

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

VOLUME : 4

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NOVEMBER 1986

THE EXECUTIVE

PRESIDENT	Steve Scott	454-1714
VICE PRESIDENT	Joy Elliott	472-6367
TREASURER REGISTRAR	Jim Lythgoe	454-2415
SECRETARY	Ann MacDougall	455-0562
MEMBER AT LARGE	Mike McKendy	472-5578
FOOTNOTES EDITORS	Brenda Tree David Tree	454-6202
FUNRUN COMMITTEE	Bruce Meyer John Cathcart	455-0956 455-1742

FROM THE EDITORS

I'm sure you have noticed that David and I are still listed as the editors. Due to the race things we agreed to continue on until December's issue, next month. If anyone has any ideas or would like to do the newsletter, you could call someone on the executive. It will be nice to get someone else's opinions, and we look forward to seeing the new issues. Again we would like to thank all those who have helped us with articles and the such over our 3 years.

As the Registrars for the Fall Classic Road Race we got some very interesting phone calls and visits. There were 210 registered and 120 of those were pre registered, and 80 of these were done in person. Here are some of our stories;

1. By phone from an unknown person- "Do you really think I can run that far?" Here I inserted a "sure you can".
2. One guy in his 1st race had me decide his pace i.e. 1st mile, turn around, and finish. P.S. I predicted between 36-37 min. and his final time was 36:34.
3. "What do I wear?" Not being the fashion editor I said T shirt and shorts.
4. "What do I do if I come in last?" Answer "No you won't" but at the back of my mind is a thought aching to come out' someone has to be last.
5. "I did you route in a fantastic time____." I didn't have the heart to tell her what she had to return from Garden Creek school too.
6. One girl at registration limping and holding ice on her foot "Should I run?" Of course I said "No." "But I'm the only one in my age group." Solution; She ran and won her category.

Brenda & David Tree

FROM THE PRESIDENT

A lot of water has passed under the bridge so to speak in the past month or so. For one thing, the Capital City Roadrunners have lost their duly elected President. Bill LeDrew has moved out of Fredericton and now resides in Winnipeg. I (Steve Scott) have assumed the presidency as provided for by our constitution and have appointed Joy Elliott as Vice-President and Mike McKendy as member-at-large. These executive appointments remain in effect until we elect a new executive in January or February of 1987.

Another major development has been the highly successful 4th Annual Fall Classic Road Race held by our Club recently. It was one of the best attended races in New Brunswick in 1986. From the feedback I've been getting from participants, our organization was excellent in every respect. Perfection would come close to describing our overall efforts.

I don't want to dwell on the race only, but I feel that I must single out the active members of the race committee and congratulate them on a job very well done. Brenda and David Tree did a superb job with registration and all that went with it. The course was handled very professionally by Dick Mawhinney and Joy Elliott. The finish line was handled with nary a hitch by Reg VanDrecht and crew. The meal was once again excellent thanks to Larry and Mary Robinson and their workers. The details of putting the race all together operated well under the leadership of Bruce Myer, the Race Director. As well, all club members who participated in any way should realize that their contributions were very appreciated. All in all, it really goes to show you what can be done when individuals work towards a common goal.

Also, many people may have noted that Brenda and David Tree plan to resign as "Footnotes" editors in the near

future. Their input into the newsletter over the last three years has been very noticeable. The quality of the publication was always first rate. I would like to thank David and Brenda for a job well done and hope they will continue to contribute to "Footnotes" in some capacity.

Finally, I hope everyone will bear with the new executive as we go through this period of transition.

THANKS

The Capital City Roadrunners were treated to a very informative talk by Carolyn Townsend on September 2, 1986 at the last monthly meeting. The subject was the treatment and prevention of soft tissue injuries, a difficult and technical one for sure, but handled in laymen's terms very capably by Carolyn.

