

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“THE FUN RUNNING CLUB”

VOLUME : 4

NUMBER : 37

AUGUST SEPTEMBER 1986

COVER DESIGN BY
 Valley
Graphics Ltd
SILKSCREEN & EMBROIDERY SERVICE

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FROM THE EDITORS

Hello from the vacationing Trees.

First of all I have an appology to make to Mary Robinson as her poem that she submitted last issue was lost somewhere. Mary retyped it for me and you will find it enclosed today.

We have so many contributions this month that I will only have to do the basics. A big thank you to; Mary R., John W., Joy, Edna, Beth, Ed and Bill L. It sure makes my job easier.

A big Hello to the new member this month Ernie Fitzsimmons. Glad to have you amonst us.

Quote of the month comes from James "You can overtrain."

The funruns are getting bigger and better. One run in June saw 29 runners. Quite an impressive lot.

Joe L. has moved to Ont. as we print this. Therefore we have another cross province member. Good luck Joe and Charlotte.

Don't forget out there on the hot days to drink water BEFORE you are thirsty.

Brenda & David Tree

Brenda:

Just a brief note for the newsletter:

One of the neat things about running is that you can take it with you.

Last weekend (Father's Day weekend) our family went down to Bangor for a holiday and some serious bargain-hunting shopping. Anyway, as I was browsing through one of the local Sporting goods stores I came across a flyer on a race the next day, two races in fact, a 5K and and 8.5 miler to benefit the Hampden Creative Playground Project. Hampden it turned out was about a ten minute drive from our motel and the Creative Playgound these people were building for their children was the neatest one I have ever seen: towers, slides, sand, climbing gear, swings etc. all made out of beautifully finished and preserved cedar. And huge? Its bigger than the whole swing and slide area in Wilmot Park. If any of you with kids go down to Bangor I would suggest checking it out. Hampden is just south of Bangor (just go south on Bangor's main street for about 10 min.) The playground is behind the McGraw school. There is also a super new running track behind the playground!

Anyway, being on holidays and instinctively lazy, I opted for the 5K instead of the 8.5 miles. The weather was sunny and terrific, the course was hilly, the competition was not onerous and I got a trophy for 1st Master (19:26). Also the \$6.00 entry fee included a really nice T-shirt with a picture of the playground on it and refreshments and a nice local rock band after the race to listen to while sitting in the sun, drinking apple juice, watching the kids play on the playground and waiting for the kindly officials to tabulate the race results. It really had an American small town picnic feel to it. Not hard to take, at all.

One interesting idea was that there were trophies for first place in each age group (also there were a lot of age groups, especially for the youngsters) but the second place finishers got home baked goods. HUGE, DELICIOUS-LOOKING baked goods. Whole cakes, boxes of brownies, cookies etc. It was funny to see the first place finishers eyeing the goodies and maybe wishing they'd slowed down a bit. Anyway it seems like a good idea for interesting, low cost, desirable prizes, especially for a fund raising event.

One other amusing note that marked the race as an 'American' event: when the school principal, who was designated as official race starter, pulled the starting pistol out of his windbreaker pocket, it was a real gun. Only in America, you say...

- John Webster

The "Jubilee Jog" was held on July 5, 1986 in conjunction with the "River Jubilee Days" held in Fredericton. Due to the threat of rain and some confusion as to what was cancelled and what was not cancelled for that day, attendance was down a bit from what was expected. We had 23 runners and one canine friend make the trek from the Aquatic Centre to Waterloo Row and return (5 KM).

Those in attendance were Stephanie Scott, Stephen Scott, Eleanor Webster, John Webster, Terry Haines, Judy McKendy, Dave Prebble, Rufus McKillop, Peter Drost, Harry Drost, Peter Rearick, Robert Harrison, Mike McKendy, Sarah Cousens, Katie Cousens, Bob Spurway and "Maggie", Dan Rearick, John Cathcart, Reg Van Drecht, Sheila McParland, Anne Marie St. Laurent, Terry Goodlad, and Ken Goggin. The working and cheering section were Joy, Anne Mc., Tim, Dick, Edna, Phyllis, Nancy, Daisy and Carol.

