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March to April 1987

"THE FUN RUNNING CLUB"



FREDERICTON, N.B.

THE MONTHLY NEWSLETTER OF THE  
CAPITAL CITY ROADRUNNERS

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# FOOTNOTES

# BEHIND THE SCENES

|                     |                    |          |
|---------------------|--------------------|----------|
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| VICE-PRESIDENT      | MIKE MCKENDY       | 459-8516 |
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|                     | EUNICE PHILLIPS    | 459-7562 |

Spring is here at last and the last of the snow is melting. It sure feels good to get on the road again. Our congratulations to all those who ran in the Heart Marathon including those in the teams.

We wish to thank Dick Mawhinney for his contribution to the newsletter this month "Spring Run" and also to Ed Takacs for his contribution on "Mountain Climbing". We sure appreciate these articles.

We also wish to apologize to Bruce Meyer and Phil Cleghorn. It seems your hand delivered newsletters were awful slow in arriving. We would also like to mention at this time if anyone does not get his or her newsletter, would you please let us know so we can pinpoint the reason and get it out to you. We are including in newsletter a listing of 1987 members. Again if you know of anyone who should be on this list and is not, please let us know as soon as possible.

We would like to welcome all new members for 1987 and new members this month Murray and Dot Nixon and Bob Leonard.

We would like to thank Edna Harbo for her contribution to the newsletter this month "Sumo Relay Team". We're sure you'll enjoy it.

For those wishing to contribute articles for next month's newsletter, the deadline for submissions is May 12th, 1987.

There seems to be some interest in arranging a women's funwalk-run. It could take place at the same time as the funrun on Wednesday evening or perhaps another evening would be more appropriate for those tied up with children. We could have a start time around 6 or 6:30 p.m. If you are interested, would you please call Gloria at 472-7308 with your suggestions for time and day. When I have some feedback, I will get in touch with everyone by phone with a starting date.

ATTENTION LADIES AND GENTLEMEN:

FITNESS - AEROBICS

LOCATION: ROYAL ROAD SCHOOL

TIME: TUESDAY AND THURSDAY 8:00 - 9:00 p.m.

TERM: APRIL 21 - June 11

INSTRUCTOR: DORIS DEMERS

FEES: MEMBERS OF "Y" - \$25.00

NON-MEMBERS - \$32.00

ONE NIGHT ONLY - \$25.00

Mary and Diana

PRESIDENTIAL NOTES

- 3 -

Spring is a time for hope, startling fresh, sun, rain, snow, floods, and on and on. The hope part started well enough with the great news from Israel that the Capital City Road Runners have in their midst a world champion. Our own Terry Goodlad won the Senior Masters Division in the 10 km road race at the World Masters Games in Netanya, Israel. The Capital City Road Runners were at the Fredrickson airport to congratulate Terry on his arrival. It was a moving experience for all, I believe.

The next bit of hope emerged as several stalwart Capital City Road Runners invaded Bangor in late March bent on wresting the team trophy away from the "Mainiacs". It is noteworthy that the Capital City "Peewees" did not win but managed a 2nd place trophy thanks to great efforts by some.

The final bit of hope to emerge for this spring centers around the 9th Annual Heart Marathon. When all was at its blackest (that is at the height of the flooding), it was decided to make a fresh start and reroute the course. Course measurer extraordinaire, George Hubbard, fighting great odds managed to pull it off again. Some marathoners may still be slightly dizzy because of George's efforts, but at least they did not have to run through knee deep water several times. Other Capital City Road Runners made their presence felt by their volunteer efforts on behalf of the "Heart" and on behalf of the Club. Thanks a lot.

Finally, all the Capital City Road Runners who competed in the event made their presence felt in the standings and the fund raising. James Tucker, I believe, was the second highest fund raiser at \$700.00. You should all be very proud of your contributions to this very worthy fund raising event. When all is said and done, the 1987 version of the New Brunswick Heart Marathon went off well despite all the obstacles such as rain the morning of the event. As I write, the weather which began deteriorating shortly after the Marathon is even worse. Curses to the snow, curses to the raising waters and curses to the cold. Ahhh, I wonder which day summer will be this year.

Steve Scott

# Goodlad Honored For World Title

By CONNIE SHANKS

Runner Terry Goodlad is off on the right foot for this year's racing season.

Despite adverse conditions, the Oromocto resident led a field of 120 to gain the World Veterans Championship in his 10 km class when the competition was run in Israel last week.