THANKS AGAIN

Many, many thanks to Don and Carolyn Townsend who hosted the Capital City Roadrunners post-race party on short-notice. Many of those in attendance enjoyed themselves a lot, which is probably why the Half-Marathon in Oromocto the next morning was a killer for some and ignored by others.

SHORTS AND SINGLETS

Quote of the month from an unknown female runner that I passed as she was walking; "It's awful when the heart is young and the body is old".

The race, as you know, went of very well. The race committee put an awful lot of work into it and deserve a pat on the back. As one meber of that committee I want to issue a big THANK YOU TO ALL THE VOLUNTEERS. Without you it wouldn't have worked.

Also with the race you probably read that Patty Blanchard, the lady's winner, got a new N.B. record for the 10 km.-34:50. She hasn't been running for a year or so due to surgery on her achilles. Anyway, this summer she is back with a vengeance; She now holds the N.B. records for the 800, 1500, & 3000 and the 5000 meters on the track.

The after the race party was graciously held at Don and Carolyn Townsend's. I haven't seen them lately to see if they survived. I know everyone had a great time and we all want to thank you for your generosity.

Another climb of Mt. Kathadin went off about 2 weeks ago. The 7 who climbed were inspired by the great weather and the beautiful colors they encountered.

Scott Hare, is doing well on UNB's Cross Country Team. Michelle Cormier is running very well for the ladies squad, but is hampered by an injury from the summer. I hear she definetly is on the comeback trail. Good luck to you both as you run towards the AUAA's.

Also with cross country; our own Andre LeBlanc is the coach of the Ecole Ste. Anne team and doing a fine job. His team placed 2nd in the team competition of the FALL CLASSIC.

I'm not sure if everyone remembered that Terry Goodlad was crowned the US Champion this spring for the 50-59 age group in the 10 km. Well they invited him to compete in the US 10 mile championship about 3 weeks ago. It was held in N.H. and Terry moved up a category- 60-69, and again he was claimed to be the United States Champion in 65 min. But this is not all to the story; about 2 weeks ago he flew to Vancouver to compete in the World's Masters Games and our own Terry came away as 2nd place in the world in the 10 km. Great stuff!

AND THEY'RE OFF

NACKAWICK 1986 10 km.

4. Larry R. 36:46
7. George H. 37:39
9. Phil 38:26
- 10 James 38:48
- 12 Paul L. 39:18
- 16 Terry G. 39:37
- 17 Eunice 39:55 1st F
- 20 Rosaire 41:00
- 21 Dave P. 41:37
- 23 Anne Marie 42:11 3rd F
- 31 Carolyn 48:24

10th ANNUAL ATLANTIC AUTUMN MARATHON - SEPTEMBER 21, 1986

Capital City Roadrunners Finishers

1/4 Marathon

1st Master and Overall - John Webster 41:56

1/2 Marathon

OPEN

8th - George Hubbard	79:57
13th- Reg VanDrech	82:02
23rd- Larry Robinson	85:49
31st- Steve Scott	89:45
36th- Elden McLaughlin	90:59
38th- Mike McKendy	91:20

MASTERS

2nd - James Tucker	86:48
4th - Mike Stapenhurst	88:43

The winner of the Fall Marathon was Mike Simmons of Fredericton with a time of 2:38:54.

A REMINDER

Several people have not taken possession of their shorts and singlets order or have not yet paid for the order. Please give Steve Scott a call at 453-2624 (work) or 454-1714 (home). The Club has paid for these items and we would like to get things cleaned up.

FOR SALE -- SHORTS, SINGLETS, GOLFSHIRT

As part of the Club inventory, we have for sale:

2 men's shorts, medium at \$14.00 each
1 men's shorts, small at \$14.00 each
1 men's singlet, small at \$14.00 each
1 men's golf shirt, large at \$16.00 each
1 ladies' singlet, medium at \$14.00 each

Please contact Steve Scott at 453-2624 (work) or 454-1714 (home).

