

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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FROM THE EDITORS

I will remind you that next month we combine an issue so that David and I can have a vacation. The deadline will be July 30th for that one month only. The usual deadline is the 15th of every month. The next issue will be entitle Aug./ Sept.

Bill Best wanted us to remind you of an upcoming race to be held Fri. June 27th in Minto. The race starts at 6 PM with a 1-2 km. race for the youngsters and a 10 km. following for us old folks. Bill said to bring the kids and your suits to use at his pool after.

If you plan on coming to the Chestnut after a funrun bring your dancing shoes. The last few weeks they have played jiving music and a few of us have kicked up our heels. Come join us. Don't forget the Funrun is at 6 PM. at UNB gym.

Our thanks to our many contributors this month; Bill , Mary R., Elden, and Tim A. for the copy of his speech from the General Meeting in April.

*Brenda &
David
Tree*

FROM THE PRESIDENT

The next couple of months are going to be very busy for us all, with vacations, out of town races, visitors, tec. The club is no exception.

For starters, our next General Meeting will be held June 24th at 7:30 pm in room 210 of the UNB Gym. One of our newer members, Carolyn Townsend will be our guest speaker. Carolyn is a physiotherapist and will speak on the treatment and prevention of running related injuries. She and a colleague will also reply to questions and answer period. I'm sure this will be a beneficial session to everyone. Please try to attend.

As part of the City of Fredericton River Jubilee Days Celebration we are organizing a 5km Funrun on Sat. July 6th. The Jubille Jog starts at the small crafts Aquatic Center at 11:00 AM, with the course running along the river front to Morell Park and back. This is a non-competitive event and all participants will receive a participation certificate. It should be a lot of fun and there will be many other activities along the river on that day.

George Hubbard tells me our clothing orders are nearly ready. If you have any items you want silk screened with the club logo please get them to me this week. The cost is \$3.50. Also we have a few extra singlets and other items coming if you are interested.

The Fall Classic Race committee have been busy and plans are coming along very well. Race Director, Bruce Meyer, will give us an update at the General Meeting.

That's it for this month. Have a good summer everyone!

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SHORTS AND SINGLETS

The climb up Mt. Kathadin was successful 2 weeks ago for 8 people. After seeing the pictures I would either call these souls brave or foolish.

About 2 weeks ago also the club had our Funrun listed as a Run Canada Run. There were about 20, people present with 4 or 5 non members.

The men who went to Portland and ran the marathon want me to thank their partners who helped them in many ways along the long road to the finish. So THANK YOU Flo. Carol, Maria, Gloria and Mary.

Another THANK YOU comes from James and George who, as you know, ran from Newcastle to here relay in 2 days. They want to thank all who came out and ran with them, biked with them and gave moral support along the way and at the finish area. Thanks to; Anne, Jim, Dave W., Reg, Brenda, David and Jason, Michelle, Brad and anyone else who I may have missed.

Rumor has it from the Striders that, in 5 yrs. time, the Moncton Marathon may become the Canadian Championship and will be International.

Congratulations at this time to Celinda Rearick who, as you read this will have a new last name. For those of you who are slow, she was married on the 14th.

You may have seen Bill, Brenda and Mike Mc. running on TV with the Special Olympics people. We "ran them out of town" so to speak. for the Tri City run.

Also with the Special Olympics on Sat. the 7th CCRR members helped out at the Naswaksis Field House with the actual Special Olympics.

The picnic was held on the 7th and all who attended had a great time. The weather man was good to us and the cooks were good to us with great burgers and dogs. The games were fun and this year a tug of war was added. A big GOOD JOB goes out to all the organizers. After the picnic there was a great time had at Dick and Edna's ^{where} ~~were~~ a good portion of us retired for the evening. We danced and then did some standing on our heads before we partook the good pizzas.

LOST AND FOUND Both of these were at the picnic. LOST a Nerf football belonging to Dick. FOUND 2 lawn chairs yellow in color. For both of these articles call Dick 454-1721.

Another new member, my Dad, Earl Wilson of Moncton.