After reaching Netanya, about 5 km north of Tel Aviv, Goodlad's first challenge was adjusting to the change in conditions.

"When I left home, it was minus 25 Fahrenheit, and it was 60° when I ran last Monday. There is also a six-hour time difference," he noted.

## A Difficult Run

"The course had a couple of fairly steep hills, and there was a 20 mile an hour wind in our faces going out. It was a difficult run and it took a lot of stamina."

Goodlad ran the course in 38:49, 30 seconds slower than his best training time but a full 12 seconds better than the second place finisher. "I was relatively surprised to finish first," he said, "but I felt good about it."

Goodlad began running for recreation in 1963, but became serious about training for competitive running in 1980. Last year, he placed first in his age class in two U.S. races and finished second at the World Masters 10 km Championships in Vancouver. He trains by running 65 miles every six days, rests a day, then starts again.

## Relieves Stress

"I enjoy running," he said. "It re-

run anymore."

"I plan to keep running until I can't

age."

offer most people, whatever their

health habits, and it has something to

he was 67. Running motivates good

year old American who ran in three

stressed. "In Israel, there was an 88

not something you get too old for," he

retiring from the sport he loves. "It's

At 60, Goodlad has no thoughts of

thon.

el in December to run the full mara-

already made plans to return to Isra-

Booth Bay Harbour in May, and has

is looking forward to running at

For competitive running, Goodlad

what counts is your participation."

where your time doesn't matter:

is treated as a winner. It's one race

oughly enjoyed it, and there everyone

excellent cause. I've always thor-

well-organized event and it's for an

past five years, and it's always a

said. "I've run in it four times in the

wick Heart Marathon on April 5," he

"I'll be running in the New Bruns-

Goodlad.

tion is payment enough for Terry

no monetary reward, but the satisfac-

tributed to his latest effort. There is

although the Town of Oromocto con-

Goodlad pays his own way to races.

with a solution."

I start running. I usually come back

If I have a problem to mull over when

ties from contact with other runners.

shape and provides social opportuni-

lies a lot of stress, keeps me in good

The Capital City Road Runners visited the airport to join in a reception and welcome Terry home. The Club presented Terry a plaque which read:

"In Recognition of Terry Goodlad, World Senior's Master's Champion 10 km, World Masters Games, Netanya, Israel, March 16, 1987. May time never diminish your achievements."

SPRING RUN

The long bright icicles in dwindling ranks  
Dripped from the murmuring eaves till one by one  
They fell. As if the spring had now begun  
The quilted snow, sun softened to the core,  
Loosened and shunted with a sudden roar  
From downward roofs.

- Archibald Lampman (1899)

Remember that one day several weeks ago when the winter chill could no  
longer be felt in the morning air. With each passing day another sign  
of spring appears. The caw of the crow scolding as you pass closely  
by. The warmth of the late afternoon sun. The slushy sidewalks, and  
sun softened snow, are further evidence that Old Man Winter has  
retreated for another year.

Long gone is the dripping nose and chilblain winter bite. The streets  
are alive, runners, walkers, children, gazers. Spring's sweetness is  
near. As William Marshall wrote:

Now hath a wonder lit the saddened eyes  
Long misted by a grievous winter clime;  
And now the dull heart leaps with love's surprise  
And sings its joy. For 'tis the happy time  
And all the brooding earth is full of chime  
And all the hosts of sleepers underground  
Have burst out suddenly in glorious prime.

As the earth awakens so does the radiant spirit of the liberated runner.  
Sneakers, splash pants, t-shirts, and the desire to run become supreme  
priority. Enthusiasm and excitement tingle the senses as the first run  
I have to walk - heaven forbid!!! Suddenly as if in a trance you're  
moving down some nameless street. The gentle sun warms your body, your  
feet barely touch the ground. The soft spring breeze pushes at your  
back, reality is hours away. One though obscures your mine -  
nothingness! oneness.

Gradually you slip back into the material world. Your constant  
breathing re-enforces your being, you are aware of the surroundings and  
environment. The sun is sweet, your feet are wet. Satisfaction is  
achieved, you are running for yourself. At once you begin to recognize  
familiar land marks - Wilmot Park, The "Y", Smythe Street School,  
traffic, fried food.

