

Steve Scott

May 1985

Volume 3 Issue 23

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

PRESIDENT	Bill LeDrew	459-8114
VICE PRESIDENT	Brenda Tree	454-6202
MEMBER AT LARGE	Paul Lavoie	459-5317
SECREATRY	Dick Mawhinney	454-1721
TREASURER REGISTRAR	Larry Robinson	472-0796
FOOTNOTE EDITORS	Brenda Tree David Tree	454-6202
TELEPHONE COMMITTEE	Larry Robinson Steve Scott Joy Elliott Flo LeDrew Don Hicks Tim Maillet	472-0796 454-1714 472-1482 459-8114 472-8664 472-0191
FUNRUN COMMITTEE	John Cathcart Bruce Meyer	455-1742 455-0956

-----  
From the editors

after our last issue we did in fact receive some typing assistance in the form of Joy Elliott and Mary Maillet. Thank you ladies.

We want to say a big Congratulations to Dennis Atchison on his successful run from here to Moncton, to Saint John, to F'ton. As a result of his great ambition in this a worthwhile project we vote him this month's MEMBER OF THE MONTH. When we went out to "run him in" on the Thurs. of his return we knew he was hurting but still he was friendly, congenial and still smiling. Dennis we are glad to know you and are doubly glad to have you as one of our members.

I will remind you again that we are open to suggestions on this newsletter and will appreciate any and all contributions.

Brenda Tree  
and Joe

CCRR Heart Booth



## IN THE FASTLANE

BY

## THE LOOSE SNEAKER

Congratulations to the Capital City Roadrunners!!! I hear the party at The Tree House was very successful and the general meeting attracted over 30 people. The film and lecture on nutrition and running was very educational, so they say. It would appear the enthusiasm in the club has returned.

Rumour has it that many members are now weight lifting - no one will kick sand in our faces this summer. According to Ed Takacs, upper body strength is essential for good running and it also makes you tougher.

A number of males have expressed a concern about the leers provided by many female drivers. Come on girls, let's be a little more nonchalant about your lustful and lewd stares. Let's hope there's a little decency left in the world.

It has been suggested the biggest hazard to runners, other than scantily clad female runners, is their counterparts - little old ladies driving big cars. Isn't it terrifying seeing one of these drivers - actually only the eyes above the steering wheel are visible, bearing down on you - s c a r y.

There are quite a few events coming up within the next couple of weeks so let's see if we can get lots of participation.



From The President

In last month's newsletter I outlined the activities and events we have planned for this year. The major event this past month has to be Dennis Atchison's successful completion of the Tri-City Run. Dennis and Special Olympic athlete Lucien Noel arrived in Fredericton on Thursday, March 26th accompanied by 14 CCR members. Some met Dennis and Lucien as far away as the Fredericton Airport, with others joined in along the way.

It was a very emotional scene at the Official Reception at the Centennial Building as Dennis and Lucien were welcomed home. Thanks to everyone who came out. I know Dennis really appreciated it.

During the last week of March an organizational meeting for the 1985 CCR 10K Fall Classic road race was held. The turnout wasn't great, but a number of good ideas were discussed and the wheels have been set in motion. We still need a Race Director. If anyone is interested in taking on this job, or in helping out, please let me know.

The Fitness Conference held at the "Y" on the weekend of March 29th and 30th was a great success. The two key speakers were Martin Collis, a Professor of exercise physiology from the University of Victoria, and Dr. Ken Shirkin, a Sports Specialist.

Dr. Collis was a tremendously entertaining and informative speaker, who makes many of his points on fitness through song. Dr. Shirkin's sessions on proper foot care and the fact that many leg, knee and even hip injuries can be caused by foot problems, was extremely informative. The CCR's helped organize the 9K and 5K races which had about 40 runners. Hopefully the conference will become an annual event.

We have two new Fun Run Organizers - John Cathcart and Bruce Meyer - have volunteered and have now taken over.

To date we have close to 60 members, not quite up to our peak last year. However, it's still very early in the new year. Our booth at the Heart Marathon usually attracts a few new members. It is important for us as a Club to continue to grow and attract new members. There are a lot of runners out there on the streets who are potential members. We have a lot to offer them, but they first have to get the message about the CCR. So, if you have running friends who are not members, why don't you speak to them and perhaps encourage them to come out to a fun run or other event, and hopefully become members.

cont'd...



From the President, cont'd.

