

# FOOTNOTES

THE MONTHLY NEWSLETTER OF THE  
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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May to June, 1987

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BEHIND THE SCENES:

Congratulations to Larry Robinson, James Tucker, Scott Hare and Anne Marie St.Laurent on being selected to carry the Olympic Torch for the 1988 Canada Winter Games. Our sympathies to Elden McLaughlin.

Our thanks to Bill Best for his information on the race coming up in Minto (see Upcoming Races). Any questions give Bill a call at 327-6301. This race was very well attended last year by our members.

The Race Committee for our Fall Classic have already started making plans for the race in September. Anyone wishing to volunteer their services in helping out in any way, please contact one of the following:

GLORIA McLAUGHLIN:	REGISTRATION	:	472-7308
PAUL LAVOIE	START and FINISH LINE	:	459-5317
DON HICKS	COURSE ROUTE	:	472-8664
CAROL SCOTT	RECEPTION	:	454-1714
MIKE MCKENDY	RACE DIRECTOR	:	459-8516
HOWIE MYATT	AWARDS	:	454-8314
DICK MAWHINNEY	ADVERTISING and PROMOTION	:	454-1721

We would like to welcome two new members to the club this month, Gordon Murphy and P. Lorrie Yerxa. Glad to have you with us.

Does anyone know what happened to the "Loose Sneaker", Is he still alive and running?? We would sure love to hear from him.

Comp. 6, Site 3, R.R. 7  
Fredericton, N. B. E3B 4X8

*Gloria & Mary.*

PRESIDENTIAL NOTES

At our last general meeting we were given the honour of a fitness presentation in story and song by Dan Rearick, a recognized fitness and lifestyle expert and C.C.R.R. member. Those unable to be at that meeting missed a lively, funny, sometimes sober and well done presentation.

Also, as you may well know, there are a lot of activities going on which involve the Club. Several dedicated members helped run in the Special Olympics Tri-City Runners, while later in the day we hosted our annual Canada Fitness Week Fun Run; and still later that day, other Club members helped count and man the phones at Tractors & Equipment for Fredericton's Participation Challenge. What a day!!!

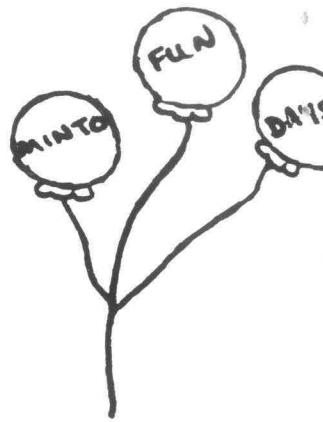
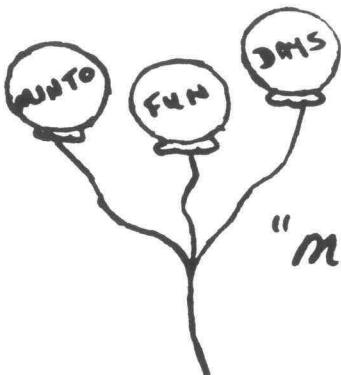
Congratulations are certainly in order for the support crew who travelled to Moncton to see that their men and/or their friends got the best on course support at the Moncton Marathon. Oh! yes, congratulations to all those C.C.R. Runners who ran the marathon.

On "D" Day 1987, the Annual Picnic-Barbecue went forward despite many many obstacles. The weather being very unpredictable made it necessary to make a late "D"cision to carry on. The phone committee was cranked up, a dry spot rented and a public message was sent on the airwaves and finally the weather began to clear a bit. Everyone who managed to make it enjoyed hot dogs, hamburgers, pop, chips, fudgsicles and popsicles. Edna Harris and Dick Mawhinney are to be congratulated. They pulled it off again.

Later, many of the afternoon crew and several others gathered at the Prebble household for a warmer party. Ask anyone who tried the "chili" and "Mrs. McGillicutty".

Finally, I would like to remind everyone that the Second Annual Capital City Road Runners' Jubilee Job is being held from the Small Craft Aquatics Center on July 4th at 11:00 a.m. in conjunction with the City of Fredericton's River Jubilee Days. Let's have a good turnout for this fun event. The length is 5 KM and a good one to bring the children to.

