

# FOOTNOTES

---

THE MONTHLY NEWSLETTER OF THE  
CAPITAL CITY ROADRUNNERS


FREDERICTON, N.B.



“ THE FUN RUNNING CLUB ”

VOLUME : 4  
NUMBER : 32

March 1986

COVER DESIGN BY  
 Valley  
Graphics Ltd.  
VALLEY GRAPHICS LTD. 1000-1000-1000-1000

## THE EXECUTIVE

PRESIDENT	Bill LeDrew	459-8114
VICE PRESIDENT	Steve Scott	454-1714
REGISTRAR TREASURER	Jim Lythgoe	454-2415
SECRETARY	Ann MacDougall	455-0562
MEMBER AT LARGE	Joy Elliott	472-1482
FOOTNOTES EDITORS	Brenda Tree David Tree	454-6202
FUNRUN COMMITTEE	Bruce Meyer John Cathcart	455-0956 455-1742

-----  
FROM THE EDITORS

First of all we'd love to congratulate the new executive on their appointments. I am sure they will do a fine job. At this point I think last year's executive deserve a fine pat on the backs for they certainly did a fine job.

I want to tell you that we have had complimentary comments on our fine new cover page. I will remind you that this was the job of Reg Van Dreht's company. Thank you Reg.

We have gotten a few articles in lately from people and we wish to thank Larry, Bill, and Steve. I will remind people to clip out anything they may see in a paper that may be of interest or to test out your writing abilities out on an article or two.

We have a few upcoming articles planned with a review of the Maine Coast Marathon route that a few of you are planning on doing. Also Mike Stappenhurst was recently in Australia and he said he would write up something on running "Down Under".

I will lastly remind people that 1986 dues are now due and the new registrars address is- Jim Lythgoe 70 Deerwood Dr. RR6 F'ton E3B 5H7.

*Brenda &  
David Tree*



# SHORTS AND SINGLETES

First I asked for your mileages for 1985 and here is what I got;

Brenda 1382  
 Larry 1630  
 Mary R. 722  
 Joe L. 3107  
 Dick 1029.8  
 Edna 521.5  
 Roly 3500 plus  
 David approx. 1700 (Tree)  
 Don H. 2263  
 Steve 2160  
 Dave W. 1000  
 John C. 1900  
 Jim L. 1300  
 James 3323  
 Bill L. 2115  
 Elden 1301  
 Joy 892  
 Bruce 1685

I have a couple of upcoming races. The St. Paddy's Day run in Saint John on March 15th- 8 and 4 miles. Usual procedure with registration at the Howard Johnson's.\$3 entry fee. Another race is on May 18th in Portland Maine and it would be exciting to enter or watch. It is the USA National 10 km. Road Race Championship. I got this info from Terry G. and he may have more on it if you are interested.

Note clipping on the Can. 1 mile record. For those of you unfamiliar with the name Peter Richardson is from Fred.

## Track Record

TORONTO (CP) — The barrier was a long-standing one.

No Canadian had ever run a sub-four-minute mile indoors, but for 22-year-old Doug Consiglio of Cambridge, Ont., everything seemed right for his assault on the elusive mark.

Consiglio, aided by the entry of world-class teammate Frank O'Mara, a pair of "rabbits" to keep up the pace and a boisterous crowd, clocked 3:55.91 at a recent meet in Arkansas to shatter the Canadian mark of 4:01.00 set 10 years ago by Peter Richardson.

Racing on a 200-metre flat track at the University of Arkansas in Fayetteville where he is attending school, Consiglio placed second to O'Mara, who had been attempting to break fellow Irishman Eamonn Coghlan's world best of 3:49.78. O'Mara fell three seconds short.

O'Mara's goal quickened the pace, as did the two rabbits in the race — Joe Falcon of the U.S. and Gary Taylor of Britain, whose job it was to move to the front of the field at different points in the race to keep up the quick laps.

Added to that was the partisan crowd.

"O'Mara was trying to break the world record and there was another guy from our school (Paul Donovan) who won the NCAA indoor championships last year," Consiglio, a third-year natural sciences student, said in an interview from Fayetteville. "I knew I couldn't run as fast as Frank, but I knew I could run pretty close to Paul."

"I was, maybe, trying to be the first Canadian to break four minutes indoors. When I went through the three-quarters in 2:56. I knew I'd break four by quite a bit, but not by as much as I did."