UPCOMING RACES In the Editors notes I spoke of the race in Minto. I forgot to mention that the place to register is the Minto High School. Another upcoming race is the ladies only with George as the director. The date for this is Aug. 17th. There will be more on this next month.

THE ART OF COARSE RUNNING

No that is not a spelling mistake, that is a correct description of one of the most sought after categories of competitive athletics. A combination of mind and body that brings to sport a different type of achievement and personal satisfaction that is hard to equal. Most of us can never attain the peaks of performance of an Alberto Salazar, or a Greta Waitz, but all of us can enjoy the pleasures of coarse running. The secret is simple, you are running for your personal satisfaction however that may be achieved.

Without wishing to be sacrilegious, that satisfaction can often be achieved without actually achieving incredible P.R.s, or being the fastest man on the block. I shall therefore present the coarse runners guide to successful racing.

1. Never race in the same place twice. There are many techniques that will not work twice on the same audience, therefore you should always try to compete against different competition.

2. Never change in your car. Many a personal contest is won or lost in the dressing room before the race. You need all the advantages you can get, so do not waste this one.

3. Always dress properly. This means a tee shirt, and not a running top; it also means a tee shirt that is nothing to do with running, preferably faded,, with a pair of cut off jeans.

4. If you must warm up, do it out of sight of everybody else; You should only be seen by your competitors in crouched position, while you chant appropriate sounds to the rhythm of unseen drums.

5. Talk to noone, if you must communicate, use sign language accompanied by miscellaneous Scandinavian grunting noises.

6. Obtain the sympathy of the spectators; an effective technique is to approach the best looking spectator of the opposite sex, with a slight limp, and ask them, in sign language to rub your calves. This approach may sometimes obviate the need to run entirely, but that means you can come back for their next race.

7. Arrive at the start in good time, preferably about five minutes before the gun. This gives you time for your pre race ritual, which should be (a) complicated; and (b) offensive. If you have no better idea, try smoking a cigarette. (You should be aware that this will increase your circulation rate, while sending the health freaks around you running for cover.)

8. When they are about to start the race, break from the start line for a false start, and with any luck half the other runners will follow you thinking that they failed to hear the gun, and the officials will give up and let the race continue. This is particularly effective in large fields as the ensuing melee may result in twenty or thirty competitors being crippled or severely trampled, and all the good runners will be irritated to the point where they misjudge their pace.

9 Run blindly at your best pace for about 400 metres. This will enable you to see how the field is going to perform, and select your next victim. He or she should preferably be running just in front of you but obviously intending to ease off.

10. Breathe very loudly, or even better exhale with a snort. The noise that you make should be clearly audible to the runner in front. This will initially give the runner in front a sense of security, as they will think you are about to die; as you persist however it will become a cause for concern and they will start looking anxiously over their shoulder. It is still too soon to act. After a couple of panting minutes the runner in front will either speed up to try and get rid of you, or slow down to let you pass. If the former they will soon cramp up and let you pass, if the latter you pass anyway.

11. Select next victim.

12. Organise personal fluid stations. Do not let your body be interfered with by the trashy water and healthful offerings of over zealous race organisers. The bible says that man cannot live by bread alone, which means that, by implication, you will run better on beer. I do not wish to be dogmatic the brand of beer that you choose is up to you, for preference, it should also be transferred, from bottle or can, to cup or glass a few minutes before you receive it for degassing and to prevent embarrassment of law officers on traffic control.

Training.

While my previous discussion has provided detailed guidelines on how to be successful in the actual race, even the coarsest of runners does at sometime have to actually leave the house and set forth on the highways and byways on foot. As with racing this requires careful preparation, and attention to detail if you are to achieve success. There are of course three phases to this process, before leaving home, outside the home, and on returning home.

Phase 1, before you leave the house.