Steve Scott



## "MINTO FUN DAY'S ROAD RACE"

**REGISTER:** MINTO HIGH SCHOOL  
JUNE 26<sup>th</sup> (FRIDAY), NO ENTRY FEE

**START:** 6 P.M.

**CATEGORIES:** Male + Female

1 KM - 10, 11 + 12 YEARS OLD

3.6 KM - 13, 14 + 15 YEARS OLD

10 KM - OPEN, MASTERS + SENIORS

**PRIZES FOR FIRST THREE IN EACH CATEGORY**

**CONTACT:** Bill Best, 327-6301

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### FOR SALE

We have for sale a number of Capital City Road Runner long-sleeve shirts with our logo on the left side of the chest area and with Road Runner on the right arm. There are several large size white with red print and a good supply of red with white print in medium.

They are top quality and made by Stanfields and silkscreened by Valley Graphics. The price is \$8.50 each and a good bargain at that.

Also, we have one lady's medium singlet with CCRR logo and one man's small singlet and small shorts. The prices for each piece are \$14.00.

Please contact Steve Scott at 454-1714 or 453-2624 (work). We are also attempting to get another order for shorts and singlets underway soon. Contact Steve.

Ike: Do you have holes in your underwear?

Mike: How insulting! Of course I don't have holes in my underwear.

Ike: Then how do you get your feet through?

## THE SOCIAL SCENE

Congratulations go out to Howie and Susan Myatt who will soon be the proud parents of a "wee bundle of joy" due to arrive in October, a future roadrunner and soccer player.

BILL AND FLO : P L E A S E      W R I T E      S I G N E D E. and D.

Steve, Mike, Howie, George, Elden, Larry and Eunice would like to thank Carol, Judy, Gloria and Mary for their fantastic support and help during the Moncton Marathon. If the girls hadn't transported Fredericton water to refresh them throughout their ordeals, they'd never have made it to the end. What little Moncton water they did consume was far from pleasant. George said it tasted like Javex, Larry like gasoline and Howie said it was just plain awful.

Our participation night held during National Physical Activity Week in conjunction with our Wednesday night funrun drew an extremely good turnout of approximately 20 members. Most of the crowd elected to run, although the walkers, Gloria McLaughlin, Mary Robinson and Marlene Fitzsimmons were fortunate to have the good company of Larry Robinson who kept them moving at a good clip.

The club picnic and barbecue turned out well with over 30 members in attendance, despite the bad weather. The food was delicious and plentiful with delightful music to "munch" to. Everyone had a good time playing games and enjoying good company. The adults retired to Dave Prebble's in the evening to continue the festivities. As usual, Dave and Daisy were great hostesses. The two big pots of hot, bubbly chili didn't last long. It certainly gave the boys enough energy to put the girls to shame playing charades. However, everyone did themselves proud singing a harmonious "Happy Birthday" to Carol Scott who turned "29" all over again.

We'd like to congratulate Kyo Jibiki on receiving an award for excellence in technical contribution to the work of Research and Productivity Council.

### FUNRUN RECAP

May 13th, Wednesday: We had a terrific turnout tonight, 17 members in attendance with Brenda Tree, Eunice Phillips and Anne Marie St. Laurent to boost the ladies numbers. It was a beautiful evening, sunny and warm which was why Reg VanDrech made an appearance. Great to have you with us Reg.

May 20th: The weather proved to be the drawing card that had 19 members show up and take advantage of a beautiful warm, sunny evening. What more could one ask for.

May 27th: Our "Participation" Funrun night drew approximately 20 members who really showed that our funruns are "fun". The pace was leisurely and it sure made others want to join the pack of runners and walkers who thoroughly enjoyed themselves, Mary R's blisters and all.

June 3rd: Membership turnout is keeping in the high range with sixteen in attendance to enjoy another nice evening of weather. It's great to see so many participating in the funruns. Let's boost the numbers up.

June 10th: There were 19 in attendance including 2 ladies. A couple of runners who noticed the ad in the newspaper joined the run and there were a few sprinkles to keep everyone cool.