A good time was had by all, especially those who adjourned to the Hilltop for breakfast after the run.

The above article was submitted by Edna. Thanks!

MORE SHORTS AND SINGLETS

Sept. 20th at 4:00 PM marks the start of the Fall Classic- our own 10km. road race. The race committee has been very busy planning this year's event. As you may have guessed, volunteers are needed. For the finish line many are needed to time and to help take off the stickers from the numbers. Since we have a 5 km. too double finish line people will be needed. If you wish to help in this area call Dick 454-1721. Larry and Mary R. can use some help before hand with the food preparation -Call 472-0796. With registration we will need about 5 people to help call Brenda or David 454-6202. Also call us if anyone will help by being a babysitter during the race only.

Special note a GENERAL MEETING to be held Tues. Sept. 2 at 7:00Pm at the UNB gym room 210. The guest speaker will be Carolyn Townsend a local physiotherapist and reknown member of the club. She will speak about running related injuries.

A note of sadness comes from the LeDrew family in that they soon will be moving out of N.B. Bill has been transferred to Toronto. Certainly our loss and Toronto's gain. We will hate to see Bill and Flo go but wish them all the best and remind them to keep in touch. If we gave out numbers on our club shirts we would certainly have to retire two. Their contributions to the club have been too numerous to mention.

Beth Healey, one of our "national" members, is attending University in Edmonton, and told us we could share some of her experiences with racing events this summer in Alberta.

Dear Edna and Dick:

During the last few months, I've been involved in a few unique running events that I thought I'd share with you.

The first was a 24-hour relay sponsored by Molson's and K-Lite FM, for the Northern Alberta Crippled Children's Fund and the Alberta Ballet Company. The race started on May 23 at 6:00 p.m. and continued until 6:00 p.m. May 24. Approximately 40 teams of 20 runners competed in two categories - corporate (the serious ones) and fun. The course was around a 5 KM loop in one of the cities parks and the winning teams were those that completed the most laps. Each runner had to run at least two different times and all the runners had to complete three laps before any runner could run a fourth. Each runner collected pledges for their own run. Entry fee was \$200 per team and for that we received t-shirts, beer tickets, free massages, and some discount coupons. I was running for the YMCA "Creampuffs" (a very serious team as you can tell by the name!!). One of our team members produced a chef on Saturday morning who cooked breakfast over a Coleman stove, dressed in chef's whites, of course! This event was a lot of fun and extremely well organized. Incidentally, our team placed 3rd. in our category and our total laps was equal to or better than many of the corporate teams.

The second event is the internationally known Jasper/Banff Relay sponsored by the Chasquis Running Club (Edmonton). Entries for this race are submitted in early March and, of the 350+ entries, 120 are chosen (by a draw). The top ten finishers in each category are invited to return and a few other teams are also invited (such as CBC, RCMP). There are 3 categories - men's, ladies, and mixed. Each team consists of 17 runners who each complete a distance ranging from 9 to 12 miles. On Friday night, June 13, the runners gathered in Jasper for a carbo-loading supper and the race started Saturday at noon. The teams are given 24 hours to complete. Those not finished by noon Sunday are asked to leave the road. Each team is allowed one official support vehicle but there are many other vehicles (participants, sightseers, officials, etc.) so traffic is a major problem (this is why RCMP are invited to participate in order to ensure their co-operation!). The mixed team I was a part of did not get drawn so I went as a support person for the YMCA ladies team - giving water, pacing runners, etc. so I got to see the race from start to finish. This year the race started in 30 C temperatures and progressed through the day and night from this to colder, to rain to thunderstorms (complete with pouring, windswept rain) to colder (including a few snow flurries) to a beautiful sunrise and agreeable morning temperatures. The race is run up and down the mountain highway between Jasper and Banff - 284.5 KM altogether. The description of each leg by the course organizers provides information about each leg - "gentle undulations" (I call them hills - something like Hanwell Road); "moderate inclines" (very close to being mountains!) and "severe inclines" (time to get out the rock climbing equipment!!). The most grueling parts of the run are Stages 6 (9 miles of "severe incline" up to the Columbia icefields); Stage 7 (11 miles "severe decline" from the icefields - to quote the organizers "make sure your runner has indestructible knees") and Stages 10 and 11 (about 10 - 11 miles each up to Bow Summit, the highest elevation on the run). The first teams to finish came into Banff around 5:00 a.m. At the finish, all the runners of a team meet their runner about 1/4 mile out and they all run in together - for what is described as "the ultimate high". The teams come from all over including Washington, California, B.C., Sask., and this year, a team from Nova Scotia. This team arrived at the carbo-loading supper (very inconspicuously), dressed in yellow sou'westers and boots, being led by a N.S. flag and a piper - what else?? Although there is an atmosphere of fun this is considered a tough and grueling race and is definitely not for novice runners. Race officials recommend that runners are capable of running less than 8 minute miles and have completed a half-marathon prior to the race. However, it is a wonderful experience for all involved. Perhaps the Roadrunners can get a

