

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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THE EXECUTIVE

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TREASURER REGISTRAR	Jim Lythgoe	454-2415
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FOOTNOTES EDITORS	Brenda Tree	454-6202
	David Tree	
FUNRUN COMMITTEE	Bruce Meyer	455-0956
	John Cathcart	455-1742

FROM THE EDITORS

As this is our last issue again I want to say thank you to all the contributors along the 3 years. Also we want to wish the new editors all the best of luck.

Got a letter the other day from Flo L. and they arrived in Winnipeg alright. At the time of writing it it was 21'C and they were running in shorts. I informed her of the 0'C here and the impending snow. She said the roads are very very flat, but they still miss the hills.

Did you all see the article in the paper about our own Terry G. the last week? Terry was also interviewed on CBC radio and he did very well. We are all very proud of you Terry and if you go to Israel for the 1987 Masters can I slip into your suitcase?

With the colder temp. be sure and dress for the part but don't overdress. You can get a nasty cold from sweating and then waiting around. Remember once the streets get icy to watch out for those 5000lbs. cars, and give them the right of way. A dead runner does not do well in the N.B. Super Series.

Brenda & David Tree

FROM THE PRESIDENT

A large contingent of Capital City Road Runners descended on Bangor during the first weekend in October to run the famous "Benjamin's" 10k. Most of us stayed at the Stable Inn in Brewer, where an impromptu party - er strategy session - took place in the late afternoon. Everyone showed up at the start line the next day, some in better shape than others. With a large crowd on hand, it was inevitable that there would be an accident. For one erstwhile CCRer, his first step was almost his last. The race was not won by a Capital City Road Runner, but we came close (43rd to be exact). Actually, the winner finished in a relatively poor time??? of 28 minutes and a lot of change. HO HUM.

Seriously though, many people were excited to run in a 400 plus crowd, but very disappointed with the organization and the awards. The computer broke down after the winner came across the line and as a result many people spent a long time in the finish chute. Compared to our own Fall Classic, Benjamin's could not even hold the candle.

More recently a number of Club members journeyed to Saint John for the last Super Series Race, a 20 km. event. Once again poor organization took the edge off an otherwise enjoyable event. Many people got off the course (even the winner) and in the end it was decided by some of the N.B. Road Running Association Executive to throw the results of the race out. This caused one of our members to lose a position in the final standings of the Super Series. It is hoped that situations like this one can be rectified so they will not happen again.

Aside from this distasteful end to the Super Series of N.B. Road Races, I would like to congratulate all those Capital City

Road Runners who placed at or near the top of their divisions. You all worked hard and we are very proud of you.

Finally, as many of you are aware, David and Brenda Tree are relinquishing their joint editorship of the Capital City Road Runner's newsletter, "Footnotes". Everyone please be advised that Mary Robinson and Gloria McLaughlin have very kindly agreed to become the new newsletter editors.

They are actively seeking articles relating to running that you may have in your head or on paper. Please don't be shy in providing them with material for the newsletter. Without your input our newsletter will stagnate. Mary can be reached at 472-1796 or Larry or Elden would be more than happy to take any articles you may have. Let's all pitch in and keep our newsletter as good as it has been during the last several years.

FITNESS SURVEY

The Capital City Road Runners have been asked by The Fitness Association of Fredericton to participate in a Fitness Survey they are conducting. Following is a copy of the survey for you and/or your family to fill out. It would be appreciated if you would return it to the indicated address on the Survey form or to Steve Scott by December 8, 1986 at the latest. Your cooperation is much appreciated.

CAPITAL CITY ROAD RUNNERS

CONSTITUTION

ARTICLE 1

- A. The name of the club is the Capital City Road Runners (CCRR)
- B. The club shall be affiliated with the New Brunswick Track and Field Association.

ARTICLE 2

The purpose of the club is:

To promote and encourage roadrunning as a means to better health and as a positive social activity.

ARTICLE 3

The general objectives of the club are:

- A. To build a membership of individuals and families of all age groups.
- B. To disseminate information about running.
- C. To promote social activities among the members.

ARTICLE 4

The specific objectives of the club are:

- A. To hold at least one fun run per week.
- B. To host at least one road race per year.
- C. To develop and improve all aspects of roadrunning through seminars, speakers and participation in road races.
- D. To improve communication and ensure good public relations between the club membership and the general public.

PROVIDED that if for any reason the operations of the club are terminated, wound up or dissolved and after satisfaction of all its debts and liabilities, there remains any property whatsoever, the same shall be handed over to another organization in Canada having similar objectives to the CCRR.