At this point a comfortable and leisurely pace is reached. Who knows  
what a runner thinks? Home finally comes into view. You know running  
is not bad after all. I wonder where I've been for the last thirty  
minutes or thirty years?

## MOUNTAIN CLIMBING

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Some Club Members may have seen the recent article in the March 13, 1987 Globe & Mail titled, "Taking Resolution to Great Heights: Mountains are there for Sharon Wood to Explore her Own Potential". For those who have not, below are some paraphrased excerpts which reflect the essence of mountain climbing.

Sharon Wood was the first North American woman to reach the summit of Mount Everest. Some of her thoughts have been similar to some Club Members, who have ventured to climb Mt. Katahin and Mt. Washington. Some of her thoughts you'll find can be applicable to running.

"Some see climbing as a sport. Others see it as a philosophy. It brings out the best in others. The mountain is a multifaceted outlet. It's a vehicle, obviously, in which one can explore their own potential".

"Peace with ourself is found in the mountains".

"Mountains are not inherently dangerous - hazards don't exist unless people put them there".

"Mental resolution contributes the most to a climb. Physical training disciplines the mind. Putting one beyond the comfort zone helps to develop the mind-set".

# SOCIAL NOTES

The Funrun which has been happening on Saturday mornings will be changing effective April 22nd to Wednesday evening at 6:00 p.m. The last funrun on Saturday morning will be April 18th.

Our congratulations to Tim and Susan. We understand they will be having an addition to the family around October. The best things in life are small bundles of joy, they keep us young and turn our hair gray.

Larry R. has been skipping lately. His team won the total points section in the City & District Curling Bonspiel. Phil C. spared as second stone for Larry in their second game.

The day of the Heart Marathon found Rosaire LeBlanc at F.H.S. playing in the Masters Men's Basketball Championship. He plays for the Fredrickton Hermits who took second place in the championships. They took 66 points against Harvey Teachers 67 points.

We have four runners training for the Moncton Marathon - Mike McKendry, Elden McLaughlin, Howard Myatt and Steve Scott. I believe there are a few others out there thinking seriously along the same lines but have not definitely committed themselves yet.

Don't forget the Boston Marathon on Easter Monday, April 20th. James Tucker and Scott Hare are running in it.

Terry McIntyre had a personal best in the Heart Marathon.

## MEMBERS' GOALS FOR 1987

| NAME             | YEARS | RUN | MILEAGE | GOALS                                                                                                                    |
|------------------|-------|-----|---------|--------------------------------------------------------------------------------------------------------------------------|
| Rosaire LeBlanc  | 9     |     | 1707    | If and when my plantar fasciitis heels, to run two 10 k's below 40 minutes.                                              |
| André LeBlanc    | 5     |     | 600     | To run some road races.                                                                                                  |
| Michelle LeBlanc | 3     |     | 350     | To place 3rd or better in 1500 m. in provincials 15 and under.                                                           |
| Edie Fisher      | 1     |     | 711     | Break 40 mins. for 10 km. Work up to 40 miles per week. Place well in several triathlons this summer.                    |
| Tim Mallett      | 8     |     |         | Have fun.                                                                                                                |
| Fred Farrell     | 3     |     | 1200K   | Montreal Marathon - 90 min 20 Km.                                                                                        |
| Terence Goodlad  | Many  |     | 2500    | 10K under 38 minutes                                                                                                     |
| George Hubbard   | 7     |     | 1329    | Stay healthy, stretch a little more, co-lead for 1st mile of 10 k's with Ed Lutes. Do some quality 7 mile, mile repeats. |
| Bruce Meyer      | 8     |     | 1865    | To have fun in 1987.                                                                                                     |
| Fred Turnbull    | 5     |     | 2300    | To break 40 mins. for 10K run, probably run another full marathon.                                                       |



# UPCOMING RACES

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APRIL 20th Boston Marathon

MAY 2nd Memramcook 8.4 km Road Race

Start 10 a.m. Abbey Landry School, Memramcook. Entry \$5.00

MAY 3rd

Lecartrand Coca-Cola, Between Bertrand and Caraque  
Start 11 a.m. Centre des Loisirs, Bertrand

10 km Run - Entry \$6.00 and 5 km Walk - Entry \$5.00

MAY 9th

The National Capital 10 km, Ottawa, Ontario  
Start 6:30 p.m. Carleton University Campus. Entry \$10.00

MAY 10th

Sports Experts Road Race, Dieppe 10 km  
Start 11 a.m. Polyvalente Mathieu-Martin, entry \$5.00

MAY 10th

The National Capital Marathon, Ottawa, Ontario  
Start 9 a.m. Carleton University Campus. Entry \$15.00.