FALL CLASSIC RESULTS 10KM. 1986

KEY - MEN - I-19 & under, J- open, K-30-39, L-40-49, M-50 & over
 WOMEN - N-19 & under, O- open, P- 35 & over

1. Wayne Stewart-K-31:26
2. Roly McSorley-K-31:46
3. Joe McGuire-L-31:51 — 1st
4. Roddie Clarke-I-33:35
5. Bill LeDrew-K-34:23
6. Mel Keeling-L-34:33 — 2nd
7. Joel Bourgeois-I-34:48
8. James Cliff-I-34:48
9. Patty Blanchard-O-34:50
10. Barry Colpitts-J-34:50
11. Brendon Wycks-J-35:03
12. Kenneth Shallop-K-35:07
13. Garn Pomeroy-I-35:15
14. Brad Daniels-J-35:19
15. Bruce Steinhoff-J-35:26
16. Jacques Painter-K-35:31
17. Larry Robinson-K-35:40
18. Sean Best-J-36:25
19. Rob Stevenson-I-36:34
20. Phil Cleghorn-J-36:35
21. James Tucker-L-36:42 — 3rd
22. Kevin Murphy-K-36:47
23. Wayne Wright-L-37:21 — 4th
24. Malcolm Brown-K-37:57
25. Paul Pare-K-38:01
26. George Gallant-M-38:04
27. Duncan Hadley-K-38:05
28. John Cathcart-K-28:06
29. Paul Lavoie-K-38:06
30. Eunice Phillips-P-38:20
31. Les Jackson-K-38:22
32. Jason Murray-I-38:32
33. Elden McLaughlin-K-38:32
34. Rosaire LeBlanc-L-38:49 — 5th
35. Steve Scott-K-38:54
36. Rayma Taylor-O-39:03
37. Dave Prebble-L-39:18 — 6th
38. Robert Harrison-J-39:20
39. Mike McKendy-K-39:28
40. Jason Hood-I-39:37
41. Ed Lutes-K-39:38 — 7th
42. Ernie Fitzsimmons-L-39:38 — 7th
43. Anne Marie St, Laurent-O-39:39
44. Alphonse Doirion-M-39:55
45. Greg Peters-I-40:03
46. Mike Sharpe-I-40:06
47. Mike Stapenhurst-L-40:32 — 8th
48. Rachel Baxter-O-40:33
49. Kevin Malone-K-40:33
50. Jamie Mutch-J-40:39
51. Gilles Roussel-J-40:41
52. Leon LeBlanc-K-40:54
53. Jeff Clark-J-40:55
54. Glenn Saunders-K-41:00
55. Wendy Mathers-O-41:04
56. Howard Myatt-K-41:05
57. Fred Turnbull-M-41:06
58. Fred Green-L-41:08 — 9th
59. Bernard Arsenault-J-41:12
60. Carl Hache-K-41:20
61. Mark Fraser-K-41:26
62. Glen Ross-L-41:27
63. Doug Mulholland-L-41:27 — 10th
64. Diane Stevenson-O-41:29
65. John Sturgeon-K-42:12
66. Michael Betts-K-42:13
67. Pat Brennan-K-42:21
68. Gary Gill-L-42:27 — 11th
69. Harold Phalen-L-42:43 — 12th
70. James Shanks-L-42:48 — 13th
71. Stewart Thornhill-J-42:52
72. Bob Wishart-L-42:57 — 14th
73. Rejean Losier-K-43:22
74. Neville Garrity-K-43:28
75. John Chisholm-K-43:32
76. Gilles Robishaud-L-43:42 — 15th
77. Patrick Carr-L-44:37 — 16
78. Mark Roberts-K-44:42
79. Carolyn Townsend-P-44:59
80. Tim Andrew-L-45:20 — 17
81. Harry Drost-K-45:21
82. Alan McNairn-L-45:30 — 18
83. Michael Nimigon-K-45:32
84. Gary Harding-K-45:32
85. Brenda Tree-O-45:34
86. Dwain McLean-L-45:58 — 19
87. Douglas Cullin-M-46:06
88. Ian Swazey-K-46:22
89. Gerry Lorette-L-46:40 — 20
90. Ryan Burns-47:16
91. T. Mitchell-M-47:30
92. Heather Neilson-P-47:38
93. Peter Manson-L-47:44 — 21
94. Henrietta DeWolfe-O-47:50
95. Simone Boudreau-O-47:52
96. Mitch Bongard-J-48:24
97. Al Swazey-K-47:25
98. Edith Price-P-48:31
99. Keith Durelle-K-48:41
100. Peter Matthews-K-48:57
101. Michael Smith-K-48:57
102. Don Townsend-L-49:03 — 22
103. Dave Brewer-L-49:18 — 23
104. Bob Zinck-L-49:23 — 24
105. Anne Creelman-O-49:48
106. Mary Robinson-O-49:54
107. Winifred Young-O-49:56
108. Tina DeBoosr-N-50:01
109. Ron LeBlanc-K-50:36
110. Scott Jennings-K-51:36

