

# FOOTNOTES

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THE MONTHLY NEWSLETTER OF THE  
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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BEHIND THE SCENE

The funruns are now being held on Saturday morning at 10A.M. at the U.N.B. Gym. Come out and join the fun!

We'd like to thank our contributors this month, Anne-Marie St.Laurent who wrote a very nice article on her first marathon attempt and Brenda Tree who wrote some interesting "tidbits" for the "Social Scene".

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

We have been the editors of 'Footnotes' for one year now. It has been an interesting and rewarding venture. If by chance anyone is interested in taking over the editorship and 'penning' their talents, we would be happy to relinquish our positions. We can be contacted at 472-7308 or 472-0796.

CHRISTMAS PARTY WARRANT OFFICERS AND SARGEANTS MESS ARMOURIES -  
Friday , DECEMBER 18, 1987 8:00 P.M. FOR FURTHER DETAILS, CONTACT  
MIKE MCKENDY OR STEVE SCOTT.

*Mary & Gloria*

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The New Brunswick Special Olympics Inc. is a society dedicated to providing opportunities for mentally retarded persons to participate fully in fitness, leisure, and cultural activities; and to train and compete in sporting activities to their own age and ability level. They are in the process of recruiting coaches and volunteers for their programming. Upon a request from Jim Price, a Fredericton Regional Field Worker, we are asking the members of the NBTFA to consider this opportunity to help. If you would be willing to work with these young New Brunswick athletes to help them reach their goals, to please contact Mr. Price at 459-3999 (Fredericton area ), or the Special Olympics group of your area.

FROM THE PRESIDENT

Winter is striking with a vengeance as I write. If is now time to get into your winter running mode. But first, let me tell you of one final event in the Fredericton area that's going to be a lot of fun. It is the Celebration '88 Torch Relay which will be held in Fredericton on November 28th, the day before the real Olympic Torch Relay comes through our fair city.

Everyone is encouraged to participate. Our Club is the organizer of the event along with the City and the local Celebration 88 Committee.

I would like to see our Club participate. Please get together with several people and form a team or two. We could also form family teams. The only thing each team has to do is make a replica of the Torch. Just make sure it is non-volatile and no more than 18 inches long. You can utilize any of the olympic sports in designing it. There will be awards for the Best Torch in each category and there are 12 categories. Our Club fits in under Sport Clubs or under Families if you like. There is no entry fee other than the making of a torch.

Also, besides participants we could use several volunteers particularly in the registration area and perhaps refreshments. Please call me at either 453-7130 or 454-1714.

As well, on November 27th there will be a torchlight parade starting at 6:00 p.m. I believe from City Hall and at 8:00 p.m. there will be a Torch Banquet. On Sunday November 29th the Olympic Torch Relay itself arrives at City Hall in the morning around 9:30 a.m. (check media for exact time). It would be very nice if we could have a large contingent of CCRR to help run the Torch bearers in and away from City Hall along with many spectators at the Ceremony. This will be a great opportunity for National exposure for the Capital City Road Runners.

Steve Scott

THE MONTREAL INTERNATIONAL MARATHON  
MY FIRST MARATHON  
Anne-Marie St-Laurent

What was I thinking when I was running those last six miles?? To be honest, I knew my time was going to be over 3:20, which is the qualifying time for the women's open category at Boston, and I said to myself, good at least I won't be tempted to run that marathon. But when I crossed the finish line and looked at the clock, I knew that I would have to try again.

Yes, everything that has been said about the last six miles of a marathon is true, however, that is only one of the many things that makes a marathon SPECIAL.

A marathon is thousands of runners gathering for the challenge after months of training and it is the crowds of cheering spectators along the 42.2 km course. In Montreal, it is also the sights of the City starting with the Jacques Cartier Bridge, the Olympic Stadium and finishing with the cheering crowds at Parc Lafontaine.

