

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

VOLUME : 4

NUMBER : 41

Nov. 15 to Dec. 15, 1986

COVER DESIGN BY
 Valley
Graphics Ltd.
SILKSCREEN & EMBROIDERY SERVICE

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BEHIND THE SCENE

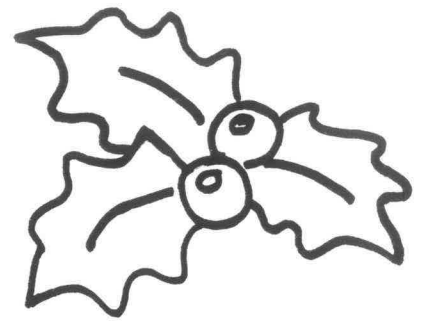
We would like to begin this newsletter with a big thankyou to Brenda and David Tree. Their fruitful and never ending efforts over the last three years was greatly appreciated we are sure by everyone. Surely it was not an easy task at times but they always did their best. Brenda and David, THANK YOU!!!

For the next year or so, you will be seeing the combined efforts of Gloria McLaughlin and Mary Robinson in our new roles at editing. In the upcoming issues, we hope to bring you some new items, regular family and member profiles, funrun coverage, race analysis by the runners and membership feedback.

Did we forget you in race results (40 lashes) , did we spell your name backwards, did we miss something that should be in the newsletter, do you have something you would like to contribute, please contact us by phone or send it to us in the mail. We have recruited Larry and Elden as "cub reporters", so if you see them running around, give it to them if you wish. Please keep us up to date re any address change so we can make sure you continue to receive your newsletter.

Gloria Mc Laughlin
Comp.#7, Site#3, Chateau Hgts.,
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Mary L. Robinson
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Merry Christmas and Happy New Year

SOCIAL SCENE

Are you tired of running those same roads day after day, well here is good news. The new fad in Fredericton is following James Tucker on a run. You are sure to get lost.

We hear Tim Maillet tied the knot with Susan recently. Congratulations to the both of you and best wishes for the future.

COME ONE, COME ALL to the Club's Christmas Party. Our hosts this year are MARY and LARRY ROBINSON. Reserve DECEMBER 20th so you won't miss it. Put on your glad rags and come have a good time.

For those who would like to send Flo and Bill a Christmas card, here is their new address: 74 Columbus Cres., Winnipeg, Manitoba, R3K 0C6.

Looking at the Saint John road race results, it is obvious that the "TAK" is back.

Coming up next month: 1986 mileage, goals for 1987 and the rewrite of the Club's constitution.

FROM THE PRESIDENT

by

Steve Scott

It's amazing how quickly a year goes by, but here it is December again. Another very active year for the Capital City Road Runners. As many members will recall, our efforts to promote running as a healthy and fun activity over the past year have been many and varied. Our most vital link, the newsletter, has more than done its job, providing information on results of races, articles on injuries, cartoons, training methods, up-coming events, editorial comment and many more topics. The phone committee has also contributed to keeping the membership informed about "what's going on." As well, the Club has been involved in a number of community related activities such as the Special Olympics, the Jubilee Jog, and the Leisure Fair. Also, we've had a number of very interesting general meetings covering some diverse topics such as The Art of Coarse Running, Soft Tissue Injuries and Treatment, The New York City Marathon, and Nutrition.

Our weekly Fun Run has for the most part been enjoyed by large numbers (one run had 29 people) with very few exceptions. Another part of the Fun Run gained much popularity over the course of the year; the social get-together for food and drink at times also became a time for dancing and even the odd game of pool.

Many club members enjoyed the thrill of competition as well during 1986. The New Brunswick Road Racing Series events invariably had large hordes of Capital City Road Runners at them. I might add that everyone who competed enjoyed a great deal of satisfaction and, as well, many finished at or near the head of the field in their respective categories.

Many of you will recall that our own Capital City Road runners Fall Classic Road Race in September was a "Class Act" all the way, a credit to Fredericton, a credit to those dedicated organizers, and a credit to road racing in New Brunswick. We have recently been rewarded for our efforts; the Club has been awarded the Provincial 10 Kilometer Championships for 1987.

There are many more highlights that could be included for 1986, but space and memory force me to conclude by saying "What a year!"

FUNRUN RECAP

As most of you are aware, the funruns have now been moved to Saturday morning at 10 A.M. from U.N.B.'s main gym. It's been found at most of the runs that the same members participate each week, and only rarely do new faces turn up. To encourage others to join in and become regular participants, "FUNRUN RECAP" will endeavour to keep you informed on what's been happening at the funruns each week. Hopefully you'll be encouraged to shake off the Saturday morning "sleep attack" and join in for some fun. Nor does the fun end with the run! Hungry after an early morning workout, the logical place to gather is the Hilltop for breakfast. So come on out. Let's see some new faces on Saturday A.M.

