

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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FROM THE EDITORS

First I'd like to say that Bill did a nice job with the Fredericton Fitness Council. The movies were well worth watching and he made a nice speech about the club.

We both want to wish the runners who are going to Portland to run the marathon all the best of luck. After this week, we also wish you cooler temps. Another marathon coming up is the Moncton one on June 1st. I know Eunice is running in it and we wish you luck along with anyone else attempting this grueling distance.

You probably heard that we went for a trip to Ottawa and watched the National Capital Marathon. The night before was a 10 km. race in which David and 800 others ran. I enjoyed watching the race and the organization and found, perhaps surprisingly, that N.B. races are just as well run. Also the entry fee was \$10 preentry, but on the day of it was a whopping \$20. For this you got a T shirt (which they were selling for \$3) and a drink of pop at the finish. I'd say we certainly top that in most of our races especially our own Fall Classic.

You will notice that I picked up the calorie counter from MacDonalds and reprinted it. Quite interesting I think. If anyone has any others of these from different restaurants pass them on to us and we'll print them.

Last but not least, please get race results for us when you travel.

Have a good June.

Brenda & David Tree

**CANADIAN DIABETIC FOOD CHOICE VALUES
FOR McDONALD'S. RESTAURANTS
BASED ON CANADIAN FOOD GROUP SYSTEM**

To assist persons following diabetic diets, energy values and food choice values for foods served at McDonald's® are listed below:

	Number of Food Choices				Energy	Energy
	Fruits & Vegetables	Starchy Foods	Protein Foods	Fats & Oils	Value Calories	Value kJ
Hamburger		2	1 1/2	1 1/2	260	1,090
Cheeseburger		2	2	2	310	1,300
Quarter Pounder®		2	3	3	410	1,710
Quarter Pounder with Cheese*		2	4	4	520	2,170
Bic Mac®		2 1/2	3	5	570	2,380
Filet-O-Fish™		1 1/2	2 1/2	4	440	1,840
McChicken™		2 1/2	2	4	470	1,970
French Fries (reg.)		2		2 1/2	260	1,090
Egg McMuffin®		2	2	2	330	1,380
Pork Sausage Patties			1	3	200	840
English Muffin (buttered)		2		1	180	750
Hash Browns		1		1 1/2	140	590
Scrambled Eggs			2	1	160	670
Milk, whole, 250 mL				2 Milk	160	680
Milk, Partly Skimmed B.F., 250 mL				2 Milk	120	500
Reconstituted Orange Juice, 190 mL	2				80	330
Reconstituted Grapefruit Juice, 190 mL	1 1/2				80	330
McDonaldland® Cookies	1 1/2	2		2	300	1,250
Chocolatey Chip Cookies	1 1/2	2		3	340	1,420
Cones	1	1		1 Milk	220	920
Diet Coke, 280 mL					1	5
The following items contain large portions of carbohydrate derived from sugar. Persons with diabetes are strongly discouraged from eating such items, since such carbohydrate is quickly absorbed resulting in an abrupt peaking of the blood sugar.						
Hot Cakes w/Butter & Syrup	4	3		1	310	1,300
Apple Danish	1	2		2	300	1,250
Cinnamon Danish	1 1/2	2		3	350	1,460
Chocolate Shake	5		1/2	2 1/2 Milk	390	1,630
Vanilla Shake	5		1/2	2 1/2 Milk	380	1,590
Strawberry Shake	5		1/2	2 1/2 Milk	380	1,590
Hot Fudge Sundae	4 1/2		1	1 1/2 Milk	330	1,380
Strawberry Sundae	4 1/2		1/2	1 1/2 Milk	300	1,250
Caramel Sundae	4 1/2		1	1 1/2 Milk	310	1,300
Apple Pie	2	1/2		4	290	1,210
Cherry Pie	2	1/2		4	290	1,210
Coca Cola® 280 mL	3 1/2				140	590



FROM THE PRESIDENT

How many times have you asked yourself "Why do I run?" For all of us there are times when we have difficulty coming up with an entirely satisfactory, or even reasonable answer. Let's face it, running is not always a totally pleasurable activity. Sometimes it hurts, we feel miserable throughout the run, and it's a relief when we're finished.

Fortunately, these bad runs are generally offset by good ones, when running is a pleasure and it feels good to be out pounding the pavement. If it weren't for this, why would we keep at it? I believe the basic reason most of us run is for the very demonstrable fitness and health benefits we receive. This is the common thread that binds all runners together - we are pursuing fitness as a way of life.