RACE RESULTS

10 KM RESTIGOUCHE - CAMPBELLTON - MAY 17th

MEN'S OPEN

1st	Scott Hare	33:20
2nd	Allen Bard	33:25
3rd	Marc Beaudoin	34:30
7th	David Tree	35:46

WOMEN'S OPEN

1st	Pati Blanchard	37:33
2nd	Jacqueline Maillet	39:02
3rd	Anne-Marie St-Laurent	40:20
5th	Brenda Tree	44:12

MASTERS

1st	Paul Bourgeois	35:30
6th	James Tucker	38:18
8th	John Webster	38:53

SENIOR

George Gallant	38:24
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OROMOCTO 10 KM ROAD RACE - MAY 23rd

1 -	Chris Pinsent	32:26	29 -	John Cathcart	39:43
2 -	Mike Simmons	33:23	30 -	Eunice Phillips	40:01
3 -	Noel Gallant	33:26			1st Female
4 -	Ed Takacs	34:17	32 -	Paul Lavoie	40:11
10 -	David Tree	36:18	33 -	Howie Myatt	40:44
14 -	Dan Rearick	37:19	37 -	Steve Scott	41:14
18 -	Robert Harrison	38:01	39 -	Mike Stapenhurst	41:31
19 -	Larry Robinson	38:10	42 -	Malcolm Brown	41:55
20 -	Kyo Jibiki	38:19	46 -	Ernie Fitzsimmons	43:53
22 -	Phil Cleghorn	38:45	49 -	Edie Fisher	44:57
23 -	Jacques Paynter	38:57	56 -	Dave Prebble	47:55
24 -	John Webster	39:02	57 -	Dick Mawhinney	48:06
27 -	Mike McKendy	39:19	62 -	Don Townsend	52:12

All in all there were approximately 65 entrants in this 10 km. The turn out from the Fredericton C.C.R.R. was excellent as you can see from the above results. It was a warm and breezy spring day.

MONCTON MARATHON - MAY 31st

The day had arrived at last for all those training hard for the last six months. I found the CEPS building by stopping the ambulance just in time to see the take off. It was a cool drizzly day and continued the same until everyone was in. A lot of comments as to this being the best temperature for a marathon. The course was mostly flat except the last part coming up Mountain Road. It is well patrolled and the water stops appreciated. The wives of the C.C.R.R. were out there as well giving liquid and moral support. The boys ran well but found it tough at times. Steve Scott tried some mental running. For the first six miles he lagged behind the runners "with cramps then he started feeling better" so the story goes and he started climbing - passing the runners one by one until he had Larry R. in sight. But he didn't quite make it. Larry stopped for sneakers and socks change to move on to new heights. Cheers were many as the runners came in with personal bests for all. Out of a field of 25, the CCRR showed up again.

1st	Joe McGuire	2:32:17	1st Master & Woodstock's running wonder
2nd	Kent Lesley	2:41:16	1st Open - comes from Amherst, N. S.
3rd	Walter Smith	2:43:09	2nd Open - comes from Trenton, N.S.
8th	George Fillitter	3:00:36	
10th	Larry Robinson	3:03:14	
12th	James Tucker	3:03:34	3rd Master & 3rd Marathon this year
13th	Steve Scott	3:05:11	

MONCTON MARATHON (CONTINUED)

	Beth Williams	3:05:14	1st Open Female - Course Record - from Dart.
17th	Mike McKendy	3:12:13	
18th	Eunice Phillips	3:16:47	1st Master - 2nd Overall Female
19th	Howie Myatt	3:20:31	1st Rookie
23rd	Bob Leonard	3:46:21	

Winners of the Ladies Relay were the "Paddy's Pacers" in 3:16:59. Eunice was part of this team.