On April 9th we held our General Meeting which was very well attended, with close to 30. The program, put on by Bonnie Greene and Isabelle Canada, of dealing with nutrition and its importance for the active person was great. It covered most areas of interest and concern, and a great number of questions were responded to.

It was gratifying to see so many members out. Our next General Meeting is tentatively set for Tuesday, June 11th at which time CCR members Pat and Wendy Beggs will be our guest speakers. Their topic will be Yoga and its benefits and applications for runners. I'm sure it will be very interesting.

Well, that's about it for now. If you have any comments, suggestions, or criticisms about the Club, please contact me, or any member of the Executive. We welcome your input. See you next month!

BILL LEDREW  
PRESIDENT



# The TRI-CITY RUN

## "320 miles for the Special Olympics"

A question which was often asked by the media was "why a RUN", or put another way, "where did you get the idea for a RUN?" Little did they know the actual idea came upon me when I acquired a new pair of running shoes, and needed come up with a scheme to break them in....

...and so it goes.

Without doubt the TRI-CITY RUN is now a part of New Brunswick sports history. The fact that a Special Olympic runner, Lucien Noel, was involved is significant. But more significant is Lucien's ability as a runner, a "normal" runner. The idea behind Special Olympics, and behind the RUN, is to provide the opportunity for our "special" athletes to compete (or recreate) in their appropriate ability level. To realize this, it is essential for "normal" people to realize that within the domain of athletics, "special" athletes can hold their own.

I cannot describe to you what happens to three men as they trek across a chilly New Brunswick in the name of a cause. Eight days and three hundred twenty miles. Nine thirty a.m. starts to the continuous string of half hour shifts and chunks of distance paced out a little at a time...5.7k's this time, 6.2 the next time, "maybe two more shifts and we'll call it a day... tomorrow we'll make it outside Sussex, I'm certain". The days were like this, and always there was the sound of your feet slapping the pavement, the ache in the joints, and the hiss of truck tires passing too fast and too close...

...sounds romantic, doesn't it.

And now it is over, long gone. There is a need to thank all of you so very much. Especially Larry, Brenda, and Steve for their send-off on that chilly windy morning of March 21st. I will remember the RUN for the rest of my life, and you people are very much a part of the memory. The friendly chatter along the Lincoln Road into Fredericton was music to be enjoyed. The photo which appeared in the Gleaner shows the spirit of the Roadrunners at its best. To all of you, much thanks.

I've included our kilometers per day to give some indication of what we did on the road. Without doubt the constant pounding was the greatest test, and Lucien showed himself the superior runner by far in this regard. One last note: I really believe the key to all running lay in the ability to relax while in motion. Lucien ran with a regularity, a rhythm, which was almost machine like. His relaxed body attitude was the reason he developed no injuries.



## TRI-CITY RUN LOG

March 21	90k
22	70k
23	85k arrive Moncton
24	25k(half day off)
25	68k
26	73k arrive Saint John
27	67k
28	53k arrive Fredericton

We started each day at approximately 9:30 a.m. and would take half hour shifts. Example: Lucien would begin at 9:30 and run until 10 a.m., then I would run from 10 to 10:30 a.m.. We found after a half day of this rotation our pace was steady in that we both averaged approximately 517 to 7.0 k's per half hour. This translated into 12k's per hour on the average which is close to 10 miles per hour as a rough estimate.

The half hour running period allowed for enough warm-up ( ten minutes) and actual running time (twenty minutes) to be comfortable without fatigue setting in. This was most beneficial during the latter part of each day, when fatigue was greatest.

We had lots of water in the van, along with fruit and fruit juices, crackers, cookies, and groceries for lunches. We paid no strict attention to specific diet because we found it more useful to eat as we had before the RUN. Normal patterns prove more healthy in this situation it seems.

If there are any other details you may wish to know about the RUN, please ask. That is about all I can think of for now.

...see you on the streets.

- Dennis Atchison



From our General Meeting held on April 9th I have a few notes taken from the nutritionist's notes who spoke to us.

First of all here is how to determine your ideal weight-

Men- 110 lbs. for 5' and add 5 lbs. for every inch

Women- 100 lbs. for 5' and add 5 lbs. for every inch

Add or subtract 10% for small or large frame.