May we mention at this time that we now have a new funrun committee under the guiding feet of Elden McLaughlin and Eunice Phillips. No doubt they are planning lots of interesting routes for the funruns. Perhaps it would be wise to say at this point that Elden is well known for his "bad" sense of direction! So take special note of landmarks on the runs so you will all find your way back again!

NOON HOUR RUNS

Monday through Thursday you'll find a lot of members running at noon hour from Monsignor Boyd Centre. You'll catch sight of Elden, Larry, Steve, Mike, James and Paul to name a few. With the onset of winter upon us and the prospect of running alone at night in the dark, perhaps more of you will be swayed to the benefits of noon hour running. You'll enjoy "locker room shop talk", be assured of congenial company, get a good workout of 5 to 6 miles at a steady pace, and return to work completely refreshed for your afternoon onslaught of "hard labour". Monsignor Boyd has adequate shower and locker facilities, all for a nominal fee of \$80.00 per year (or you may pay on a three month basis). You'll have noticed Friday wasn't included in the noon hour runs. It's been declared a "day of rest" and everyone gathers instead for lunch. May we encourage you to check out these noon hour runs and reserve Friday for your luncheon date!

OF SPECIAL INTEREST: On Wednesday evenings around 4:45 P.M., a handful of members have been getting together for a long run, on the average 10 to 11 miles (the distance may vary - could be shorter -- or even longer). Should you be interested contact Steve Scott, Larry Robinson, or Elden McLaughlin for weekly information.

NEW YORK CITY MARATHON

In 490 B.C. a Greek runner named Pheidippedes carried home the news of the Greek victory over the Persians in games held at the Plains of Marathon. Legend has it that after racing the 25 miles to Athens the runner collapsed gasping, "Rejoice! We conquer!", and promptly died.

Scientists, however, believe that man took up long-distance running long before our friend Pheidippedes. In fact, fossil records indicate that our early ancestors, Australopithecines, about five million years ago, actually ran to capture game for food. While it may seem quite far-fetched that a relatively slow-moving human with a top speed of only 28 m.p.h. could catch a jack rabbit, capable of 35 m.p.h. or a gazelle of 70 m.p.h., the human physiology is unique in several ways that allow man to run for distances far in excess of distances that can be achieved by most animals. These unique abilities include our capacity to vary our breathing according to our pace and our ability to produce sweat to cool down our bodies. Animals, however, must breathe each time their feet hit the ground and rely on panting to cool down, thus allowing quick bursts of speed but little sustainable speed over distance. Perhaps our most valuable asset that allows us to achieve long distance running is the human tenacity and ability to dig deep and to hang on. The fact is that man is one of the very few animals capable of running a marathon distance.

The first modern marathon, to pay homage to the aforementioned Greek runner, was included in the first modern Olympic games in Athens in 1896. In 1908 when the Olympic games were held in London, an English princess wanted to watch the start from the window of the nursery in Windsor Castle and the finish from her box at the Olympic stadium. The London course, ultimately, measured 26.2 miles and became the standard marathon distance.

HISTORY OF THE N Y C MARATHON

From Australopithecines to Pheidippedes to the willful London princess, the modern day marathon has progressed to the stage where this year's New York City Marathon has been proclaimed as the world's largest spectator sporting event.

The first New York City Marathon was held in 1970 and comprised four laps of Central Park. 126 men and one women started and 55 men finished. The winner was Gary Muhrccke in a time of 2:31:38. Incidentally, Gary's wife, Jane, prepares the two laurel wreaths that adorn the eventual winners each year. The budget for that inaugural N Y C marathon was a paltry \$1000, less than the budget for our own Fall Classic.

The idea of running the marathon through the five boroughs was proposed and despite a good deal of skepticism the 1976 version started in Staten Island, proceeded through Brooklyn, Queens and the Bronx and eventually finished in Central Park in Manhattan. Manufacturers Hanover Trust donated \$5000 for the 1976 marathon.

The New York City Marathon, from its humble beginnings has grown to the point where this year it was the largest marathon ever run beating out the 1985 London marathon. It had more competitors than any other sporting event in the country and I mentioned earlier has become the largest spectator sporting event in the world with an estimated 2.5 million people lining the course and over 25 million people watching the event around the world on television.

The N Y C marathon is no longer a modest event with \$273,500 in prize money this year. Manufacturers Hanover Trust's initial \$5000 sponsorship has grown to over \$400,000 in 1986 not counting the 30,100 T-shirts they donate to participants and volunteers. The budget for the event in '86 was over \$2 million and the estimated economic impact of the event has been boldly estimated at \$54.7 million.