team together to run next year!!

Although there are many traditional road races in the West, there are also quite a few different types of races. One of these is the Doug Jones Couples Road Race. A male and female enter together: ages are added together to get the competing category and times are added to determine the winners. This is a 10 KM race. Another race coming up in July is the "Beat Beethoven" 5 mile road race sponsored by the Edmonton Symphony Orchestra. The orchestra plays one of Beethoven's symphonies and all those who finish before the symphony is completed receive medals. Radio stations pick up the music and people all along the route play their radios for the runners.

The team from Nova Scotia has invited a team from Edmonton to participate in their Runrunners Race from Halifax to Lunenbourg in September. Maybe we'll see you there!!

Beth

*This clipping
donated by Ed*

Acches are a signal to reduce workouts

Sportsmedicine

Most injuries can cause an athlete to miss training and competition. Major ones can end a career.

Once you are injured, your physician can do little to speed the healing process. He can close wounds and set broken bones so that they will heal more quickly. He can prevent and treat complications such as infection and prevent further extension of your injury. But in general, rest is the best treatment.

In the long run, it's important that you or your physician discover and correct the factors that caused your injury.

□ Overtraining, where you push beyond your limits.

□ Poor training methods, where you increase the intensity or the amount of training too rapidly.

□ A structural abnormality in your body that puts added stress on muscles, tendons, bones, joints, fasciae and ligaments.

□ Muscle imbalance, where one muscle overpowers another that performs an opposite function.

When stress is applied to an injured tendon, muscle or ligament, further injury usually results.

Art of Training

Part of training is to know how much hard work the body can handle before it breaks down or is injured. The overtraining syndrome can be divided into three stages:

□ In the first, during a hard workout you feel a dull ache in a joint, muscle, tendon or ligament. The appropriate treatment: Reduce the intensity of your training for one or two days.

□ If hard training is continued, you may feel pain both during and after the workout. At this point, you should rest or try a different sport. If the pain does not improve in a week, seek medical help to determine whether the pain is caused by a structural abnormality, muscle imbalance, lack of flexibility, or just overwork.

□ Failure to heed the symptoms often will lead to pain even when you are at rest. By this time, the only remedy is to stop training entirely until the pain disappears. Often, at this point, you will have to see a physician.

Rapid increases in workload, speed and resistance, or adding new training methods to a program often puts more strain on the athletes than their bodies can endure and injures them.

Even if you are in top shape, adding a new training method to your program — such as lifting weights or using an isokinetic machine — should be done very gradually. Because of the principle of specificity, you will be using your muscles in a different way than you did with your regular workouts.

Pain is signal

Far and away the most common cause of sports injuries stems from overwork. Do not be so intent on training that you ignore the warning signals sent out by your body. The most important signal: persistent pain in muscles, bones or joints.