Once you have your ideal weight figured out here is how to determine the number of calories you need:

Ideal weight x 10 calories (this is your basal metabolism)

Subtract age factor

3% 25-34

5% 35-44

9% 45-54

13% 55-64

17% Over 65

Add activity factor of 530 calories unless your normal days work is very active (this doesn't mean your running). If this is the case add 1250 calories, but she warned us that you would be very active for this to occur.

Now for your running

Jogging- 5mph- you burn 480-600 cal./ hr.

Run 5.5 mph 600-660 cal./hr.

more than 6 mph- 660 cal./hr.

TO AVOID TOO MUCH FAT, SATURATED FAT, AND CHOLESTEROL

Choose lean meat, fish, poultry, dry beans and peas as protein sources.

Moderate use of eggs and organ meats (eg. liver)- Eggs 3-4 week.

Limit intake of butter, cream, hydrogenated margarine, shortening, and coconut oil and foods made from such products.

Trim excess fat off meats.

Broil, bake, or boil rather than fry.

Read labels carefully to determine amounts and types of fat contained.

#### PROTEIN FACTS

70% of muscle is water and very little protein is needed for muscular growth. An average North American diet is more than adequate for the amount of protein. Too much protein can cause dehydration, kidney overload, and even osteoporosis. Energy for activity comes from body fat and glycogen; not protein. Protein requirements do not go up with increased activity.



## SUGAR FACTS

Glucose is the body's primary source of energy but candy and sweets are simple carbohydrates. These cause an insulin rush which in turn, causes the blood sugar levels to fall down almost as quickly as they rose. With less blood sugar the muscles are forced to use valuable glycogen stores. Also sweet foods tend to draw fluids from the body cells into the gastro tract to dilute the sugar thus dehydration. This explains why a candy bar isn't such a good idea when you are exercising.

A better chose is fruit; this contains a high level of fruitose, which doesn't require insulin and keeps the blood sugar levels constant PLUS provides vitamins and minerals. Other good choices are fruit juices, muffins, breads, and rolls.

-----

PRE RACE FOODS- eaten 4-5 hours before the event.

## TO BE AVOIDED

Beans and legumes  
Beef and pork  
butter and margarine  
cabbage  
candy and choc.  
coffee and alcohol  
cold cuts  
fried foods  
jam, jelly  
regular cheese  
whole milk

## BEST CHOICES

bread, rolls, etc.  
cereal with skim milk  
clear soup  
crackers  
fruit juices  
fruits  
lean chicken and fish  
low fat cheese  
pasta  
raisins  
vegetables  
water  
yoghurt

## Water Recommendation

20-30 oz. of liquid before and during the race consume 5-8 oz. of water every 10-15 minutes. After the race replenish fluids and food as soon as possible. Thirst is not an adequate indication of how much water you need.

All in all this was an excellant presentation and I know everyone enjoyed it. I think we had our biggest turnout for a general meetin so far. There were 25 members there and it was very nice to see some of the new faces there.



## SHORTS AND SINGLET

First there are a few of UPCOMING EVENTS:

Mar 11th there is a seminar on cooperative games for handicapped children and children. It is called PLAY FOR PLAY SAKE. The cost is \$5 and more info can be obtained from Dennis Atchison (457-1965)

The Run For Light will be held again this year on May 26th and our club has been asked to help marchall the course and mark the course. Please help if you can.

Paticipaction Challenge is May 29th and I imagine we will again be asked to man the phones for a 2 hour period. This is really fun and interesting to hear what exercise people will do for 15 minutes.

A meeing for our race (sept. event) to be held April 22 nd at UNB again at 8:00 in the gym lounge. This is on the second floor turn right and turn right to go behind the bleachers. It would be nice to see some new people at this meeting to give us insight and help for this year's race.

Once upon a time ther were 2 lady runners jogging down Queen St. Suddenly, from out of an alley zooms a little blue car. Terrified, the runners gasped "That was close". The run continued..... Two days following while talking to a bank teller noted that she was the driver of the little blue car. After friendly lengthy discussion of the incident, the driver added that justice always prevails. The car driver said that as she excited the front door of the bank, she was nearly mowed down by 2 speeding runners. Guess the sneaker was on the other foot, eh?

This story reminds me that a lot of us do nearly run down people. Let us remember how we want them to trear us.

Bruce Meyer is building a house and I wonder what it will look like. Recently he asked us to help decide the roof color, shortly after he was picking out the bathroom color. I.m sorry Bruce but I can picture a house with a black roof, no walls and a blue bathroom. Won't it be cold taking a shower?