Consiglio's race qualified him for the National Collegiate Athletic Association indoor championships March 14-15 in Oklahoma City. Earlier this month, he established a Canadian and NCAA indoor best in the 1,000 metres with a time of 2:19.64.

As the first Canadian to break the sub-four indoor mark, Consiglio says he's as mystified as anyone why it took so long to accomplish something American Tom O'Hara first managed in 1964

Clipping donated  
 by James

LAST CALL for anyone interested in a mountain climb in New Hampshire this summer. The plan is to go for 4-5 days with 2 nights spent in the camps on the top. This is the reason for people to tell their intentions as room has to be booked now. For more info contact Dick 454-1721.

As I was running recently and trying to think of a good excuse to walk

I came up with these;

Retie your laces and if you are really tired shake out an imaginary rock.

Window shop- isn't that a lovely dress?

Stop at red lights even if there are no cars around. You wouldn't want to jay walk would you?

Stop to blow your nose and take awhile to find your kleenex.

A good one at a funrun is to wait for the slower group to catch up with you. It sure makes you look like a good guy and by the time they catch up you shouldn't be as winded.

Stop and talk with a very slight acquaintance.

Stop and pat a dog or cat.

Another common one is to stop and start pushing on a building.

Stop and remove or put back on a piece of clothing.



*"I hear you got a good deal on your shoes."*



## THE YEAR IN REVIEW

Every year so far we have gone back over the previous year's newsletters and wrote up a year in review. Mind you, we are a little late this year.

Jan. The weather was so nice that we were running in the Arboretum last year in Jan. The loose Sneaker was still sending in the much missed anonymous columns. The executive was elected.

Feb. Some of us started wearing the hunter orange hats. We got our long sleeved T shirts that look so nice. The New Maryland race.

March Dennis A. started and finished his tri city run this month. The CCRR were seen both starting him off and greeting him. There was a Fitness Conference at the Y where the CCRR helped out with the Funrun.

April The picture of the executive was seen in The Gleaner. The Boston and Heart Marathons. We had a Carbo loading meal together at Vitos before the Heart Marathon.

May We helped the City Rec. Dept. again by manning the phones for Participation day. We also were featured on the CBC news. John and Bruce took over as the Funrun Committee. We also helped map out and man the course for The Run for Light. We held the club barbeque at Odell Park and it was a huge success.

June Pat and Wendy B. our guest speakers at a general meeting. Their topic was yoga. We helped with the Special Olympics both in the parade and with the actual games. Scott H. made the record books with his 10 km. on the track time.

July Lots of Super Series races. Eunice to Ont. to run in a race for the postal workers. Nice weather, not too hot.

Aug. The Canada Games in Saint John where Scott and Ian represented both the province and our club. Quite a few of us went down to cheer them on. Also Sue B. was an official at the Games. Our club was also well represented in the Opening Ceremonies with 5 helping run in the torch. We got club shorts and singlets. We had a 5 km. time trial at a funrun. Perhaps our biggest funrun this month with 25 attending.

Sept. Our own Fall Classic with 156 competitors. A Mt. Katahdin climb planned. Corn boil at the Robinson's.

Oct. Lots of puddles to slash in this month. Benjamin's 10 km. in Bangor with a lot of us attending. A hurricane hits N.B. (Maine hit much worse). Last Super Series race for 1985 and we have a lot of members finishing very well including top male and top 3 females.

Nov. Funruns moved to Sat. this year. A new sporting goods store for F'ton- Paul Mars.

Dec. Our annual Xmas party this year held at Dick and Edna's. Membership hit the over 70 mark.



Donated  
by Steve

The Northern Light, Wed Feb. 5, 1986— 1B

# Marathon man logs 10,000th mile

BY MARC BELLIVEAU  
Staff Writer

It would be like to running to British Columbia and back.

Aldo Mallet, 39, ran mile 10,000 last week in the area of the Nepisiguit High School. That's how many miles he's accumulated since he began running on a daily basis in 1979. Mallet said it was arduous beginning, but he gradually got into good enough condition to run several miles a day.

"The first time I tried — I couldn't run a mile without stopping three times. It took about two months before I could run a few miles without stopping. Gradually, I built up to five miles a day and more," Mallet said.

The Robertville man didn't start running because of doctor's orders. It was his decision, an easy one to make considering the "sorry shape I was in."

"When I started, I did it just to get in shape. I weighed 180 pounds and smoked a pack of cigarettes a day. I decided to do something about my condition. And today, I can do things I never dreamt I'd be able to do at my age."