BY-LAW 1 - MEMBERSHIP

- 1.1 Membership in the CCRR shall consist of three categories: Adult, Family and youth (under 15).
- 1.2 Membership shall run for the calendar year.
- 1.3 Fees shall be established by the executive.
- 1.4 Members shall receive a membership card, a copy of the Constitution and the newsletter whenever published.

BY-LAW 2 - EXECUTIVE

- 2.1 The elected officers of the club shall be the president, the secretary, the vice-president, the treasurer/registrar and the officer at large.
- 2.2 The officer at large is normally the past president. When the past president is unable to fill the position, the officer at large will be elected.
- 2.3 The executive shall be elected at the annual meeting.
- 2.4 The members of the executive shall hold office for one year until their successors are elected or appointed in their stead but all elected officers may stand for re-election.

2.5 Should an executive position become vacant during the year, the executive will appoint a member to serve the balance of the term.

BY-LAW 3 - DUTIES OF THE OFFICERS

- 3.1 The president shall be the chief executive officer of the club and shall preside at all meetings of the club. The president shall see that all orders and resolutions of the executive are executed. The president, with the secretary or other officer appointed by the executive for the purpose, shall sign all documents requiring the signatures of the officers of the club.
- 3.2 The vice-president, in the absence ~~xxxxxx~~ or disability of the president, shall perform the duties and exercise the powers of the president.
- 3.3 The treasurer/registrar shall be responsible for the club's funds and securities and shall keep full and accurate accounts of receipts and disbursements in books belonging to the club and shall deposit all monies in the name and to the credit of the club in such ~~xxxx~~ depositories as may be designated by the executive. The treasurer/registrar shall disburse the funds of the club at the discretion of the executive, taking proper vouchers for such disbursements and shall make financial reports to the executive and to the members at each general meeting. All cheques against the account of the club shall be signed by the treasurer/registrar and another member of the executive to be designated by the executive. The treasurer/registrar shall keep an up-to-date record of members' names, addresses and telephone numbers, reporting any changes to the newsletter editor and the member responsible for the telephone committee.
- 3.4 The secretary shall attend all meetings of the executive and the general meetings and record the minutes and all votes of all proceedings in the books to be kept for that purpose. The secretary shall also attend to correspondence of a general nature.
- 3.5 The officer at large shall be a voting member of the executive.

BY-LAW 4 - MEETINGS

- 4.1 The annual meeting of the club shall be held in Fredericton before the end of February.
- 4.2 General meetings shall be held at least every two months.
- 4.3 At all meetings of the club, every question shall be determined by a majority of votes cast by members present.
- 4.4 All executive officers shall be elected at the annual general meeting
- 4.5 The president, or in the absence of the president, the vice-president shall preside at any meeting.
- 4.6 The order of business at general meetings shall be:
 1. Minutes of previous meeting.
 2. Business arising from the minutes.
 3. Treasurer's report.
 4. Committee reports.
 5. New business.
 6. Program (if any)
 7. Adjournment.

BY-LAW ⁵~~4~~ - COMMITTEES

- ~~4.~~ ⁵ 5.1 It is the responsibility of the executive to appoint such committees as are deemed necessary.

BY-LAW 6 - EXPENDITURES

6.1 All expenditures of club funds must be approved by the executive.

BY-LAW 7 - USE OF CLUB NAME AND LOGO

7.1 Any use of club name and logo must be approved by the executive.

BY-LAW 8 - AMENDMENTS

8.1 The constitution and by-laws of the club may be repealed or amended at any general meeting, provided written notice has been given to members in at least one edition of the newsletter. Such notice of motion must be in the hands of the newsletter editor at least 21 days prior to the meeting. Such amendment requires a two-thirds majority vote of members present to be sanctioned.

PLEASE NOTE

Any suggestions you may have for changes to our constitution will be very much appreciated. The Constitution will be considered at our next General Meeting on Wednesday, November 19, 1986.

AND THEY'RE OFF

The only results I have is from the 20 km. race in Saint John. This was a Super Series but due to the poor directions that S.J. is noted for and because the times were not very accurate the race results did not count towards the Labatt's Super Series.

There was also a 10 km. race that Bill B. ran in and was 2nd but 1st Master in a time of 39:04.

The 20 Km. route was extremely challenging with hills, chills and thrills. It was not the route that was used last year at this time.