11. Ed Harris-M-54:37
 112. Bill Wood-K-55:12
 113. D. Embree-M-56:11
 114. Pauline Losier-O-56:15
 115. Cathy Gow-L-61:16
 116. Beth Mockler-P-61:20
 117. Anita Legere-P

ANOTHER RACE RESULT I will tack on here is Eunice and George in the Montreal Marathon in late Sept. Eunice was done in 3:08 and that placed her in the top 10 Females, 8th I think. George had a bit of a problem with leg cramps, but after many painful stops, he continued on to finish in around 3:30

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Per mile	8.05 km 5 miles	10 km 6.214 miles	15 km 9.341 miles	16.1 Km 10 miles	20 km 12.427 miles	21.1 Km 13.106 miles	24.1 Km 15.000 miles	32.2 Km 20.000 miles	42.3 Km 26.000 miles
5.00	25.00	31.04	36.56	39.09	42.05	45.33	49.03	52.09	57.06
5.10	25.50	32.06	38.10	41.40	44.33	47.34	50.30	53.39	58.41
5.20	26.40	33.08	39.43	43.20	46.17	49.35	52.30	55.46	60.53
5.30	27.30	34.07	41.05	43.90	46.91	50.47	53.50	56.62	61.70
5.40	28.20	35.13	42.49	45.49	48.53	53.47	56.53	59.63	64.74
5.50	29.10	36.15	43.20	46.21	49.28	54.28	57.30	60.43	67.53
6.00	30.00	37.17	45.56	49.00	51.33	57.39	60.30	63.30	69.33
6.10	30.50	38.19	47.29	50.49	53.20	59.31	62.32	65.30	72.28
6.20	31.40	39.21	49.00	52.20	55.17	61.12	64.09	67.06	75.14
6.30	32.30	40.23	50.35	53.99	56.87	62.21	65.10	68.06	78.02
6.40	33.20	41.26	52.00	55.40	58.51	63.23	66.10	69.06	80.92
6.50	34.10	42.28	53.41	56.89	60.35	65.35	68.20	71.16	82.83
7.00	35.00	43.30	55.15	59.00	62.09	67.37	70.30	73.20	84.76
7.10	35.50	44.32	56.48	60.30	63.43	68.60	71.50	74.40	85.82
7.20	36.40	45.34	58.21	61.30	65.13	70.32	73.30	76.20	88.71
7.30	37.30	46.36	59.54	62.00	66.51	71.21	74.10	77.00	91.53
7.40	38.20	47.38	61.11	63.28	68.21	72.21	75.00	78.80	94.34
7.50	39.10	48.40	62.28	64.20	69.32	73.32	76.20	79.60	97.15
8.00	40.00	49.13	64.34	66.00	71.30	75.37	78.30	81.30	100.95
8.10	40.50	50.45	65.68	67.40	72.40	76.40	79.40	82.40	102.85
8.20	41.40	51.47	67.10	69.20	73.34	78.13	81.30	84.20	104.73
8.30	42.30	52.49	68.14	70.50	74.35	79.30	82.50	85.30	106.53
8.40	43.20	53.51	69.20	71.40	75.43	80.37	83.60	86.30	108.30
8.50	44.10	54.53	70.29	72.80	76.47	81.58	84.80	87.80	110.00
9.00	45.00	55.56	72.53	73.00	78.51	83.59	86.00	89.00	112.00

