

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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BEHIND THE SCENE:

Winter is upon us with a passion. Where last year we spent our time shovelling, this year we have to keep bundled up well so we don't become frozen icicles. Hello to Bill & Flo, hope it is warmer your way. Thanks for your letter, we are sure everyone will enjoy reading it and we hope you are over your bronchitis by the time you see this newsletter. Also, hello to Beth Healey and thanks for your letter too. It is great to hear from far-away friends. Also, if any of you have something to contribute to the newsletter, please send it in with your application. We all enjoy hearing news from others. It would also be nice to have some running profiles.

We are again running the application for the Club. Some are coming in, please sit down and do it today if you haven't already. The Club is looking for new newsletter editors for April 1988. If you wish to try your hand, please let us know.

Paul Lavoie's annual race may still be on in February, watch in the next newsletter for further details.

We would like to wish everyone a very Happy and Healthy New Year - members, family and friends. Our wishes that the New Year brings many joys and happy running hours.

Mary & Gloria

PRESIDENTIAL NOTES

by Steve Scott

The New Year is upon us. Where oh where did 1987 go. It was a great year for the Capital City Road Runners Club. We gained a lot of respect in our community due to the many community minded efforts we were involved in. The people of Fredericton know that we are out there doing a lot of good work to everyone's benefit.

As well, I think the membership of the Club realize that they are getting their moneys worth so to speak. We continue to produce a topnotch newsletter every month, we have a regular Fun Run every week plus several other informal runs that anyone is welcome to join, we have a family barbecue every spring at no cost to members; this year we also had a Christmas party for adults and are hoping to have another sliding party like last year and our Fall Classic 10 km Road Race this year was probably one of the best races in the country with something for everyone.

All in all, your executive has worked hard and they deserve a hand; without an active executive it would not be possible for us to receive so much for so little.

With the above in mind, this is a reminder that the Annual General Meeting will be held in late February and I solicit your help in:

- 1) getting all members out to the meeting,
- 2) letting me or any member of the current executive know if you would be willing to let your name stand for office; and
- 3) be sure to sign-up as a member before or at the AGM because you are not allowed to vote if you are not a member.

To those of you who think that you don't have enough experience to be on the executive, I say to you we need/must have new blood in order to remain a dynamic organization. You will derive a great deal of satisfaction from serving in this manner. Think about it. We have a great organization, lets keep it that way. See you at the Annual General Meeting in February.

1987 IN REVIEW

JANUARY: With no races in January, a few club members tackled the Jack Rabbit Cross Country Ski Tour Classic. Steve Scott, Mike McKendy and Larry Robinson completed the 44 Km event while Brian Mills and Don Townsend conquered the 27 Km event.

FEBRUARY: New executive was elected consisting of Steve Scott, Mike McKendy, Dave Rebble, Carol Scott and James Tucker. Elden McLaughlin and Eunice Phillips were the Funrun committee and Gloria McLaughlin and Mary Robinson were the Footnotes editors.

The club organized a family sliding party which saw a large turnout of club members who enjoyed themselves enormously.

Paul Lavoie again organized the New Maryland Road Race which is always a big favourite with club members.

The club was represented at the Dieppe Frigid Run by Scott Hare, James Tucker, Brenda and David Tree, Anne Marie St. Laurent and Larry Robinson.

MARCH: Club members always travel to the port city for it's races, St. Paddy's Day Race was no exception. Despite a nasty March storm, Larry R., Elden McL., Steve S., James T., Scott Hare and Brenda and David Tree made it down and back safely. A post-race party was held at Steve and Carol Scott's.

Terry Goodlad won the World Masters Senior Divison (60-65 yrs.) 10 Km race in Netanya, Israel in a time of 38:54.

Chris Pinsent, Scott Hare, James Tucker, Howie Myatt, Malcolm Brown and Steve Scott travelled to Bangor for the Bango Half Marathon.

APRIL: Heart Marathon Month. The club set up a booth which always proves to be popular. Twenty members turned up for the carbo-loading party at Pizza Delight the night before the marathon.

The funruns switched from Saturday to Wednesday evening at 6 p.m.

We always have club representatives at the Boston Marathon and in 1987 it was James Tucker and Scott Hare.

MAY: Terry Goodlad was honored for his contribution to Sports Excellence.

