

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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MAY1986

COVER DESIGN BY
 Valley
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THE EXECUTIVE

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VICE PRESIDENT	Steve Scott	454-1714
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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

Jim L. tells me we are at 75 members already this year. I believe this is a new all time high.

The entries this month on running in Maine were donated by Joy and we wish to thank her very much.'

Some of you may have noticed the club booth at registration for the Heart Marathon. As usual a great job was done and I will thank all the volunteers for the executive. Quite a few members were obtained here plus I know it made others aware of us. Some of us were concerned that people may think we were a photography club due to the great pictures.

This month there is also an entry form from the upcoming race in Saint John. Thanks Larry for sending it in.

Brenda Tree
David Tree

May '86

FROM THE PRESIDENT

We have always endeavoured to make our bi-monthly general meetings both informative and interesting and, where possible, entertaining. Our last meeting, held on April 3rd, most definitely fell into the latter category. We were treated to a hilarious introduction to The Art of "Coarse" Running by our guest speaker, Tim Andrew. This tongue-in-cheek look at running had us laughing - sometimes a little self-consciously - at ourselves. Mind you, anyone who knows Tim Andrew could appreciate that many of the rules for coarse running he outlined are put into practice by Tim. Many thanks to Tim for this highly entertaining presentation.

Our booth at the Heart Marathon registration was very popular again this year. Both Club members and non-members certainly seemed to enjoy the Club photos. I understand we signed up a number of new members and got some pretty good P.R. Thanks to everyone who helped out. As for the race itself, we had a large turnout of Club members and many PR's were set in the near-perfect running conditions.

On Tuesday, April 22nd at 7:30 p.m. there will be a Fall Classic Race Committee meeting at the LeDrew's house (178 Shaw Lane, New Maryland). All interested members are asked to attend as there are some major decisions that have to be made.

We have agreed to put on a program on running at the next meeting of the Fredericton Fitness Association on May 13th (7:30 p.m. in Room 210, UNB Gym). We have obtained two excellent films ("Running" and "Born To Run") which will be shown, along with a presentation on recreational running. All members are invited to attend.

Our Club Family Picnic will be held on Saturday, June 7th at 2:30 p.m. at Odell Park. As in the past, hamburgers, hot dogs, and refreshments will be provided. More details will be given in next month's newsletter.

Please note that our Fun Runs will switch to Wednesday evenings beginning April 30th. We are going to start the runs at 6:00 p.m. this year. This will enable us to get to the Chestnut (or wherever) before the 8:00 p.m. kitchen closing. Of course, Fun Runs will start at the U.N.B. Gym.

One last item...clothing orders have now been submitted to Valley Graphics. I will be contacting those of you who want items silkscreened when our order is being prepared. Items should be ready in a couple of weeks or so.

That's all for this month.

Bill

Enclosed is the membership list for 1986 provided by Jim L.

Jo Anne Andrews	Bruce Meyer
Bill Best	Joy Elliott
John Cathcart	Dave Prebble
Phil Cleghorn	Edna Harris and Dick Mawhinney
Terry and Phyllis Goodlad	Mike Stapenhurst
Grosweiners- Martin, Ann, Kate and Adrienne	
Anne Marie St Laurent	Beth Healey
Mike McKendy	Don Hicks
Anne MacDougall	George Hubbard
McLaughlins- Elden, Gloria and Tanya	Bill and Flo LeDrew
Scott Hare	Joe Lehmann
Dennis Atchison and Carol Everett	Wayne and Mary Lenehan
Jim Lythgoe	Turnbulls- Fred, Doris and Leitha
Maillets- Mary, Trish and Tim	Mark Roberts
Lloyd Smith	William McIntyre
LeBlancs- Rosaire, Marc, Michelle, and	Andre
Ian Mogilevsky	Mary and Fred Farrell
Eunice Phillips	Brad Daniels
Larry and Mary Robinson	Maurice Robichard
Scotts- Steve, Carol, Stephanie, Kimberly, and Christine	Michelle Cormier
Trees- David, Brenda and Jason	Ron Sutton
James Tucker	Crstal Nash
Ed Takacs	Anne Ingram
Reg Van Drecht and Sheila McParland	
Websters- John, Suzanne, Eleanor and Jessica	Sue Borland
Lloyd Waugh	
Tony Little	



From
Dick

Excerpt from Maine Running Magazine, March 1986 Issue, submitted by Joy E.

