

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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Jan to Feb

1987

THE EXECUTIVE

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BEHIND THE SCENE

We would like to see more input from you, the members. Everyone enjoys hearing of experiences that have happened to others. No matter how trivial it may appear to you, others would enjoy hearing of it. Our "ace reporters" are forever running around and would be more than happy to accept any contributions. You could also mail it to us at the following address or call us anytime. You can write to:
Comp. #6 or Comp #7, Site #3, R.R. #7, Fredericton, N.B. E3B 4X8.
We would love to hear from you.

We would like to thank Brenda Tree for her article this month on "The Winter Blues?".

Don't you just "love" all the snow we have been getting? Isn't it "fun" to get lots of exercise shovelling the white stuff in addition to your running? Or are you feeling "plowed under". Well, take heart - SPRING arrives next month.

Memberships are still coming in very slowly. There must be a lot of "short circuits" out there causing a lot of memory lapses. Get your circuits fixed and start sending in those memberships. Next month will be the last issue of "Footnotes" sent to those who have not registered for 1987.

Coming up at the end of this month is the Club's Annual General Meeting at which a new executive will be elected as well as rehashing the Constitution. This is an important meeting for all members to attend.

May and June

FROM THE PRESIDENT

by Steve Scott

We are now in the middle of a good old-fashioned New Brunswick winter. Sigh!! Will it ever end? Snow, ice, wind, slush everywhere! Perhaps this is a good time to warn everyone not to forget about the many dangers of winter running.

Please, when you must run on the road, face the oncoming traffic and be alert to make a quick move to the left at a second's notice. Don't challenge the oncoming driver. You, the runner, have a lot to lose, including your life. When running at night, wear reflective material and light-coloured clothing if possible. Plan your running routes very carefully. In cold, windy weather, dress warmly and in layers, and cover your face. Run into the wind at the beginning of your run when you are fresh. Try to run with at least one other person and on long runs be alert for signs of hypothermia.

Winter is a good time to cut back on your running a bit and supplement it with other activities. Some Capital City Road Runners this winter are also down-hill skiers, cross-country skiers, swimmers, skaters, rowers, weight lifters, volleyball players, indoor soccer players, aerobic and fitness class participants and probably others I have missed. If you haven't tried other activities yet, go for it. There is still a lot of winter left.

Please don't forget that our annual meeting is coming up soon (Tuesday, February 24), and we are looking for a good turnout. It will be held at the UNB Main Gym, Room 210, beginning at 7:30 PM. In order for you to be eligible to vote, you are required to be a paid member for 1987. Application forms will be available at the meeting.

Finally, don't forget that all the hard work you do this winter will stand you in good stead when spring finally arrives.

GOALS FOR THE UPCOMING YEAR

<u>Member</u>	<u>Years Run</u>	<u>1986 Mileage</u>	<u>1987 GOALS</u>
Bill Best	21	2174	Participate more.
Malcolm Brown			To run 10 Km. in 36:00.
John Cathcart	10	2300	To enjoy running.
Ernie Fitzsimmons	3	1200	To recuperate from knee trouble so I can at least participate in a few 10K races.
Robert Harrison	3		2000 miles, 10 k at 37:30 and complete one marathon.
Beth Healey			Run in Jasper-Banff Relay (otherwise known as the "Great Rocky Mountain Road Race), run in a marathon (possibly!)
Don Hicks		450	To run again.
Crystal Inzinga	4?	Very little.	More mileage than 86, get back into running.
Kyo Jibiki	17	400	To run the Boston marathon.
Paul Lavoie	8	1000	1800 miles, 10 km at 36:30, marathon at sub 3 hours.
Wayne Lenehan	3	500	750?
Paula MacInnis-Wheeler	1	1534	To become more knowledgeable about running, how to prevent injuries, how to train for races, etc.
Richard Mawhinney	6	700	Average more than 20 miles per week, help the Club expand & grow in 1987.
Edna Harris	4		Not to run until 1988.
William McIntyre	long time	2250	A 3:30 marathon.
Michael McKendy	5	1800	Two marathons, in the spring at 3:20 and fall (N.Y.) 3:???. Run 10k at 38:30 and 2000 miles for the year.
Elden McLaughlin	5	2012	Breaking 38 mins. at 10 km. Run two marathons, one in the spring and one in fall breaking 3:10. Unbelievable goals heah! Only training will tell the story! and of course no injury!
Howard Myatt	$\frac{1}{2}$		Continue training. Break 40 mins. at 10 K and first marathon.
Dave Prebble	Many	600	Training - 1000 miles - to race at least once per month March to October - 10K under 39 mins. - 10 miles under 65 mins. - marathon under 3:15.
Dan Rearick	34	1832	
Anne-Marie St-Laurent	3	1758	Run 38 min. 10 km., 82 mins. 20 km., complete a marathon, stay un-injured.