Brenda and David want to thank everyone for coming to the party. We learned that the club has some very fine cooks contained.

A big thank you to Dick Mawhinney and Paul Lavoie for all the work they did on the booth at the Heart Marathon. As usual we came out looking like a well formed and informed club. Also thanks to all the people who helped mann it.

I (Brenda) was injured for a week or 2 as some of you know, and I learned something important during that time. One, running isn't my whole life, and second, on my first day back, with a 2 mile run in 22 min., that I had forgotten how nice running can be. If you run slow and enjoy the scenery, smells, sounds, and just your body mechanics it can give a whole new meaning to a run. As I ran I pondered when I had stopped enjoying my running and couldn't put a date on it but I sure do enjoy it now. Maybe injuries aren't always so bad.



May marks the start of quite a few races; May 4th an 8.4 km. in Memramcook, This is a new course so no info is available. May 12th another new one in Dieppe. In May there is supposed to be another one in Saint John- 5 and 11 miles. If this is the same as last year it starts and ends at the Y on that Hill. May 19th is the first Super Series and also the race where the presentations from the 1984 Series will take place. It is a half marathon and is in Campbellton. Last year a few of our members went and they tell me it is a well run event although hilly. Also they had a good rate at the Howard Johnson's there to stay overnight. There will be a few going this year and perhaps rides can double up as to the long distance to drive. May 25th is the Oromocto 10 km. and this route is quite good. After there usually is just drinks, but we hope to again have our family barbeque following this. Any new members won't know of this event. It was held last year at Odell Park and the club paid for all the supplies. Barr none everyone had a good time. We will get in touch with you through the phone committee no doubt.

Here is a little poem from me (Brenda):

The gun went off before I knew,  
The line ahead of, away it flew,  
The race has begun.

This is a friendly type race; no shoving,  
The sun and scenery I have no time for loving,  
The race is on.

A hill up ahead shows the runners in a long line,  
To finish soon would be really fine,  
The race is still on.

Thank heavens for the people at the water stop,  
My it's hard to drink so I drop my cup,  
The race still goes on.

The miles seem to only creep by,  
For anyone do they ever fly?  
The race still goes on slowly.

A sign up ahead says 1 mile to go,  
I seem to be running so very very slow,  
The race is almost done.

I say never again as I cross the line,  
But I know in my heart I'll be back next time.  
The race, Thank God, is done.

#### MORE NEW MEMBERS

Hello again to the Webster's- John, Susanne, Jessica, Eleanor, and Allison. For those of you who don't know, John has been ill but we hope to see him out running again soon. Other new members include; Jim Lythgoe, Sue Borland, Phyllis and Terry Goodlad, and Dr. Wayne Lenahan. I think this brings our total membership up around 65.



## AND THEIR OFF

## Race Results

Saint John- April 4th  
4 mile event

1st Scott Hare 21:11  
4 Bill LeDrew 22:59  
7 David Tree 25:10  
51 Mary Robinson 36:23

## 8 mile event

8 Dave Wallace 48:39  
12 Dan Rearick 49:31  
15 Larry Robinson 49:56  
16 James Tucker 50:14  
17 John Cathcart 50:16  
18 George Hubbard 51:10  
20 Tony Little 52:37  
23 Steve Scott 52:46  
26 Bruce Meyer 54:08  
49 Dick Mawhinney 58:41  
54 Martin Grosweiner 59:30  
70 Tim Maillet 63:01  
77 Brenda Tree 64:10

Also there was a race held in Bangor, Maine that a few of us attended a couple of weeks ago. There were over 200 starters and 178 finished. It was a 13.1 mile event. It was won in a time of 67:53.

6th Scott Hare 72:46  
11 Roly McSorley 74:26  
38 James Tucker (4th Master) 85:32

I do not as yet have the results of the Heart Marathon but will print them when available. I'd like to say congratulations to everyone who ran. I saw a lot of smiling CCRR faces after the race especially Mary and Joy Scott, Steve, Bill, Marin, and DaveT. just to name a few.

I also do not have the Boston Marathon results for our members yet. But did you hear the radio? Joe McGuire was the first Canadian, and First Master in a time of 2:29:?? Nice to hear it happening to a N.B.er eh?



Following is a schedule of upcoming races in the State of Maine. Contact Bill LeDrew for more information or for registration forms.