The basic purpose of training is to create an impression among the Public at large, and hence among the running public that you undergo a major training program. It is also of course unethical to actually lie. Visibility and identification are therefore your primary concerns at this stage. Dress in such a way that you can be identified immediately even at considerable distances. This does not necessarily mean that you have to purchase an obscure glowing tracksuit in an exotic shade, and wear it all the time, the same effect can be achieved by wearing odd sneakers, two gloves of different colours, or various colour combinations that clash horribly. When suitably dressed, even the coarsest of runners should go to the bathroom, though as will be mentioned later this need can also be exploited as a visibility feature.

Phase 2 Leaving the house.

Checking that you have money with you, leave the house. As a rule of course you will get into your car to drive to your optimum training location, though you may, from time to time actually leave the house and return on foot, just to keep your neighbours alert to the fact that you are a runner. This same effect can be achieved by judicious beer drinking in appropriate garb in the garden, if the neighbours can see you. You will drive to a location of optimal visibility, at least 5 miles from your residence. This of course ensures, that when you park your car out of sight and proceed to run one mile out and back, anyone observing you will assume that you have run at least 10 miles further than you have.

If you are fortunate enough to live in an area with public transport you eschew the car and take the bus. Discussing with the bus driver how far he can take you and making loud conversation with passengers gives an ideal opportunity to maximize public exposure. You should be careful however not to do your 10 miles out and back on the same bus returning, or you run the risk of exposure. Always sit with no immediate neighbours, so that you can not only ensure that your conversations with other passengers will be loud and audible, but also allows you to apologise for your body odor as a result of your run, without any one being close enough to observe that you are not sweating.

Always follow the fundamental rule of not running if there is no one around to observe you. Many a training day has been completely wasted by not being observed while you were out on the roads.

The same logic applies to running at night. If you establish the fact that you run at night, then the fact that you are not often seen out training is readily explained, it was too dark to see you. Clearly establishing that you run at night takes careful preparation.

You will not be seen in the streets, so you will therefore have to make appearances at a public place. My personal preference has always been bars, for obvious reasons, as I enjoy drinking beer. I have also found that appearing in any of the cocktail lounges in town, in mid jog, and full sweat, can have many incidental advantages. Passing beer company reps, can never resist buying you beer, and you gain a sort of legendary reputation after the second or third visit. This means of course that the word spreads, and as most of the people who actually talk to a sweaty runner in a bar are already hammered themselves, one appearance a week is translated into every night by word of mouth, with no effort on your own part.

I should also point out that if you get unreasonably detained in a bar, somebody will normally offer you a ride home.

In the same way of course friends can be useful; I am proud to say that I can normally keep a minimum of 5 houses in town where I can appear breathing heavily, and can reasonably expect to be offered either a beer or a glass of wine. I must admit however, that the beer is more efficient if you actually intend to run, rather than walk home afterwards.

Perhaps my most memorable training experience at night in Fredericton occurred several years ago, when during the middle of winter I was running towards the Diplomat. About two hundred metres from the hotel, I saw a figure running towards me at full speed, and with some difficulty managed to avoid him running into me. Shortly afterwards another figure went by at a similar clip. I was surprised by the fact that they were a little overdressed, but thought no more of it and went into the bar for a Moosehead. I had been in there for about fifteen minutes when the hotel security man came in and bawled me out for not having stopped the thief he was chasing down the sidewalk.

Written and typed by Tim Andrew.

Emotional Runner

INDIANAPOLIS (AP) — The neurosurgeon treating distance runner Kathy Ormsby says she has calmly accepted the news that she will never walk again and her father said it was pressure that led her to jump off a bridge.