		<u>MONCTON MARATHON TIME SPLITS</u>		
	<u>10KM</u>	<u>20KM</u>	<u>30KM</u>	<u>MARATHON</u>
Joe	34:55	1:10:22 (35:67)	1:46:34 (36:12)	2:32:17 (45:83)
George	42:14	1:23:48 (41:34)	2:04:55 (41:07)	3:00:36 (55:81)
Larry	42:14	1:23:48 (41:34)	2:05:39 (41:91)	3:03:14 (57:75)
James	42:14	1:23:48 (41:34)	2:06:28 (42:80)	3:03:34 (57:06)
Steve	45:19	1:30:09 (44:90)	2:12:20 (42:11)	3:05:11 (52:91)
Beth	42:32	1:24:51 (42:19)	2:07:58 (43:07)	3:05:14 (57:56)
Eunice	44:59	1:30:13 (45:54)	2:16:23 (46:10)	3:16:47 (60:24)
Mike	44:38	1:28:14 (43:76)	2:12:42 (44:28)	3:12:13 (59:71)
Howie	44:34	1:28:39 (44:05)	2:15:12 (46:73)	3:20:31 (65:19)
Elden	44:56	1:29:11 (44:55)		

BALMORAL 10KM - JUNE 7th

This is an L shaped course. The temperature was nice, sunny and windy. The course was very hard and hilly. Everyone was 3 to 4 minutes slower than they expected probably as a result of the wind as you ran against it for most of the course. Approximately 30 to 40 in the race.

1st	Scott Hare	36:06
11th	James Tucker	40:57 1st master
13th	Robert Harrison	41:19
15th	John Webster	42:02 4th master

UPCOMING RACES

June 21st Shoppers' Drug Mart Fun Run for Big Brothers-Big Sisters - Super Series - Moncton - 10 KM (5 KM Fun Run)  
Start 10:15 a.m. Assumption Place, 770 Main St., Moncton

June 26th Minto Road Race - See Page 4 for further details.  
June 28th Fredericton Fun Run - See Page 11 for further details.  
July 4th 2nd Annual Capital City R.R.'s Jubilee Job, Aquatic Center, 11 a.m.  
July 5th Grand Falls 10 KM  
Start: 10 a.m. Friday's Club, Grand Falls

July 5th Dairy Queen 10 KM - Campbellton  
Start 10:30 a.m. N.B. Transportation Garage, Tide Head

July 11th George Gallant 10 KM Super Series Road Race, Shédiac  
Start: 11 a.m. Louis-J.-Robichaud High School

July 18th 10 KM Festival-Shippagan, Shippagan, N. B.  
Start 5:30 p.m. Also 1 KM for 12 years and under at 3 p.m.  
and 3 KM walk competition and participation at 4:15 p.m.

RUN NOVA SCOTIA 1987 RACE SCHEDULE

IMPORTANT - ALL DATES ARE SUBJECT TO CHANGE - ALWAYS CHECK BEFORE TRAVELLING TO ANY RACE - PHONE THE RUN NOVA SCOTIA 24 HOUR NEWSLINE (425-7055) FOR UP TO DATE INFORMATION OR PHONE THE RACE CONTACT PERSON.