He said he first thought about marathon running when he saw an article in a newspaper about the Montreal International Marathon. A year later, in 1980, he took part in the marathon and finished the 26 miles in four hours and two minutes. Last year he marked a time of 3:01:15 in the same marathon.

Mallet runs about 50 kilometres a week this time of the year, but as much as 100 km a week in the summer. Surprisingly enough, he feels conditions are better for long runs in the winter.

"Running in the slush isn't good, but when it's cold out there's no better time to run. I can go for 20 kilometres and I won't need any water when it's cold. In the summer I'd stop to drink two or three times in that distance."

One of Mallet's proudest accomplishments came from August 1982 to August 1983. During that whole year he ran every day — a total of 2,534 miles for the year. He ran every day for six months and decided to try for a whole year, which he did, rain, snow or sunshine.

Mallet marked another accomplishment recently, when he was elected president of the New Brunswick Fitness and Lifestyle Federation. The federation has two divisions, one in English and one in French.

Some of his duties as president will be handling the federation's budget and travelling to Ontario and Quebec, to see how different physical fitness organizations operate and if projects can be implemented in New Brunswick.

Mallet was president of the French division of the Federation, l'Académie en Forme, and at the annual meeting of the federation held in Moncton Jan. 25, was nominated by his fellow executive members to head the federation. "It's not really a big job, but there's



Aldo Mallet ran his 10,000th mile last week. Mallet, 39, started running every day in 1979, he weighed 180 pounds and smoked a pack of cigarettes a day at the time.

(Northern Light Photo)

things to do and I hope I can do them. It gives me personal satisfaction because, in a way, it shows the work I've done has paid off," Mallet said.

Running 10,000 wasn't accomplished without some close calls as far as accidents are concerned. Mallet was hit by a 10-speed bicycle last summer and thrown 35 feet. However, he said "it was not enough to keep me down" and he participated in a competition in Bathurst the next day. He came dangerously close to serious injury when a car ran into him in 1982.

"The car was going right for my legs and I jumped on the hood. I rolled off and the car peeled out without so much as the driver asking if I had been hurt or not. Luckily I was just a little stunned. You have to run defensively and watch the oncoming traffic at all times."

The ultimate dream of the 39-year-old is to participate in the World Championship Triathlon in France. It entails two miles of swimming, 75 miles of cycling, and a 20-mile run. He said he hopes to be part of the Triathlon when he is in his 40's.

"I could do it now and have a good performance with six months of rigorous training before-hand. It would be a fairly expensive trip — so I'll have to save up to go," he said.

But for now, Mallet is content with running 10 kilometres at 6 a.m. every day before going to work, and getting to bed early so he can repeat the run the next day.



## AND THEY'RE OFF

THEY WENT AND THEY CONQUERED.....This is the biline for the Oromoct Triathlon held Jan. 26th. At the Chestnut after the Sat. funrun the triathlon was brought up and after deliberation it was discovered that enough equipment was available for 3 people, so off we went. First I'd like to say this was a great event, organized well and not overly competitive, but enough to make it fun.

The 3 who went were Steve, Larry and myself(Brenda). Mary R. was our coach and equipment organizer with Craig and Laura our managers. It was a very mild day with a bit of a wind; a nice day to run but not so great to ski. This didn't matter to me as I hadn't skied before and any day would have been bad.

We were briefed as to the procedure and all was fine. It consisted of a 1 mile skate in an arena (15 laps) with the start staggered, 5 skaters on the ice at a time. After your skate which left my legs trembling we put on our ski boots and ran outside where we had left our skiis. Then we immediately hit the trail( or at least everyone else hit the trail soon. I forgot how to put the skiis on). The skiing was 2 miles long over the golf course (I only fell 5 times). You took off your skiis on reaching the finish line (here is where our equipment manager came in handy) then ran in your boots to the inside of the arena where you had left your sneakers. At this point I understand Larry was in 2nd place and Steve in 3rd; but put a Road Runner in his sneakers and watch the smoke fly! I, of course was still skiing, but having fun. Needless to say Larry and Steve excelled in the run and when the smoke cleared it was Larry the overall winner with Steve in 2nd. How did I do? Well I was 2nd Female (out of 2), but I did beat a kid in the run who said "I bet you can't run either!" . All in all a great time and a good idea they had is to mail the medals out and on them will be engraved your finish times. Lets get more of us there next year.

