

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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June to AUGUST , 1987

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THE EXECUTIVE

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BEHIND THE SCENES:

We have combined the July and August newsletter due to the summer months and vacations. We hope this hasn't inconvenienced anyone. The deadline for the next newsletter will be September 8th.

Congratulations to Brenda Tree for running a 44:12 10KM. in Campbellton on May 17th. Her goal for 1987 was to run a 10KM. in under 45 mins. Well done Brenda.

Congratulations also go to John Webster on being selected to carry the Olympic Torch for the 1988 Canada Winter Games.

We'd like to welcome a new member to the club this month, Gerry True.

We would like to thank James Tucker, Dick and Edna, and Ed Takacs for their contributions to this issue. We are happy to receive your articles; and hope any member having an article, whether on running or not, will send it to us.

The Fall Classic Run Committee is looking for volunteers. People are needed to help out at registration, the start-finish line, policing the route, and at the reception. If you can help out, please contact anyone of the following: Mike McKendy, Don Hicks, Paul Lavoie, Carol Scott, Steve Scott, or Gloria McLaughlin.

Mary and Gloria

Comp.#6 or #7, Site #3, RR #7,
Chateau Heights, Fredericton, N.B.
E3B 4X8.

From the President
Steve Scott

Fun Runs, are they really fun? The Executive has had several complaints over the recent past that new members who are just getting into running and long time members who are just beginning to renew their commitment are afraid to come to the Fun Runs because they may not be able to keep up. As I see it, they are somewhat justified in their fears.

As many people are aware, the Club has attempted to deal with this problem on many occasions. For a while, at least, these attempts are successful, but as time goes by and people become more fit, the speed and the tempo of the Fun Runs increase. This is good in one way because it means that we are meeting one of our objectives, that of becoming more healthy and fit through running. In another way, it is bad because we inadvertently exclude others from this select group.

Another aspect of the whole controversy revolves around those super fit people who practically race at each and every Fun Run. By encouraging them to slow down unilaterally, we are actually taking the fun away from them. Again we have a situation where the run is no fun. This, however, can be countered by saying, "well, its only one run during the week and it won't hurt to slow down."

As you may be able to determine, the solution to the Fun Runs' problem is sort of elusive. The Executive and I would appreciate some "positive" and I emphasize POSITIVE feedback from the members. If you are going to criticize, then be prepared to give us something positive to work with, including yourself. We not only need the "in-shape" people at the Fun Runs, we need the rest of you at them too. If we have the numbers, it will be much easier to serve everyone.

Please feel free to let the Executive know how best to deal with this issue. Please fill out the following questionnaire.

1. Are the Fun Runs too fast? YES NO
2. Are the Fun Runs too slow? YES NO
3. Do you attend most Wednesday Fun Runs? YES NO
4. If NO, why not?

TOO FAST	<input type="text"/>	NOT IN SHAPE
TOO SLOW	<input type="text"/>	LIKE TO RUN ALONE
WRONG DAY	<input type="text"/>	INJURED
TOO EARLY	<input type="text"/>	OTHER (specify) <input type="text"/>
TOO LATE	<input type="text"/>	
5. How can we change the Fun Runs to suit your needs?

DIFFERENT DAY	<input type="text"/>	INCLUDE A WALK OR JOG ONLY
DIFFERENT TIME	<input type="text"/>	MAKE THEM COMPETITIVE
OTHER	<input type="text"/>	
	<input type="text"/>	
	<input type="text"/>	
6. What are your specific suggestions for "improving" the Fun Runs? The Executive needs these in order to be able to act positively.

If there is no feedback or very little, there is nothing the Executive can do to improve or change the situation. Please give us your comments, suggestions, opinions, etc. as soon as possible and we will work something out. THANK YOU VERY MUCH!

Please Return to Steve Scott

STATE OF MAINE
BAXTER
STATE
PARK

Dear Ms. Hildapebblebrand:

CONGRATULATIONS!!!!!!

Every week one lucky hiker is chosen in a random draw of thousands to receive our outstanding prize.

You, Daisy Hildapebblebrand, have been selected and are the grand prize winner of a fun-filled, expense paid weekend for one at Chimney Pond.

Hike in early and enjoy the rustic camp setting, the Wilderness Hilton type accommodations and the fantastic comradeship as other lonely and demented souls fight mosquitos and boredom.