TAC Certified Courses in Maine					
Distance	Town	Name of Race Course	Race Date	Certification Code	85 Race Certified
5 km	Augusta	Veterans Day	Veterans Day	ME-85017-GN	Yes
	Bangor	Epsteins 5 Aces	April	ME-85024-GN	No-1986
	Brunswick	Sri Chinmoy	Not Held	ME-83002-TC	Not Held
4 miles	Bridgton	Four on the Fourth	July 4	ME-85019-GN	No-1986
	York	Four on the Fourth	July 4	ME-84009-AS	Yes
8 km	So. Portland	Strohs Run For Liberty	October	ME-85016-GN	Yes
5 miles	Augusta	Ft. Western Twosome	Not Held	ME-83001-GN	Not Held
	Bangor	Labor Day	Labor Day	ME-85014-GN	Yes
	Gardiner	Gardiner Common	July	ME-85004-GN	Yes
	Hallowell	Old Hallowell Days	July	ME-85023-GN	No-1986
	So. Portland	Maine Milk Run (used Stroh's)	March	ME-84001-JM	Yes
	Portland	Maine National Bank	June	ME-85005-GN	Yes
10 km	Augusta	Gasping Gobbler	Thanksgiving	ME-85012-GN	Yes
	Bangor	Benjamin's	October	ME-85009-GN	Yes
	Boothbay	Rocky Coast	May	ME-85002-GN	Yes
	Brunswick	Brodies	Labor Day	ME-85008-GN	Yes
	Falmouth	Falmouth Lions	November	ME-85010-GN	Yes
	Falmouth	Sri Chinmoy	Not Held	ME-83004-TC	Not Held
	Gardiner	MAINE EVENT Triathlon	July	ME-85003-GN	Yes
	"	Maine Women's Classic	August	" " "	Yes
	Portland	National Championship	May	ME-85021-GN	No-1986
	Rockland	Maine Lobster Festival	August	ME-84001-GN	Yes
	Wilton	Blueberry Festival	August	ME-84001-TC	Yes
	York	The Run Away	June	ME-83001-TC	Yes
15 km	Gardiner	Ralph Thomas	November	ME-85020-GN	Yes
	Winthrop	Winthrop Lions	August	ME-85007-GN	Yes
	Winter Harbor	Schoodic	August	ME-85013-GN	Yes
Half-Mar.	Augusta	Veterans Day	Veterans Day	ME-85018-GN	Yes
	Bangor	MAINEiacs	March	ME-85022-GN	No-1986
	So. Portland	Cape Challenge	September	ME-85006-GN	Yes
Marathon	Biddeford	Maine Coast	May	ME-85001-GN	Yes
	Kingfield	Sugarloaf	August	ME-83003-TC	Yes
	Portland	Casco Bay	October	ME-85015-GN	Yes
50 miles	Brunswick	Rowdy Ultimate	November	ME-85011-GN	Yes
RACE DIRECTORS: Use the Certification Code on your flyers and correspondence. This code is your proof of TAC Certification.					



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AROOSTOOK ROAD RACING CALENDAR - 1986