At least 3 of our runners are doing very well on the indoor track season; Roly, Ian and Joe L. I don't know any times for sure but I do know a couple of weeks ago in Moncton in the 1500 meters Joe was second by .2 seconds to Paul McCloy with Norm Tinkum in 3rd.

And here is the results from the Dieppe 5 Mile race on Feb. 16th

Winner Scott Hare 25:32

1st Female from Moncton Patty Blanchard 29:04

14th James T. 29:11

33rd Elden M. 29:04

## AND IN THE BEGINNING.....

I was recently remembering 3 years ago my first encounter with the CCRR and realized that not everyone knows of it's beginning.

As I know it, Dick and Tim first came up with the idea of a running club for F'ton. They advertised a Sun. Funrun in Jan. from the Y. David and I went, please forgive us turning up in racing gear. We didn't know what Funrun meant.

Anyway there were 2 distances; 5 miles and 1 or 2 miles for the "beginners" with Edna as their leader. And a good leader she was, two of her graduates are Fred and Joy.

Our runs were on Suns. then, in fact this is the first year we have had them on Sat. We ran then from the Y and from the raquetball club on Prospect st. We then had a General Meeting where we voted on the club name and the executive of; Dick, Tim, Wendy B., Ed, and Dave P.

In the summer of '83 we got our first club wear, a short sleeve T shirt with a huge crest on the chest. It looked like a target. You may still catch some of us wearing this shirt with pride. We started travelling together to races, decided on promoting a race in Sept., helped with Participaction Challengs and a Ladies Only race, Helped with The Run For Light, started a newsletter, and grew to 40 members.

The 2nd year marked a new executive; Paul, Dick, Brenda, Dave W., and Tony. Another good year with growth in all directions; up to about 60 members, David and I took over FOOTNOTES, we started the annual family barbeque, Christmas party and occasional get togethers at private homes.

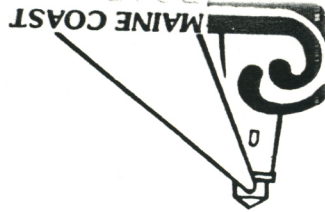
1985 marked Bill heading the executive with Larry, Dick, Brenda, and Paul. Many more activities- Participaction Challenge, Run for Light Spring into Summer (at the Y), Helped with Tri City Run and Special Olympics. Our own race grew from 55 runners in '83 to 156 in '85. Membership went up to 75 and we got our smart looking long sleeved shirts and our shorts and singlets. We proved to be a force to reckon with on the road racing circuit. From the humble beginnings we've grown in all proportions. There are still about 15-20 of us around from the original group of '83 and many more new faces each year. 1986 is here and I'm sure the new executive will steer us towards bigger and better goals.