This month was a very busy one on the racing scene. The following races were well attended by club members: Oromocto 10 Km, Moncton Marathon, Campbellton 10 Km, Saint John 11 miler and Sports Expert 10 Km Dieppe.

JUNE: The club's annual family picnic and barbeque was held at Odell Park. An adult party followed later at Dave Prebble's.

A climbing expedition was organized at Mt. Katahdin in Maine.

Bill Best organized the Minto 10 Km Race and George Hubbard organized the Run For the Kitchen Race.

JULY: Two of our members, Scott Hare and Mike Stapenhurst tried their hand at the Triathlon held at Tracadie and Sheila.

This was another busy month for racing. The following races drew a large number of our runners: Shediac 10 Km, Hartland 10 Km, Shippegn 10 Km, Newcastle 10 Km, and the Joe McGuire 10 Km in Woodstock.

AUGUST: By now it's a well known fact that our club enjoys travelling to other races in the province as evidenced by the following list of races we participated in : Dalhousie 10 Km, St. Isidore 10 Km, Riverview 20 Km, George Hubbard's Fun Run for Women, Nackawic 10 Km and St. Francois Half Marathon.

SEPTEMBER: Our own Fall Classic Race was again a great success. The post race party was held at Dick and Edna's.

Terry Goodlad defended his United States 10 mile championship title.

Another climb was again organized to Mt. Katadhin, Maine.

Club members participated in the St. Martins 10 miler, Chiropractic 10 Km Moncton, and the Montreal Marathon.

OCTOBER: Scott Hare was named Athlete of the Week by the Canadian Interuniversity Athletic Union for his outstanding efforts in track and field.

Club members ran in the Halifax Marathon, Casco Bay Marathon, Maine, Benjamin's 10 Km and the Saint John 10 and 20 Km.

NOVEMBER: Terry Thomas ran his first marathon, the New York Marathon.

Terry Goodlad was given the top male Celebration '88 Medal Award in Oromocto.

The Fredericton Torch Relay was organized by the Fredericton Celebration '88 committee in conjunction with the Capital City Roadrunners.

DECEMBER: The club Christmas Party was held at the Warrant Officers and Sergeants Mess Armouries.

"A VERY GOOD YEAR"

"You run to no one's beat but your own. No one else is making you run. No one else cares whether you do it or not. The responsibility for running is yours entirely, and the same can be said for the rewards in doing it. They are all yours too."

THE SOCIAL SCENE

The club Christmas Party attracted a large crowd of party goers. Marlene Ryan was an excellent bartender and kept everyone's "request" filled. As the party progressed, Judy McKendy, our pianist, had everyone singing Christmas carols. Larry R. showed his talent by ringing some mighty fine bells. It wouldn't be a party without our own famous "James T." and his guitar, accompanied by another up and rising star, Mike McKendy. Their lively music and James' program of songs proved a highlight of the evening, as did Rosaire LeBlanc's rendition of "A Boy Named Sue". The delicious casseroles, sweets, cream puffs, vegetable trays etc. were hungrily devoured by all. Peter Janes will attest to the fact that Bruce Meyer makes a great chocolate chip cookie. The party progressed into the wee hours of the morning before everyone called it quits and bundled up to brave the "bitter cold" drive home.

THE SOCIAL SCENE continued

Some members are thinking of starting their Boston Marathon training, James T., Steve S. and George Filliter to name a few.

Several members were spotted cross-country skiing recently, Larry R., Eldon McL., Steve S. and Bruce M. on the McLeod Hill, Mike and Judy McK. along the Hanwell Road and Anne Marie St. L. and Carolyn T. at Silverwood.

January 3rd saw Kyo Jibiki at the opening leg of the Fraser Cup Cross-Country ski series in Edmundston. He came in 4th in the men's 41-50 age category.

James T. is now sporting a new hair style that has all the ladies fighting over him! A three gun salute to the new "young" James T.

LETTER

Dear CCR Friends:

Well, on the eve of the New Year I felt we should finally write that long overdue letter to our CCR friends. Its been several months since we last wrote and there's quite a list of news.

