

# FOOTNOTES

THE MONTHLY NEWSLETTER OF THE  
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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## FROM THE PRESIDENT

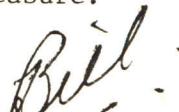
1985 is gone and with the new year comes our Annual General Meeting and election of officers. The meeting will be held on Thursday, February 6th, in Room 210, UNB Gymnasium at 7:30 pm. I encourage members to make a special effort to attend this important meeting. Nominations will be invited from the floor for the new executive. I might add that some members of the current executive have indicated an interest in serving another term.

As you have no doubt noticed FOOTNOTES has a new cover page this month, thanks to Reg van Drecht and Valley Graphics.

If you haven't already done so, its time to renew your membership for 1986. Please contact Larry Robinson.

I would like to offer a word of caution to everyone regarding winter running on the streets. With the high snow banks and poorly-ploughed sidewalks, the street is often a better place to run. However, it is also extremely dangerous due to poor driver visibility and slippery footing. Remember, the streets belong to the automobiles! Runners venturing on the roadways will always lose in a confrontation with a vehicle. Let's set an example for all runners (and avoid injury and poor public relations) and use the sidewalks, if at all possible. By the way, the running is excellent these days in the woodlot. It's quiet, clean and safe and the footing is good.

The next "From the President" will be from the new 1986 model. Thank-you everyone for your interest and support over the last year. It's been a lot of fun! A special thanks to the executive (Brenda, Dick, Paul and Larry) for their enthusiasm, dedication and sense of humour - it's been a pleasure.



## WASN'T THAT A PARTY! (Some Random Recollections)

At last, a Christmas Part at Dick and Edna's. We were looking forward to it (CCR parties are always a good time). This one was no exception! Lots of revelers, lots of refreshments, lots of food, lots of laughs.

Someone's friend mixing colourful, triple-layered drinks. Tastes great - but go easy. (Who's the designated driver?) One is enough.

Oh. oh. Is that CCR (Credance) I hear? Steve must be here.

The girls are very glad to see our famous dancer cutting the carpet (in the kitchen of course)! Look out, here comes the mistletoe again - darn, she didn't see me - she went after our letter carrier. Maybe next time!

Party's starting to warm up. Everybody's beginning to gather in the kitchen. How come Dick doesn't have his mayonaise jar and spatula? Guess the host has to show some class.

How come everyone is talking so loud - no one is listening. Injuries, mileage, training pace, PB's, super series, next year - how we love to talk about our sport!

Nice to see our newest members turn out. A mountain climber eh? Another recruit for Kathadin (we can learn a few things from him I think).

What do you mean its time to go - James and Paul just arrived. 2:30 - you must be kidding. Ok. Ok. You're the designated driver. But they're still partying. Leaving now is bad for my reputation. Yeak, ok. I know it's a long walk home. I'm coming.

Good night everybody. Merry Christmas. Don't forget the fun run tomorrow (later today).

Gee, that was another good party. I wonder where we'll have the New Years Eve party. Then of course there's Valentines Day...

The Roadrunners are a great bunch of runners...but an unbeatable bunch of partyers. As someone once said, "the fun-loving club". Oh - are we home already?!

Anonymous

## PARTIES IN REVIEW

## CHRISTMAS PARTY

The CCRR Xmas party was held Dec. 14th at Dick and Edna's. It was very well attended (about 40) and to take a quote from Sam and Hoppy "It was the cat's meow". We all want to thank Dick and Edna for the great time.

There even was a tree that some hinted reminded them of a popular cartoon character. There was lovely food: cookies a la Mary R., dip a la Flo, cheesecake a la Brenda, punch a la Dick, and good HOT chil a la Edna and Joy.

We took turns dancing in th kitchen, we sang some carols, and Joy and I enjoyed wearing the mistletoe ( not a male lip left unpuckered).