MARATHON FACTS AND FIGURES

-20,585 starters in 1986 from every state in the U.S. as well as from 85 foreign countries including 564 Canadians.

-Over 7000 volunteers help with the marathon.

-1900 N Y C policemen patrol the course, close 5 major bridges and 360 intersections.

-Thirty aid stations dispense ERG as well as over 1 million boxes of water.

-To rid the body of that massive amount of liquid the world's longest urinal, several hundred feet long, is erected, as well as 400 portable toilets.

-1800 medical staff including doctors, nurses, podiatrists, physical therapists, emergency medical staff and psychiatrists are situated throughout the course. A non-running friend of mine remarked that everyone who was going to attempt such a feat required the services of a psychiatrist.

-20,000 medals and computer printed numbers are distributed.

-23,000 entries were rejected in 1986.

-25,000 mylar blankets, enough to cover an 11 acre area are distributed to tired runners at the finish.

-1200 stretchers are available for the less fortunate runners.

-475 tubes of K-Y jelly are used.

-18,000 yards of barricade tape line the route.

-225 volunteer ham radio operators perform a variety of functions along the route including contacting the families and friends of runners who are forced to drop out.

-2100 press and photographer passes are issued.

-185 buses are used to transport the runners to the start and their belongings to the finish line.

-80,000 safety pins fasten the running numbers to the distended bellies of runners who feasted on 2 tons of pasta, 600 gallons of sauce and 600 jars of cheese at the world's largest carbo loading party the previous night.

-1,000,000 green bottles of Perrier were consumed by the some 19,500 thirsty runners who completed this year's marathon.

-284 gallons of "marathon blue" paint were used to delineate the course that is purposely designed 46 yards extra long to allow for margin of error.

SIGHTS AND SOUNDS

It is difficult to describe the intense excitement and feeling of anticipation that you feel as you stand amongst the thousands of other runners anxiously awaiting the starting gun. There is a welcome comic relief provided as, overhead, literally thousands of articles of warm up running clothing are discarded only to be collected later by volunteers for donation to the destitute. As a first time marathoner a thousand thoughts go through your mind; Have you trained enough? What will "the wall" feel like? Will you be trampled by the crowd? What if you have to go to the bathroom ... again?.

Suddenly the mighty Howitzer emits its resounding echo that signifies the start of the marathon and the beginning of a long anticipated, albeit painful, adventure. Slowly, very slowly, the crowd begins to move as thousands of cheering voices drown out the drone of helicopters that circle overhead. It is difficult to believe that you are climbing the steepest hill of the course as you inch your way up the Verrazano Narrows bridge. What would the Italian navigator who discovered New York Harbour think if he were perched along with the many photographers high atop one of the twin towers of the elegant bridge that bears his name.

Soon you are able to increase your speed to a running pace as you dodge and are dodged by runners of all descriptions. You pass a runner wearing a tuxedo and a while later another with a huge foam hat resembling a lobster works his way past you into the never-ending crowd. The senses are bombarded as you wend your way through the various ethnic neighbourhoods along the course. Of particular note is Williamsburg, the Hassidic Jewish community, at mile eleven, which brings you back into the 19th century. These solemn people dressed in their sombre black hats and coats have come from a point where they resented these colourful, boisterous runners invading their peaceful existence to where they embrace the marathon. In 1978, a particularly hot year, they sprayed runners with seltzer instead of water. This year I saw one family proffer glasses of Cola-Cola to the passing runners. One young mother with a baby in a carriage and a child in tow determinedly crossed the street seemingly unmindful of the many approaching runners.

As you approach the Queensboro bridge, more commonly known as the 59th St. Bridge, the words of Simon and Garfunkel's famous song of the same name come to mind - "Slow down you move too fast...". You don't need these words to remind you to slow down as you pass the fourteen mile mark where a 48 year old Frenchman collapsed and died from a heart seizure at an earlier NYC marathon. The world's longest carpet of Dupont Antron covers the harsh grating of this bridge that leads into Manhattan.

The largest, noisiest crowds greet you at this point as you turn up First Avenue and the long gruelling grind towards the Bronx. At mile 20 you cross the Willis Ave. Bridge into the Bronx and spend the only mile on mainland U.S.A. as the rest of the route is on islands. Back into Manhattan the "wall" begins to take its toll as many people are walking as running and more and more "defeated" marathoners head for the sidelines and emergency aid. Finally you enter the venerable Central Park and realize that the end is approaching. Although this is the most scenic part of the course your senses are by now dulled to the point where the only sensations you feel are the aches and pains. What seemed like slight inclines two days previously during a final "easy" training run now seem like veritable mountains.

