

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“THE FUN RUNNING CLUB”

VOLUME : 5
NUMBER : 46

April to May 1987

THE EXECUTIVE

| | | |
|---------------------|-------------------|----------|
| PRESIDENT | STEVE SCOTT | 454-1714 |
| VICE PRESIDENT | MIKE McKENDY | 459-8516 |
| REGISTRAR TREASURER | DAVE PREBBLE | 474-0752 |
| SECRETARY | CAROL SCOTT | 454-1714 |
| MEMBER AT LARGE | JAMES TUCKER | 454-3290 |
| FOOTNOTES EDITORS | GLORIA McLAUGHLIN | 472-7308 |
| | MARY ROBINSON | 472-0796 |
| FUNRUN COMMITTEE | ELDEN McLAUGHLIN | 472-7308 |
| | EUNICE PHILLIPS | 459-7562 |

BEHIND THE SCENES:

Our friends from out West haven't forgotten us. Bill and Flo LeDrew dropped us a nice letter filling us in on all the excitement that's part of their lives. We're happy to hear from you! Don't wait so long before dropping us another line.

Racing season is now upon us and that means it's Super Series time. Good luck to you all in the forthcoming races.

For those wishing to contribute articles for next month's newsletter, the deadline for submissions is June 9th, 1987.

Anyone not receiving calls from the telephone committee, please contact James Tucker to ensure your name is on the calling list.

We wish the best of luck to our "marathoners" this month who will be tackling the Moncton Marathon, Elden McLaughlin, Larry Robinson, Steve Scott, Howie Myatt, Mike McKendy and Eunice Phillips. You have trained long and hard! May race day be good to you!

RACE COMMITTEE MEETING: The race committee for the Fall Classic 1987 will be meeting at the home of Steve Scott, 260 Aberdeen Street, on May 19th at 7:30 P.M. There are still a couple of positions on the committee that are as yet unfilled. Give Steve a call at 453-2624 (Work) or 454-1714 (Home) if interested.

In previous issues of Footnotes, some club members had written member profiles of how they started running. We thought it would be interesting to rerun these profiles plus have an updated version of what running means to you today; and we are hoping this will encourage members old and new to submit their own profiles. The next time you are out running, think about what you can write in your profile, do it please and send it to us. We are looking forward to hearing from you.

IN CONJUNCTION WITH THE FUNRUN ON MAY 27th DURING NATIONAL PHYSICAL ACTIVITY WEEK, ALL WALKERS ARE SOLICITED TO PARTICIPATE AS WELL. Make an effort....Edna Harris, Daisy Hildebrand, Judy McKendy, Carol Scott and anyone else interested, come join Gloria McLaughlin and Mary Robinson for a FUNWALK.

Gloria & Mary.

PRESIDENTIAL NOTES

Isn't it great to be alive. Spring is here and the running season is almost upon us. Not a day goes by that I don't see several people out for a run that I've never seen before. It makes me feel that the presence of the Capital City Road Runners is being noticed. We all know that running is fun.

Speaking of running and fun, a certain Fitness instructor has challenged his noon hour fitness class to increase their cardiovascular fitness by running more. He has set up a chart to record distances and what not. I understand he has challenged them to compete in the Oromocto 10 Km at the end of May. Also, prizes will be awarded for the guys that meet certain goals. The executive of the Capital City Road Runners feel that this is a worthwhile cause to promote running, so we are making available a membership in our Club for 1987 for one such award winner.

For a fairly large band of Capital City Road Runners the Moncton Marathon on May 31st will be the culmination of a very long winters worth of training. To say that some of these people are dedicated, is quite an understatement. Being one of those dedicated individuals, I for one am proud to know these people and wish every one of them luck at Moncton. I know that they will all exceed their goals. Break a leg guys.