\* Denotes a Series Race

Updated: May 27, 1987

Day	Date	* Race Name & Distance	Location	Contact Person	Phone Number(
Sat	Jun 13	* Bulletin 10K	Bridgewater	Cindy Beazley	543-5672
Sat	Jun 20	Dr Jim Vibert Memorial 10K	Truro	Colchester YMCA	895-2871
Sun	Jun 21	Credit Union Bed Race & Run-A-Long	Halifax	Mederic Comeau	443-7845
Sat	Jun 27	Glace Bay Parks & Rec. 1/2 Marathon	Glace Bay	Glace Bay Pks & Rec	849-5541
Sun	Jun 28	Nova Scotia Women's 10K	Halifax	Bob Book or Liz Ness	425-5450 420-4433
Wed	Jul 1	Beazley Memorial 6 Mile Road Race	Hantsport	Carl Pulsifer	684-3578
Wed	Jul 1	* Bedford Place Mall/Canada Day 10K	Bedford	Christine Lutley	835-8381
S&S	Jul 4&5	Labatts Lite 24 Hour Team Relay	Halifax	Lorraine Seward	429-3420
Sat	Jul 4	Hugh Arnold Campbell 10K Road Race	Mabou	Stanley Beaton	945-2790
Sat	Jul 4	* Tatamagouche 10K	Tatamagouche	Charlotte Purdy	657-2480
Sat	Jul 11	Cedric MacDonald Memorial 5 Miler	Judique	Robert MacDonald	787-2040
Sun	Jul 13	* Halifax Police 10K	Halifax	Joe Fougere	429-5375 421-6841
Sun	Jul 19	* Windsor Centennial 20K	Windsor	Jim Archibald	798-2910
Sun	Jul 19	Loyalist 5 Mile Road Race	Shelburne	Recreation Centre	798-2429 875-3873
Thu	Jul 23	Diamond Jubilee Road Race	Donkin	Ken Reid	875-2991
Sat	Jul 25	* The Human Race 10K	Yarmouth	Paulette Sweeney	737-2841 742-3844 742-3070
Sat	Jul 25	Guysborough Come Home Week 5 Miler	Guysborough	Philip Hochman	533-3508
Sat	Jul 25	Louisbourg 5 Miler	Louisbourg	Ivy Warren	733-3383
Sun	Jul 26	Nova Scotia Marathon & Half Marathon	Barrington	Raymond Green	637-3254
Sun	Jul 26	Margaree Forks Festival 8K Road Race	Margaree Forks	Joe Cotton	787-2278
Sat	Aug 1	RNS Invitational Mile	Halifax	Jerome Bruhm	425-7055
Sun	Aug 2	Alfred Reynolds 5 Mile Road Race	Port Hood	John Cotton	787-2274
Mon	Aug 3	* Dartmouth Natal Day (2 & 6* Miles)	Dartmouth	Art Russell	463-3557
Mon	Aug 3	* Halifax YMCA Natal Day (5.3 Mi)	Halifax	YMCA	422-6437
Wed	Aug 5	Sydney Action Week 5 Miler	Sydney	Jessome	539-0940
Sun	Aug 9	* Eastern Passage/Cow Bay 10K	Eastern Passage	Tom Harmes	465-6512
Sat	Aug 15	Glace Bay 5 Miler	Glace Bay	Ann Holland	849-5542
Sun	Aug 16	* Navy 10K	Halifax	John Eckenswiller	427-8418
Sat	Aug 22	* Annapolis County Exhibition 8 Miler	Lawrencetown	Eric Porter	584-7145
Sat	Aug 29	* Run for Opportunity 10K	Lower Sackville	Denis Huck	865-3268
Sun	Aug 30	3rd Annual Lung Run 10K	Halifax	Gregory Boss	443-8141
Sat	Sep 5	Judique Kinsmen 10 Miler	Judique	John MacDonald	787-2274
Sat	Sep 12	Joe Murray 6 Mile Road Race	Amherst	Red Faulkner	667-9557
Sun	Sep 13	* TUNS 5K	Halifax	Shirley Rozee	429-8300 479-1523
Sat	Sep 19	Rum Runners Classic Team Relay	Hfx to Lunenburg	Greg MacDonald	423-6630
Sat	Sep 19	Truro Harvestfest 10K	Truro	Colchester YMCA	895-2871
Sat	Sep 26	* St.F.X. 10K	Antigonish	Joe MacDonald	867-2402
Sun	Sep 27	Kentville Kinsmen 5 Mile Road Race	Kentville	Dan Reyno	678-9816
Sun	Oct 4	Halifax Marathon & Half Marathon	Halifax	Dave Stanley	421-7526
Sun	Oct 18	"For the Run of it" 5 & 10K	Halifax	June Lumsden	443-4450
Sun	Nov 15	St Andrews Day Half Marathon	Middleton		
TBA		Run Nova Scotia Year End Banquet	Halifax	Jerome Bruhm	425-7055

## TOPICS FOR 1987

- Race Peaking
- Fitness Management For Working People
- Circuit Training & Cross-Training
- Walk-Run Partners Workouts
- Motivation For Running

**CAMP STATISTICS**

- Average age of participants is 36 years.
- 42% of the runners are women, 58% are men, 15% are high school runners.
- Attendees run 15 miles to 95 miles at camp and use 9.7 pairs of running socks.

### Coed Camps

Two of the coed weeks will feature an additional optional, multisports aspect. Runners interested in gaining the benefits of cross-training, injured runners who must limit their mileage, and triathletes may swim, cycle, canoe, or scull under the supervision of a coach for their second workout of the day.