First, we wish all of you a very happy, prosperous and successful New Year. Through the newsletter we have kept up-to-date on your accomplishments and general goings on through 1987. As usual the Club members have been active and you continue to be a major presence in N.B. road running - not to mention having some really good times! (The fun loving club indeed!)

Flo & I are well, although I'm just recuperating from a bout of bronchitis that has laid me up for a couple of weeks. Nothing too serious though, and I'm looking forward to hitting the road again in a few days.

I think the big news here for 1987 is that Flo ran her first marathon- and completed it! We went to Minniapolis - St. Paul in Oct. and ran the Twin Cities. She did well, finishing in 4:21. She had put in a few 20 mile runs which helped her. She was tired at the end, but ran across the finish line with a smile of satisfaction and relief. I am proud of her!

Unfortunately she has now been bitten by the dreaded "Marathon Bug" and she is already planning a training program for her to run the Manitoba Marathon in June, and we are definitely going back to the Twin Cities. Its an excellent event, extremely well organized, with a beautiful course. The first 20 miles or so are relatively flat with a few rolling hills. The last 6 miles are hillier and tend to beat you up a bit.

I ran two Marathons this year. Manitoba in June and the TCM. Manitoba was something else - hot, hot, hot! At 7:00 a.m. the temperature was already 21 deg., by the end it was closer to 30 deg. I ran a 2:47:48 finishing 11th overall out of 650 and 3rd in the 35 - 39 age group. In the TCM where the temperature at the start was 4 deg. I ran 2:47:56! Consistent or what!! I was 214th of 5000+ runners and 44th of 800 in my age group.

Other than these I ran a few 10K's and one 20K race (72:29) this summer. I only ran about 8 - 10 races. I think next year I'll run a few more though. I hit the big 40 on Jan. 3rd, so I'll be a rookie again in the masters category.

We still haven't found a running club here. While we did join one last year it really wasn't what we were looking for (for example they have a monthly funrun!). I train with a group of about 10 guys, but they are pretty serious and don't seem interested in the finer points of the sport (you know funruns ending at the Pub, parties, etc.) mind you the 're not all that fast, they're just serious. Perhaps I'm going to have to find some new training partners in the new year with the proper attitude.

Our weather has been excellent so far this winter. We've had little snow and temperatures have been relatively mild until today. Its now -25 deg (11:00 a.m.) with an expected high of -18 and its quite windy. However on the positive side the sun is shining. From what I see on the news you people have had it fairly tough so far this winter with all the snow you've had.

Peter and Randy are doing well. Even Peter now considers Winnipeg to be home. His summer in Fredericton was somewhat less enjoyable than he had expected so he was glad to come back to start school (Red River Community College). Randy has really settled in and likes it here. They both are doing a fair amount of downhill skiing - believe it or not there are three quite good hills within a couple of hours drive. They are going to the Rockies for a week in March which they're really looking forward to. Peter is heading to Florida for a week starting Jan 2. He's pretty excited about it.

Well folks that's about it for now. We greatly enjoy the newsletter as it helps us keep in touch - its sort of a monthly dose of friendship and memories from Fredericton. Gloria and Mary have done an excellent job in keeping the quality of "Footnotes" up to the same high level as David & Brenda did. Keep up the good work.

We would love to hear from any of you. Drop us a line if you can.

Your Friends

Bill & Flo

74 Columbus Cres, Winnipeg, MB, R3K 0C6

ANNUAL MEETING

The annual general meeting of the Club will be held February 25, 1988, 7:30 p.m. at the Monsignor Boyd Family Center. Please make an effort to attend your Club meeting and support your executive.

WHO DOES
THIS REMIND
YOU OFF
ANIMAL CRACKERS



LETTER

Just wanted to say hello and Happy New Year to the members of the CCRR. I still enjoy getting the newsletters and hearing all the gossip from NB. As you can tell from the address change, I have moved to Lethbridge which is southeast of Calgary. I haven't been doing much running since I moved, partly due to time (or lack of) and partly due to the area. The place to run here is through the Coulees which are also inhabited by "creatures" especially those with rattles at one end and fangs at the other! Now that those beasts are in hibernation, the running shoes can come out again! Anyway, all the best for '88!!

Beth Healey

CAPITAL
CITY
ROADRUNNERS

CALLING ALL KIDS
"Big & Small, Short & TALL"

PARTY

UNB
GYM

SATURDAY

JAN 30, 1988
1:30 P.M.