MAY 17th

10 km Restigouche, Campbellton Super Series  
Start 11 a.m. Roland Pepin, Campbellton. Entry \$6.00

MAY 23rd

Oromocto 10 km Road Race  
Start 1 p.m. Massis Road School, Oromocto. Entry \$5.00

N.B. 10 km Race Championship held in conjunction with race.

MAY 24th

Maine Coast Marathon, Biddeford, Maine  
Start 7 a.m. University of New England, Biddeford, Maine

Entry \$12.00 before May 1st, \$15.00 afterwards.

MAY 31st

Moncton Marathon

Start 8 a.m. beside the CEPS building of the University of Moncton  
Entry \$10.00 per runner or \$40.00 per team (deadline May 15).

## RACE RESULTS

BANGOR 7 MARATHON, March 28, 1987

|               |       |               |       |
|---------------|-------|---------------|-------|
| Chris Pinsent | 70:14 | Howie Myatt   | 85:59 |
| Scott Hare    | 71:40 | Malcolm Brown | 88:30 |
| James Tucker  | 82:   | Steve Scott   | 89:07 |

The team knows the "Peewees" made up of some of the above members came second in the team competition. The Maine Track Club team came first.

## MEMBER GOALS FOR 1987

| NAME | YEARS | RUN | MILEAGE | GOALS |
|------|-------|-----|---------|-------|
|------|-------|-----|---------|-------|

Break 38 mins. at 10K. Run two  
marathons, one in the spring (if I  
get off the ski slopes by May) and  
one in the fall. Hope to break 3:05  
by fall.

|                   |    |     |                                  |
|-------------------|----|-----|----------------------------------|
| Martin Grosweiner | 3  | 300 | Lose weight, get in shape again. |
| Murray Nixon      | 10 | ?   | Montreal Marathon                |



# HEART MARATHON RESULTS - MEN'S

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## QUARTER

### UNDER 20

1. Michael Fellows  
2. Roddy Clarke

### (C) 30-39

1. Roley McSorley  
2. Ed Takacs  
3. David Tree  
4. John Cathcart

### (E) 50 & over

1. Terry Goodlad  
2. Dan Morrissey

## HALF MARATHON

### UNDER 20

1. Willy Best  
2. Garn Pomeroy

### (C) 30-39

1. Larry Robinson  
2. George Fitterer  
4. Howard Myatt  
5. Malcolm Brown  
6. Elden McLaughlin  
7. Mike McKendry  
8. Ed Lutes  
10. Bruce Meyer  
12. Fred Farrell

## FULL MARATHON

### UNDER 20

1. Brent Finamore  
2. Leon Richard

### (C) 30-39

1. Bart Myers  
2. Larry Sampson  
4. William McIntyre  
1. Joe McGuire  
2. James Tucker

### (E) 50 and over

1. Arthur Young

Overall Winner of Heart Marathon - Joe McGuire

# HEART MARATHON RESULTS - WOMEN

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## QUARTER MARATHON

UNDER 20

1. Amy Cashion  
2. Michelle Cormier

(C) 30-39

1. Brenda Tree 48:20:43

1. Connie Bothwell-Myers 2. Marie Cashion

8. Mary Robinson 59:27:53  
9. Sue Martin 1:00:06:24

## HALF MARATHON

UNDER 20

1. Suzanne Ross

(C) 30-39

1. Eunice Phillips 1:31:45:00

1. Marilyn Corey 2. Corey Weagher

(D) 40-49

1. Paula MacInnis-Wheeler 1:34:00:95  
2. Gisele Gallibots

(B) 20-29

Dennis Atchison

Bill Best

Malcolm Brown

John Cathcart

Phil Cleghorn

Keth & Linda Durelle

Mary & Fred Farrell

George Filliter

Ede Fisher

Ernie Fitzsimmons

Lynne Gallagher

Terry & Phyllis Goodlad

Mr. & Mrs. Martin Grosweiner

Scott Hare

Robert Harrison

Edna Harris & Dick Mawhinney

Beth Healey

Don Hicks

George Hubbard

Crystal Inzinga

Kyo Jibiki

Paul Lavote

Rosaire Leblanc

André, Michelle & Marc LeBlanc

Bob Leonard

Wayne & Mary Lenehan

\*\*New Members

## 1987 MEMBERSHIP

\*\*Paula MacInnis-Wheeler

Roger Wheeler (Mathew, Sarah & Nathan)