Another coed week will feature an optional guided walk of 6-12 miles per day during the afternoon. There will be a different walk each day utilizing the scenic back roads and trails in the area. This session will be of interest to non-running spouses and injured runners who must limit their mileage.

The running coed weeks will be strictly for runners although informal cross-training is encouraged.

Both the multisport and walking weeks will have the offerings of the regular running weeks including lectures and a second running workout to accommodate those who are interested only in running.

### Women's Camp

Marathoners, occasional racers, and women who wish to learn more about running and fitness receive coaching from female instructors/athletes. A sports physiologist will lecture, and a daily stretch and strengthening class will be conducted. A week of outdoor activity and people who share a common interest in fitness combine to make an enjoyable vacation.

### Masters' Camp

Participants learn about the science of Masters running and also perfect the art of running the hills of Vermont. The week ends with an optional group excursion to the Maple Leaf ½ marathon. The scenic road race assembly come at the last

## A SLICE OF HEALTH AT CRAFTSBURY RUNNING CAMP

- Oven-fresh, whole grain breads
- Once-a-day stretching sessions
- Finish your workout with a dip in Lake Hosmer
- Mega-doses of fresh air and rolling dirt roads
- Locally grown fruit and veggies served in the camp dining hall

### TYPICAL DAY... Live the life of an athlete!

7:00 AM	Instructional group run	12:30 PM	Lunch
8:30 AM	Breakfast	4:00 PM	Second workout
9:30 AM	Lectures, Videotaping	6:30 PM	Dinner
		7:30 PM	Social time

## OPTIONAL ACTIVITIES

### Sportsmedicine Testing

### Maximum O<sub>2</sub> Uptake Test

Bill Nedde, Director of the University of Vermont Human Performance Lab, will conduct treadmill tests to determine your aerobic capacity. Cost: \$95. Your insurance policies may cover this test. Test performed in Burlington, Vt. lab.

### Nutrient analysis

A computerized analysis of a camper's two-day dietary intake will include recommendations for food choices and ideal competition weight.

## SOCIAL ACTIVITIES

Auctions, craft fairs and contra dancing festivals can be found in nearby Stowe, Montpelier and Craftsbury Common. Craftsbury Chamber Players performances

Nightly VCR rental movies in the camp lounge

## COST

June & July \$270/week — August \$290/week  
Returnee (have attended Camp previous year)  
minus \$15/week  
Group (6 or more members of an organization  
registering at the same time for the same  
week(s) minus \$25/week

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

ZIP \_\_\_\_\_

HOME PHONE \_\_\_\_\_

BUSINESS PHONE \_\_\_\_\_   
(check preference for contact)

MALE  FEMALE  AGE \_\_\_\_\_

**RUNNING DATA:**

YEARS RUNNING \_\_\_\_\_

RUNNING WORKOUTS PER WEEK \_\_\_\_\_

BEST RACE: TIME \_\_\_\_\_ DISTANCE \_\_\_\_\_

CURRENT WEEKLY MILEAGE \_\_\_\_\_

VEGETARIAN

Optional sports medicine services at additional cost  
(pay at Camp)

MAX 02 UPTAKE \$95  NUTRITIONAL ANALYSIS \$29

DISCOUNTS APPLICABLE:

RETURNEE \$15  EARLY REGISTRATION \$30

GROUP \$25  MULTIPLE WEEKS \$15

Your cost payable in full on arrival \$ \_\_\_\_\_

**WEEK(S) ATTENDING:**

June 28-July 4 Coed Multisports & Running

July 5-11 Coed Running

July 12-18 Coed Walking & Running

July 19-25 Coed Running

July 26-August 1 Coed Multisports & Running

August 2-8 Women's Running

August 9-15 Coed Running

August 16-22 Coed Running

August 23-29 Coed Masters' Running

Multisports Weeks and Walking Week applicants  
please check activities you intend to participate in:  
 Run  Cycle  Swim  Canoe  Scull  Walk  
 Roommate preference \_\_\_\_\_  
 Child care. Ages of children \_\_\_\_\_  
 Willing to carpool  
 Under 18 must have parent permission & signature \_\_\_\_\_

How did you hear about The Center?