Finally, the annual Family Picnic and Barbeque is scheduled for June 6th, (raindate June 7th). This event has grown in stature over the years and is one of the social events that everyone can participate in. We always have a lot of fun, cooking, eating, drinking and playing games. There are only two things you should bring, you and your family or you and your sweetheart or you and your mother, father, sister or brother. The Club will handle the hotdogs, hamburgers, pop, popsicles, ice cream and whatever. I hope to see everyone at the picnic especially the newer members of the Capital City Road Runners.

STEVE SCOTT



- 4 -

Fourth Annual Capital City Roadrunners



FAMILY

PICNIC

Saturday- June 6, 1987
O'Dell Park
2:00 p.m.

Group Photo : 3:00 p.m.
"BE THERE"

Hot Dogs

Games

Pop

Ice Cream

Hamburgers

Gather your family and plan to attend the Family Picnic. Games for old and young, food, drink, and lots of fun.

Plan on coming early and leaving late so as to ensure a full day of fun and excitement. Past picnics have attracted a goodly number of Roadrunners and their families. This is a truly family affair. Don't be disappointed, be there early. Bring lawn chairs, footballs, roundballs, and any liquid refreshment you may desire. The club supplies everything else.

Adult party will follow, location to be announced at the picnic. Book your babysitter now. For further information call Dick and Edna, 454-1721.

74 Columbus Cres.
Winnipeg, MB
R3K 0L6
(204) 831-1669

April 2, 1987

Hi from Winnipeg,

At long last winter appears to be just about over. It's been a long one, but fortunately not too cold. They tell us this has really been an exceptional winter for Winnipeg. You folks have certainly had quite a winter. With all that snow running must have been pretty tough going.

We are all well. Flo is working at Canada Trust and getting some running in. Peter is finishing his first year at the University of Winnipeg. He is going to spend the summer in Fredericton. If you see him around, say hello! Randy is doing well. He has a part-time job as a driver at Mother's Pizza.

I have been keeping really busy, and travelling a lot. I'm training with a group of fellows for the Manitoba Marathon on June 21. The running has been going well and I'm very optimistic. Flo plans to run the half marathon. It's a great course, flat and pretty. We're going to run the Twin Cities Marathon in Minneapolis-St. Paul in October as well.

We really enjoy the newsletter as it keeps us up to date on all the goings-on in Fredericton. It's good to see CCR runners doing well at the races. Congratulations to Terry Goodlad on his victory in Israel. Keep up the good work Terry! We miss the fun runs and club social events which were always a lot of fun. We haven't found too many "fun loving" runners here yet, but we hope to soon.

We just saw the TV news reports on the flooding on the Saint John. Looks like its going to be a pretty wet spring. I guess it'll be tough going on the riverfront for a while.

That's about it for now. We would love to hear from more of you - so why not drop us a line and let us know how you are doing. We'll write again soon.

Your far-away friends,

A handwritten signature in cursive script that reads "Bill & Flo".

Bill and Flo



CALL OR WRITE
FOR FREE SAMPLES
& PRICES

This is the TUFFY competitors number from:

SPORTS PRINTERSTM

Since 1888 Banners, Badges, Certificates

Don Facey, Proprietor

90 HAMPSHIRE STREET CAMBRIDGE, MASSACHUSETTS 02139 (617) 876-0727

| Pace Per mile | 8.05 km. 5 miles | 10 km. 6.214 miles | 15 km. 9.321 miles | 16.1 km. 10 miles | 20 km. 12.428 miles | 21.1 km. 13.1 miles | 24.1 km. 15 miles | 32.2 km. 20 miles | 37.0 km. 23 miles | 42.2 km. 26.2 miles |
|------------------|---------------------|-----------------------|-----------------------|----------------------|------------------------|------------------------|----------------------|----------------------|----------------------|------------------------|
| 5:00 | 25:00 | 31:04 | 46:36 | 50:00 | 1:02:08 | 1:05:33 | 1:15:00 | 1:40:00 | 1:55:00 | 2:11:06 |
| 5:10 | 25:50 | 32:06 | 48:10 | 51:40 | 1:04:13 | 1:07:44 | 1:17:30 | 1:43:20 | 1:58:50 | 2:15:28 |
| 5:20 | 26:40 | 33:08 | 49:43 | 53:20 | 1:06:17 | 1:09:55 | 1:20:00 | 1:46:40 | 2:02:40 | 2:19:50 |
| 5:30 | 27:30 | 34:07 | 51:16 | 55:00 | 1:08:21 | 1:12:06 | 1:22:30 | 1:50:00 | 2:06:30 | 2:24:12 |
| 5:40 | 28:20 | 35:13 | 52:49 | 56:40 | 1:10:25 | 1:14:17 | 1:25:00 | 1:53:20 | 2:10:20 | 2:28:34 |
| 5:50 | 29:10 | 36:15 | 54:20 | 58:20 | 1:12:29 | 1:16:28 | 1:27:30 | 1:56:40 | 2:14:10 | 2:32:56 |
| 6:00 | 30:00 | 37:17 | 55:56 | 1:00:00 | 1:14:34 | 1:18:39 | 1:30:00 | 2:00:00 | 2:18:00 | 2:37:19 |
| 6:10 | 30:50 | 38:19 | 57:29 | 1:01:40 | 1:16:38 | 1:20:50 | 1:32:30 | 2:03:20 | 2:21:50 | 2:41:43 |
| 6:20 | 31:40 | 39:21 | 59:00 | 1:03:20 | 1:18:42 | 1:23:01 | 1:35:00 | 2:06:40 | 2:25:40 | 2:46:03 |
| 6:30 | 32:30 | 40:23 | 1:00:35 | 1:05:00 | 1:20:47 | 1:25:12 | 1:37:30 | 2:10:00 | 2:29:30 | 2:50:25 |
| 6:40 | 33:20 | 41:26 | 1:02:09 | 1:06:40 | 1:22:51 | 1:27:24 | 1:40:00 | 2:13:20 | 2:33:20 | 2:54:47 |
| 6:50 | 34:10 | 42:28 | 1:03:41 | 1:08:20 | 1:24:55 | 1:29:35 | 1:42:30 | 2:16:40 | 2:37:10 | 2:59:09 |
| 7:00 | 35:00 | 43:30 | 1:05:15 | 1:10:00 | 1:27:00 | 1:31:46 | 1:45:00 | 2:20:00 | 2:41:00 | 3:03:32 |
| 7:10 | 35:50 | 44:32 | 1:06:48 | 1:11:40 | 1:29:04 | 1:33:57 | 1:48:20 | 2:23:20 | 2:44:50 | 3:07:54 |
| 7:20 | 36:40 | 45:34 | 1:08:21 | 1:13:20 | 1:31:08 | 1:36:08 | 1:50:00 | 2:26:40 | 2:48:40 | 3:12:16 |
| 7:30 | 37:30 | 46:36 | 1:09:54 | 1:15:00 | 1:33:13 | 1:38:19 | 1:52:30 | 2:30:00 | 2:52:30 | 3:16:39 |
| 7:40 | 38:20 | 47:38 | 1:11:28 | 1:16:40 | 1:35:17 | 1:40:30 | 1:55:00 | 2:33:20 | 2:56:20 | 3:21:01 |
| 7:50 | 39:10 | 48:40 | 1:13:01 | 1:18:20 | 1:37:21 | 1:42:41 | 1:57:30 | 2:36:40 | 3:00:10 | 3:25:23 |
| 8:00 | 40:00 | 49:43 | 1:14:34 | 1:20:00 | 1:39:25 | 1:44:52 | 2:00:00 | 2:40:00 | 3:04:00 | 3:29:45 |
| 8:10 | 40:50 | 50:45 | 1:16:08 | 1:21:40 | 1:41:30 | 1:47:04 | 2:02:30 | 2:43:20 | 3:07:50 | 3:34:08 |
| 8:20 | 41:40 | 51:47 | 1:17:40 | 1:23:20 | 1:43:34 | 1:49:14 | 2:05:00 | 2:46:40 | 3:11:40 | 3:38:28 |
| 8:30 | 42:30 | 52:49 | 1:19:14 | 1:25:00 | 1:45:38 | 1:51:26 | 2:07:30 | 2:50:00 | 3:15:30 | 3:42:52 |
| 8:40 | 43:20 | 53:51 | 1:20:47 | 1:26:40 | 1:47:43 | 1:53:37 | 2:10:00 | 2:53:20 | 3:19:20 | 3:47:14 |
| 8:50 | 44:10 | 54:53 | 1:22:20 | 1:28:20 | 1:49:47 | 1:55:48 | 2:12:30 | 2:56:40 | 3:23:10 | 3:51:36 |
| 9:00 | 45:00 | 55:56 | 1:23:53 | 1:30:00 | 1:51:51 | 1:57:59 | 2:15:00 | 3:00:00 | 3:27:00 | 3:55:58 |