Our outdoor toilets are new this year and offer a soft place to relax for hours. The one meal a day is prepared by the personable Ranger Smith, who will keep you in stitches with his antidotes of lost and weary hikers.

Daisy, this will be a weekend to remember so bring your pack, food, trail mix, sleeping bag, blankets, boots and any other accessories (no curling irons and deodorant allowed) and we'll see you at Chimney Pond.

Have fun and remember "Trust your Boots" for you may have to eat them by Sunday.

Sorry, no city evils such as alcohol or cigerattes are permitted. However, fresh spruce gum, resin and some herbal roots might tempt your palette.

Please forward any questions to Ranger Smith.

Yours in "roughing it in the bush"

Yogie and BoBo

P.S. In retrospect, you'll enjoy this prize more than any old "rock".

Tell your friends (they'll all want to come with you).

THE JUBILEE JOG
by Steve Scott

The Second River Days Jubilee Jog was held on the Green on July 4. There were 21 people and one dog entered. It was a good day for a jog. Draw prizes were awarded by the Capital City Road Runners. There was no entry fee.

For the record, we had several non-members out to the event. We also had some new members, one who had never run in any organized event before, and I am sure she really was pleased with her efforts from the glow on her face afterwards. There were also some of our children who really ran their hearts out and they really enjoyed themselves because some of the old timers went back and ran them and others in to the finish line. Those who were there cheering at the finish line were very noticeable too.

We were a small group, but dedicated. We had hopes that the Club membership would read their newsletter, or the newspaper, or hear the radio, or be contacted by the phone committee (even at a late date) and show up, but, for reasons I can't fathom, not many did.

Due to a mix-up, we didn't receive the kind of publicity from the City that we thought we would, but we did fulfill our public commitment, and we did have some fun, and we did introduce some new people to running, and I like that.

THE SOCIAL SCENE

Congratulations to Paula and Roger Wheeler who will soon be proud parents once again with the arrival of the latest addition to their family sometime in October.

Rumour is strong that Elden McL. is going to become a recreational runner!!!

Congratulations to "Fearless Daisy" on winning a trip for one to Chimney Pond (chances of being selected were in one a million). The nasty Ranger Smith couldn't daunt her true mountain spirit. She went right to the top and showed great form and skill, a true mountaineer!!!

FUNRUN RECAP

The funruns have been attracting anywhere from eleven to nineteen runners each week. The weather has been very co-operative, sunny and warm with an odd sprinkle or two. Three new faces have been showing up for the last couple of weeks, Judy McKendy, Carol Scott and Marlene Ryan. They have been averaging 2-3 miles each run. It's great to see you out there girls. Perhaps your efforts will attract more ladies to the funruns.

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N.E. SUPER SERIES STANDINGS

(Includes Campbellton 10KM, Moncton Marathon, Shoppers Drug 10KM)

Name	Points	#Races	Name	Points	#Races			
<u>OPEN MEN'S</u>								
1 Joe McGuire	105	2	1 Jacqueline Maillet	100	2			
2 Scott Hare	95	2	3 Eunice Phillips	87	2			
7 David Tree	59	2	4 Anne-Marie St-Laurent	80	2			
8 James Tucker	55	3	6 Brenda Tree	73	2			
12 George Filliter	45	2	<u>MASTERS WOMEN</u>					
31 Larry Robinson	34	1	1 Eunice Phillips	100	2			
31 Steve Scott	34	2	<u>MASTERS MEN</u>					
39 Mike McKendy	29	2	1 James Tucker	115	3			
44 Howard Myatt	27	2	2 Joe McGuire	105	2			
51 Bob Leonard	21	1	7 Steve Scott	74	2			
			15 Bob Leonard	36	1			
			23 Ernie Fitzsimmons	30	1			