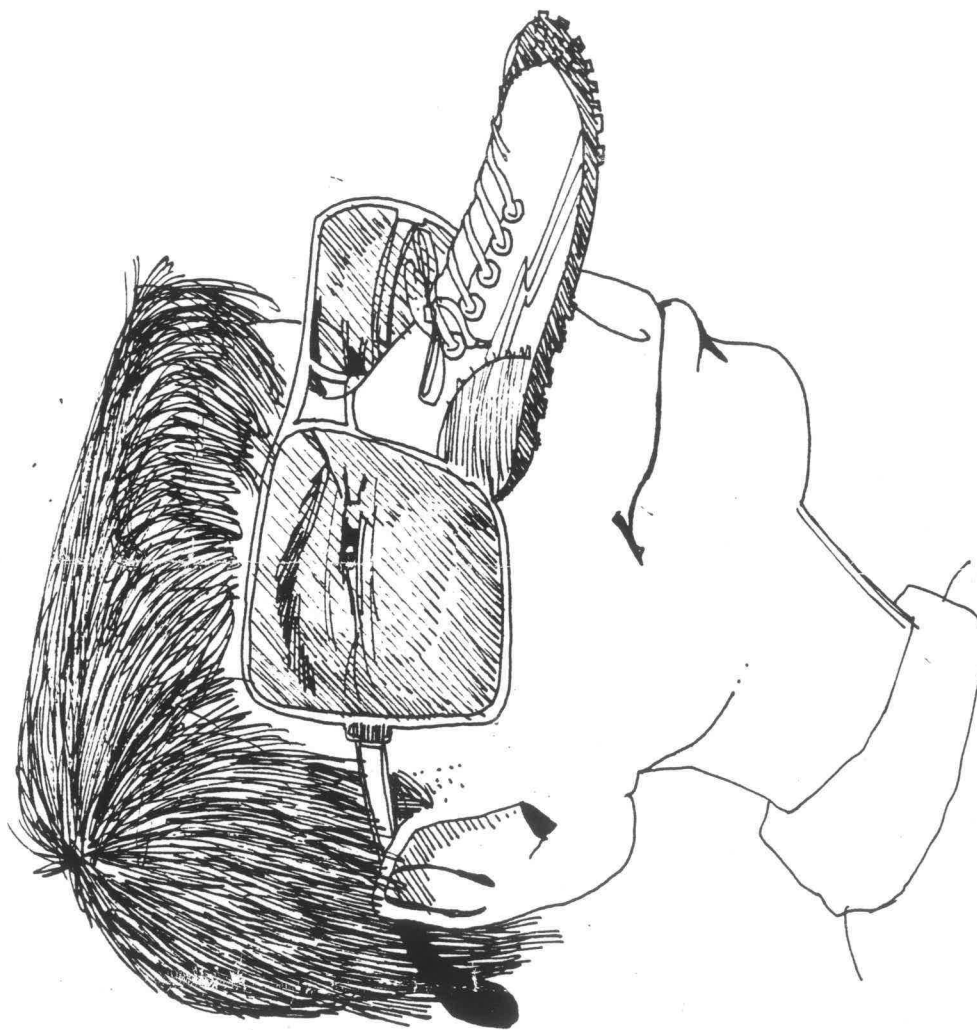
The North Carolina State student suffered multiple spinal breaks, a punctured lung and a broken rib when she jumped from a bridge minutes after dropping out of the women's 10,000-metre run at the U.S. college outdoor track and field championships.

Ormsby, 21, was listed in serious but stable condition Saturday.

"It's a question of pressure — pressure to succeed," her father, Dale Ormsby, said in a Friday telephone interview from her hospital room. "She could talk today, and she said she didn't know what happened."

*And on the serious side.
← Taken from THE GREATER*

This is what Elden Mac. looks like to his fellow workers



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AND THEY'RE OFF

First I'll mention that a few of us are doing real well at the track. I have heard some of the results with Joe L. doing well at the 1500 m. Also Michelle LeBlanc set a new record for Junior High at the 800 and 1500 meters.

OROMOCTO 10 km.

winner Stephen Harris 33:28

3. Joe L. 33:47
13 Dan Rearick 36:56
20 Paul L. 38:36
21 Brad D. 39:01
22 Phil 39:26
24 John W. 40:17
31 Peter R. 42:05
32 Rosaire 42:08
38 Mike Mc. 42:47
41 Fred T. 43:32
46 Dave P. 44:42
49 Brenda 45:49
54 Tim A. 48:17
61 Joy 51:18
62 Dick 51:19
63 Anne Mac. 51:53
73 Earl 1:19:13 Walker

Before this race Terry G. took part in the US 10 km. championships in Portland Maine. He not only got a PR 38:22 but is now the US champ in his age group. Good Show!