*Brenda T.*



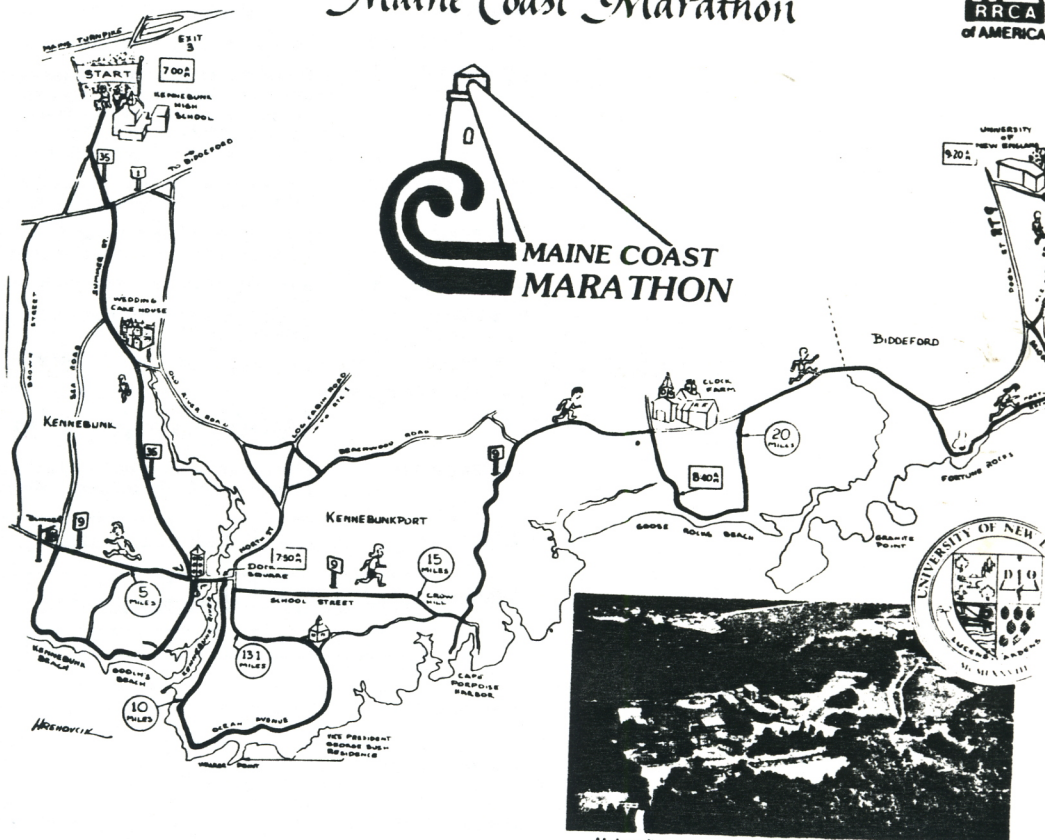


WELCOME TO THE  
7th ANNUAL  
MAINE COAST MARATHON  
HOSTED BY:



MARATHON COURSE MAP

# Maine Coast Marathon



University of New England Campus - Site of Finish Line

MAINE COAST MARATHON  
P.O. Box 1333  
Biddeford, Maine 04005

FIRST CLASS

Feel free  
to duplicate  
for extras



**DATE:** Sunday morning, May 25, 1986, 7:00 a.m. (Memorial Day weekend)

**START:** Kennebunk High School, Kennebunk, Maine (near Maine Turnpike, exit 3).

**ENTRY FEE:** \$10. Before May 1st. \$15. postmarked after May 1st. **PRE REGISTRATION ONLY.** Fee must accompany application. No substitutions accepted. No refund on entry fee. Race packet will be mailed **ONLY** to those who send stamped self-addressed 4" x 9 1/2" envelope (39¢).

**ELIGIBILITY AND LIMIT:** Open to all who trained for a 26.2 mile run. (Minimum age 16). Limited to the first 1,200 runners to register.

**COURSE:** A point to point course along Maine's rockbound coast. Scenic vistas of a pounding, quaint little towns and interesting architecture await you. From the historic old sea captain's mansions to the rustic fisherman's abode, the course will beckon your return. Relatively flat through the Kennebunks you will find rolling hills at approximately 10.5 miles and a slight hill at mile 15. The course continues through Cape Porpoise (North on Rt. 9) through Goose Rocks, Fortunes Rocks and finishes on the beautiful campus of U.N.E. overlooking the Saco River.

**CERTIFICATION:** TAC Certified

**COURSE RECORDS:** Roland Davide: 2:15:13. Christine Maisto 2:45:52  
Masters: Joseph McGuire 2:30:59. Constance Kimball 2:59:21  
Team Trophy (1985) Amtrol R.T.

**FLUID REPLACEMENT:** Water & replacement fluids will be available on the course ever 2.5 miles.

**TEMPERATURE:** Normal average for May 25th is 58-68 degrees.

**AWARDS:** T-Shirts and certificate of completion to all finishers as well as numerous awards for those men and women finishing well in their divisions.

**DIVISIONS:** Men and women: open - 29, 30 - 34, 35 - 39, 40 - 49, 50+ over.

**ACCOMMODATIONS:** Toilet and changing facilities at start and finish, limited showers at U.N.E.

**LODGING:** Dormitory rooms at the University of New England (sight of the finish line) will be available at minimal cost. Check proper box below, limited number, check 1 or 2 night. For off-campus lodging contact Kennebunk-Kennebunkport Chamber of Commerce, 43 Main St., Kennebunk, Maine 04043, Tel. (207) 985-3608, or Saco-Biddeford Chamber of Commerce, Main St., Biddeford, Maine 04005, Tel. (207) 282-1513.

**TRANSPORTATION:** One way bus from U.N.E. to starting line. We urge you to ride the bus or car pool to Kennebunk. Cost \$2 per person (check box below).

**PRE-RACE ACTIVITIES:** Our famous "all you can eat" Saturday night spaghetti dinner from 4:40 - 7:00 p.m. on May 24, at the U.N.E. dining room. Check box below for dinner (\$6. per person).