It should not surprise you that novices are injured far more frequently than top athletes. One difference is conditioning. Another is that experienced athletes understand that pain is nature's signal, warning them to stop.

Sometimes a professional athlete must go out on the field even though he knows that he shouldn't. That's how he earns his paycheck.

John Riggins, the \$300,000-a-year running back, feels that injuries must be given time to heal. From a medical point of view, Riggins is right. Time is the best



7.

TO ALL MEMBERS OF THE C.C.R. CLUB

YOU ARE CORDIALLY (??!!) INVITED TO A
PARTY AT JOY ELLIOTT'S COTTAGE

WHEN? - Saturday & Sunday
August 23rd & 24th

WHERE? - White's Cove, Grand Lake
(See Attached Map)

WHY? - SEE BELOW!!

GET YOUR SWINGING ARM IN SHAPE...WE WILL BE PLAYING LAWN DARTS (Fun!
Fun!), HORSESHOES (Goody! Goody!), SWIMMING (Brrr! Brrr!), HAVING A
BAR-B-QUE (Yum! Yum!), MAYBE A FIRE ON THE BEACH (Hot! Hot!) AND
GENERALLY HAVING A GOOD TIME!!!

COME PREPARED TO STAY OVERNIGHT...LOTS OF ROOM

BYOP (Pop or Whatever)

BYOSB (Sleeping Bag)

BYOS (Steak)

IF YOU MISS THIS ONE, YOU'LL KICK YOURSELF!!

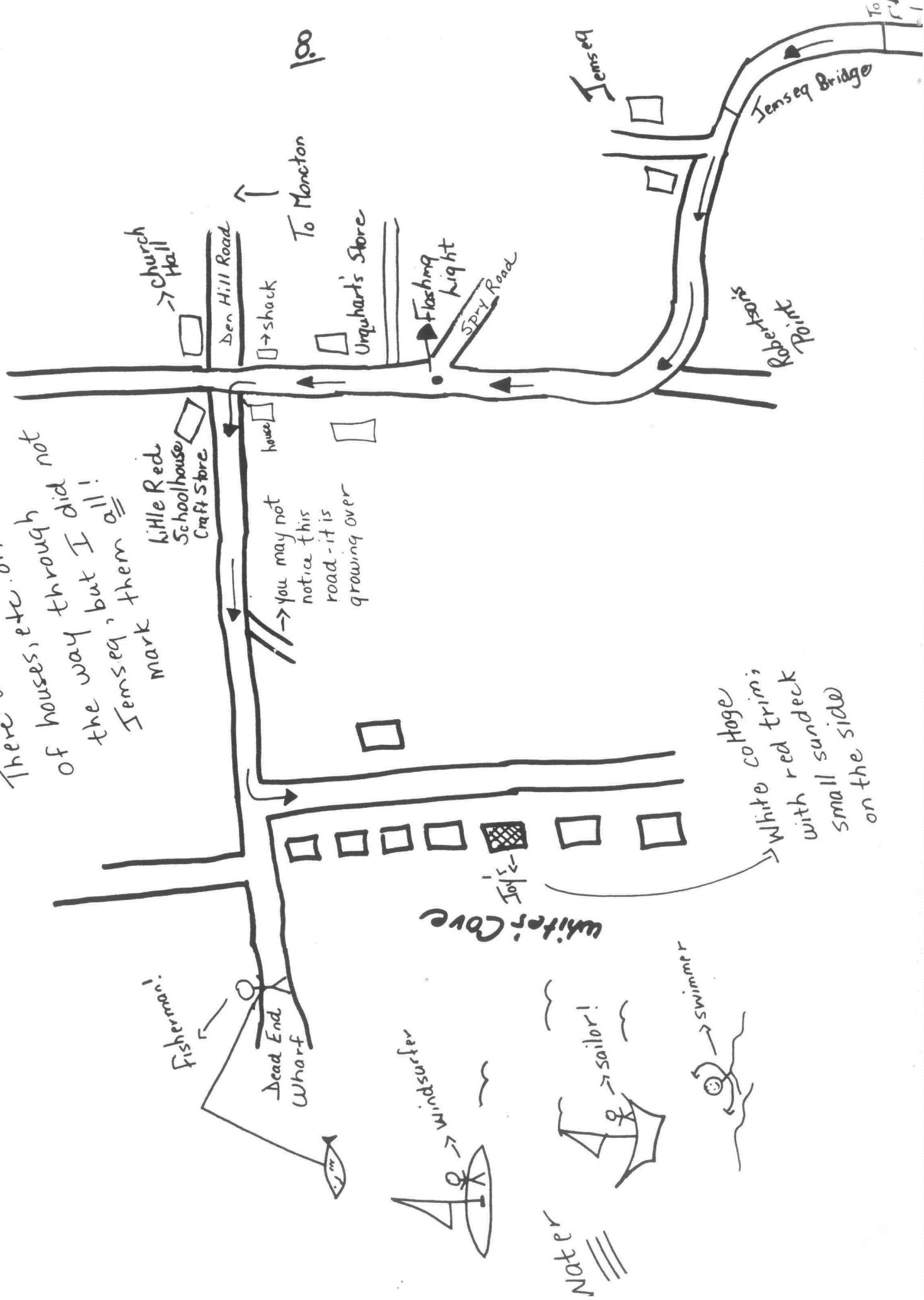
RSVP: Joy at Home (472-6367) or at
Work (452-9500) or leave a message
with my "answering service" (Mom
and Dad!!)