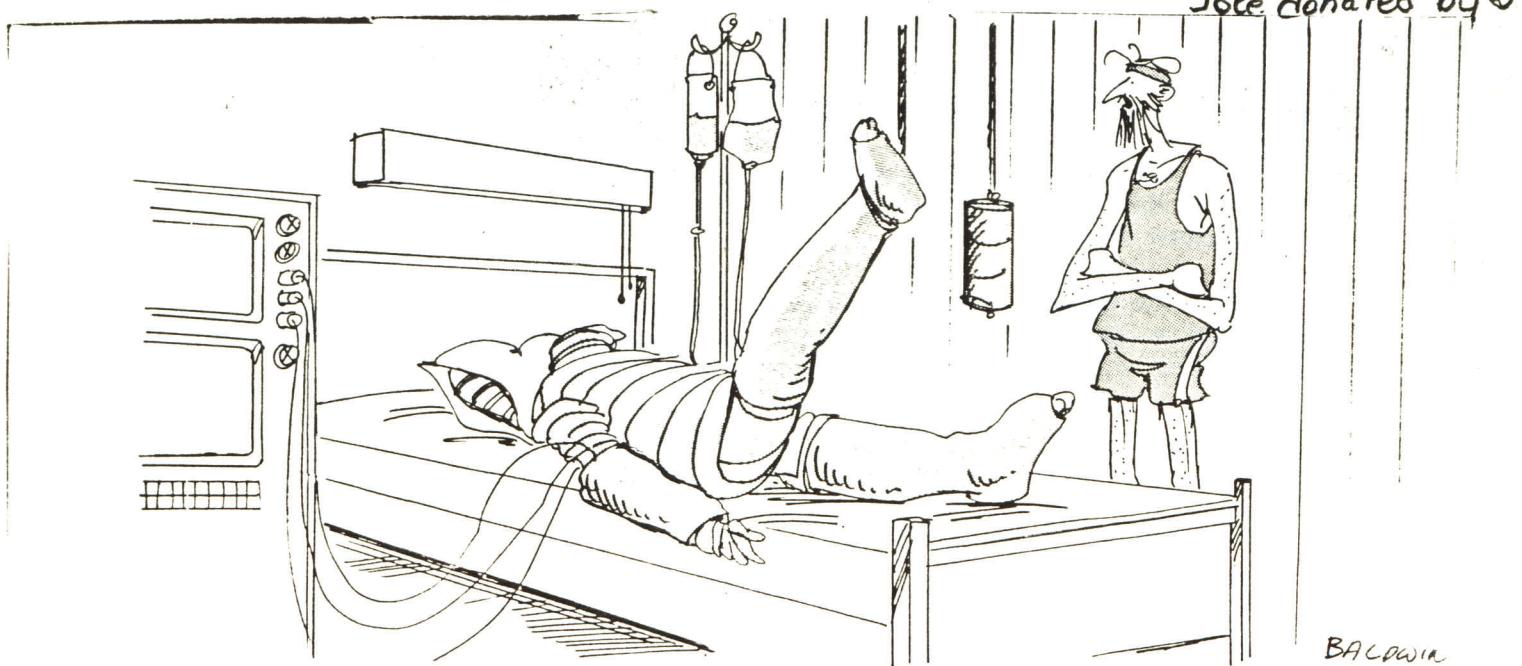
All in all a fun time! It was especially nice meeting some new folks and seeinf some old faces that have been missing from our midse lately.

## NEW YEAR'S EVE

A quickly organized get together was held at our house (the Trees) on the last night of 1985. We appoligize to anyone who didn't get wind of it. It was rather " spur of the moment".

From this settinf 4 of us kept up "the run into the new year" tradition. I have you know that James ran in 2 inch heeled boots and we still had trouble keeping up.

The evening seemed ripe for games; some childish; ball darts, the limbo, put the clothespin in the bottle, penny toss, and charades. You can dress us up but can't take us out.