**RACE DIRECTOR:** Joe Cesta, P.O. Box 1333, Biddeford, Maine 04005

**HOSTED BY:** Maine Coast Road Runners (formerly Marathon Sports Running Club) and University of New England.

CUT HERE

Kennebunk H.S. Gym

OFFICIAL ENTRY FORM

MAY 25, 1986 7:1

## 1986 Maine Coast Marathon

### SPECIAL NOTE:

Please read carefully and print all information. Data will be computerized and must be complete and legible or your entry will have to be returned.

<b>NAME</b>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
LAST		FIRST				MI	
<b>ADDRESS</b>							
<input type="text"/>							
NUMBER AND STREET OR POST OFFICE BOX							
<input type="text"/>				<input type="text"/>		<input type="text"/>	
CITY				STATE		ZIP	
<b>AGE</b> (as of 5/25/86)		<input type="text"/>		<b>SEX</b> (male or female)		<input type="text"/>	
<b>DATE OF BIRTH</b>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
		MO.		DAY		YEAR	
<b>TAC NO.</b>		<input type="text"/>		<b>TELEPHONE</b>		<input type="text"/>	
		(Requested if available)		AREA			
<b>BEST MARATHON TIME</b>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
		HOURS		MINUTES		SECONDS	
<b>TEAM NAME</b>		<input type="text"/>		<input type="text"/>		<input type="text"/>	
<b>BUS TRANSPORTATION</b>		<input type="text"/>		<b>DORMITORY ROOM</b> (Sat. 24th)		<input type="text"/>	
		\$2.00		(max. 2 per room)		\$14.00 per person	
<b>SPAGHETTI DINNER</b>		<input type="text"/>		<b>(Sun. 25th)</b>		<input type="text"/>	
		\$6.00				\$14.00 per person	

### ENTRY RELEASE

In consideration of acceptance of this entry, I waive any and all claims for myself and my heirs against the Maine Coast Road Runners, any of the race sponsors, York County, or any of the employees, officers, representatives or agents of these organizations, for any injury or illness which may directly or indirectly result from my participation in the MAINE COAST MARATHON. I further state that I am in proper physical condition to participate in the race, with this being my sole responsibility. I also give my permission for the free use of my name and picture in any broadcast, telecast or other written account of the event.

Runner's Signature

Parent's Signature (If under age 18)

Entry fee of \$10. before May 1st. \$15. post marked after May 1st, (plus bus fare, dorm fee and money for spaghetti dinner if applicable) must accompany this form along with a 4" x 9 1/2" SELF-ADDRESSED, STAMPED ENVELOPE TO ASSURE MAILING OF RACE PACKETS. Make checks payable to MAINE COAST MARATHON, P.O. Box 1333, Biddeford, Maine 04005.

The MAINE COAST MARATHON COMMITTEE reserves the right to reject any entry of to issue special invitation



FROM THE PRESIDENT

We had a very successful annual General Meeting this month, with over 25 members in attendance to hear the various year-end reports and, most importantly, to elect the new 1986 executive.

I am very pleased to serve as President again for another year and look forward to working with our new executive. We will be meeting in the near future to do some planning to get rolling for 1986. Again, my sincere thanks to Paul, Dick, Brenda and Larry for their efforts last year.

An article in this month's FOOTNOTES traces the history of the CCRR since its inception. Thanks to the enthusiasm and interest of you, the members, our club continues to grow and thrive. I am confident that this will continue in the future and that the club will continue to meet the needs and interests of both our members and of the Fredericton running community as a whole.

*Bill.*

CLUB T SHIRTS SINGLETS, ETC.

As a result of interest shown by members we are again soliciting orders for CCRR running clothing. In addition to the shorts and singlets and t shirts we are able to obtain golf shirts and kangaroo hooded sweat shirts from Valley Graphics. The short sleeved golf shirts are white and very attractive for casual wear. The kangaroo tops are great warm up tops or also for casual wear.

If you wish to order any of these items please contact Bill LeDrew 459-8114 as soon as possible. The earlier the orders get in the earlier you can get the items.

All items are crested and these prices are approximate;  
Long sleeved t shirts \$9 (white or red)  
Shorts \$14  
Singlets \$14  
Kangaroo Top \$19.95  
Golf Shirts \$16.50  
Short sleeved t shirt \$6.50

Please note all items are provided to you at cost. DON'T DELAY  
ORDER NOW!