COMPUTED BY DAVE COCHRANE - GREATER BOSTON TRACK CLUB

CONVERSIONS

1 Meter = 39.37 Inches
 1 Kilometer = 0.621 Miles 3.281 ft.
 1 12 oz. Beer = 400 Milliliters
 1 Liter Beer = 33.8 oz.

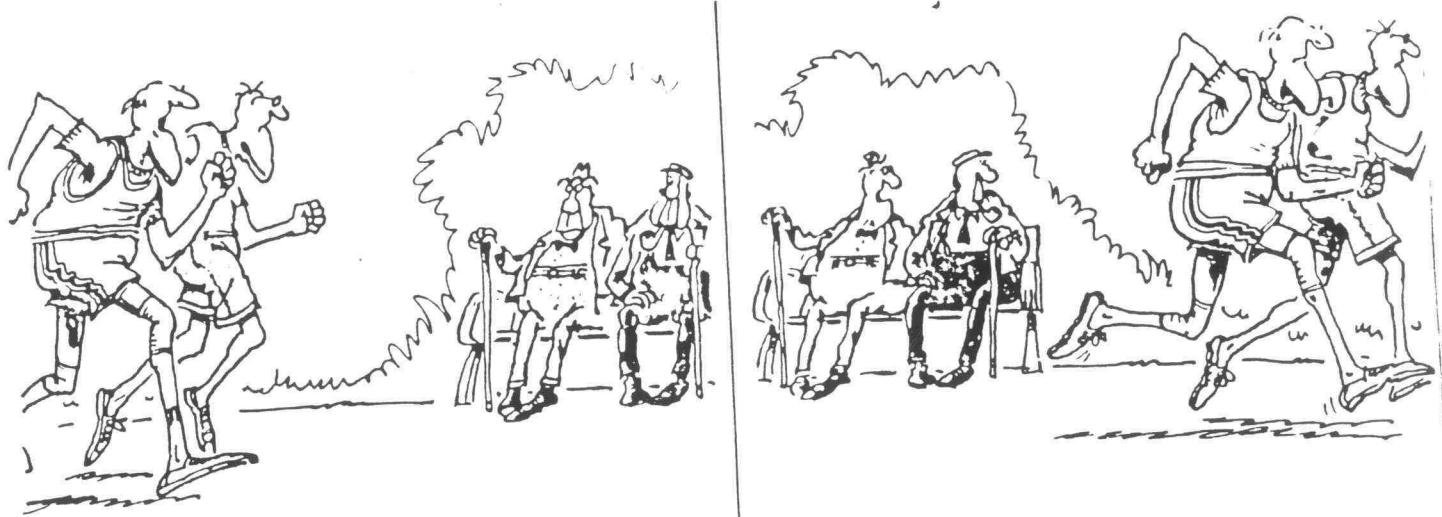
Multiply
 Miles x 1.61 Kilometers
 Yards x 0.9144 Meters
 1.32 x 5.0 = 6

DISTANCE RACE MEASUREMENTS

200 Meters	220 Yds	1000 meters (10K)	6 miles 3.78 yds
1000 Meters	0.621 miles	3.281 miles	3.658 miles
1500 Meters	0.932 miles	4.921 miles	5.436 miles
1609 Meters	1 mile	5.000 miles	5.500 miles
3000 Meters	1 mile 15.21 yds	10 miles	10 miles
5000 Meters	3 miles 180 yds	16 miles	16 miles