Also in Portland Me. was the Maine Coast Marathon where a few of the CRR's went to show what they could do. I hear the organization was the tops although the course was a little harder than anticipated. Approx. 550 finishers

31 Bill L. 2:50:05
79 Larry 3:05:05
125 Bruce 3:10:56
151 Steve S. 3:14:43
276 Elden 3:31:20

Also in the grueling 26.2 miles Eunice made her mark at the Moncton Marathon with a PR and first Female finisher with a 3:13:09,

At the Super Series race in Balmoral (10 km.) I really don't have the times all I do know is that Scott was 1st with 33:?? and James was 4th M.

Back to the Marathon in Portland I forgot to mention that George Demerchant ran from Grand Falls. He is 66 years old and finished 271st with a time of 3:30:27.

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And now for the June 15th races.

Burt's Corner Gregg Foster Memorial Race

A total of 17 Road Runners took part in this year's event, out of a rather disappointing field of only 29. As usual it was hot, although the humidity was fairly low. The post race meal was great as was Larry Gould's hospitality. It's a shame, but this race seems to be slowly losing ground to the competition as it really is a nice event on a lovely course.

1. Bill L. 43:33
- 2 Dan Rearick 44:20 1st M
- 5 Steve S. 48:12
- 6 James 48:20 2nd M
- 7 Terry G. 48:30 3rd M and oldest competitor(sorry Terry)
- 9 Bruce 49:35
- 10 John C. 49:42
- 11 Rosaire 50:18
- 12 Elden 50:30
- 13 Eunice 51:38 1st F
- Tim M.
- Dick
- 23 Carolyn T. 63:53 1st MF
- 24 Joy 2ndF
- 25 Mary R. } 71:40 3rd F
- 26 Flo } 2nd MF

This was Mary R.'s longest run ever. Well done Mary.

Also on the same day in Moncton there was the Shopper's Drug Mart 5 and 10 km. run. David and I were there and this is a good race. First of all the entry fee is only \$5 and all of this went to the Big Brothers Big Sisters. For your entry you get a T shirt, a bag, (sports) and a nice visor. The route was good, well marked with water and sponge stops. After there was a lunch of sandwiches, pop, and tea. One thing I enjoyed was ice water that they kept in good supply at the reception. The draw prizes were next with at least 150 of them. Since there were about 60 kids in the race these appealed to the kids with some of the prizes being GoBots, CareBears, Radios, other stuffed animals, and hats. For the adults there were bathroom scales, hair dryers, towels, and even shampoo and tooth paste. I will mention that the winners did not get medals or trophies but merchandise; the first men got gift certificates and thereafter winners had first choice of the draw prizes. All in all a GOOD race.

5 km.

- Earl Wilson 37:15
Jason T. 47:24
Brenda T. 47:25

We were walkers as you probably guessed. I forgot to mention that the race had 268 runners, joggers and walkers.

10 km.

