 20km, very good traffic control, lots of water and sponge stops, hot showers and a nice award ceremony.

Also held was a 5 km and a 10 km. race where the participants were bussed out and they ran the latter parts of the longer race.

Results

21.1 km.

- 1 Scott Hare 71:06
- 4 Dave Wallace 1:19:05
- 5 Bill LeDrew 1:19:52
- 8 Dennis Atchison 1:21:40
- 12 James Tucker 1:22:34 (2nd M)
- 14 Dave Tree 1:23:37
- 29 Bruce Meyer 1:34:25
- 41 Dick Mawhinney 1:37:35
- 51 Brenda 1:52:45 (3 F)

10 Km.

Flo LeDrew 52:04 - 1st M.F.

OROMOCTO 10 km. May 25th

As usual the day was hot for this race and water, again was a bit far out (5km). The entry fee was low, \$3, and there was juice, yoghurt, and doughnuts after.

RESULTS

- 7 Larry R 38:30
- 10 John C. 40:06
- 11 Steve S. 40:07
- 13 Terry Goodlad 40:32 1st M
- 17 Rosaire L. 41:30 2nd M
- 22 Don F. 42:21
- 24 Paul L. 43:21
- 29 Bruce M. 43:55
- 31 Fred T. 44:51
- 35 Alden M. 45:34
- 40 Dick M. 47:12
- 44 Brenda 49:28 3rd F
- 50 Sue B. 52:04 5th F
- 51 Joy E. 54:21
- 52 Mary M. 55:29

King Sport 10 km. Moncton SUPER SERIES

The course was the same as on the previous years- a $2\frac{1}{2}$ times loop. The temp. was ok but there was quite a wind. Afterwards there was pop and doughnuts and quite a few draw prizes. In fact, all our entrants but 3 won something someday.

There were 80 runners

4 Bill L. 35:21
9. Dennis 36:43
13 Dave T. 37:12
15 James 37:36 (2M)
16 Larry 37:50
28 Don H. 40:13 (3rdM)
32 Paul L 40:59
46 Fred T. 43:36 (3rd V)
62 Brenda 47:16 (5th F)
67 Sue B 50:21 (7 F)
70 Mary R 51:46 (10 f)
71 Joy 51:47 (11 F)

Steve Scott