UPCOMING RACES

AUG 9	*NB	Southeast Striders 20KM - Superseries - 1987 NB Championship Start 9 a.m. Riverview High School
AUG 9	NS	Eastern Passage-Cow Bay 10 KM - Phone 465-6512
AUG 15	PEI	Stanhope Beach Lodge-National Park 10 KM Start 10 a.m. at Dalvay Beach
AUG 15	NS	Glace Bay 5 Miler, Glace Bay Phone 849-5542
AUG 16	NS	Navy 10K, Halifax Phone 427-8418
AUG 16	*NB	LOU'S-PAUL-MAR SPORTS WOMEN'S FUN RUN - 5 Mile Run, 2 Mile Run, 2 Mile Walk and 1 Mile for Girls under 10 - See Advertisement
AUG 22	*NB	Nackawic Community Days Road Race - 10 KM - Start Nackawic Lions Centre 10:30 a.m.
AUG 22	PEI	Kensington Harvest Festival Run $\frac{1}{2}$ Marathon Start 9:30 a.m. Kensington Rec Centre
AUG 22	NS	Annapolis County Exhibition 8 Miler, Lawrencetown Phone 584-7145
AUG 29	NS	Run for Opportunity 10 KM, Lower Sackville Phone 865-3268
AUG 30	*NB	$\frac{1}{2}$ Marathon de St-Francois, St-Francois - Superseries Start J. Docithe Nadeau Sports Centre before 10 a.m. Includes 5KM funrun
AUG 30	NS	3rd Annual Lung Run 10 KM, Lower Sackville Phone 443-8141
SEPT 5	NS	Judique Kinsmen 10 Miler, Judique Phone 787-2274
SEPT 6	PEI	Dunk River Run 7.25 Miles, Central Bedeque, Start 2 p.m. Central Bedeque Arena.
SEPT 12	NS	Joe Murray 6 Mile Road Race, Amherst Phone 667-9557
SEPT 13	*NB	7th Annual Terry Fox Run 0-10 KM
SEPT 13	NS	TUNS 5K, Halifax Phone 429-8300
SEPT 19	*NB***CAPITAL CITY ROAD RUNNERS FALL CLASSIC 10 KM - 1987 NB Championship Superseries - Start 4 p.m. YMCA - 5K Competitive for 19 and under and 5K Fun run 20 & over.	
SEPT 19	PEI	Seaman's Beverages Run, Charlottetown 5 KM - Start 10 a.m. Seaman's Beverages, Industrial Park, West Royalty
SEPT 19	NS	Rum Runners Classic Team Relay, Halifax to Lunenburg Phone 423-6630
SEPT 19	NS	Truro Harvestfest 10 KM, Truro Phone 895-2871

RACE RESULTS

On June 14th Paul Lavoie ran a 10 KM in Calgary - time of 39:10.

June 21st Shoppers Drug Mart Fun Run in Moncton

There were 310 participants, 150 runners in the 10 KM. It was a hot day, and a good course with a couple small hills. Course was well patrolled and the water stops well planned. A good turnout from the CCRR.

1 - Joe McGuire	32:26	Paul Lavoie	39:12 (19:27)
2 - Mike Simmons	33:02	Elden McLaughlin	39:18 (19:35)
3 - Scott Hare	33:10	Mike McKendy	39:30 (19:35)
Roly McSorley	33:13	Bruce Meyer	39:44 (19:42)
David Tree	37:20	Eunice Phillips	39:45 (19:44)
Robert Harrison	37:47	Howie Myatt	41:13
Phil Cleghorn	37:59	Anne-Marie St-Laurent	42:40
George Filliter	38:28	Ernie Fitzsimmons	42:49
James Tucker	38:59	Brenda Tree	47:15
Steve Scott	39:02 (20:02)	Gerry True	49:01

Also in the 5KM Walk we had Jason Tree at 37.

June 26th Minto Fun Days 10 KM

There was a field of nine in Minto for this race. According to rumors, Steve Scott was at camp (wimped out??). The weather was in keeping with last year, cool and overcast, a fine evening for a 10 KM. The cheering section was in fine form and full force which the boys said they appreciated being encouraged by name "ATTA GO JAMES", etc. This was Peter Janes first race ever and I think from his time a pretty good one. Keep it up Peter, hope to see you more at the races now that you got your legs on the go. Thanks to Bill and Eleanor Best for their generous reception of the runners after the race.

1 - Noel Gallant	32:05	6 - Elden McLaughlin	39:03
2 - Richard Gallant	36:32	7 - Mike McKendy	39:09
3 - Larry Robinson	36:33	8 - John Cathcart	39:50
4 - Robert Harrison	37:10		
5 - James Tucker	38:07		

June 28th Run for the Kitchen 5Mile, 2 Mile, 1 Mile

A good family run, hats off to George Hubbard and Reg VanDrech for their organization and contribution to us runners. The Run for the Kitchen was a run for everyone from the tots in the one mile trot to the five mile run for the papas and the mamas. The day began overcast but by the time the race was on the sun was out and it was getting hot. The run was well attended with a big 127 finishers and 140 registered. The Kitchen appreciated all those cans of food. Everyone adjourned to the Oasis afterwards for the race results and awards and prizes, while the little ones enjoyed the tot pool.