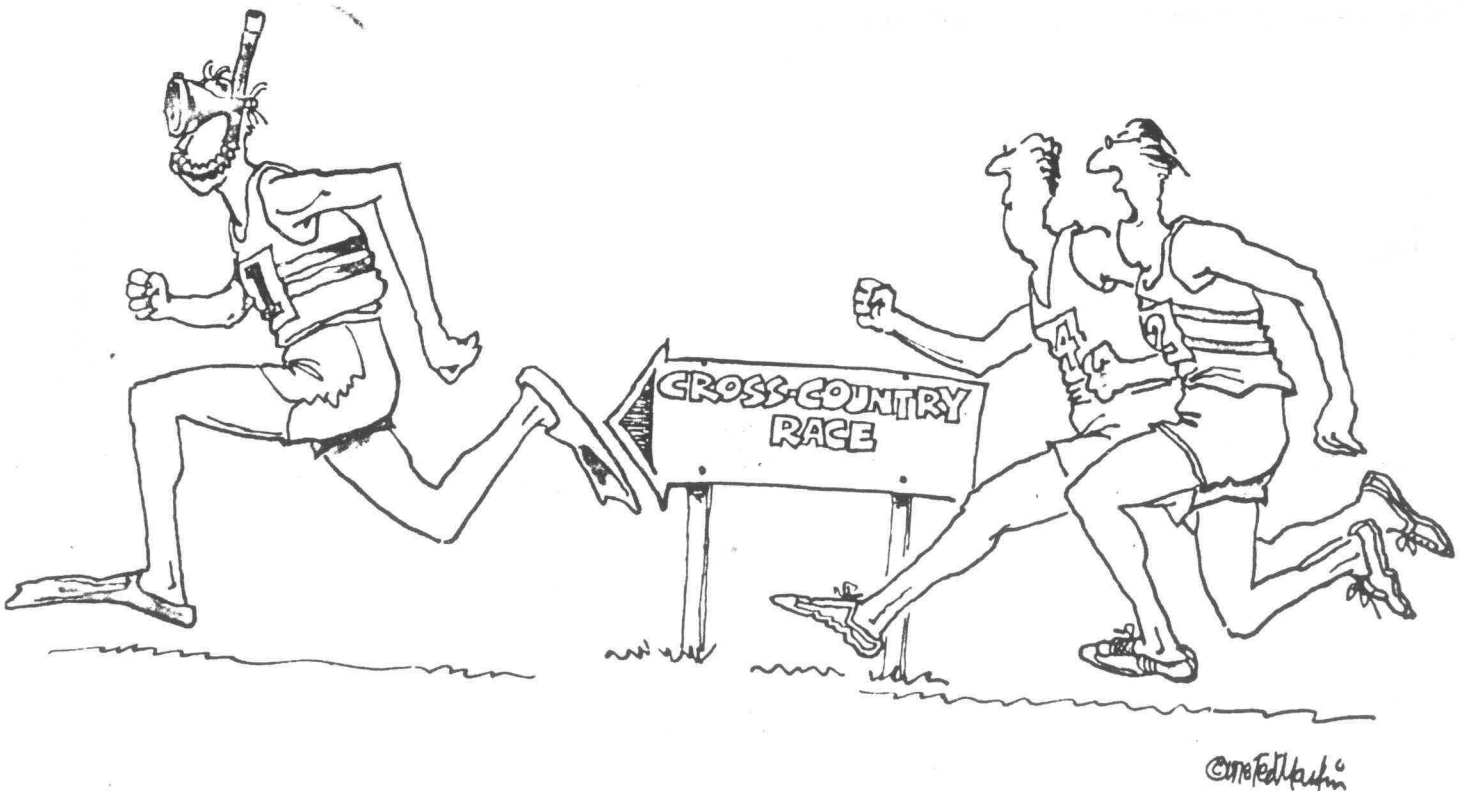
1. Joe L. 32:03 2nd Scott H. 32:19 11 David T. 36:41

HEALTH HAZARD

Few people realize the deadly, terrifying ability of the pickle to kill or injure a person for life. Pickles are associated with all major diseases of the body. They can be related to most airline tragedies. Auto accidents are often caused by pickles. There is a positive relationship between crime waves and the consumption of pickles. If you don't believe this, consider the evidence:

- 99.9% of all people who die from cancer have eaten pickles;
- 99.7% of all people involved in air or auto accidents have eaten pickles within 14 days preceding the accident;
- 93.1% of juvenile delinquents come from homes where pickles were served frequently;
- Nearly all sick people have eaten pickles;
- Of all people born in 1860, who later dined on pickles, there has been 100% mortality;
- All pickle eaters born between 1881 and 1901 have wrinkled skin, have lost their teeth, have brittle bones and failing eyesight, if the ills of eating pickles have not already caused their deaths;
- Even more convincing is the report of a team of researchers: rats force-fed with 20 lb. of pickles for 30 days developed bulging abdomens.

SOURCE: Safety Canada 1983; XXVII(3):4.



"What does he know that we don't know?"

For my

of her

115 Eworth Creek

The Blakes