GOALS FOR THE UPCOMING YEAR (continued)

<u>Member</u>	<u>Years Run</u>	<u>1986 Mileage</u>	<u>1987 Goals</u>
Steve Scott	9		10K at 37:30, marathon 3:09:59 and mileage for year 2,000.
Ed Takacs	10		10K at 32:32 and 35 miles per week.
David Tree	5		
Brenda Tree	4	1390	Under 45 mins. 10 K. To do a 20 K without feeling wiped.
James Tucker			10K at 35:59 - marathon at 2:46 - mileage 3000.
Mary Robinson	3	800	Plan to run just for the enjoyment of it.
Larry Robinson	4	2014.5	Run a 10K in 35:30 & Riverview 20K in less than 76.0 and a marathon in 2:55.
Don Townsend	2	?	Regular routine - 20 miles per week.
Carolyn Townsend	3	400-500	30 miles per week.

FUNRUN RECAP

Saturday, Jan. 17th - Twelve brave souls showed up to defy the cold. The only adverse effect suffered was by Elden who slipped and fell on some ice...some will try anything to keep warm running on a cold day!!!

Saturday, Jan. 24th - Though it was again an extremely cold day accompanied by a very nasty wind, we had ten hardy runners who braved the elements (2 gals and 8 guys). Nothing held them back from enjoying their 8 mile run.

Saturday, Jan 31st - A blinding snowstorm was the order of the day for the twelve who joined ranks to enjoy the "blizzard". With the fresh falling snow creating a giant white cocoon throughout our stately city, our runners were treated to a very scenic run. Even the harsh sound of cars and trucks passing by was softened under the white blanket of snow. It was quite a "moving" experience. Just ask Dick Mawhinney, John Webster and George Hubbard...the new faces that participated today! Glad to have you aboard!

The Wednesday Evening Runs are proving to be quite popular. One such run saw 11 members participating. Must be the great company that is attracting so many; or could it be the 49¢ chili everyone devours at Rumours after the run. Whatever the reason, perhaps more of us should check out these runs and join in the fun.

The noon hour runs seem to be enjoying their own brand of popularity. They have been getting 8 and more members turning up. One new face that has popped up on a couple of occasions is David Tree. Nice to have you with us, David.

Coming Up Next Month: Dieppe Frigid Run



Illustrated by
Tanya McLaughlin

There is a disease rampant among the runners. It began with Elden M's two left sneakers and forgotten towels or jacket. It spread to Larry R's forgotten sneakers and unpaid meals. Now it has been contracted by Mike M and his missing socks.

Well, we know you fellows love to run but maybe it is time to start a new store at the Center for those in need: 'The Funrun's Borrowers' Paradise'.