*"If it makes you feel any better, the driver that hit you got a ticket."*

FROM THE EDITORS

You will notice our new title page, hopefully this month. We hope you like it.

Now here are our wishes for you in 1986;

1. May all your 10 km. times be improvements
2. May you always find a water stop when needed
3. May a shoe company request your endorsement
4. May you turn up for a race and find you are the only one in your age group
5. On a PR run may the course distance be accurate
6. May all your finish lines be paved in gold.

## Is 1986 the year you run a marathon?

By Kirk LaPointe  
The Canadian Press

So you made good on your 1985 New Year's resolution to shape up. Maybe for 1986 you're considering another challenge: running your first marathon.

That's not a joke. It's possible, in the space of less than two years, to go from fat to fit to 42.2 kilometres on foot. All you need is the go-ahead from your doctor, a solid training plan and persistence — particularly on those slushy, windy days when you'd rather skip your run and settle in for some sandwiches and sloth.

At one time, the marathon was the domain of an elite athletic breed. But it became a mass participation sport in the '70s as a trend toward fitness grew. Several races in the United States now draw more than 10,000 entrants. Annual marathons in Montreal, Toronto, Ottawa and Vancouver regularly draw more than 1,000 runners, while other Canadian 26.2 milers attract several hundred participants of all ages, shapes and sizes.

For most runners, the marathon is a race in name only. Only a few in the pack have the skills and the good genes to stand any chance of winning. So most take a very different approach to the event — they set personal goals and, in effect, race against themselves.

To first-time marathoners, finishing is itself a form of victory, no matter that it may entail walking, hobbling, limping, staggering or crawling to complete the course. There is perhaps no greater sports thrill, and no more dramatic mix of exhaustion and exhilaration, than to cross the finish line after months of training and hours of straining.

But how do you prepare? How long does it take? And what does it take?

Most experts say that if you're capable of a half-hour jog three times a week, you can step up and complete the Mount Everest of running events with six months to a year of consistent training.

And, perhaps surprisingly, the regimen of marathon preparation does not include running full tilt until near-collapse every day. You can get ready through a slow, methodical, comfortable training schedule that includes plenty of rest and gradual building over a period of months to longer distance runs.

Not too long ago, the prescription for marathon training was fairly simple: build up your endurance over three or four months through steady runs of roughly equal distance, with a goal of roughly 100 kilometres a week, including a 30-kilometre run weekly for four weeks or so preceding the event. Predictably, many inexperienced runners found the plan draining and suffered injury long before race day.

These days, many running experts believe a much easier program will get you through your first marathon. In Galloway's Book on Running (Random House, 287 pages; \$11.25), veteran marathoner Jeff Galloway says you can complete the marathon through 30 weeks or less of training — even if the longest you now run is only three kilometres.

Galloway's program, which has been endorsed by such marathoners as Bill Rodgers and Frank Shorter and such authoritative running doctors as Kenneth Cooper and George Sheehan, features low daily distances, two to four days off each week and a long run every other week.

"Increasing total weekly mileage is not only an inefficient way to increase endurance, but is the greatest cause of injury among runners," Galloway writes.

The long runs every 14 days are the key to Galloway's program. Distance is increased two to three kilometres at a time, until the runs reach marathon length or slightly more.

"Run slowly, take walking breaks, enjoy each run," he advises.

Galloway says his program acquaints you with running long distances and reduces your chance of "hitting the wall" during a marathon — the point at which fuel supply is exhausted and you begin to run on empty.

Brenda Tree

2 11

## "RUNNING AROUND"

I am a frequent traveller to Halifax and have found it to be an excellent city for running. There are many fine routes in and around the city and its somewhat more temperate winter means much better winter running conditions than Fredericton.