COMPUTED BY DAVE COCHRANE, GREATER BOSTON TRACK CLUB

CONVERSIONS

1 Meter = 39 1/8 Inches
1 Kilometer = 0.6 Mile 3281 ft.
1 1/2 oz. Beer = 400 Milliliters
1 Liter Beer = 33.8 oz.

Multiply
Miles x 1.6 = Kilometers
Yards x 0.9 = Meters
°F - 32 x 5/9 = °C

DISTANCE RACE MEASUREMENTS

| | | | |
|-------------|------------------|---------------------|--------------------|
| 200 Meters | 220 yds. | 10,000 meters (10K) | 6 miles-378 yds. |
| 1000 Meters | 0.621 miles | 15 kilometers | 9 miles-565 yds. |
| 1500 Meters | 0.932 miles | 20 kilometers | 12 miles-755 yds. |
| 1609 Meters | 1 mile | 30 kilometers | 18 miles-1130 yds. |
| 3000 Meters | 1 mile-1521 yds. | 42 kilo marathon | 26 miles-385 yds. |
| 5000 Meters | 3 miles-189 yds. | 50 kilometers | 31 miles-121 yds. |

OF SPECIAL INTEREST

CAR RENTALS - CORPORATE RATE: Scott Hare of the Capital City Road Runners has been kind enough to negotiate a corporate car rental rate for members of the Capital City Road Runners for 1987.

For a group of people going to a race this is a very good option, rather than using your own car. The rate is as follows:

DODGE ARIES - \$19.50 per day
 9.50 full insurance and tax
 \$30.00

Please note there will be no charge for mileage (unlimited kilometers)

There are two conditions: 1 - A \$300.00 damage deposit or Visa or Mastercard blankslip.

2 - The driver must be 25 years of age or over.

The arrangement is with ELM CITY RENTALS on King Street, Fredericton. You should mention to Elm City that you are a member of the Capital City Road Runners and perhaps show your card.

THE SOCIAL SCENE

Rumour has it that one of our newer members, Murray Dixon, enjoys running marathons. You'll have lots of company to train with Murray, as some club members are already talking of the Montreal and New York Marathons.

Soccer season is fast approaching and Howie Myatt is very busy gearing up for it. None the less, he's still finding time for some weekly mileage in the 70 plus range.

Phil Cleghorn has been suffering from a foot injury. He was unable to run for a while, then started up again, only to be sidelined with another flare-up. His on again, off again, on again foot problem is now off again. Glad to see you back on the roads Phil.

While speaking of injuries, we haven't seen much of Don Hicks lately. How is your foot holding up Don? Any chance we'll see you at the races this year?

We're a great club for giving support to our members. Just ask James Tucker how he felt while running the Boston Marathon. Appears Dick and Edna were there cheering him on. Great stuff!!

We all know the hard work and fun running can be. The latest recruit to running who has just discovered this is Gloria McLaughlin. It's great to see you out running the roads, Gloria. Keep up the good work!!!