Date	Name of Race	Director	Place	Town	Distance	Race Time
Feb. 8	Wild Katahdin Trust	Loren Ritchie	Katahdin H.S.	Sherman Station	4.8M	11:00 a.m.
Feb. 15	Winter Triathlon	Mike Mendonca Ralph McElwain	Country Club	Caribou		10:00 a.m.
Feb. 22	Henry Andersons' X Country Ski Race	Kathy Mazuchelli	East Road	New Sweden	6M	10:00 a.m.
Feb. 22	Frostbite 5	John Civitello	Field House	Loring AFB	5M	10:00 a.m.
Mar. 1	Owlrock Sauna	Annaliese & Preston Hood	Owlrock Sauna	Mt. Chase	6M	11:00 a.m.
April 13	Fort Kent 5	Larry Murphy	U.M.F.K.	Fort Kent	5M	1:00 p.m.
April 19	Spring Run-Off	Clark Ketcham	U.M.P.I.	Presque Isle	5K	10:00 a.m.
May 4	Terry Fox 5K	Conrad Walton	Caribou Rec. Center	Caribou	5K	1:00 p.m.
May 10	Lions 5K	Houlton Lions Club	Boy & Book Park	Houlton	5K	10:00 a.m.
May 18	Helen P. Knight	Conrad Walton	Downtown Mall	Caribou	5K	1:00 p.m.
May 26	The Inn Race	Nancy Jackson	Sports Inn	Caribou	5M	11:00 a.m.
June 8	Triathlon	Kathy Mazuchelli	Rec. Dept.	Caribou		10:00 a.m.
June 14	Lions ½ Marathon	Eddie St. John	Bicentennial Park	Presque Isle	13.1M	9:00 a.m.
June 21	Cookie Run	Jeannie Garrett		East Loring AFB	10K/¼/½M	9:00 a.m.
June 28	Mountain View	Peter Cuff	Limestone H.S.	Limestone	5K/¼/½M	9:00 a.m.
July 4	5 on the 4th	Fred Putnam	Bill's Mini Mart	Houlton	5M	9:00 a.m.
July 12	Y Kids Run For Fun	Cindy Dixon	N. Maine Fair Grounds	Presque Isle	¼/½/1M	9:00 a.m.
July 12	Easton 5K	Jamie Stevens		Easton	5K	10 a.m.
July 19	Potato Blossom	Carol & John McElwee	Jenkins School	Fort Fairfield	5M	9:00 a.m.
July 26	Musterd Mile	Conrad Walton	Caribou H.S.	Caribou	1M	5 p.m.
Aug. 2	Around the World	John Pluto	Van Buren H.S.	Van Buren	10K	10 a.m.
Aug. 10	P.I. 5 Miler	Dave Maxcy	U.M.P.I.	Presque Isle	5M	4 p.m.
Aug. 16	Washburn Fun Run	Larry Whipkey	Washburn H.S.	Washburn	2.9M	9 a.m.
Aug. 30	Aroostook Triathlon	Chris Smith	Hanson Lake	Presque Isle		
Sept. 1	Caribou Labor Day	Conrad Walton	Caribou H.S.	Caribou	4.4M	11 a.m.
Sept. 6	YMCA Fall Feeling Fit Fun Run	Cindy Dixon	U.M.P.I.	Presque Isle	5K	9 a.m.
Sept. 20	Moosechasers Club	John Civitello	Downtown Area	Caribou	10K	10 a.m.
Sept. 27	Homecoming 5K	Clark Ketcham	U.M.P.I.	Presque Isle	5K	10 a.m.

Submitted by Joy E.

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AND THEY'RE OFF

The first result is from Bangor, Maine on a half marathon held March 29th. There were 161 runners.

The winners time was 71:?? and 2nd place was Joe McGuire in 72:??

14th Bill L. 77:05

6 Master James 82:00

1st Senior Terry G, 91:00

The Heart Marathon went on April 6th on a gorgeous running day. You will notice no race results here as the finish times were listed by your stick number and that made it impossible for me to obtain all the times. I will say that our club was very well represented by runners, walkers, and cheering section. There were 280 runners in the 4 events. All of you deserve to be congratulated for your performances: There were many finishing in the top 3 of their age groups, and there were a lot of PR's and there were a lot of you attempting a longer distance for the first time. (Pat yourself on the back here).

Now for my commentary on the Heart Marathon from an observer point of view. The food was plentiful but I preferred the banquet of other years. I will say after the day after they were extremely lucky in the weather department. There definely was a gap in the people telling others where the turn arounds were. I also heard of a young lad hurt at the turn for the marathon and there being no one to pick him up. Also this guy had sponsorship of \$1700 and wasn't even mentioned. I would think that deserved a mention at least. I also take offense at the cutoff for the marathon of 4 hours. I feel that isn't fair to the females who either have to be very good runners or to forget the marathon. I always like to run the Heart Marathon and I hope it will continue and that it is bigger and better.