David T. 75:10
 Larry 75:37
 James 79:14
 John W. 85:04
 Eunice 85:08 1stF and 1st MF
 Elden 85:09
 Bruce 87:10
 Ernie 88:15
 Mike Mc. 88:25
 Mike S. 88:25
 Dave P. 88:49
 Phil 89:20
 Paul L. 89:30
 Steve S. 91:25
 Brenda 101:56
 Carolyn 102:01

After this race the Labatt's Super Series Awards were given out. I must say, I do prefer that this be done at this time rather than in May. Also the merchandise prizes were given by certificate ^{where} you order them in your appropriate size. A lot of Road Runners ended up in the receiving end of the prizes but so as not to forget anyone I will leave this for a later date when the results are made public.

SHORTS AND SINGLETS

I would like to mention that the Funruns have changed from Wed, to Sat. at 10:00 at UNB Gym. Come out and join us!

The next General Meeting will be Nov. 19th 7:30 at the UNB Gym Room 210.

I am enclosing some articles this month from THE RUNNER that we thought were very helpful and 1 of them very funny.

Scott Hare and the UNB Men's team leave for the CAAU's in Cross Country in the next week. UNB was the surprising? winner in the AUAA's in Halifax. Good luck to all of them.

Anyone who was a Cub can now call me by my cub name Raksha. I am a cub leader this year so you may see me wandering the streets with a big group of boys in tow.

I want to thank Carolyn for running with me in Saint John. You kept me sane and remembering to put one foot in front of the other after the 15 km. mark. Also thank you to Eunice and James for coming and getting us.

DR. GEORGE SHEEHAN ON SPORTSMEDICINE

Advice and comment on running and your body

Stay fresh, stay healthy

The road to staleness and overtraining is marked by many signposts. Acute fatigue is the first symptom. If you rest, you'll recover rapidly. However, continued training leads to exhaustion with its incumbent lethargy, poor concentration, sleep problems and loss of enthusiasm. If you don't stop training at this point, you could fall into a chronic state of exhaustion, which might persist for weeks or even months.

The sort of pre-exhaustion form of overtraining that we call "staleness" usually is brought on by a protracted period of high-intensity training. A series of races in short succession can lead to staleness. Frequently the first indication is some sort of respiratory infection. I have raced myself into colds often.

In *The Lore of Running*, Timothy Noakes records several case histories of nationally ranked runners with training-induced staleness. One typical report was of a runner who complained he was lethargic, ill-humored, and without enthusiasm for running, particularly competition. In addition, he was sleeping poorly, his morning pulse had increased by ten beats per minute, and he was having more frequent bowel movements. He noted that his legs felt "heavy" and "sore," and this soreness persisted between training sessions.

Another runner reported that three weeks after his best marathon he ran one 30 minutes slower, suffered a persistent sore throat, slept poorly and felt no zest for life. Once staleness reaches these levels of severity, complete rest is usually necessary. Continuing training will only prolong the ultimate rest period.

My own recommendation is to use the hour a day usually spent in training to take a nap. The object is to return the body to its equilibrium. Although we are not sure of the exact physical changes that cause staleness, it does appear that the body is in a "negative nitrogen situation." In other words, tissue is being broken down rather than built up.

One marker for staleness is a lack of cortisol response to induced hypoglycemia, or low blood sugar. Apparently

this is due to exhaustion of the hypothalamus. The hypothalamus plays a role in the production of many other hormones of the body—explaining in part the varied symptoms of athletes who develop staleness.

Since there is no specific treatment for staleness, prevention becomes very important. The best way to do that is to monitor body signs and symptoms quite closely. Among things to be charted are: afternoon weight, fluid intake, time going to bed, number of hours slept, early morning pulse rate and early morning respiration rate. Warning signals include drop in afternoon weight, increased evening fluid intake, rise in morning pulse, and going to bed later and waking earlier.

Training pulse rate is also a sensitive indicator of overtraining. An in-

crease in heart rate at any given running speed (a treadmill can be of service here) means the athlete is overtrained.

Another test is to compare your lying and standing pulse rates. The rate always rises to some extent in the standing position, but it goes up considerably more in the overtrained state. The use of this measurement is not new. It was part of the Schneider Test which goes back to the 1930s and was designed to diagnose fatigue in fighter pilots.

When it comes to staleness, it's better to be safe than sorry, so heed its call. Cut back on your running when staleness strikes, or commit to total rest for a spell. Ultimately, such sacrifice will enable you to run well—more consistently over time, and more happily.

When staleness strikes . . .