JACK RABBIT CROSS COUNTRY SKI CLASSIC

R-r-r-ring, r-r-r-ring. The alarm ... 6:15A.M. ... time to get up ... it's the day of the Jack Rabbit Cross Country Ski Classic ... need lots of time to make the rendezvous at Steve Scott's at 7:30A.M. The kids are up, dressed and fed. A last minute check to make sure Larry has all his gear and we're off. We're the first to arrive but Mike McKendy pulls in behind us. Boy it's cold out! Are they really going to attempt 44Km? I should know better than to think such a thought as the skis are loaded up and we're on our way. Arriving at King's Landing we've a few hardy souls already ahead of us. So the boys aren't the only brave ones. Faces don't seem overly zealous! It must be the thought of the ordeal ahead. I'm still trying to get my feet thawed out when the announcement is shouted, "Ten minutes to starting time". Everyone starts bustling around collecting gear and gathering "survival packs". I head outside with the kids to see the boys off and wish them luck. Already you can feel the excitement that precipitates any race. Though it's cold, these avid participants (24 in all) aren't aware of that as their thoughts channel forward to the trek ahead and how well they'll endure. Steve's off before I can shout out encouragement but I manage to yell good luck to Larry and Mike. I quickly head back inside to thaw out my feet and hands somewhat before heading to the car. I pack the kids in and we're off to Mactaquac to see how they are faring around the halfway mark. I can't help but feel they'll all be frozen solid by the time they reach the first check point. Arriving at Mactaquac Lodge what hardy souls do I see but Don Townsend and Brian Mills out to challenge the 27Km event from the Lodge out to King's Landing. This shorter event has attracted a grand total of 44 participants. Quite commendable in such bitter cold. After the mass start that sees them off, I'm left with an hour's wait before Steve is the first to arrive. A bit of frost formation on his hat and clothes but not the solid icicle I was expecting. Oops, Larry just arrived and has a marvelous formation of icicles cresting the entire front brim of his hat. And wow, here's Mike with the entire portion of his beard an incredible creation of abstract ice ... you've heard of spiked hair ... well this was the perfect spiked beard! They didn't dally for long. After refuelling with liquids they were off again to challenge the even harder course of getting back to King's Landing. After shouting more words of encouragement as they headed off, the kids and I were once more left to our own devices. I packed them in the car again (I was getting good at this) and headed back to King's Landing and a long wait for their return. I was encouraged to see how well they had fared to Mactaquac, but it was also plain to see that fatigue was beginning to "bite around the edges" and it would certainly require effort and concentration to get them back again. I felt rather guilty to be sitting before a huge fireplace with a warm blaze crackling away while the kids amused themselves watching the numerous festivities going on - sleigh rides, skating, craft demonstrations. Nice to sit back feeling warm and drowsy, but thoughts of the boys kept intruding ... were they struggling, were they cold, did they have frostbite, good gracious would they be able to finish??!! Nothing I could do but get up from my cosy seat and stand vigil at the door for the first sight of their arrival. I can't believe it, is that really Steve heading this way and Larry right behind him!! I open the door to welcome them back and the first sight that hits me is their fatigue, the dog-tired steps, their utter weariness. After sitting down a spell and refuelling on food and drink, they are feeling a little more "human". So how was it??? Larry sums it up well, "It's a survival event. You have no choice but to keep pushing onward. There's no where else to go"!!! And Mike's still out there! But not long after he appears at the finish line and we welcome him into the cosy warmth of the lodge. The same fatigue is evident,

the dog-tired steps. This really was an endurance event! Don and Brian fared well in their events and as I listened to them all describing their "ordeals", I could feel the sense of pride and accomplishment they were experiencing. Though I was only there to give support, I felt the same sense of pride in a different way, knowing what they went through to finish. They braved the cold, the cutting wind in open spaces that numbed their hands and feet, the crusty icy trails that afforded little traction and stressed their tired muscles all the more, the rugged hills that made the going tough and caused many a tumble or more. All this couldn't daunt their fighting spirits that kept them forging onward, prodding weary bodies yet another step ahead, that didn't let them succumb to unhonorable defeat!! Endurance, stamina, willpower ... it kept them out in front. And though their aches and pains may linger awhile, their remarkable achievement shall forever remain a tribute to themselves.

Yours in "skiing",

Mary L. Robinson

THE WINTER BLUES?

by Brenda Tree

It's cold out (-15°) and I'm having to climb up and over the snowbanks. I WISH I WAS IN FLORIDA. Just think I'd be running in shorts and a T-shirt and looking for a source of water. Wouldn't that be nice? But would it?

As I run along, so does my imagination. I can't even contemplate running Christmas Day in shorts. I wouldn't enjoy the holiday nearly as much if I couldn't run in snow (yes I ran this year before it rained) down the middle of Queen St. If I get on an honesty streak, I'll admit that I love to run on a crisp morning with the sun gleaming off the crystals of snow and the tree limbs heavy with last night's snowfall. I also get a feeling of pride in my chest when a neighbor out shovelling says, "I don't know how you do it".

How about the spring? Sure you are running in 3cms. of slush, but can't you smell spring in the air, and aren't those tulips coming up by the house? In Florida I think everything would always be green or in bloom. How dull! Also, if I lived there, what would I do with Dec. - Jan. issue of THE RUNNER when the whole issue is devoted to winter running?

I'll skip by summer since ours and theirs would be comparable, only theirs would be hotter. UGH!

Now fall is my absolutely favorite time to run. I love to see all the colors around me and to feel the crackling leaves underneath my NIKES. The temperature in the fall in N.B. is perfect for running and I usually set my PRs then.

Well, Palmer St. is in sight and I've decided against Florida. I realize out of this discussion with myself I have an article for the newsletter and that I have run 6 miles.