Book your
Babysitter Now!!



— kinds

There are a
of houses, etc. on
the way through not
the way, but I did
them all!
Someday, when a
mark



MAINE COAST MARATHON

"A Tribute To Larry, Elden, Bill, Steve and Bruce"

The plans were set in motion, long before the date arrived,
 Daily logs were kept of mileage, aches and pains were put aside.
 We "lassies" had the fun of knowing, we'd be going for the ride.
 They said twas for our wit and charm, but putting that aside,
 We really knew the reason why, they wanted us astride.
 They needed someone on the route, to "pamper" them along,
 And at the end they needed us, to help them "hobble" on.

The day dawned clear, the sun shone through, excitement filled the air.
 The runners started lining up, expectations set upon each face.
 And then that loud explosive shot, that signalled starting time,
 And the mass of runners surged ahead, the "MARATHON" was on!

Along the route we kept abreast, to help our lads along,
 In one hand were our bottles, to quench their awful thirst,
 In the other were their sneakers, should their feet deserve a rest.
 And cameras dangled round our necks, for memories to preserve.

We travelled through the countryside, so picturesque and quaint,
 But our thoughts could not be dwelling, on all there was to see,
 For our lads were getting weary, their steps no longer light,
 Their legs no longer moving, at a pre-determined pace,
 The burden just to finish, plainly etched upon each face.
 The last few miles were endless, and the "hardest" to endure,
 And we really saw the effort, those gruelling miles were taking.

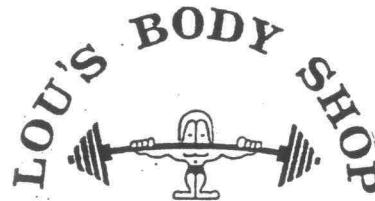
We hurried to the finish line, our hearts were beating fast,
 We anxiously awaited for our lads to come in fast.
 As each came in, relief we felt, to see them through at last,
 And we quickly gathered round them, the "MARATHON" was past!

Fetching water, juice and other things, tending to their many needs,
 Their comradeship was evident, elation running high.
 Grimaces of pain felt here and there, could hardly dull the glory
 that they felt,
 For having conquered that great distance, that great challenge to us all,
 "THE MARATHON".

Yours in running,

Mary L. Robinson

LOU'S/PAUL-MAR SPORTS WOMEN'S FUN RUN



What: 5-Mile Run, 2-Mile Run, 2-Mile Walk

FITNESS CENTER. When: AUGUST 16, 4:30 P.M.