KEY: A- open men, B- 12 & under men, C- 15 & under men, D- 19 & under men
 E- open Female, F- 12 & under women, G- 15 & under women, H- 19 & under women

1. Willie Best-C-16:20
2. Jack Gallagher-D-16:49
3. John Acheson-D-16:51
4. George Hubbard-A-16:55
5. Fraser Veitch-C-17:51
6. Jason Cleveland-C-18:47
7. Don Hicks-A-18:48
8. Jonas Mureika-C-19:11
9. Amy Cashion-G-19:26
10. Leon Richard-C-19:37
11. Felicia Greer-G- 19:51
12. Noah Parsons-C-20:02
13. Jason Hennesy-C-20:13
14. James Whitman-C-20:14
- * 11 Neil Manson-C-19:46
16. Steven Sargent-C-20:24
17. Frankie Eligh-C- 20:29
18. Margaret Pugh-G-21:10
19. JoAnne Ellis-E-21:19
20. Lloyd Waugh-A-21:20
21. Heather Eagle-G-21:34
22. Nathan Mannett-B-21:47
23. Michael McEwing-B-21:47
24. Saul McFarland-C-21:52
25. Suzanne Ross-G-21:54
26. Andy Trail-B-21:55
27. Keith McMullin-A-21:57
28. Chris McKenzie-C-21:58
29. Chris MacDonald-C-22:12
30. Naresh McNairn-C-22:12
31. Dave Houston-C-22:14
32. Michelle LeBlanc-F-22:25 - 1st
33. Juanita Paul-E-22:40
34. Ryan Dickinson-B-22:44
35. Anthony Prebble-D-22:49
36. Mark Cherington-22:51
37. Roxane Boutilier-H-22:58
38. Michael DeMerchant-B-23:03
39. Carole Cronkhite-E- 23:03
40. Yves Chavinard-C-23:16
41. Kevin Larsen-C-23:38
42. Chris LeBlanc-C-23:38
43. Dave McCourt- -23:41
44. Judy Jackson-E-23:45
45. Patrick McCourt- -23:46
46. Robin Prebble-C-23:49
47. Beth McEwing-F-23:52 - 2nd
48. Catharine Cole-G-23:56
49. Vineet Nair-B-23:57
50. Catharine McIntyre-G-24:04
51. Kello McMullin-F-24:19 - 3rd
52. Andrea Lawson- G-24:30
53. Brenda Gallant- G-24:31
54. Lesley McFarlane-E-24:46
55. Toby Little-G-24:54
56. Katie McNairn- F-25:07 - 4th
57. Gillian Manson-F-25:16 - 5th
58. Elaine Nolan-G-25:37
59. Karen White-E-25:40
60. Pam Frosser-E-25:40
61. Rebecca Moore- F-25:44
62. Cindy Mills-F-25:49 - 6th
63. Sherry Thomson-E-25:53
64. John Tyre-B-26:24
65. Helene Martin-E-26:48
66. Dawn DeCoursey-E-26:53
67. Sandy McNairn-B-27:25
68. Rose McLeod-E-27:31
69. Ronald Bourgeois- C-27:54
70. Greg Mulholland-B-28:00
71. Paula Theriault-G-29:20
72. Lynn Gallager-E-30:07
73. Jean Snowden-E-30:58
74. Tina Anderson-F-31:00 - 7th
75. Megan MacMillan-F-32:02 - 8th
76. Burns MacMullin-A-34:59
77. Stephanie Scott-F-38:41 - 9th
78. Judy McKendy - E-39:21



**“Look at those old
geezers sitting around,
going to seed.”**

**“Look at those old
fools running themselves
into the ground.”**

26



T.M.

“Before I started jogging I was six foot three.”