UPCOMING RACES

Upcoming is a 5 and 11 mile race in Saint John May 3rd (application enclosed). May 11th is a 10km. in Dieppe and on the 18th is the first Super Series race of '86 in Campbellton, a half marathon. This course is quite difficult with a long long upgrade at the beginning. David has written for application forms on this race so contact us in a week or so. The 25th (I think) is the Maine Coast Marathon where a few guys are going to try and show the Mainers how we N.B.ers run. Good Luck. On the 24th in Oromocto is a 10 km. (Dress coolly, this one is usually on a hot day).

SHORTS AND SINGLETS

First of all we continue to be international with our member from Alabama.

On a Funrun a couple of weeks ago 3 of our younger members showed up. It was sure nice seeing them. They ranged in age from 6 years and up, unless you count Dennis' dog who is probably only 2 or 3. The girls sure showed us what the future has in store; better runners.

Now with the warm weather starting be sure and drink that water. Your body isn't used to the heat yet.

On Wide World of Sports recently they showed a 100 mile running race. The winner took 14 hours over rocks, hills, a 1700 foot climb, crossing a waist deep raging river, and 110 degree temp. Who would be foolish enough to do this? There were even rattle snakes along the way and they had 300 entrants. For your info the winner had a support crew at all the stops and they numbered 60.

Aren't we a friendly bunch? I hardly ever pass a fellow runner without getting a "Hello".

Our annual quest for the best pizza joint for a Carbo Loading meal took place before the Heart Marathon at Pizza Delight. 22 persons attended. Let it be noted that Edna poured and served. Many people ordered the vegetarian pizza and those people seemed to do very well on Sun. I wonder if the food had any bearing.

I heard through the grape vine that Anne MacD. had a close brush with a car on Riverfront Dr. recently and luckily she only came away with a bruise. Let me remind all to "Be Careful Out There".

At the Heart Marathon I think we all learned a lesson on integrity from a Moncton runner, Leo Sheahy. He was 3rd going into the turn around for the $\frac{1}{2}$ marathon. The first 2 runners missed the turn but Leo didn't. When he got to the finish line, now in 1st place he would not cross until the other 2 runners crossed in front of him. Hats off to Leo!

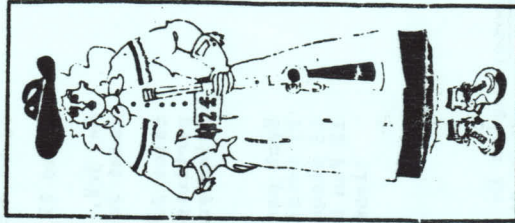
At the Chestnut recently we heard some more running tips from that guru in running Dave Prebble. His great wisdom was if you have run one marathon, you don't need to train for one again. Maybe he's right because he ran the 13 in the Heart after previously only training for a short time.

Edna recently was very embarrassed running with Joy and Brenda. Even Dick wasn't sure he wanted to pick them up.

I asked Anne MacD. was she sore after her 13 mile race recently, being a woman of many words she replied "Crippled". That sure told me the answer.