You could be on your way to a serious state of exhaustion, unless you heed the warning signs listed below. How can you keep yourself from becoming a victim of overtraining? Check this rundown of overtraining symptoms (from the work of Timothy Noakes, author of *The Lore of Running*), and if two or more apply to you, cut down on your running and rest for a while.

Emotional and behavioral changes

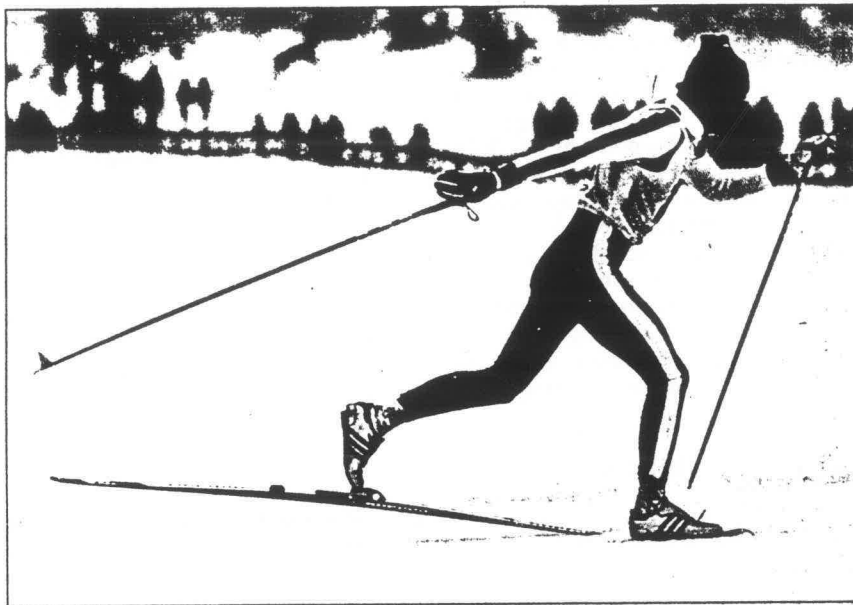
- Loss of enthusiasm and drive; generalized apathy
- Loss of joy in, and thirst for, competition; desire to quit
- Lethargy, listlessness, tiredness
- Feeling peevish; easily irritated, anxious, ill-humored, bored
- Inability to concentrate at work; poor academic performance
- Changes in sleeping patterns; insomnia; sleep does not refresh
- Loss of appetite
- Loss of libido
- Poor coordination; general clumsiness
- Increased fluid intake at night; feeling thirsty
- Gradual weight loss
- Athlete looks drawn, sallow and dejected
- Increase in early morning heart rate by more than five beats per minute; abnormal rise in standing heart rate and during and after a standard workout; slower recovery in heart rate after exertion
- Heavy leggedness; sluggishness that persists 24 hours or more after a workout.
- Muscle and joint pains; persistent muscle soreness from session to session
- Swelling of lymph glands
- Gastro-intestinal disturbances, in particular diarrhea
- Increased susceptibility to infections, allergies, headache
- Minor scratches heal slowly
- In women, loss of menstruation (amenorrhea)

Physical changes

- Impaired physical performance; inability to complete training

Total Fitness

Exercise alternatives to help your running EDITED BY DAVE HIGDON



UPFRONT: OPTIONS

Gliding through winter

More and more snowbelt runners have stopped dreading the arrival of winter's icy roads and shorter daylight hours. Instead they eagerly await the thrills of zipping across snowfields and cruising down forest trails on cross country skis.

Now there's a book written especially for them—and runners who would like to be—called *Runner's Guide to Cross Country Skiing* by Dick Mansfield. Although geared to beginning skiers, the book presents a running-skiing perspective valuable for both beginners and dual sport athletes with several seasons of ski experience.

A runner and skier, Mansfield

writes from personal experience in combining the sports, and also includes ideas from top ski coaches and successful runner-skiers. The result is a book that will help you combine a ski season with year-round running.

Ski novices will appreciate Mansfield's clear description of the diagonal stride, the traditional skiing method (see photo). He compares it to running on a slippery surface.

More advanced skiers will value the chapter on skating, the method that is fast replacing the diagonal stride among top racers. Mansfield notes that skating allows you to reach an aerobic level of activity much faster than the traditional technique.

Here's a sampling of Mansfield's guidelines:

■ **Preseason training.** Strengthen the quadriceps, the key skiing muscles, by running hills. Cross country running on ski trails is ideal. Build arm strength and develop skiing rhythm by running with ski poles.