Where: Aquatic Center, Woodstock Road, Fredericton

Entry Fee: \$5.00

To Enter Contact:

George Hubbard
858 Brunswick Street
Fredericton, N.B.
E3B 1J1
(506) 455-7312

Special Thanks to:

- LOU'S Body Shop and Fitness Center
- PAUL-MAR Sports
- Coca-Cola (Brunswick Bottling)
- Dept. of Tourism, Recreation and Heritage
- Beaverbrook Hotel

Post Entry:

Fredericton Aquatic Center
2-4 P.M.

* T-SHIRTS
To 1st 100 ENTRANTS

- * Refreshments
- * Awards ceremony at the OASIS
- The OASIS
- City of Fredericton
- Valley Graphics (385 Wilsey Road)
- Small Craft Aquatic Center
- Capital City Roadrunners
- World of Legs
- Perley's Irving



Detach, sign application, include entry fee, and mail to George Hubbard (at above address)

Name _____ Phone # _____

Address _____ Postal Code _____

Event 5-mile run _____
(Check one) 2-mile run _____
2-mile walk _____

Category Under 16 _____
(Check one) 16 - 24 _____
25 - 34 _____
35 + _____



Waiver: In consideration of my acceptance of participation in this event, I hereby release the LOU'S/PAUL-MAR SPORTS WOMEN'S FUN RUN organizers, volunteers and sponsors from any claims, actions or suits that I now have or will have as a result of my participation.

Signature of Entrant (or Parent if under 18)

Reproduced by the SPORT BRANCH
NB Dept. of Tourism, Recreation and Heritage

AND THEY'RE OFF

This issue should have a lot of results in it. First, the CCRR did very well in Minto in late June but the results of this are unavailable.

The first result I have is for the Hartland race in early July.

There were 2 distances;

10 mile

overall winner Joe McGuire 55:02
2. James T. 62:23 2ndM
3. Paul L. 62:54
Eunice P. 67:12 1stF

4 mile

1. George H. 22:25
2. Bill B. 22:49 1stM
Carolyn T. 29:43 1st F

Next is the George Gallant 10 km. Super Series
There were 142 finishers

1. Scott 31:26
19 David T. 35:35
20 George H. 35:56
23 Reg V. 36:09
26 Larry 36:52
33 Phil C. 37:34
42 Ed T. 38:10 Yes Ed in a race!
44 Steve S. 38:14
47 James 38:26 7th M
52 John W. 39:16 10th m
59 Paul L. 39:39
66 Eunice 40:03 1stMF
68 Anne Marie 40:16 3rdOF
69 Don H. 40:31 12th M
70 Elden M. 40:32
73 Ernie F. 40:58 13thM
86 Tony L. 42:27 14thM
87 Dave P. 42:28 15thM
107 Dick 44:50
118 Carolyn 46:59 6thMF
126 Brenda 50:48

Shorts

~~Shirts~~ and Singlets note literally- Bill informed me that there are available extra singlets- club ones- if anyone is interested. Call 459-8114.

RESULTS from Shippegan 10 km. The Provincial 10km. Super Series;

119 finishers

1. Scott H. 31:51
6 Bill L. 34:57
10 David T. 35:56
14 Larry R. 36:53
17 James 37:28 (2M)
28 Steve 38:22
41 Elden 39:59
43 John W. 40:11 (9thM)
46 Anne Marie 40:32 3rdF
49 Ernie F. 40:56 (11M)
66 Dave P. 42:50 (13M)
83 Dick 47:05
85 Tim A. 48:03 (19M)
102 Shiela A. 52:07 1stVF

Woodstock- Joe McGuire 10 km.