FUNRUN RECAP

April 18th, Saturday: Our fearless leader Elden McLaughlin led the troops through the Odell Park obstacle course. Ed Takacs started running along with his usual smooth gait but got caught unaware on a "icy patch" and treated the others to a not so graceful back slide. That was probably the "low" point of the run for Ed. The rest of the pack managed to get through the run without any further incidence.

April 22nd, Wednesday: Our first Wednesday night funrun and we had eleven runners turn up. Excitement was at an "all time low" with no dramatic events cropping up throughout the run.

April 25th, Saturday: Though the funruns are now officially on Wednesday evenings, Saturday morning is still proving to be popular as we had thirteen runners show up for the run. Our "marathon hopefuls" started the run at 8A.M. with the main group of "fun" runners starting at 10A.M. The route was across the Westmorland St. Bridge and encompassed a grand tour of the North Side. The distances run varied from 6 1/2 miles right up to 23 miles. Pretty awesome!

April 29th, Wednesday: Numbers were down somewhat for our 6 P.M. funrun. Surely the nasty weather couldn't have kept you all at home!! What's a spring snowstorm and cold temperatures!!! Don't be a bunch of mice! Get out there and run like lions!!!

May 6th, Wednesday: Despite the fact it was wet and miserable out, we had eleven turn up for the run. It goes to show that runners are made of "strong hardy stuff".

NATIONAL PHYSICAL ACTIVITY WEEK: The Capital City Road Runners will be holding a SPECIAL FUN RUN on our regular Fun Run Night, Wednesday, May 27 at 6:00 P.M. to recognize and participate in NATIONAL PHYSICAL ACTIVITY WEEK. Lets all make a special effort to get together on this particular evening. For further information call Mike McKendy at 459-8516 (Home).



UPCOMING RACES

- MAY 23rd OROMOCTO 10 KM ROAD RACE
Start Wassis Road School, Oromocto 1:00 p.m. Entry \$5.00
- MAY 31st MONCTON MARATHON (1987 New Brunswick Championship) SUPER SERIES
Start 8:00 a.m. CEPS Université de Moncton
Entry deadline May 24th. T-shirt included. No late entries.
- JUNE 7th IGA-LABATT 10 KM BALMORAL SUPER SERIES 5 KM Included
Start 11 a.m. Salle Bleu, Eel River Crossings Entry \$6.00
- JUNE 21st SHOPPERS' DRUG MART FUN RUN FOR BIG BROTHERS-BIG SISTERS SUPER SERIES
Start 10:15 a.m. Assumption Place, 770 Main, Moncton
Includes 5 KM Fun Run, Entry \$5.00
- JUNE 14th AN INTERNATIONAL CLASSIC - MASKI COURONS - ST-GABRIEL-DE-BRANDON
QUEBEC - 13th Edition - 1 KM, 20 KM, 2 KM, 10 KM, 5 KM, 20 KM Walk
1st Race begins at 10 a.m. and all others start at straddled
times thereafter. Cash prizes. We have the inscription form if
anyone is interested.
- JULY 5th 3rd ANNUAL TRIATHLON - TRACADIE-SHEILA, NEW BRUNSWICK
COURSE - 8 KM running, 37 KM Cycling, 0.8 KM Swimming
Starts 10 a.m. Big Tracadie River, Sheila
Entry \$10 before June 30th and \$15 afterwards.

RACE RESULTS

Bill LeDrew ran a 5K race on April 5th with about 250 to 300 runners. The winning time was 14:43 (pretty fast!). He ran a 17:10 and finished 24th overall, 2nd in the jr. masters. This is part of a three race series (5, 10 and 15K over 4 weekends). He will let us know the final results.