ONE MILE TROT-RUN -	1 - Todd Burgess	7:20	1st Male	Age 6-10
	2 - Craig Robinson	7:22	2nd Male	Age 6-10
	3 - Kyle Mathers	7:23		
	4 - Sara Wheeler	9:51	1st Female	Age 5 & Under
	5 - Erin Filliter	10:10	1st Female	Age 6-10
	6 - Laura Robinson	10:19	2nd Female	Age 5 & Under
	7 - Martha Paynter	10:23		
	8 - Jane McLeod	10:50		
	9 - Mathew Decourcey	11:30	1st Male	5 & Under
	10 - Emma Paynter	12: plus		

"Perhaps the reward of the spirit who tries
Is not the goal but the exercise." -Edmund Vance Cooke

RACE AND LIEJune 15th Run for the Kitchen - Continued

<u>TWO MILE WALK</u>	-	Gloria McLaughlin	25:39
		Myriene Ryan	25:39

<u>TWO MILE RUN</u>	-	1 - Roly McSorley	9:46	1st Age 30-39
		2 - Scott Hare	10:03	1st Age 20-29
		7 - Larry Robinson	10:46	
		Bill Best	10:52	
		Peter Tucker	13:14	
		Mary Robinson	16:33	
		Matthew Wheeler	17:25	
		Mary Farrell	18:17	
		Stephanie Scott	19:27	
		Judy McKendy	20:31	

FIVE MILE RUN -

Mike Simmons	26:30	1st 40 & over	Peter Janes	32:40
Rody Clark	26:35	1st 19 & under	Andre LeBlanc	32:54
Willy Best	27:43	2nd 19 & under	Mike Stapenhurst	33:07
Brad Daniels	27:47	1st 20-29	Anne-Marie St-Laurent	33:27 2nd Female
Dan Rearick	28:49	2nd 40 & over		20-29
Barry Colpitts	28:53		Ernie Fitzsimmons	34:35
Robert Harrison	29:36		Fred Farrell	36:54
Steve Scott	29:54		Dave Prebble	37:01
James Tucker	30:12		Gerald True	38:13
George Filliter	30:21	1st 30-39	Paula MacInnis Wheeler	38:36
Elden McLaughlin	30:32	2nd 30-39	Carolyn Townsend	38:50
Kyo Jibiki	30:59		Nancy Rearick	45:16 1st F. 40&over
Mike McKendy	31:25			
Eunice Phillips	31:32	1st Female 1st 30-39		

June 27th N.B. Highland Games, Oromocto - 5000 Meters

1st Roly McSorley	16:02
3rd Larry Robinson	17:27

JULY 5th - TRACADIE-SHEILA TRIATHLON - .8K Swim, 37K Biking, 8K Run

1. Paul Sullivan	1:49:11
6. Julie Curwin	2:04:46 1st Female
16. Scott Hare	2:14:30
Mike Stapenhurst	2:33:36

There were 61 competitors entered. The day began cool and overcast; but by the time the bikers were coming in, the sun was out. The current was evident but the water was not as cold as it looked. I am sure the onlookers were much colder in the brisk morning wind. It was interesting to see some bikers running backwards after they got off their bikes to get their legs in gear for the run.

JULY 11th, SHEDIAC 10K

They were 138 runners in Shediac for this run. The onlookers were treated to finish line racing techniques as we first watched Larry R. pick up speed to pass the runner ahead of him; then Phil Cleghorn with a very concentrated facial expression running hard to come in a second ahead of James; and finally Elden sprinting to cross the finish line neck and neck with Eunice. It was overcast but warm and humid during the race. See next page for results.