At a presentation our club gave to the Fredericton Fitness meeting on May 13th, we showed two NFB films on running. One of these films, entitled "Runner" examined running from the points of view of three individuals. The first was a 42 year old heart attack victim who was essentially running for his life. For him running represented a second chance. It reflected a very changed lifestyle he had adopted. He is running not only to be fit, but to survive.

The second runner was an international class marathoner - one of the chosen few blessed with the right genes and motivation to train and perform at an elite level. Yet when interviewed, he said he loved running and even if he had to quit competing, he would run for the rest of his life. For him running was a part of his lifestyle.

The third subject was a woman in her 30's who fell somewhere in between these two extremes. For her, running is a part of her daily routine; it is something she does every morning to start the day off. While she has run races, the physical fitness and emotional benefits of running are most important to her.

Our club has a wide cross section of runners. Some place a great deal of emphasis on racing and the related training programs, whereas others run with little or no interest in competing. While each of us has our own personal reasons for running, I believe the health and fitness benefits - both physical and emotional - are the most significant. The underlying motivator that keeps most of us running is our desire to live long and healthy lives. Runners understand that it's not only how long we live, but how we live that is important.

Perhaps this explains the sense of common purpose and understanding that runners share, regardless of how fast we run a 10K, or how many miles we put in per week. We run because we know it's good for us. Anything else we get from running is an added bonus.

Bill.

EXTRA SHORTS AND SINGLETS

Just talking to the race organizers of 2 upcoming races and for your info the Super Series race in Shédiac George Gallant 10 km. is in the booklet wrong, the correct date is Sat. July 12th. Another race is the Burtt's Corner Gregg Foster Memorial 7.5 mile event. It is scheduled for Sun. June 15th.

One other thing about races, the Moncton Marathon for June 1st is a race in which you must pre register by May 30th. You cannot enter the day of the race. Also in this race is a relay event- 4 runners doing 6.5 miles each. They must also pre register. David and I have some posters for this race.

AND THEY'RE OFF

The racing season has started in a big way again and a lot of us are competing. I want to remind you to please get race results if you are at a race. Try and get all the CCRR results.

First of all we report on the Boston Marathon in which James T. competed, very well I might add. James went there with a goal of 3 hours and he surpassed it with a 2:57. Congrats James!

Here are the results from the Saint John race of May 4th

5 mile	63 entrants	winning time 25:33
3. Bill L.	26:12	
4. David T.	26:33	
5. Larry	26:58	
17 Michelle C.	32:09	3rd F
21 Brenda	34:17	
22 Tim M.	34:32	

11 mile 51 entrants

9 John C.	71:18	
18 Steve S.	77:43	
Eunice	79:32	1st F
27 Mike Mc.	81:01	
39 Dave P.	97:25	
40 Dick M.	97:38	
45 Joy	104:56	3rd F
46 Flo	105:11	1st MF

May 10th marked a 10km race in Dieppe

1st Joe L.	31:32	
2 Scott H.	31:35	
James	38:41	
5th F Lst MF	Eunice 41:57	

Hot off the presses are the results from Campbellton, May 19th 13.1 miles

Overall winner Joe McGuire	71:50	
2 Scott H	73:17	
6 Dave T.	80:52	
14 James	88:43	
31 Anne Marie	1:41:24	2nd F
36 Mike Stappenhurst	1:46:02	
39 Brenda	1:53:16	

I will mention for those of you unfamiliar with the course that it is extremely challenging and this year extremely HOT. The reception the night before was well done with the Super Series awards for 1985 taking place. Congratulations to all.

SHORTS AND SINGLETS

Don't forget the Funruns are now on Wed. nights at 6:00 PM at UNB with Bruce as the leader.

There still seems to be a Ladies run most Mon. nights at around 5:30 starting from Edna's.

James T. after running Boston and driving for over 8 hrs. the day after just had to go out for his run even though it was 11PM. What dedication!

Here are 2 Remember Whens; Remember when you girls first started running and the sorest muscles were those in the derierre? Remember when you ran the Bridges for the very first time?

As some of you know we usually go to the Chestnut after our Funrun. Lately we seem to have a bigger turnout at the club than for the run. Shows where our heart is doesn't it?

In Saint John John C. won a prize for prediction of time, as did a lot of othere CCRR's. John deserved the prize especially because he didn't get lost this time.

A big congratulations to Flo for completeing the 11 miles in Saint John. I think that was her longest run ever.

People to add to the membership list from last month are; Tim and Sheila Andrews, Don and Carolyn Townsend, and Dan, nancy, Peter and Celind Rearick.