Mary & Trish Maillet

Tim Maillet

Sue Martin

Tony Little

Terry McIntyre

Mike & Judy McKendy

Elden & Gloria McLaughlin

(Tanya & Françoise)

Bruce Meyer

Brian Mills

Howard Myatt

Murray & Dot Nixon

Jacques Paynter

Eunice Phillips

Dave Prebble

Dan & Nancy Reaick (Peter)

Larry & Mary Robinson

(Craig, Laura & Steve)

Steve & Carol Scott (Kim & Stephanie)

Mike Staphenurst

Anne-Marie St-Laurent

Ed Takacs

Don & Carol Townsend

David & Brenda Tree (Jason)

James Tucker

Fred & Doris Turnbull (Leitha & Cathy)

John & Suzanne Webster

(Jessica & Eleanor)

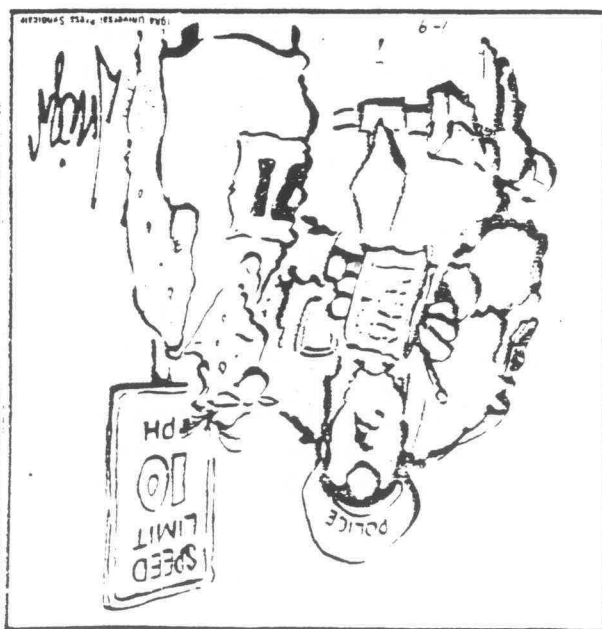
INFORMATION FOR NEW MEMBERS:  
The funrun is Saturday morning at 10A.M. until April 18th. The following week, April 22nd, the funrun changes to Wednesday at 6P.M. from the U.N.B. gym. Some members run Monday, Tuesday and Thursday from the Monsignor Boyd Center at approximately 12 noon.

March 28, Saturday: It was a bleak morning, wet, rainy and miserable, but that didn't stop our runners from enjoying the funrun. While the rest of us were still savouring our morning cup of coffee, our dedicated troops were having a marvelous time splashing through puddles and enjoying a carefree uplifting feeling that only a run in the rain can bestow. Needless to say, by the time they finished, our troops looked more like "drowned rats", but it must have been fun as a new face was prominent in the ranks, that of Martin Grosweiner.

April 4, Saturday: We had ten members show up today, all men, the ladies noticeably absent. Too bad as the men were treated to bright sunshine and warm temperatures as they ran the Fredrickton Five Mile at a nice leisurely pace, saving their "formidable" speed for the Heart Marathon the next day.

April 11, Saturday: What a great morning!! Beautiful sunshine beckoned sixteen members to a three stage run with Larry, Elden and Mike starting at 9A.M., joined by James, Paula and Edie at 9:30A.M., and the remainder at 10A.M. They ran the "Bridges" and created quite a spectacle with their different array of clothing, with some dressed for summer in the traditional garb of shorts but others covered with Lita underwear and sweats. Tim Maillet made an appearance as did three other new faces, Michelle Cormier, Kyo Jibiki and Robert Harrison.

#### FUNRUN RECAP:



HERMAN

## SUMO RELAY TEAM

A few weeks ago, upon hearing that the Heart Marathon was offering a Marathon Relay Category "non competitive", the SUMO team was born. This was only for runners who had attained a "certain" level of fitness - in 1986. The organizers - Dick and Tim - got their heads together trying to come up with some eligible members. They finally decided on 8 actual runners and 2 assistants. The team was made up of Ed Takacs, Lynne Gallagher, Anne MacDougall, Karen White, Sherry Thompson, Tim Maillet, Dave Prebble and Dick Mahinney. The assistants, drivers, photographers and general girl Fridays were Daisy Hildebrand and Edna Harris - oh yes, art work (and very much a high light) by Susan Maillet.