JULY 11th, SHEDIAC 10 KM

1. Joe McGuire	32:37	1st 40-49	George Filliter	38:46
2. Mike Simmons	33:09	2nd 40-49	Elden McLaughlin	38:58
3. Scott Hare	33:17	1st 20-29	Eunice Phillips	38:58 1st F 30-39
4. Leo Sheehy	33:22	1st 30-39	Mike McKendy	39:07
Larry Robinson	35:55		John Cathcart	39:54
Robert Harrison	36:40	PR	Steve Scott	39:59
David Tree	37:01		Howie Myatt	41:03
Phil Cleghorn	38:00		Ernie Fitzsimmons	42:56
James Tucker	38:01		Anne-Marie St-Laurent	43:02
Jacqueline Maillet	38:29	1st 20-29	Brenda Tree	47:09

JULY 12th - HARTLAND - 10 Miler

1. Joe McGuire	57:	It was humid and overcast, a tough course -
2. James Tucker	63:16	hilly. George got lost and it took the ambulance
3. Eunice Phillips	66:07	to find him and get him back on course. It was
4. Paul Lavoie	66:10	suggested he needs bigger signs!
George Hubbard	69:07	

JULY 18th - SHIPPAGAN - 10 KM

1. Scott Hare	33:05	
7. Larry Robinson	36:08	There were 103 runners. It was hot and
12. Robert Harrison	36:56	windy and the guys had a great time.
James Tucker	38:18	
22. Phil Cleghorn	38:32	
Steve Scott	39:02	
33. Elden McLaughlin	39:59	

JULY 19th - NEWCASTLE IRISH RUN - 10 KM

1. Scott Hare	35:	James Tucker	37:51
Robert Harrison	36:18	Mike McKendy	38:33
George Hubbard	36:42	Steve Scott	39:31
Larry Robinson	37:11	Howie Myatt	40:31
Phil Cleghorn	37:35	Elden McLaughlin	41:22

There were 25 runners and hot. It was a long course for Mike.

July 25th - The Joe McGuire 10KM Road Race - Woodstock

13th - Larry Robinson	35:15	31st - Eunice Phillips	39:11 1st F M
15th - Robert Harrison	35:17	39th - Howie Myatt	40:45
25th - Phil Cleghorn	37:39	46th - Anne-Marie St.Laurent	42:08 3rd Jr. Master
26th - James Tucker	37:45	47th - Ernie Fitzsimmons	42:11
28th - Steve Scott	37:59	56th - Elden McLaughlin	44:34
29th - Paul Lavoie	38:46	67th - Brenda Tree	48:08
30th - George Filliter	39:02		

The day started out being overcast and warm and by the time the race was over the sun was shining brightly. There were 83 runners in the 10KM and 22 walkers in the 5KM. The race was well organized with the reception being held at the finish line. Joe and Ginette McGuire invited everyone to their home after the race to enjoy a dip in their pool or just lounge by the poolside. Their hospitality was much enjoyed by everyone.

5KM Walk

17th - Jason Tree 47:36 1st Jr. Walker

THE BOSTON MARATHON

On Saturday morning at 9 A.M. April 18th, a new van driven by Leo Sheehy pulled into the driveway to pick up George Hubbard and I. We grabbed our gym bags and headed for Boston accompanied by eight others, some marathoners, some spectators. It was a nice morning and everyone was in a pleasant mood. The van was quite comfortable and in no time at all, we were in Bangor. After stopping for lunch and a little shopping (some bought new running shoes), we were on our way again and the remainder of the trip passed quickly. There were a lot of comedians in the van and we shared some good humor.

We arrived in Boston at approximately 6P.M. After touring half the city and getting directions from half a dozen people (some of whom were intoxicated and pointed in every direction), we finally talked Paul Bourgeois into the van and followed a fellow who told us he'd lead us to our hotel or close to it. He did well, although he managed to get us on a one way street going the wrong way. He realized his mistake and turned his small car around very quickly. Leo, being very cool about the whole affair, just laughed and turned the van around but not quite as easy as the car.

Our rooms at the Howard Johnson Hotel were comfortable with George, Leo and I in one; Ed Lutes and Oscar Arseneault in another; Kevin Murphy and his wife in one and Paul Legere in another. Paul Bourgeois figured he would be safer with his sister so off he went to her place.

After a short rest, we went to the restaurant in the hotel where they would not accept Canadian money at par or any other way. It made me realize how safe our Canadian money really was. It was much safer to carry on you than a credit card, no one would steal it because no one wanted it!!!

We hit the hay early and had a good night's sleep. It would have been nice to sleep in late Sunday morning; but Leo, being an early riser, was up showering at 6A.M. and soon had everyone in the hotel awake. He then went for an early morning run before some angry person found out who the real culprit was!!