My favourite route in Halifax takes me from the Holiday Inn on Robie Street down to Point Pleasant Park via South Park Street. Upon entering the Park through the gates at the end of Tower Road (about 2 miles) turn left and follow the trail all around the perimeter of the Park. Running along the beach, you are afforded an excellent view of Halifax Harbour. As you round Point Pleasant the trail takes you along the Northwest Arm with its sailboats and fishing vessels. As the trail leaves the beach, still in Point Pleasant Park, you climb a fairly steep hill and the trail leads back to the gates. The total loop around the Park is about 2.5 miles. You can return to the Hotel the same way you came, or take a slightly longer route via Oxford Street. If you are a little more adventurous, there are many trails and walkways that crisscross the Park. Running there under the huge pine trees is extremely relaxing and cool even in the heat of summer. While there are usually many runners in the Park and frequent police patrols, I would advise women runners against running alone, particularly in the evening or early mornings.

For those looking for a shorter route, again from the Holiday Inn, the Halifax Commons - a large open recreational area - is right across the street. One loop around the Commons is about one mile. If you want to do a little hill running and get a good view, try running up around Citadel Hill, only a few minutes from the Hotel just adjacent to the Commons. The view is definitely worth the climb!

And finally, there is an excellent track at Saint Marys University that is open to the public. It's only a mile or so from the Holiday Inn and the tartan track is excellent to run on.

If anyone is going to Halifax and would like more information, just give me a call.

Bill LeDrew

By D.L.

## SHORTS AND SINGLETS

Anyone need laundry done? Meet Tony in the men's shower.

Please try and call me with your 1985 mileage. I'd like to publish them next month.

Please try and send in your '86 memberships to Larry.

Joe L. will be going out West in early Feb. to compete in the Canadian Individual Cross Country Championships. Good luck Joe!

Mike Stapenhurst is in Australia. We'll have to find out how the running was there. Did he catch any kankaroos?

Flo is back running and you might meet her doing the Fredericton 2.

Larry has 5x7's of some of you from Benjamen's in Bangor. Contact him if interested.

This month (Feb.) usually marks a 5 mile race in Dieppe during their Winter Carnival. The route is quite good with a few hills, although all depends on the footing this time of year.

Scott H. should be seen around town again.

Got a good suggestion recently for FOOTNOTES in regards to our race results. It was suggested that we include the winner's name and time along with our members. Sounds good to me. I'll request again to any of you at a race that we miss to please send us times of the winners and our own club members.

Dan R. has sent us a copy of the Miramichi running club's newsletter. Thanks Dan. If any one would like to see it we have it.

### MEMBER OF THE MONTH

This month's person to be proud of is Don Hicks. As I type this he should be finished his full year of running without any days off. Pretty awsome Don!

Quote of the month comes from Bruce M. It is "Don't ever underestimate someone's mileage and don't ever overestimate a women's age".

Very IMPORTANT is the General Meeting in which we elect new officers. This takes place Feb. 6th at 7:30 at UNB gym room 210. Try to be there and think of nominations you might have.

## Beginnings

Let out of its stall, a horse will always run, indulging its natural urge to get lively again after the stasis of the barn. It will take a quick turn of the pasture, tossing its head, shuddering in pleasure at freedom. It will check out the perimeters, then settle into a trot, a jog. I defy any runner to witness such animal joy without smiling. It reminds us that we are physical creatures too. We also have muscles and the need to work them.