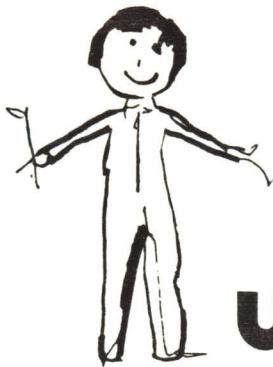
You will notice in this issue an article for the RUN FOR the WORLD that Ja and George. They would like me to remind you that they would love your su both as in a pledge and also to help them run into the city if you can.

Don't forget the CLUB PICNIC on June 7th at 2:30 at Odell park. Food is provided but bring a lawn chair along with your family. This always proves to be a fantastic event with about 70 attending last year.

Also on the 7th from 10:00 am to 1:00 pm the Special Olympics are again as our assistance. This year the event is a Regional meet which means small number of participants. Anyone of us who helped with this last year can what a rewarding experience it was. If you think you can help out please Bill before the 28th of May.

A climb up Kathadin seems to be in the works for May 31st. Interested pe can call Joy or Bill for more info.

Ps Sorry about the typing of this page. It's my birthday so give me a break.



UNICEF NEW BRUNSWICK,
88 Prince William Street,
Saint John, New Brunswick
Telephone: 652-4747

UNICEF

Dear Sir or Madam,

Re: Public Service Announcements

By now, you are probably familiar with the Sport Aid "Run the World" event to be held in countries throughout the world on Sunday, May 25, 1986. In Canada the Sport Aid events are being organized by National Physical Activity Week in conjunction with Unicef Canada.

Unicef New Brunswick is proud to support two New Brunswick athletes who will be participating in this event by running a 200 kilometer challenge from Newcastle to Fredericton on May 24 and 25, 1986. Revenue from pledges for this event will be divided between Unicef Canada and the Band Aid Trust, organized by Bob Geldof.

Would you kindly air the following press release:

Unicef New Brunswick is pleased to support two New Brunswick athletes who will run a "Race Against Time" in conjunction with Sport Aid, a week of sporting events worldwide to raise money for African relief and rehabilitation.

James Tucker, a master runner who has completed 8 marathons, including the Boston Marathon, and George Hubbard, an experienced marathon runner, will run a 200 kilometre challenge, from Newcastle to Fredericton on May 24 and 25th. Leaving Newcastle at 8:00 a.m. on the morning of May 24th, their planned route will take in Red Bank, White Rapids, Blackville, Doaktown, and will continue along route 8 to Fredericton. Anticipated arrival in Fredericton will be 6:00 p.m.

Pledges will be accepted for the run and may be sent directly to the New Brunswick Unicef office in Saint John, or paid at an Imperial Bank of Commerce. Tax receipts will be issued as requested by Unicef New Brunswick. For further information or pledge forms, please contact the Unicef office in Saint John at 652-4747, in Fredericton at 459-3346 days, 454-2560 evenings, and in the Newcastle area at 826-7776.

Proceeds from the event will be divided between the Band Aid Trust for aid to Africa and Unicef Canada, for its continuing work with the children in the developing countries in Africa.

In addition to your pledges, the athletes would appreciate your support as they pass through your area. Let's be there to cheer them on!

Enclosed is information about Sport Aid. If I may be of further help, please do not hesitate to contact me at 454-2560, evenings.

Thank you for supporting our work with the children who so desperately need our help.

Louise Burbidge Information Officer, Unicef Fredericton

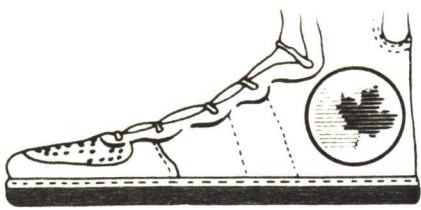
RUN THE WORLD



JOIN

THE RACE AGAINST TIME

SUNDAY 25th MAY 1986



National
Physical Activity Week
May 24 ~ June 1 1986

runs with



THE RACE AGAINST TIME

SUNDAY 25th MAY 1986

(Pledges and donations generated from events after May 25 are also welcome)

NAME/DESCRIPTION OF EVENT _____ LOCATION _____

TYPE OF PHYSICAL ACTIVITY _____

NAME OF PARTICIPANT _____

To be signed by all Participants

Please accept my application to participate in **THE RACE AGAINST TIME**. I hereby declare that the organizers are in no way responsible for my safety and that I will participate entirely at my own risk. I also understand that in the unlikely case the event is cancelled due to insufficient entries my entry fee will **NOT** be returned but will be donated to **SPORT AID** after deduction of reasonable administration expenses.