A non-refundable \$75 deposit is due with this

THE MURDER OF GRABWELL GROMMET<sup>21</sup>

by Arthur Hoppe

On the morning of his 42nd birthday, Grabwell Grommet awoke to a peal of particularly ominous thunder. Glancing out the window with bleary eyes, he saw written in fiery letters across the sky:

"SOMEONE IS TRYING TO KILL YOU, GRABWELL GROMMET!"

With shaking hands, Grommet lit his first cigarette of the day. He didn't question the message. You don't question messages like that. His only question was, "Who?".

At breakfast as he salted his fried eggs, he told his wife, Gratia, "Someone's trying to kill me."

"Who?" she asked with horror.

Grommet slowly stirred the cream and sugar into his coffee and shook his head. "I don't know", he said.

Convinced though he was, Grommet couldn't go to the police with such a story. He decided his only course was to go about his daily routine and hope somehow to outwit his would-be murderer. He tried to think on the drive to the office. But the frustrations of making time by beating lights and switching lanes occupied him wholly. Nor, once behind his desk, could he find a moment, what with jangling phones, urgent memos and the problems and decisions piling up as they did each day. It wasn't until his second martini at lunch that the full terror of his position struck him. It was all he could do to finish his Lasagna Milanese. "I can't panic" he said to himself, lighting his cigar, "I simply must live my life as usual."

So he worked till seven as usual. Drove home as fast as usual. Ate a hearty dinner as usual. Had his two cocktails as usual. Studied business reports as usual. And took his usual two Seconal capsules in order to get his usual six hours sleep.

As the days passed, he manfully stuck to his routine. And as the months went by he began to take a perverse pleasure in his ability to survive. "Whoever's trying to get me," he'd say to his wife, "hasn't got me yet. I'm too smart for him."

"Oh, please be careful", she'd reply, ladling him a second helping of beef stroganoff.

The pride grew as he managed to go on living for years. But, as it must to all men, death came at last to Grabwell Grommet. It came at his desk on a particularly busy day. He was 53.

His grief-stricken widow demanded a full autopsy. But it showed only emphysema, arteriosclerosis, duodenal ulcers, cirrhosis of the liver, cardiac necrosis, a cerebrovascular aneurism, pulmonary edema, obesity, circulatory insufficiency and a touch of lung cancer.

"How glad Grabwell would have been to know", said the widow smiling proudly through her tears, "that he died of natural causes."

# PEPSI - VALLEY GRAPHICS

## Run For The Kitchen IN AID OF THE FREDERICTON COMMUNITY KITCHEN

### • FREDERICTON •

5 MILE, 2 MILE RUNS, 2 MILE WALK  
(+ 1 MILE TROT/WALK FOR KIDS UNDER 10)

SUNDAY, JUNE 28<sup>th</sup>, AQUATIC CENTER

3:15 PM FOR 1 MILE TROT/WALK ONLY  
4:00 PM FOR 5 MILE + 2 MILES

To Register: GEORGE HUBBARD (455-7312 AFTER 7 AM)  
OR JIM LYTHGOE (454-2415)

ENTRY FEE: \$6 + 1 can of food (or \$7) except for  
Kids under 10 - \$2 + 1 can of food

NOTE: COURSE INFORMATION & T-SHIRT PICKUP BETWEEN  
1-3:30 AM JUNE 28. T-SHIRTS TO FIRST 100 PEOPLE REGISTERED.

### ENTRY FORM

NAME \_\_\_\_\_

Age \_\_\_\_\_

ADDRESS \_\_\_\_\_

Telephone \_\_\_\_\_

Postal  
Code \_\_\_\_\_

Sex \_\_\_\_\_ (male)  
(please check) \_\_\_\_\_ (female)

EVENT: 5 MILE RUN \_\_\_\_\_  
(please check)  
2 MILE RUN \_\_\_\_\_  
2 MILE WALK \_\_\_\_\_  
1 MILE (KIDS  
UNDER 10) \_\_\_\_\_

WAIVER: I hereby release the  
sponsors and organizers of  
this event from any claims,  
actions or suits that I now  
have or will have against them  
as a result of my participation  
in this event.



SIGNATURE (SIGNATURE OF PARENTS  
IF UNDER 16)