Around 11A.M. we headed out on foot for the Westin, where the Expo is located, to get our bib numbers. After arriving on the first floor, where all the names and numbers of the runners were posted, we had a pleasant surprise seeing two of our Road Runner friends, Dick and Edna. After a chat, we went off to the second floor to check out the Expo. After having gone round in circles, tried out the different drinks, looked at all the gear, you began to ask yourself why you were putting in a full marathon at walking pace knowing darn well you should be back at the hotel resting your feet, legs, body and mind, maybe watching the Celtics on the tube, and probably the most important thing, taking in lots of water.

Later we met in our room, had a few cool ones, and left around 7 P.M. for the carbo loading meal at the Museum Wharf. Again we went on foot. It was about a two mile walk but it was not as easy as it might sound. You just don't stand in line, pick up your food and drink, and sit down. First you had to walk onto the Boston Tea Party Ship, show your ticket or pay \$10, walk around the ship and back off again. Then you walked to the Museum where once inside you went up one flight of stairs to the drinks, another flight of stairs to the food, and all that time you seemed to be in a line going round in circles. Finally Anne-Marie, Scott, Oscar and I were seated and enjoyed the food which was good and plentiful. There were lots of drinks, pop, juice, Perrier Water and Budwiser.

After a good night's sleep, we were up at 7 A.M., showered and went for coffee at McDonalds. Then, it was on the bus for the 26 mile drive to Hopkinton, the start of the marathon. We arrived in lots of time, about 3 hours before the start of the race. It was a dark, cool morning with little showers now and then. We kept warm and dry inside the gym with thousands of other runners. There were bodies everywhere, some lying on the floor, some sitting, others standing and walking around. Soon it was time to get our running gear and garbage bags on. In Joe McGuire's case it was two garbage bags, one over his shoulders and another around his waist like a shirt to keep his legs warm. Then we went off to the starting line, a short mile away, to find a nice quiet street for warming up. During our warm up we met some big name runners, Rosa Mota, J. Garneau, Rob de Castello, Geoff Smith and others. After our warmup it was time to squeeze into our section. The wheel chair athletes had already started and I found out later they had a bad pile up.

The national anthem was sung; we had the count down; and then, the gun went off. There wasn't much of a forward move for a few seconds, then it was a walk and then a slow jog. After a $\frac{1}{2}$ mile, there was some room to pick up the pace. Running along at Heartbreak Hill, I heard someone yell my name. I looked to the left and saw Dick and Edna. It was a great lift and made the hills seem a lot easier.

After the marathon, Scott and I, though quite stiff and sore, still managed to jog back to the hotel at a slow pace. After a nice warm shower and a couple of cool blues, the hurt seemed to go away. Later, we all got together and headed out to the Links Club for the Post-Race Danceathon. When we arrived, the Club was packed. There was free beer until they ran out. Then, we had to pay or do without.

The marathon was over, the dance was over, one more good night's sleep; and we were up early Tuesday morning to wait for Paul and the van. Soon, we were on the road, New Brunswick bound. Paul and Leo shared the driving. We made a short stop at McDonalds for breakfast along the interstate, and then in no time at all we were in Bangor. Eddie the Bandit, Fearless Oscar, well actually the "whole shooting match" wanted to do a bit more shopping. After buying shoes, shorts, T-shirts and as much as we were allowed at the Duty Free store in Houlton, we answered a few questions at the border crossing and then we were on our way to Fredericton.

After arriving in Fredericton, George and I were the first to leave the van. We said good-bye to the rest of the group who were headed for Saint John and Moncton.

This was my third Boston marathon and my best time. I hope to be doing it again in '88.

Your running friend,

James Tucker

PHILOSOPHICAL QUOTES

George Sheehan, writer in several running magazines and most recently in the *Globe & Mail*, has several profound thoughts on the philosophically aspect to athletics. The following are Sheehan's quotes from one of his recent articles entitled, "Life's Continual Fight to Discover Potential".

"If the life span is filled with unfilled days, of what great matter is reaching advanced age? If each 24 hours is filled with nothing of consequence what is the advantage of adding more days? Why wellness if that wellness consists of day following day of going through the motions? Why longevity when we are not more than serving time?"

"We are being asked to follow the letter of the law, not the spirit. We need the laws. They are like the checklist the pilot goes over before soaring into the heavens. They are the commandments that keep us in line, but never make us saints. They are there to be transcended. Beyond these mundane regulations is the world in which we have infinite possibilities."

Sheehan continues on in this article by expanding on the "river of thought", which occurs when one is out for a long run, as paraphrased below.