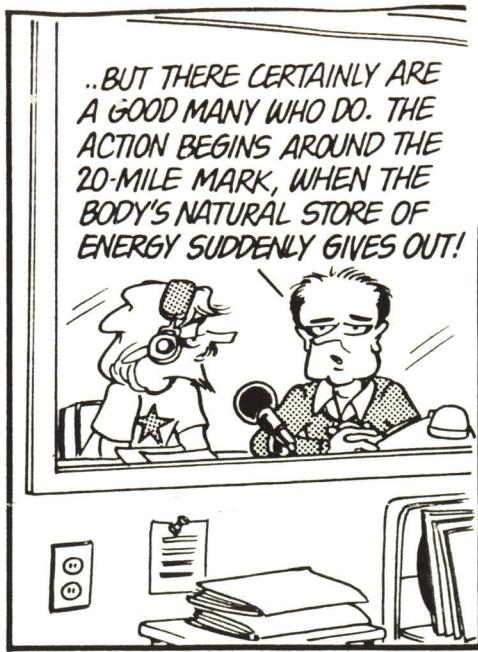
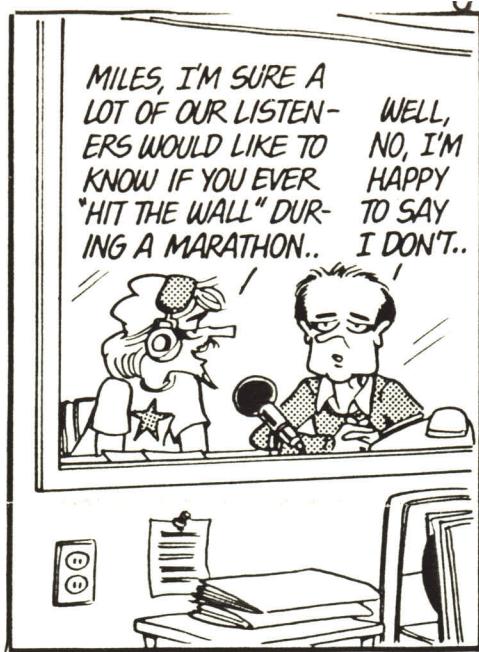
Joyful is not how it feels, though, when I resume running after a layoff. I'm so unspeakably heavy, my feet leaden, my joints rebellious. It will take regular effort to reacquaint myself with the work load, to get light of foot again. Beginnings are when I have to wheedle and bargain with myself to continue. At that stage there doesn't seem anything natural about running. Of course the inactivity that de-trained me was unnatural too. "Sedentary" comes from the same Latin root as "sediment," and that's how I feel, all silted up.

Jim Fixx always resisted making a religion out of running, for good reasons. One small leap of faith is required, though, to resume an interrupted running career—or to get started in the first place. You have to believe in the training effect, the astonishing physiological principle that says the organism improves in response to stress. It's the principle that will eventually remove the lead from your feet, relubricate your joints. Every runner, every athlete, has experienced its gentle galvanization. Every one of us has come to know that if we are only steadfast, the training effect will rescue us from torpor and temporary discomfort.

Still, distant rewards are a weak stimulus. I've always been dubious about running to lose weight, although I've seen it work for plenty of runners. In fact I'm wary of any rationale for running, except for beginners. In the beginning I remember needing an excuse. One that caught my fancy came from *New Times* magazine, which ran a piece in the early 1970's about the runner's high, the legendary euphoria from morphine-like body chemicals released by effort. I set out to see what that might be like. I never did experience the high, but before long that didn't matter: I was experiencing running instead, doing it for the act itself.

*New Times* folded, but publisher George Hirsch went on to found and publish *The Runner*, and became a leading figure in the sport. I doubt if he ever experienced endorphin intoxication either. Once you get habituated to running, intensification, not intoxication, is what you seek.

Habituation is the point: making running one's own natural response. These difficult January days, when failed resolutions lie all around us, it doesn't work well to run to lose weight, to get high, to improve your sex life, to reduce your insurance premiums, even to get, or stay, in shape. Rationales are too hard to hang onto. Instead, I try to go running like a colt turned out of its stall. I try to run for the running, just because it's one dependable thing that a physical being can do to shake off the dullness of the indoor hours, the short days, the diminishment of vigor that always seems to threaten us at the turning of the year.



Donated by Edna



"I see Harry finally got his pulse down to where he wanted it "

Love & Best

Attn

115 Queen St. W.  
The Adelphi Hotel



3¢ 1960  
CANADA