Before we get into actual running, we want to explain how we came up with the team name "Sumo". At our general meeting (CCR) Dennis Atcheson remarked to Tony Little - "you're getting a little broad across the beam", to which Dick looked at Tony and said "Hello, Brother Sumo!". Hence the analogy - Sumo (as in wrestler). We then progressed to our pre-race strategy. Tim ran on the Friday before the race, Dave thought about running in a run, Anne started a week before the race but didn't get recruited until the day before, Ed and the girls (Karen, Sherry and Lynne) had been running some prior to the race but not enough to disqualify themselves from the team, and Dick had just started to get back into running.

We had a pre-race meeting on Thursday (after many phone calls recruiting runners). Dick and Edna had a map of the route and had each three mile increment marked on it. However, due to the flood, that map was totally useless - and we knew that before the meeting began, but nevertheless, we had our meeting. Some of the team showed up and we ate lots of good running food - cherry squares, mocco cakes and coffee. Decided we should play it by ear and wait for the new race route the day before the run. Dave and Daisy said they would buy the war paint and Dick and Edna would supply the velcro heart to wear on our sleeves.

The day of the race dawned - a bit overcast and rainy - the perfect weather for a race. We all met at the U.N.B. Gym around 10:30. Sue was in charge of makeup - we even allowed some non-Sumo members to wear little hearts in keeping with the Heart Marathon theme. Of course pre-race pictures were a must - some turned out and some didn't.

The plan was that Edna was going to drive the lead car, with some of the runners, because it measured distances in miles - not like the new cars of today. Daisy was going to follow, transporting the rest of the runners as we didn't have enough room in one car.

After much socializing, laughing and casual remarks about

how fast we were going to cover the course (in our cars!!!) the race began. We started as a team and ran the first quarter mile together. Ed was our lead runner and covered a distance of three miles, almost faster than Edna and Lylene (runner #2) could drive there. Lylene took over from there and, do to the good influence of the fast company she was running with, completed her 3 mile leg in record time. From there, Anne M took over - running 2 miles (this is where some race strategy took over - let's try 2 mile distances instead of 3 mile distances - we can sprint for most of that).

We ran into a little wrinkle at this point. The third car involved in our merry little convoy, with two of our Sumo members, had driven about a mile further on the course. Edna (as lead car) was waiting for Anne M. to finish her 2 mile stint - but had no runner to take over, because they were all with Daisy - passing out cigarettes to all the runners. However, before she had to don her sneakers (and break her New's Year Resolution - not to run in 1987), Daisy showed up with her merry tribe.

From there Dick took over and covered the distance (2 miles) in no time flat. Dave decided to run (2 miles) then (not wanting to put any pressure on anyone, we let the next person decide to run as the current runner was coming into view). Karen took over (2 miles), then Tim (2 miles) then Sherry (2 miles). Now we began to plan! If cutting our distance from 3 miles to 2 miles made such a difference, let's cut our distance to 1.5 miles. Anne started off (1.5), then Dick ran a mile (which included the only hill on the course (we let him run that because he'd been practicing Hanwell Road), then Dave took over (1.5). Karen decided to run (1 mile) next. (More race strategy came into play here. If we cut down on the distances even more, we could sprint faster. We also had to plan the finish. We all wanted to come in together so as to get a group photo.) Karen had a bit of a problem in her one mile sprint. She thought she spied her car (signalling her distance was done) three times. Consequently she had three kicks in the space of 1 mile. If she starts to race seriously all you rabbits better watch out! Tim volunteered to run 1.5 miles now so that each person left had to run only .5 miles - in preparation for the finish. After Tim, Sherry took over and ran .5, then Dave (.5), then Dick (.5). All the runners met at the corner of Windsor and Beaverbrook to escort Dick to the finish line. Daisy arrived at the finish line just as they were coming up the hill and Edna was ready and waiting for the finish line photos.

We had a really good time, both in the planning and in the actual running of the relay, and we highly recommend it to everyone. As a matter of fact, we are planning on renting a van next year so that we can all be together. See you there!!!



Rosaire Le Blanc  
115 Epworth Circle  
Fredericton, N.B.  
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