COME
&
JOIN IN
THE FUN

SLIDING

HOT CHOCOLATE
HOT CIDER
& DOUGH NUTS

MONSIEUR BOYD CENTER 3 PM



WOSTAWEA NEWSLETTER

1987-1988 SEASON

NEW EXECUTIVE:

CO-PRESIDENTS:	PETER GULOVICS ANAND KISHORE	357-2279 454-4940
SECRETARY:	MARISA BLANCHARD	472-5271
TREASURER:	NANCY KILBURN	455-8192
TOURS:	LIZ SMITH	453-1792
RACING:	KIO JIBIKI	455-0855
JACKRABBITS:	RITA MONTEITH	450-3025
STUDENTS:	KIM UMBACH	450-6965

NEW MEMBERSHIP FEES:

CLUB: individual - \$10.00
family - \$15.00

JACKRABBIT: first child- \$20.00
every additional child - \$10.00. The
jackrabbit fee includes a family member-
ship to the club.

SOCIAL EVENINGS:

On Tuesday, from 7:00 to 9:00 p.m. in Room 210 at the
Lady Beaverbrook Gym, U.N.B.

We will serve tea, coffee and munchies.

DEC 15: Equipment and waxing, presented by Helen McGrath.

JAN 19: Video on skiing techniques, presented by Helen
McGrath.

FEB 16:

MAR 15: Topics to be announced later.

APR 12:

ADULT INSTRUCTIONS: for beginner and intermediate skiers. They
will take place at the Aquatic Center, starting
on January 7, 1988, for four consecutive
Thursdays, from 7 to 9 P.M.

Club members are free of charge and others can register on the
night of instructions for \$10.00.

The lessons include: basics
skating techniques
downhill techniques.

TOURS: Let's meet at the Lady Beaverbrook Gym at 10:00 A.M.
Bring your own lunch and also always dress warmly. It's
better to have too much than not enough!

Jan 10: Leader is David Cubitt
Trail behind his house.

Jan 16: Ski-Orienteering Meet at Lindsay Valley on CFB Gagetown.
Contact person is Collin Dickson, from the Fredericton
Foxes "O" Club. The meeting time is to be announced.

Jan 24: Leader is Julf Schwenke
Mountain trail at Kelly Creek.

Jan 31: Leader is Peter Gulovics
Trails at Lindsay Valley on CFB Gagetown.

Feb 7: Loppet at Fundy National Park
Contact person is Liz Smith.

Feb 13: Leader is Ed Swift
Section 7 & 8 of Maritime Marathon.

RACING: Hello! May I take this opportunity to introduce my-
self. My name is Kyo Jibiki and I am new to the club
as well as to the area. I have been involved in citizen
racing and race organizing for over ten years in the
west. I am now helping Helen McGrath and David Cubitt
and I would be glad for any opportunity to be of assis-
tance to the club with citizen racing and other club
activities. Also this year we have Jennifer Preston as
a club coach. She has many years of racing experience.
Anyone who is interested in technique development and
racing should contact us:

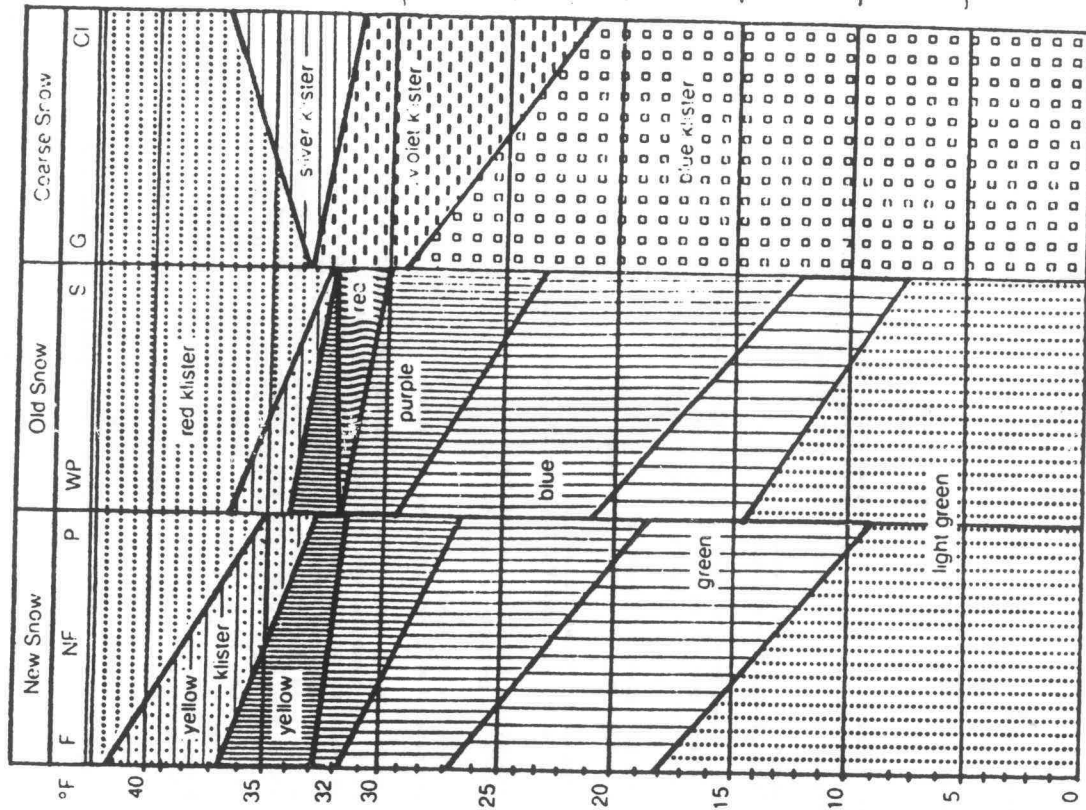
Kyo Jibiki 455-0855
Helen McGrath 455-6122
David Cubitt 452-1536.

Following is a list of races and loppets for this year:

THE WORD "LOPPELT" IS OF SCANDINAVIAN ORIGIN
AND REFERS THESE DAYS TO A CITIZEN'S CROSS COUNTRY SKI
EVENT, USUALLY WITH MASS PARTICIPATION AND
DESIGNED FOR ALL LEVELS OF SKIERS

DATE	EVENT	TYPE	LOCATION	CONTACT
Jan 10/88	Berthurst Loppert (28 km)	Classic style	Berthurst Rough Meters	Rough Meters c/o Lorenzo Viennesa RMA, Site 12, Box Berthurst, NB E2A 3T7
Jan 10/88	Fundy Outdoor Club Loppert (25-30 km)	Classic style	Millisborough	Fundy Outdoor Club c/o Bob Tingley P.O. Box 59 Millisborough, NB E0A 1X0
Jan 17/88	Miramichi Loppert (28-30 km)	Classic style	Douglasstown	Douglas Goodfellow P.O. Box 61 Newcastle, NB E2E-7914 (home) 622-1884 (office)
Jan 31/88	Kouchibouque Marathon (30 km)	Free style	Kouchibouque National Park	Club de Ski de Fond Les Boules de Neige c/o Barry Spencer P.O. Box 45 Kouchibouque, NB E0A 2N0 876-2443 (office) 876-4627 (home)
Feb 6/88	City of Moncton Loppert (25 km)	Classic style	Moncton	City of Moncton Community Department Westward Street Moncton, NB E1C 5R2 c/o Ian Foster 853-3333 (ext. 469)
Feb 7/88	Fundy National Park Loppert (30 km)	Free style	Alma, NB	Chignecto Ski Club Vilceant Orientation Fundy National Park P.O. Box 40 Alma, NB E0B 1B0 887-2000 (home)
Feb 21/88	Charlo Marathon (42 km)	Free style	Campbellton/Charlo, NB	Mike Lushington P.O. Box 9, Site 11 Belmont, NB E0B 1C0 826-3083 (home) 684-9501 (office)
March 6/88	St-Leonard Loppert (25-30 km)	Classic style	St-Leonard	Club Skiracing Jean-Marc Violette St-Leonard, NB E0L 1N0 423-7717 (club) 423-4601 (home)

Wax Chart



F = falling snow
NF = newly fallen snow
P = packed or coarse new snow
WP = well packed snow (several days old)
S = sugary snow
G = granular snow
CI = coarse icy snow