"In the reverie of thought, we simply let the mind run free. In these daydreams we are able, more easily, to call up past events from the subconsciousness. And find relevancy to our life this very day. Again and again thinking of this order brings us old wine in new bottles, old experiences with new lessons. Old sayings with new applications."

The reverie is the creative part of our solitary walks or runs. The reverie is usually facilitated by motion of any sort. Swimmers, cyclists and solitary athletes of all sorts report their occurrence. Chief witnesses, of course, are the geniuses who developed their most celebrated ideas in the course of a long walk or run. The reverie is the play of the mind allowed to run about at its will."

Sheehan, in another article, "Reasons For Exercises May Go Beyond Fitness", writes:

"Exercise is usually seen as having these two primary functions. To make us fit and to prevent disease. But exercise has many influences that are as important as they are difficult to measure and define. Self-mastery and self-esteem cannot be calculated by a treadmill. Nor can the value of spiritual insight be determined by a blood test. Nevertheless, we must not ignore the psychological, creative and spiritual dividends people gain from exercise."

"The reason for running and other forms of exercise may go far beyond fitness. The reason some people run is philosophical. It is an entry to another world. A way to experiences that cannot always be put into words. Whether they are called peak experiences or mystical events, runners continue to seek them."

"Fitness is no less than an attempt to get beyond that ordinary human experience. It begins with exploring the limits of the body. It could end there, but shouldn't. It then explores the limits of the mind. Ultimately it explores the limits of the personality. One discovers from hand-to-hand combat with the self - or through a transport to indescribable areas of the soul - that there are indeed other and greater realities."

In another excellent article entitled, "Mental Preparation-Key to Performance", Valeri Borzov, who raced to victory in both the 100 and 200 meters at the 1977 Munich Olympics sums up his success by saying:

"An athlete must first have talent; second, he must work; third, he must have control of the mind."

This article continues to say that it is the third element which has been neglected by athletes. Yet, as Borzov suggests, a conditioned mind contributes as much to an athlete's success as a

conditioned body. This is supported by tennis star Jimmy Connors, who also has gone on record by saying that winning is 95% mental. And we all know that Connors has an excellent ability to play under pressure.

In learning to deal with this pressure, the article continues on by emphasizing that pressure is more illusory than actual and that it is only in the mind of the performer. The article states:

"Situations are not nervous or anxious - people are. The sooner you accept that pressure comes from within and not from without, the sooner you can start shutting it down."

This article concludes by advising that in whatever sport one may be in, **"do it to the best of your ability and let the cards fall where they may. An obsession with results will only unsettle you and likely lead to a performance decline."**

July 1987

(Contribution by Ed Takacs)

ON THE LIGHTER SIDE

Two Newfies were out for a bicycle ride. Suddenly, one of them stops his bicycle, gets off and lets the air out of his tires. The other, not understanding, asks his friend why he did that.

I am letting the air out of my tires because the seat is too high explained the Newfie.

Hearing these words, the other Newfie gets off his bicycle, takes a tool and removes the handles of his bicycle as well as the seat. After that, he puts the handles in the place of the seat and the seat where the handles were. Surprised in his turn, his friend asked the reason for his doing this.

You are too crazy, explains the Newfie, I am going home.

GOING FASTER

Speed (or, if one is unfortunate, a lack of it) is so common a preoccupation among runners that it might seem there would be little useful that could be said about it. If you train diligently, you will become faster; and if you train extremely diligently, particularly if you do so over a great enough span of years, you will become as fast as you can possibly be. Doesn't that pretty much summarize what we know about speed?

Not entirely. For speed is not a single entity. It is classifiable into three distinct components, at least one of which is neglected by nearly all runners.

First, there is one's characteristic running or racing speed for a given distance - seven minutes a mile for ten kilometers, let us say. This component of speed depends upon training, age, weight, genetic endowment, heat and humidity, and other physiological and psychological influences. Within broad limits, it can be significantly improved - as typically happens, for example, during the first few months after one takes up running. Because favorable results are so readily achieved, it is this aspect of speed upon which runners tend to bestow the most attention.

Second, there is finishing speed, the pace that can be maintained in the final stages of a race when it is no longer perilous to fall into oxygen debt. Many runners, seeking to overtake a rival or improve position by a place or two, increase speed by twenty or thirty seconds a mile when they find themselves a few minutes from the finish line. Such an effort produces considerable discomfort, it is true, but it can usually be maintained to the end, particularly if the runner reminds himself that he is hastening the moment when he will finally enjoy the rest he so profoundly craves.