## MAY

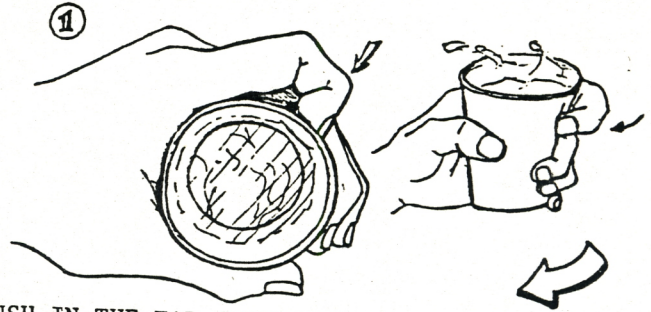
- 4 2ND ANNUAL INSURANCE WOMEN'S SCHOLARSHIP RUN 5K. 10 a.m. from Machias Memorial H.S. Gym. \$5 Trophies in 6 categories. Contact: Julie Millay 255-4047 after 5 p.m.
- 5 "PEOPLE DIE, DREAMS DON'T" - TERRY FOX 5K. 10 a.m. from the Bangor Motor Inn, Hogan Rd., Bangor. See flyer.
- 5 THE FALMOUTH LITTLE LEAGUE BENEFIT RACES. 1/2 mile, 1 mile and 4 mile. 10 a.m. start for race #1. See flyer
- 5 DOWNEAST - DOGTROT. 11 a.m. from Beauchamp Point, Rockport, ME See flyer.
- 11 LIONS 5K. 10 a.m. from the Boy & Book Park in Houlton. Directed by the Houlton Lions Club (Aroostook Musterd)
- 11 ATHLETIC ATTIC ROAD RACE SERIES - BANGOR 5 MILER. 8:30 a.m. start from the Bangor Mall. See flyer.
- 11 5TH ANNUAL ROCKY COAST 10K. 10 a.m. from the Boothbay Harbor YMCA. Contact: Jay Krouse 633-2435 \$6 pre/\$7 post
- 12 MOTHER'S DAY FUN RUN. 1 p.m. from the Tremont Community Center. 2 or 4 miles. Contact: Harbor House, Inc., Southwest Harbor, ME 04679
- 12 BOY RICE MEMORIAL 5 MILER. 10 a.m. from Cape Elizabeth High School. John Keller, Director MTC event.
- 18 KENNEBEC VALLEY YMCA 10,000 METERS. 10 a.m. from the Hodgkins Jr. High in Augusta. See flyer.
- See below 19 STARK TREK 6.2 and 1 MILE. 10:30 a.m. from Conway Village, N.H. Contact: David Sporcic (603) 447-6600.
- ↓ 19 SPECIAL OLYMPICS BENEFIT RACE. 5 miles and 2. Maramont, Saco.
- 19 HELEN P. KNIGHT 5K. 1 p.m. from Downtown Mall in Caribou. Conrad Walton, Director (Aroostook Musterds)
- 26 4TH ANNUAL MEMORIAL DAY MDI - WESTSIDE RIDE BICYCLE RACE. 1 p.m. from the Harbor House, Southwest Harbor, Maine 04679 Distance 25 miles.
- 26 \*1985 MAINE COAST MARATHON\* Only Boston is a faster New England Marathon! 7 a.m. start from Kennebunk High School. \$10 before May 1st/\$15 after. See flyer in March issue or contact: Maine Coast Marathon, P.O. Box 1686, Biddeford, ME 04005. See you there!
- 27 THE INN RACE. 11 a.m. from the Sports Inn in Caribou. Nancy Jackson, Director. (Aroostook Musterds)
- 27 THIRD MARSH STREAM STAMPEDE 10K. Monroe (Jct of Rte. 139 & 141) 9:30 a.m. at School. \$6. Contact: Monroe Lions Club, PO Box 687, Monroe, ME 04951 Bill DoPheide (207) 525-7708.
- \*19\* TRIBUTE TO TERRY FOX. 4 Mile Portland Run sponsored by the M.T.C. The date May 19 is correct, but that's a Sunday, not a Saturday as seen on the flyer, opposite. Bob Coughlin apologizes for the error. Help spread the word!