BOSTON MARATHON - APRIL 20th

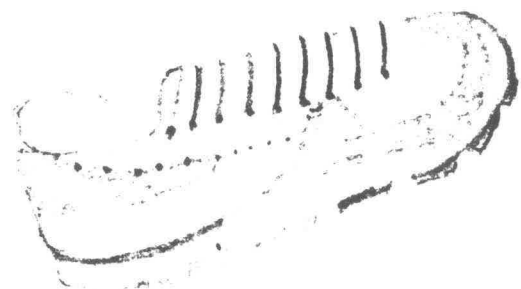
| | | |
|-------------------------|----------------|---------|
| Tofhihiko Seiko (Japan) | 1st male | 2:11:50 |
| Rosa Mota (Portugal) | 1st female | 2:25:50 |
| André Veger (Quebec) | 1st wheelchair | 1:55:42 |

| | | | |
|-------------|------|----------------|------|
| Joe McGuire | 2:32 | James Tucker | 2:54 |
| Leo Sheehy | 2:36 | Paul Bourgeois | 3:06 |
| Scott Hare | 2:44 | | |

We have a write up on this race coming from James. If it isn't in this newsletter, you will see it in the next.

BERTRAND-CARAQUET 10 KM - MAY 3rd

| | | |
|--------------|-------|-------------|
| Scott Hare | 33:10 | 1st Overall |
| James Tucker | 37:10 | 2nd Master |



RACE RESULTS (cont'd)

SAINT JOHN - 11 MILES - MAY 9th

| | | |
|--------------------------|------------|------------------|
| Ed Short (Ajax, Ontario) | 57:40.66 | 1st Overall |
| Scott Hare | 1:02:23.06 | 2nd |
| Robert Harrison | 1:09:10.73 | 7th |
| James Tucker | 1:10:56.87 | 9th (1st Master) |
| Howie Myatt | 1:13:34.76 | 10th |

This was a very hilly, tough course.

"SPORTS EXPERTS" ROAD RACE, DIEPPE 10 KM - MAY 10th

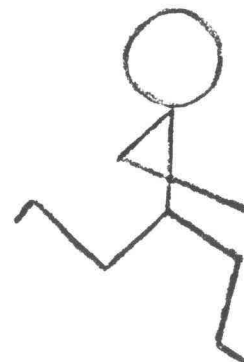
Female

| | | |
|-----------------------|-------|-------------------|
| Jacky Maillet | 41 | 1st |
| Anne-Marie St-Laurent | 41:06 | 2nd |
| Eunice Phillips | 41:36 | 3rd (1st Masters) |
| Michelle Cormier | 42:41 | 4th (1st Junior) |
| Sheila Andrews | 55:07 | |

Male

| | | |
|----------------|-------|-------------|
| Chris Pinsent | 32:33 | 1st Overall |
| George Gallant | 40:11 | |
| Tim Andrews | 53:24 | |

A windy day but
a good course.



W A N T E D

STOUT-HEARTED INDIVIDUALS TO JOIN US ON OUR FIRST MOUNTAIN CLIMBING EXPEDITION OF THE SEASON. We are tentatively planning a trip to Mount Katahdin, Maine for the weekend of June 13th. Anyone interested call Ed at 454-8567 or Carol at 454-1714.

TIDBITS

Anyone interested in posing for some outdoor photographs for the National Geographic??? A photographer, Phil, from San Francisco will be in Baxter State Park, June 13th to July 15th on assignment for the National Geographic. Phil wants hikers and climbers for early morning and late evening photographs.

If anyone is interested, we can call Phil collect at (415) 386-0218. Incidentally, our club trip to Mount Katadhin is planned for June 13, 1987. If you want to "go for it", call Dick, 454-1721.

Watch out for Robert Harrison this summer. He is up and coming.

We hear James T's transmission bit the dust and he is looking for a replacement.

Did you hear Elden and Larry are trying to show up their spouses' at fitness class!!

Long slow runs serve an important purpose. They teach both the mind and the body not just endurance but patience.

BY BALDWIN.

- 11 -

BUS
STOP



“Concentration, that’s the secret to running a good marathon.”

Rosaire Leblanc
115 Epworth Circle
Fredericton, N.B. E3A2M7