Finishing speed is most effectively enhanced by introducing sustained intervals - three to five minutes work most reliably - of fairly fast running into one's workouts. By simulating what the runner will encounter in a race, such practice prepares both the muscles and the mind.

Finally, there is sprint speed. Many distance runners suppose sprinting to be of no consequence in their sport. They move with such comparative slowness, they reason, that a sprinter's blazing, all-out kick has little application to their requirements. This, however, is not at all true, for more than one race, as we all know, has been won and lost yards from the finish line. (Had one or the other runner possessed better sprint speed, the outcome might have been altogether different.) Thus sprint speed, while not a requirement in every race, is extra-ordinarily useful when it is needed.

How is such speed developed? Like all else in running, by practice alone. Such practice is most usefully done toward the end of a workout, when muscles are fatigued as they would be in racing. Keep the body erect (not canted forward) and run just short of maximum power for 100 yards or so, repeating this procedure up to a dozen times. (Three or four may be enough, however, when you first start such workouts.) The hard part comes when initial acceleration is complete. It is then, when effort is mercilessly anaerobic, that the body, craving surcease, begs to be allowed to slow down.

For some runners, the discomforts of sprinting may not seem worth the bother. It is well to keep in mind, however, that whatever hardships it may bring, it does win races.



DATE: SATURDAY, SEPTEMBER 19, 1987

PLACE: 4:00 P.M. START TIME AT THE FREDERICTON EXHIBITION GROUNDS

REGISTRATION: 2:30 - 3:45 p.m. -- Fredericton YM/YWCA, Saunders Street, Fredericton, N. B. OR by mail.

Fee: \$7.00 T-SHIRTS TO FIRST 250 ENTRANTS.

COURSE: Flat, out and back course through scenic Fredericton. Water stations at 2.5 km, 5 km and 7.5 km. Time splits at 1 mile, 5 km and 9 km.

FACILITIES: Changing and shower facilities at the YM/YWCA.

RECEPTION: Monsignor Boyd Family Centre, Regent Street. Buffet-style meal and refreshments for all participants.

AWARDS: 10 KM ** Male: 19 & under, 20-29, 30-39, 40-49, 50 & over..
** Female: 19 & under, 20-34, 35 & over.
** Awards to top 3 in each category.
** Major prize to top male and female finisher.
** "Middle of the Pack Runner" Award

5 KM ** Participation certificates to all entrants.
** Male: 12 & under, 13-16, 17-19
** Female: 12 & under, 13-16, 17-19
** Awards to top three in each category.
** Top Jogger Award

TEAMS ** 5 KM ONLY - 14 and under, 19 and under
** Awards to top team in each category.
** Teams are made up of 4 members with at least one female and one male.

Many Quality Draw Prizes

2001 FIVE - 5th ANNUAL FALL CLASSIC ROAD RACE

Please enclose \$7.00 with entry form. Cheques payable to the CAPITAL CITY ROADRUNNERS. return to: Fall Classic, c/o Gloria Leleur-Lin, Box 7, Site 3, R. R. 7, Fredericton, N. B., E3B 4X6.

NAME: _____ TELEPHONE: _____

ADDRESS: _____

AGE: _____ SEX: F M T-SHIRT SIZE: S M L XL

EVENT: 10 KM _____ TEAM NAME: _____

5 KM _____ TEAM MEMBERS: _____

5 KM TEAM _____ - 14 & Under _____
19 & Under _____

WAIVER: I hereby waive and release any and all right or claim to damages I may have against the organizers holding this race, and the race sponsors for any and all injuries I may sustain during the course of this event. I also give my permission for the use of my name and/or picture for promotions by the organizers.

Official Use

SIGNATURE: _____ Category: _____

Bib # _____

(If under 19, parent or guardian must co-sign.)

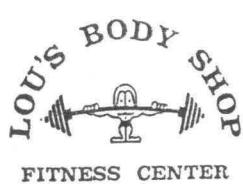
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— CIVIKY FURNI —

LOU'S/PAUL-MAR SPORTS WOMEN'S FUN RUN

FREDERICTON



5 MILE, 2 MILE, 2 MILE WALK PLUS
(1 MILE WALK/TROT for girls under 10)



SUNDAY, AUGUST 16, 4 P.M. PAUL-MAR
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NAME: _____

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EVENT: 5 MI. RUN _____

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2 MI. RUN _____

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