■ **Technique.** Skill is more important in skiing than in running. Take ski lessons, practice with an experienced skier or ski often to master proper technique. Otherwise, you'll have difficulty reaching a level of aerobic activity comparable to your running.

■ **Pacing.** Judge your pace by perceived exertion or a heart monitor, not by a stopwatch. Times over the same distance tend to vary more in skiing than running due to differences in snow conditions.

■ **Winter running.** Run once or twice a week in addition to skiing. These moderate workouts will help maintain the strength and coordination of your running muscles.

■ **Marathons.** You're ready for a ski marathon (50K or 55K) with much less training than in running. The keys to finishing are relaxing, eating and drinking frequently, and conserving your energy early.

■ **Back to running.** For the first month after ski season, run every other day, or two days on, one day off. On off days, do nonweight-bearing sports such as biking or swimming. Take time to stretch. Writes Mansfield: "Even though you may feel like an aerobic horse from a winter's worth of skiing, your legs need time to adjust to the pounding."

To order a book, send \$11.95 to Acorn Publishing, Box 7067, Syracuse, NY 13261 —Kevin Shyne

BIKING

Packed to pedal

You've seen packs of cyclists pedaling in parks or along roads. Why, you may wonder, do they ride in such tight groups?

Training in groups (they can be as small as two, as large as 200) not only sharpens your maneuvering skills, but also teaches you how to draft. In drafting, or echelon training as it's known in cycling circles, bikers line up one behind the other. The first cyclist cuts the wind and those following are drafted,

or pulled, along in a "slipstream" with no wind resistance. This vacuum effect occurs when you run behind someone, but to a lesser degree. You can conserve up to 30 per cent of your energy by riding behind someone in echelon formation, says Carol Addy, a member of the U.S. National Cycling Team.

OFF THE TRACK: CHUCK MACKEY

Counting on my feet

Statistics from one runner's first 10,000 miles

Over the past five-and-one-half years, I've kept unofficial but precise records on my running. The numbers are:



Fell down an average of 1.273 times a year, always in broad daylight, usually on ice. Knocked down by punted football once.

Competed in 67 races, 59 of which started too early (before 10 A.M.). Dreamed of missing start 67 times. Missed start once: emerged casually from gym as pack disappeared over distant hill. Ran but did not place in age group that day.

Worried about shoelace coming loose during race 67 times. Shoelace came loose zero times during race.

Worried so much about shoelaces, forgot shoes. Completely. Left them home twice. Watched two races, unwilling to try it *à la* Zola.

Total spent on entry fees: \$430. Total collected in prize money: \$000.

Loot: 67 T-shirts (every color but orange), one zippy running bag, one official Atlantic City necktie, two large pizzas, one medium pizza, one fancy dinner for two, one lunch at humble deli (not good weekends), one grotesque statue of Mercury or possibly Venus.



Plus unappraised collection of second- and third-place trophies, plaques, medals, ribbons, visors, mugs, hats, gloves, keychains. And 268 safety pins.

Chased and was chased by thousands of panting women. Ditto for men, but not same thrill.

Saved 74,778,164 heartbeats by lowering pulse from 80 to 54. Fully expect to live and run 2,252 extra days using beats not yet beaten.

Beat Bill Rodgers once (OK, he had to drop out with a hurt hamstring). Nipped Phillies outfielder Greg Gross by eleven minutes in 10K (true, he was weighted down by his World Series ring). Won 100-and-over category in couples race, thanks to finishing kick by Doris (admittedly, only one other couple in our ancient age group).

Beaten once by uppity ten-year-old girl. Beaten repeatedly by 65-year-old fast man. Missed winning a Mercedes by a mere 4,449 seconds in this year's Boston Marathon.



Finished five of six marathons. Vowed six times never, never to run another.

Wore out 27 pairs of shoes from nine manufacturers. Threw out zero pairs of shoes.

Enriched one foot doctor.

Consumed 71 bottles of aspirin (3,550,000 grains). Heels still complain 98.7 per cent of time. Perhaps related to 14,402,132 foot strikes over the years.

Butted by one dog who must have thought he was a goat. Barked at by 137 dogs who knew they were dogs. Barked back, kept running.

Attacked by swarming gnats 17 times. Tried to count them. Couldn't.

Zero bee stings. Zero snake bites.

Ran in rain 123 times counting mists and drizzles. Ran in snow 29 times counting flurries. Snow more fun.

Ran into wind 99 per cent of time.

Wind at back: never.

Proved world is not flat. It is 88 per cent uphill, twelve per cent downhill.