You realize that you will finish as you exit and re-enter Central Park for the last 385 yards. You are oblivious to the massive crowds as you summon enough energy for a final valiant "sprint" to the finish. As you cross the finish line the course officials efficiently remove the bar coded tab from your number and a medal somehow appears around your neck. As this is the "rush hour" with 200 runners per minute crossing three separate finish lines

you are quickly herded to the recovery area where a multicolour mylar blanket is draped over your back. What follows looks like a scene from a science fiction movie as you and your fellow runners move slowly, quietly and painfully along to the reunion area like so many metallic-bodied aliens. Relief floods over you, yet at the same time a profound disappointment that the event that you have prepared for for months is finished. A consolation is that next year there will be another New York City Marathon bigger and better. In fact, if the lower level of the Verazano Narrows Bridge is opened for the marathon next year 25,000 entries could be accepted. There is also the possibility that T.V. coverage could be extended to four hours.

In the words of Peter Ueberroth, Major League Baseball Commissioner, "The best sporting event in the country is the New York City Marathon, because people embrace that event."

by Mike McKendy

AT THE RACES

NEW YORK MARATHON November 2, 1986 Total Finishers: 19,000

Mike Stapenhurst	3:21:30	3,129th Place
Mike McKendy	3:51:51	
Terry Niles	4:02:27	10,073th Place

SAINT JOHN FREEZE-UP RUN December 6, 1986

4 Miles
Ed Takacs 18:14 1st Place Overall

8 Miles
James Tucker 48:58 8th Place First Master
Steve Scott 49:49 11th Place Second Master
Mike McKendy 50:55 12th Place
Paula McInnis Wheeler 56:04 1st Female

Top Three - Four Miles
Ed Takacs 18:14
Lewis Brill 18:23
Jim Millican 19:14

Top Three - Eight Miles
Peter King 42:06
Gary Eatmon 44:24
James Howe 45:18

69 Entrants in all at this race. The reception at Grannan's was well received, lots of food and drink . Lots of prizes as well for predicted times. The route was very hilly. It was chilly, no wind, and a very nice day. Again a couple of runners overran the course but overall this run was enjoyed by all.

Reported By: Mike McKendy

UPCOMING

Rumor has it that the New Maryland race may be held again in 1987.

An Essay In Reflection

By

Dick Mawhinney

This is the time of year when we all reflect on the events of the past year. Several memorable quotes include: Ed Takacs going to Saint John to "run an easy four" and winning the race. James Tucker during a bad run "maybe you can overtrain". Again, James discussing the 12-mile fun runs - "maybe we're getting a little carried away with these runs". Bruce Meyer on his first mountain climb at Katadhin while crossing a very dangerous portion of the Knife's Edge with a 2000 foot vertical drop "Gee, there are no gratis mistakes allowed here. Your first mistake is your last." Carol Scott on The Huntington Ravine "I hope those orphans at home remember us".

Two quotes from runners in the Fall Classic. Following the race one novice race participant was heard commenting that the next race he was going to wear sneakers with laces - not velcro strips. He couldn't keep his sneakers fastened tight. A second runner was heard commenting that he was "a hurting machine" after the five mile mark. Welcome to the thrill of victory!?!?!?

As a long standing club member I want to congratulate Brenda and David Tree for the fine newsletter over the past three years. Only those involved know the vast amount of work that went into Footnotes each month.

With Gloria and Mary as the current newsletter editors, I feel we should all show our support for the newsletter and the club by helping whenever we can. Footnotes is the communication link within the club and a vital ingredient. It is important that we all use this facility. Everyone has something funny, serious, silly or informative to convey to the other members.

Let's continue to use this newsletter as a cohesive instrument within the club. Remember, the Capital City Roadrunners is our club and we need the participation of all our members.

Have a Merry Christmas and see you at the Christmas Party.

APPLICATION FOR MEMBERSHIP
CAPITAL CITY ROADRUNNERS
JANUARY - DECEMBER 1987

NAME: (include all family members if applicable)

AGE:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

ADDRESS: _____

PHONE: _____

TYPE OF MEMBERSHIP: FAMILY \$15 _____
SINGLE \$10 _____

NUMBER OF YEAR'S RUNNING: _____

MILEAGE FOR 1986: _____

GOALS FOR 1987: _____

RETURN TO: Gloria McLaughlin,
Comp.#7, Site#3, RR#7,
Chateau Hgts.,
Fredericton, N.B.
E3B 4X8.

OR

Mary Robinson,
Comp.#6, Site#3, RR#7,
Chateau Hgts.,
Fredericton, N.B.
E3B 4X8.

Mr & Mrs. ROSAIRE LEBLANC & FAMILY,
115 SPURTH CIRCLE,
FREDERICTON, N.B.
E 3A 2M4