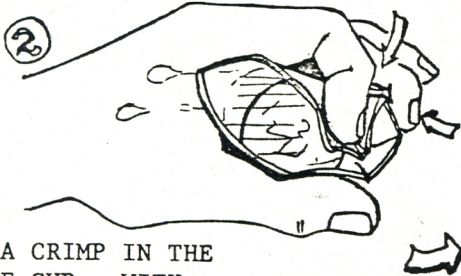
# HOW TO DRINK ON THE RUN



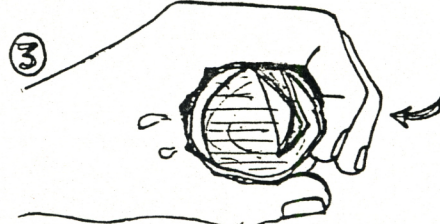
TO DRINK FROM A CUP ON THE RUN--WITHOUT GETTING MOST OF THE CONTENTS ALL OVER YOU, DOWN YOUR WINDPIPE OR UP YOUR NOSE ...



1. PUSH IN THE FAR SIDE OF THE CUP WITH YOUR INDEX FINGER ...



2. ... PUTTING A CRIMP IN THE TOP OF THE CUP. WITH THE OTHER FINGERS GATHER THE FOLD ...



3. ... SO THE TOP IS NOW SMALLER THAN THE BOTTOM, SMALL ENOUGH TO GET THE TOP INTO YOUR MOUTH.



4. TAKE A DEEP BREATH WHILE RUNNING, PUT THE CUP TO YOUR MOUTH, TAKE A MOUTHFUL AND RUN WITH THE CUP WHILE YOU SWALLOW, TAKE ANOTHER BREATH OR TWO AND THEN FINISH OFF WHAT'S LEFT IN THE CUP WITH ANOTHER MOUTHFUL ... UNSPATTERED AND ON THE RUN!



KEEP HYDRATED DURING YOUR RACE! IF IT'S WARM, KEEP COOL BEFORE YOU OVERHEAT... POUR WATER OVER YOUR HEAD AND SHOULDERS OFTEN AND DRINK PLENTY OF DILUTE FLUIDS LIKE Gookinaid E.R.G. TO MAINTAIN ELECTROLYTE AND FLUID LEVELS. DRINK A LITTLE AT EVERY AID STATION, ENOUGH THAT YOU AREN'T THIRSTY WHEN YOU GET TO THE NEXT ONE BUT NOT SO MUCH THAT YOU HAVE A "FULL" FEELING... TOO MUCH CAN BE UNCOMFORTABLE AND CAN EVEN FORCE FLUIDS INTO THE INTESTINES ... WITH DISTRESSING RESULTS. BECAUSE ONLY THE SLOWER RUNNERS CAN POSSIBLY ABSORB AS MUCH AS THEY ARE LOSING, MOST MARATHONERS MUST PRE-HYDRATE BY DRINKING AS MUCH AS A GALLON OF FLUIDS THE DAY BEFORE. BECAUSE THEY WILL PASS SOME OF THIS ALONG WITH THEIR OWN MINERALS, IT MAKES SENSE TO DRINK A BALANCED ELECTROLYTE DRINK AND/OR TAKE POTASSIUM, CALCIUM AND MAGNESIUM SUPPLEMENTS ALONG WITH THE WATER. DRINK PLENTY THE MORNING OF THE RACE TOO, UP TO AN HOUR BEFORE THE RACE TO GIVE THE BLADDER A CHANCE TO CATCH UP AND THEN A CUP OR SO A FEW MINUTES BEFORE THE START. THIS IS THE PROCEDURE FOR BILL RODGERS, RON TABB, JULIE BROWN AND MOST OTHER SUCCESSFUL MARATHONERS.

IF IT'S COOL, WATCH FOR SYMPTOMS OF HYPOTHERMIA OR HYPOGLYCEMIA---HEAVY LEGS, IRRITABILITY, DEPRESSION, WEAVING --- YOU NEED THE GLUCOSE IN Gookinaid E.R.G. FAST AND OFTEN! IF IT'S COOL, WEAR A CAP OR HAT, GLOVES OR MITTENS AND A LONG-SLEEVED SHIRT... YOU CAN ALWAYS TAKE 'EM OFF IF IT WARMS UP BUT YOU CAN'T PUT 'EM ON IF YOU DON'T HAVE THEM!

LOOK FOR THE RED Gookinaid E.R.G. cups at the AID STATIONS AND HAVE A GREAT RUN!

**Gookinaid E.R.G.**, 635 Second Ave., San Diego, CA 92101 (619) 231-9732

TOLL FREE (800) 854-1057