Lucky enough to run in eleven states. Ran with friendly Egyptian in London, ran with friendly Argentine in Greece, ran with friendly French fellows in Quebec. No Guinness Book of Records here, just 28.39 kilometers of bilingual fartlek.



Stopped once by policeman for "disorderly conduct." Threatened with \$300 fine for dashing in front of his squad car which was idling at light. Waved to 188 passing police while perpetrating similar street crimes; 177 runner-friendly police persons waved back.

Never missed running on My Birthday, Thanksgiving, Beethoven's Birthday or Christmas. Few other celebrants. Found myself running alone.

Rebuked 266 acquaintances for referring to me as a jogger instead of a Runner. Called crazy, idiotic and worse from 97 others, mostly smokers.

Spent 22.25 nervous hours in portable potty lines.

Finally, helped Joan Samuelson set one world record. This is explained by my Back to Front Mass Ripple Effect Motivation Theory, which applies to All Runners Who Are Really Trying. Back in the pack, I "pushed" the runner ahead of me just a nudge; that runner similarly pushed the runner immediately ahead another slight nudge. This force rippled tide-like toward the front, where the second-place lady inspired Joan to her half-marathon record. (OK, Joan would have set her record without my theory—but not by as much.)

That's it—precisely—for my first five-and-one-half years of running. And still counting ... **FINISH**

Chuck Mackey lives, runs and counts in Berwyn, Pennsylvania.

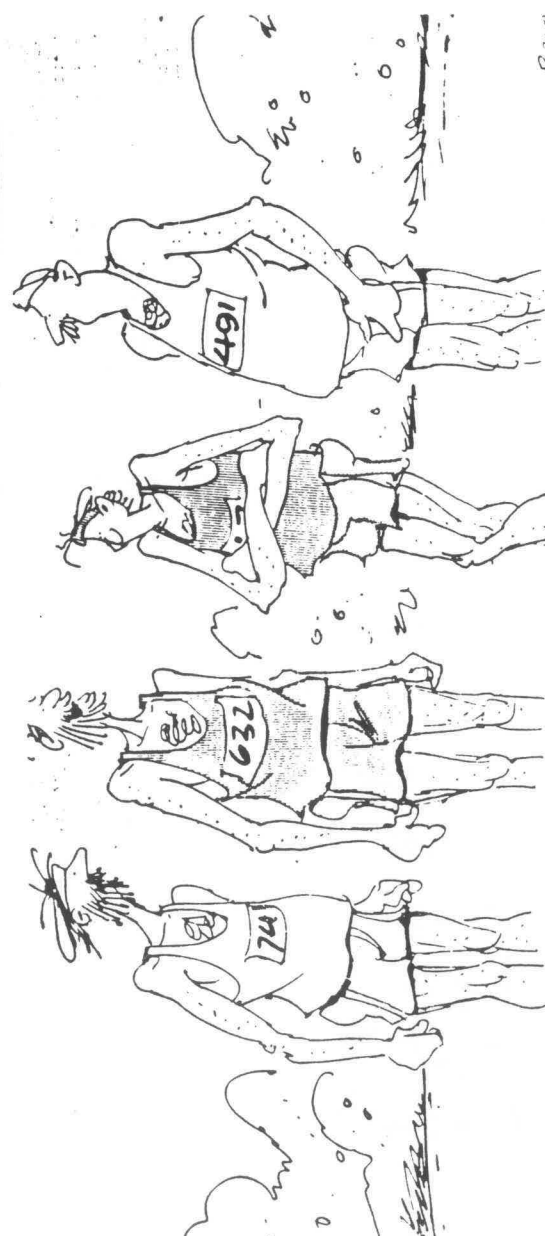
ILLUSTRATIONS BY ROBERT NUBECKER



"I'm home, Dear. Ready for a quick five miles?"



"Stanley, can you hear me?"



"Well I've got bone spurs, achilles tendonitis and shin splints, but if you've got a blister, by all means, let's hear about it!"

B. 27. 2

C.C.R.R. Nov. 18, 1986

- 1) Represent C.C.R.R. at the N.B.T.F.A. meetings.
 - 2) Xmas Party -?
 - 3) Fun route changes -?
 - 4) Send in my race results for a crest.
 - 5) Dec 6, St John's ^{Murphy's Fun Run} Near Chesley
Basket Ball Club → Place *
 - 6) Heart Marathon
- Steve Scott
Lower the
age group
so you will
not have all
high school
runners
winning
everything

A) ~~Amends~~
~~knows~~ better.