I hereby, for myself, my heirs, and assigns, release **SPORT AID** and its staff and volunteers, together with any municipalities and governmental bodies through which it passes, for any injury or loss through my participation in **THE RACE AGAINST TIME**. In addition, I hereby agree to take sole responsibility for my own fitness in being able to participate in **THE RACE AGAINST TIME** and participate entirely at my own risk. I also give permission for the free use of my name and picture in any broadcast, telecast or any other written account of the event.

SIGNATURE _____

SURNAME

SEX

M F

FIRST NAME

AGE ON DAY OF RACE

DATE OF BIRTH

Day Month Year

POSTAL ADDRESS

TOWN/CITY

PROVINCE

POSTAL CODE ESSENTIAL

COUNTRY

AREA CODE

AREA CODE

HOME TELEPHONE

Should you wish to contribute to **SPORT AID** in lieu of obtaining pledges, please fill in only the form above and enclose a cheque or money order payable to **UNICEF – SPORT AID** (see address on back).

A receipt for income tax purposes will automatically be issued for donations of \$10.00 or more.

OFFICIAL SPONSOR FORM IN AID OF AFRICA

Whether you run, walk, dance, swim or do any other physical activity, collect pledges from sponsors for every mile or pool length covered, or for every 10 minutes of continuous activity you complete.

Please mail this form with cheque(s) or money order(s) to:

TOTAL

SPORT AID
c/o UNICEF CANADA
443 Mount Pleasant Road
Toronto, Ontario
M4S 2L8

Official **SPORT AID** T-shirts are available at a cost of \$10.00 per shirt plus handling and shipping charges of \$1.00 (Ontario residents add 7% sales tax).

For orders, please request preferred size (S, M, L, XL) and preferred language (French or English).

Make cheques and/or money orders payable to:

UNICEF – SPORT AID

P.O. Box 5085
Paris, Ontario
N3L 3T2

Proceeds will go directly to African famine relief.

This pledge card is printed and distributed by Fitness Canada to participants of National Physical Activity Week events for 1986 only in support of **SPORT AID**.

Fitness Canada

The Minister of State for Fitness and Amateur Sport, Mr. Otto Jelinek, gratefully acknowledges the participation of every Canadian taking part in this unprecedented campaign for African famine relief.

In Canada, all proceeds will go to African relief through UNICEF CANADA (Registered Charity Number 0219618-09-13) as recommended by **SPORT AID** and the Band Aid Trust.

RACING TIPS taken from the entry packet for the National Capital Marathon

FOOD/FLUID INTAKE:

Prior to the race, drink at least 10 ounces of fluid. Void as close to race time as possible. Drink 2 glasses (6-10 oz) of fluid at EVERY refreshment station. DO NOT WAIT UNTIL YOU ARE THIRSTY. Remember, you will lose 2/3 more fluid than you can possibly replace. You should drink enough fluids during and after the race so that you are able to urinate within one hour of completing the race. If not, you should seek medical attention as you may have a kidney problem.

NOTE: MEDICAL TEAM MEMBERS ARE AUTHORIZED TO PULL ANY PARTICIPANT OFF THE COURSE IF MEDICAL ATTENTION IS REQUIRED.

The intake of sugar within one hour of the start of the race will tend to reduce endurance performance (the influx of insulin lowers the glucose level in the blood thus robbing you of your energy).

PHYSICAL PREPARATIONS:

We strongly advise that you do not run in a new pair of shoes.

Lubricate possible friction areas with vaseline (or something similar) i.e., feet, groin, nipples and auxilla. This will aid in preventing shafing and the formation of blisters.

NOTE: Vaseline is available at all AID STATIONS and near the entrance of the Physical Recreation Centre prior to race start.

Unless you are a veteran, start slowly. Remember to pace yourself for it is natural to run faster than usual in the race. Breathing should not be laboured and you should be able to talk to a fellow runner.

If you experience mild back discomfort during the race, try alternating running on the grass and on the pavement.

SIGNS TO WATCH OUT FOR:

- a. Weakness, dizziness; Nausea and vomiting; Pale, clammy skin; Rapid breathing -HEAT EXHAUSTION- results from exposure or extensive activity in high temperatures and/or high humidity, causing loss of body fluids and chemicals.
- b. Restlessness; Headache, nausea and vomiting; Hot, dry skin which is very red; loss of consciousness if untreated -HEAT STROKE- is the advanced stage of heat exhaustion. This can be a life threatening situation if it is not treated IMMEDIATELY.

IF YOU RECOGNIZE ANY OF THE ABOVE MENTIONED SYMPTOMS, STOP IMMEDIATELY AND ASK FOR HELP!

Note: You can prevent these two problems by drinking plenty of fluids before, during and after the race. If you just start to feel tired and out of breath, slow down your pace or stop. Seek medical help if symptoms persist.