RUNNERS WANTED



9

FOR THE FOURTH ANNUAL

ALPINE FUN RUN

5 AND 11 MILES

SATURDAY, MAY 3, 1986

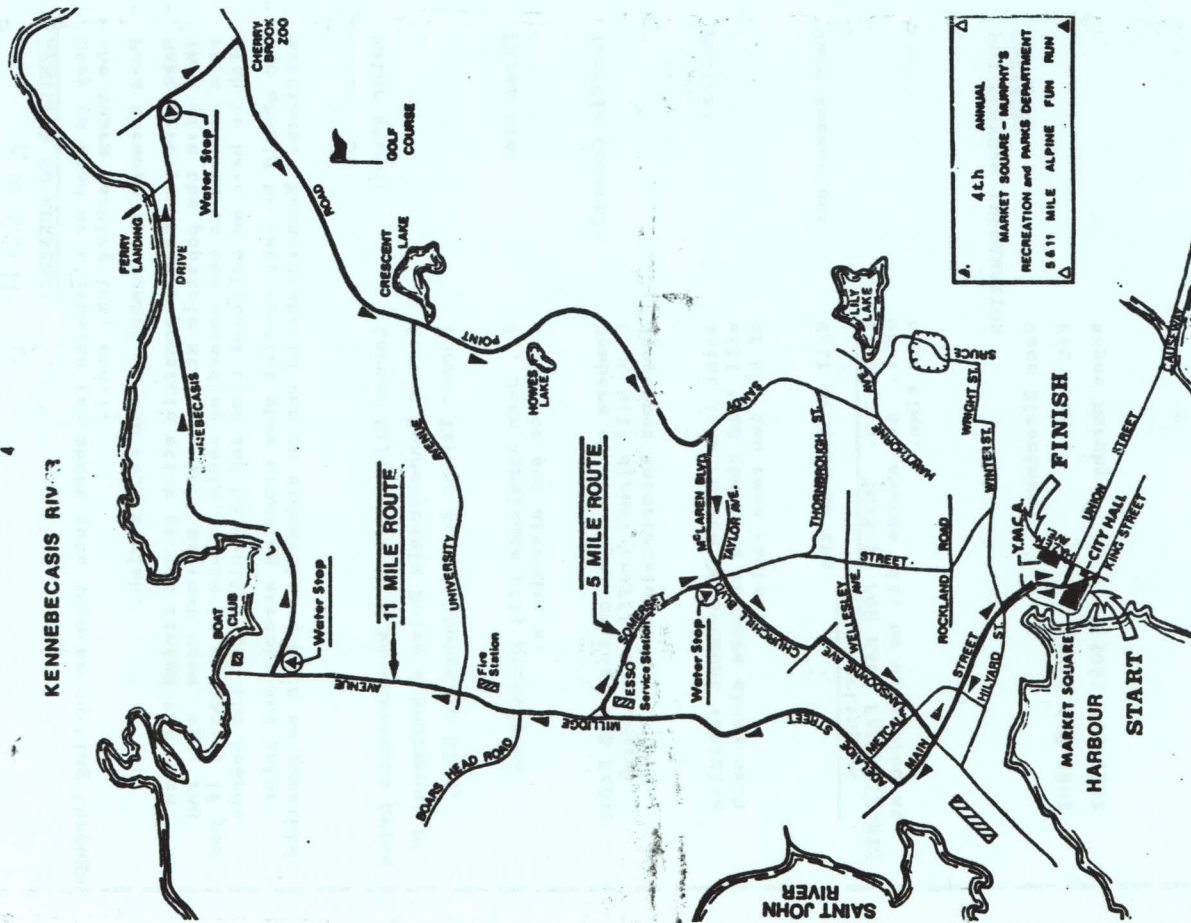
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MURPHY'S IN MARKET SQUARE

MARKET SQUARE

MOOSEHEAD BREWERIES



Date and Time:

Saturday, May 3, 1986
10:00 a.m. Sharp

Location:

Begins in front of Saint John City Hall.
Finishes at Saint John Y.M.C.A.

Entry Fee:

\$3.00 adults \$2.00 16 and under

Distances:

5 and 11 miles

Registration:

May 3rd, only. 8:00 a.m. - 9:50 a.m.
Saint John Y.M.C.A. Hazen Avenue

Changing/
Showering:

Saint John Y.M.C.A. (Free for all
participants.)
Bring your own lock.

AWARDS:

Each participant will receive a crest.
27 total prizes;
15 plaques for competitive runners.
12 Fun Run prizes for those finishing
closest to their predicted time.

COURSES:

5 Mile Race Route: Begins in front of City Hall, up Dock St.,
over the Viaduct onto Main Street, turn right at Adelaide St.,
onto Millidge Avenue, turn right at Somerset St., turn right
at Churchill Blvd., turn left at Visart Street, turn right at
Lansdown Ave., turn left at Main Street, over the Viaduct,
turn left at Union St., turn left at Hazen Ave. and finish in
front of the Saint John Y.M.C.A.