Notes on the New Maryland Race

A cold winter morning for a race but a fair turnout of 28 have arrived at the New Maryland Rec Center Saturday Feb. 7th. Paul Lavoie has things well in hand and the race starts ontime. At the finish line we are stamping our feet to try and keep warm, and we are happy to see the police car come up over the knoll and know the runners are not far behind. Here comes Scott Hare with Chris Pensen not far behind, then Larry Robinson with David Tree behind him. The faces of the runners are barely distinguishable, they are frosted up from white eyebrows down to snow beards and mustaches even though many don't even have the real kind underneath. Glad to get out of the cold. Listening around we hear comments about the course: "tough but good"; "pretty nice"; "hard"; "rolling". Everyone is treated to a hot and hardy soup complements of Gary's Restaurant, hot chocolate, rolls and sweet breads. According to James T. the pace was much easier last year but the turnout this year was definitely better, (for those who may not have been around last year, the reasoning is quite simple, there was none). Time to give out the trophies. Thanks Paul for coming through with the race this year. A lot of people enjoyed it especially as it comes at a time when not much is going on. It was also good to see some faces we haven't seen for a while: Tim Andrews, John Cathcart and Fred Turnbull. See you next at the Dieppe Frigid Run.

TIDBITS

We received recently Beth Healey's Club registration for 1987. We would like to share with you her greetings from Alberta which we appreciated. She wrote: "Hi Gloria & Mary - Greetings from Western Canada! Just wanted to say how much I enjoy and appreciate receiving the newsletter! It keeps me in touch with the 'running world of Fredericton'." We hope, Beth, if you attend the Jasper-Banff relay, that you will send us some comments on it. We always like to hear what is going on in other parts of the country.

Following is the list of members registered for 1987:

Bill Best	W. Terry McIntyre
Malcolm Brown *	Mike & Judy McKendy
John Cathcart	Elden & Gloria McLaughlin & Family
George Filliter *	Brian Mills *
Ernie Fitzsimmons	Howard Myatt *
Robert Harrison *	Dave Prebble
Edna Harris	Dan & Nancy Rearick & Family
Dick Mawhinney	Larry & Mary Robinson & Family
Beth Healey	Steve & Carol Scott & Family
Don Hicks	Anne-Marie St-Laurent
Crystal Inzinga	Ed Takacs
Kyo Jibiki *	Don & Carol Townsend
Paul Lavoie	David & Brenda Tree & Family
Wayne & Mary Lenehan	James Tucker
Paula MacInnis-Wheeler *	
Roger Wheeler * & Family	

*NEW MEMBERS TO THE CLUB

Please contact us if your name should be on the above list and is not.

NEW MARYLAND ROAD RACE

On Tuesday February 2, 1987 the long range weather forecast was calling for sunshine on Race Day with a high near -3. With this optimistic outlook I began planning for the biggest race of the events four year history. I had visions of several hundred runners converging on New Maryland to participate in what promised to be the best race of the year. However, by Friday that ever dreaded spoiler of good plans, the weather man, was calling for flurries beginning in the afternoon. This did not dampen my spirits too much. I did, however, revise my estimate of runners down to around a hundred or so to allow for those who would be foolish enough to rely on any weather forecast as being accurate.

Saturday morning, February 7, 8 a.m. Minus 22 degrees and snowing. What can I say. It was undoubtedly the extreme cold that resulted in only 28 brave SOULS (or 56 brave SOLES, depending on how optimistic one is) showing up to run this FRIGID FUN RUN. Those that did, once again enjoyed New Maryland hospitality at its finest, and after the run partook of nice hot beef vegetable soup, hot chocolate and banana bread for dessert.

The runner had less than ideal footing over the four miles, as it grew progressively worse as the race went on. However, I do believe, most everyone had a GOOD TIME as the following results would indicate:

1. HARE, Scott	- 21:33	15. TURNBULL, Fred	- 27:26
2. PINSENT, Chris	- 22:10	16. JENKINS, Howard	- 27:28
3. ROBINSON, Larry	- 22:55	17. CARR, Pat	- 28:07
4. TREE, David	- 23:46	18. FARRELL, Fred	- 28:53
5. TUCKER, James	- 24:16	19. DORST, L. E.	- 28:55
6. SCOTT, Steve	- 24:35	20. BARR, Randy	- 29:05
7. MYATT, Howard	- 24:47	21. SEARS, Alan	- 29:14
8. MYER, Bruce	- 24:55	22. EDWARDS, Phil	- 29:34
9. MCLAUGHLIN, Eldon	- 25:04	23. TREE, Brenda	- 30:23
10. MCKENDY, Mike	- 25:39	24. SUTHERLAND, Lloyd	- 31:06
11. MCEWING, Brian	- 26:18	25. McMULLIN, Keith	- 31:35
12. STAPENHURST, Mike	- 26:19	26. ANDREW, Tim	- 32:16
13. CATHCART, John	- 26:46	27. CRABBE, Carvel	- 33:22
14. FISHER, Edie	- 26:57	28. OLIVER, Don	- 37:39

PAUL LAVOIE

SLIDING PARTY

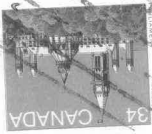


SAT. 1 PM
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