126 Finishers

1. Joe L. 32:01
6 Bill L. 35:02
12 David T. 36:35
14 Larry 36:50
23 Steve 38:14
26 James 38:30
28 Phil 38:49
30 Paul L. 39:11
32 Terry G. 39:26 3V
34 Eunice 39:52 1stMF
35 John W. 40:11
39 Anne Marie 40:33 1stJMF
40 John C. 40:40
41 Elden 40:42
43 Don H. 41:22
47 Mike Mc. 41:42
49 Ernie 42:02
52 Bruce 43:20
71 Carolyn 47:21 3MF
73 Ian M. 48:04
80 Tim A. 51:30
87 Sheila 54:05
100 Flo 58:26
101 Joy 58:26

And in the 4 mile walk
Earl W. 48:22 Lst M Walker
Jason T. 63:11

A TALE OF EIGHT HIKERS

THERE ONCE WAS A GROUP THAT DID RUN
 AND HIKE ON THE SIDE FOR SOME FUN
 TO KATHADIN THEY WOULD GO
 COME RAIN, SHINE OR SNOW
 AND CLIMB 'TIL DAY WAS DONE

A RUNNER NAMED JOY WENT ALONG
 HER HIKING HAD NEVER GONE WRONG
 UNTIL SHE FELL ON A ROCK
 HER POOR TOOTH, SHE DID KNOCK
 SO SHE WHISTLED ALONG WITH THE SONGS

UP THE MOUNTAIN THEY WENT
 UNTIL TWO WERE SO SPENT
 THEY TURNED BACK ABOUT HALFWAY UP
 THE OTHERS DIDN'T STOP
 'TIL THEY REACHED THE TOP
 THEN THEY RESTED AND FILLED THEIR CUP

NOW DICK WAS A HIKER BY TRADE
 THROUGH BUSH AND THROUGH ROCKS HE WOULD WADE
 MOST BRAVE OF US ALL
 BUT HE HATED TO FALL
 SO BEHIND ALL THE GIRLS HE WOULD STAY

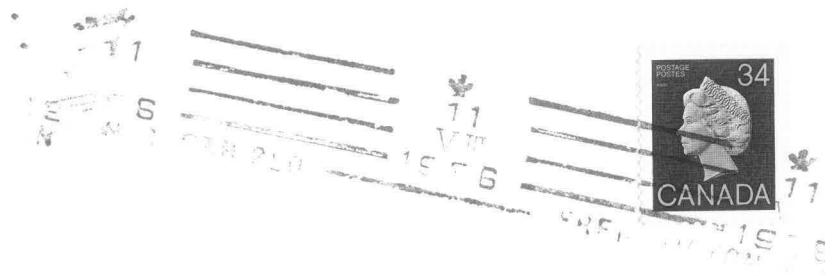
THERE ONCE WAS A RUNNER NAMED FLO
 WHO LOVED HIKING MORE THAN YOU KNOW
 BUT WHEN THE CAMERA CAME OUT
 SHE PUT ON A POUT
 AND TOLD POOR OLD BILL WHERE TO GO

NOW EDNA IS A SMART LITTLE DOLL
 SHE PREFERS NOT TO TAKE ANY FALLS
 SHE TRIED HIKING ONE DAY
 AND HAS SINCE STAYED AWAY
 BUT SHE LISTENS TO THE COMPLAINTS OF US ALL

NOW THERE IS A MIX WE CALL "TRAIL"
 FOR YOUR HUNGER, IT WILL NOT FAIL
 BUT WHEN HEARTBURN SETS IN
 AND YOUR HEAD STARTS TO SPIN
 NOW THE SIGHT OF IT MAKES US GO PALE

THE END OF MY TALE HAS NOW COME
 FOR I MUST GO OUT ON A RUN
 BUT IF YOU TRY HIKING
 AND IT'S TO YOUR LIKING
 INVITE US ALONG FOR THE FUN!!!

By Joy On Behalf Of:	Dick M.	Flo L.
(Kathadin, May 31, 1986)	Dave T.	Bill L.
	Dave P.	Anne M.
	Joy E.	Steven O.



The LeBlancs
115 Epworth Circle
Fox
E3A 2M4