11 Mile Race Route: Begins in front of City Hall, up Dock St.,
over the Viaduct, onto Main St., turn right at Adelaide St.,
onto Millidge Ave., turn right at Kennebecasis Drive, turn
right at Sandy Point Road, turn right at McLaren Blvd., turn
left at Churchill Blvd., turn left at Visart St., turn right
at Lansdowne Ave., turn left at Main St., over the Viaduct,
turn left at Union St., turn left at Hazen Ave. and finish in
front of the Saint John Y.M.C.A.

REMINDER TO RUNNERS:

- Stay on road or sidewalks (no short cuts such as cutting through the Sears parking lot, etc.).
- Pass through the funnel at the race finish.
- Make sure you take a popsicle stick as you finish the race. Then give the popsicle stick as well as your name, age, and race entered to the recording table. This is necessary if you wish to have an official time and to qualify for the awards.
- You should be very careful when crossing streets and intersections. Runners should run on sidewalks as much as possible.

Water Stops:

Corner Millidge Ave. & Kennebecasis Drive
Corner Kennebecasis Drive & Westmount Dr.
Corner Taylor Ave. & Churchill Blvd.

First Aid:

St. John Ambulance will provide an
ambulance and attendants.

Traffic Control:

Members of the Loyalist City GRS Radio
Club will direct traffic at several
dangerous intersections.

Police:

Saint John Police Department vehicles
will lead the lead runners along each
of the two race routes.

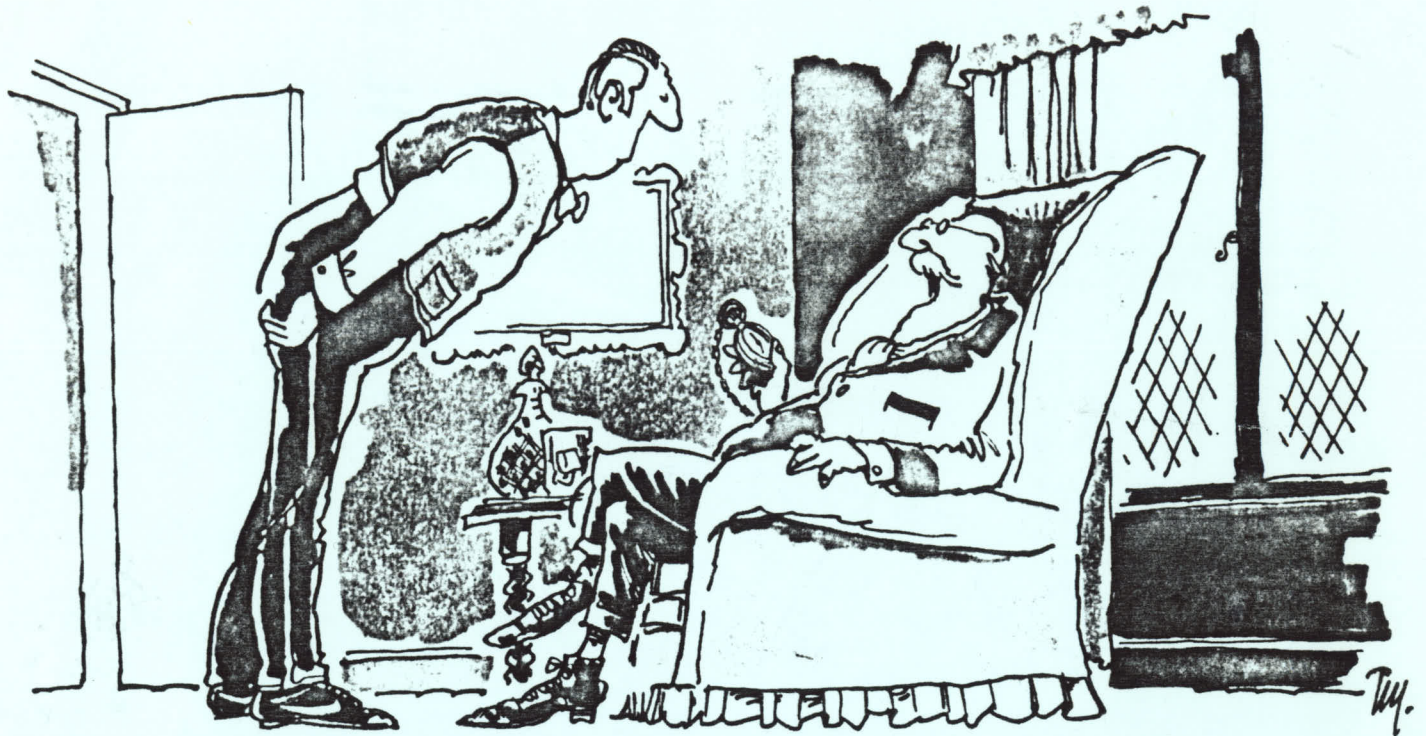
Race Reception:

Will be held at the _____ starting at
12:30 p.m. THIS IS FOR RACE PARTICIPANTS
ONLY. All awards will be presented at
this time.

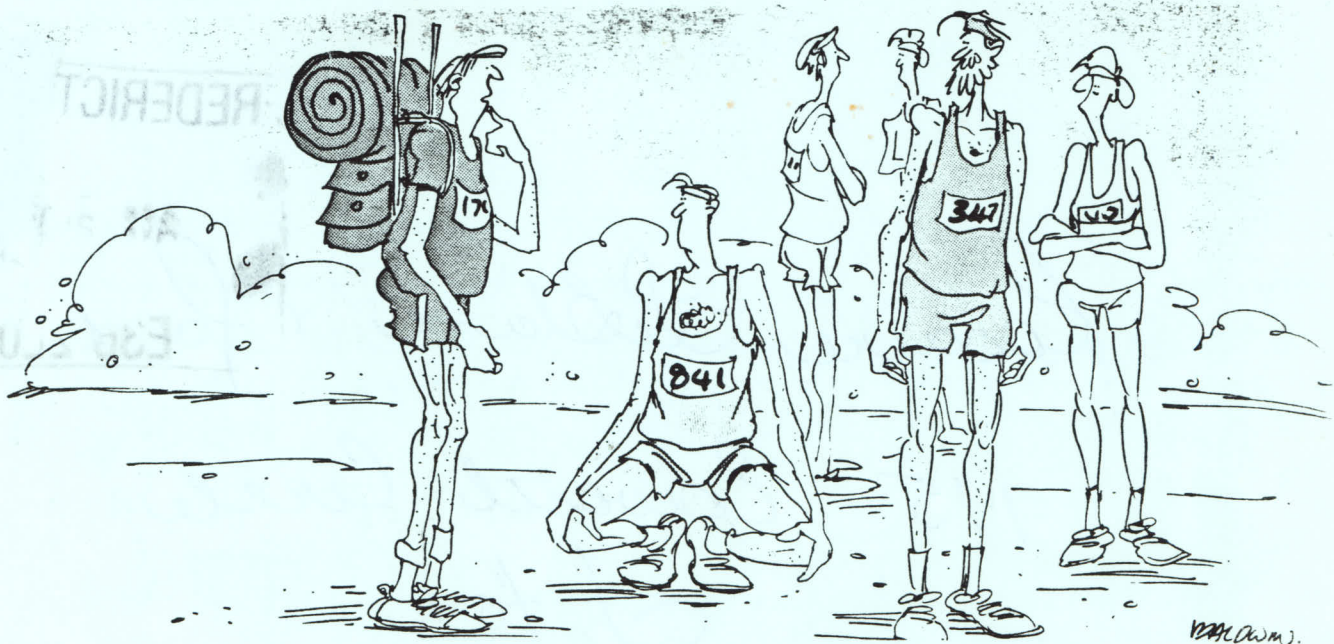
FOR FURTHER INFORMATION
CONTACT:

Race Directors:

Pat Palmer (506) 658-2801
Wayne Murphy (506) 693-4382



**"Jarvis, it's time for my evening exercise.
Run three miles for me please."**



"This is my first marathon, where do we put the camping stuff?"

"I hope it's time for my evening exercise."
"How does water for me please."

FREDERICTON

APR 21 1971

E3D LLO



Rosane LeBlanc & family

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Fox

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2m4