Robert Harrison and James Tucker, who were both running the marathon, and their support crew, Michele Bailey and Marlene Ryan, drove to Montreal Saturday. I opted for air transportation. There were 10 thousand other runners gathering and I didn't really expect to meet up with Robert and James before the race; but as coincidental as it may seem, I just "ran" into them on my way to the buses where we were to deposit our bags (clothes).

This being James' tenth marathon, he was very very calm and collected, while Robert and I were just a bit hyper. We finally got James' clothes on the bus and took our place on the bridge. The three of us lined up together at around the 1500 starting position. It was nice to have some friends around while waiting for the big bang. The whole race was exciting; seeing the front runners as I was coming off the bridge ramp, running in a pack, and the spectators that seemed to single out women marathoners to cheer along.

My first 10 km was on pace for a 3:15 marathon, but my second 10 km was two minutes faster. I think it may have had something to do with the two guys that asked me if they could run off my shoulder because they liked my pace. At about thirty-two km my leg muscles seemed to become 2 inches too short. It felt like I was taking baby steps and that the kms were turning into miles.

The end of the marathon was special, I turned the last corner and saw the clock change to 3:28 with about 400 meters to go. The crowd started cheering loudly because they wanted to help the runners break 3:30. My legs actually sprinted for me and I made it with a 3:29:28 finish.

Robert and James ran good marathons and were waiting at the finish line for me. Thanks Guys. James ran a 3:00:20 and Robert was about 5 seconds behind him.

Well I'm going to have to try again !  
Maybe the Ottawa Marathon in the spring.  
What do you think Eunice ??

THE SOCIAL SCENE

Congratulations to Paula and Roger Wheeler on the arrival of their new son. You can now expect to see Paula back in serious training for the 1988 racing season.

Rumour has it that Bruce Meyer and Maria are engaged and planning a May wedding. They may also be moving to Ottawa.

The word is out that James Tucker is thinking of running a Marathon in Honolulu next month.

Marlene Ryan has been sidelined with an injury recently. Hope the injury heals quickly and we see you back on the roads soon.

ADDITIONS BY BRENDA TREE:

Last month we heard of all the new additions to families but Dick and Edna were missed. They have 2 new babies, Toby and Tyler. They are cute, cuddly, furry, and they meow.

One of us, Linda Durrell, has been practising racewalking with the Or-ormocto group. Just watch that woman wiggle!

Those of you who would like a little different sport should try Orienteering. I took my cubs out for a meet, and if you like woods, racing against time and using a compass this sport is for you. Don't let the shortness of distances fool you; these are as the crow flies and unless you can spout wings the distances are at least double.

Don't forget the morning runs on Wed. with Judy and I. They start at 9:00 AM at the Y. We have had some others on occasion, Casey every week and Dick or Keith by times. The other dogs in the club should be worried, Casey is really getting into the 5 mile run. She secretly is asking for 4 racing flats and shorts for xmas.

I here our new Premier is a runner. Maybe we'll meet him on the roads.

Don't forget to send your Super Series badge claims in. They are due.

See where Joan Benoit ran a 4 mile race in Maine 8 mths. pregnant in 27 minutes. Also heard where she had a baby girl the night before Benjamen's. Those of you who went, did she run?

Eunice P. has her own mail route now. So you may see her any morning near the Y.

Ran 2 miles with Paul Lavoie recently. He is still nagged with that injury but seems to be taking it easier this time and hopes to be racing fit this coming year as he hits the big 40.

I had a fitness test at UNB and found out I'm not too bad for an old gal. I did find out that my handstrength is so far below normal that I wasn't even on the chart. I really surprised myself in the situps and pushups and flexibility. These are great to have done so if you have a chance "Go for it!"

1987 10 KM RACE TIMES

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\* GOAL ATTAINED OR BETTER

# CIAU commends Hare

by Dave Butler

OTTAWA

Chalk up another one for The Great Scott.

Newcastle native, Scott Hare, was named the Athlete of the Week by the Canadian Inter-university Athletic Union (CIAU)

for his outstanding efforts last week in track and field.

Usually the CIAU's regularly weekly honours go to players in more easily dramatized sports, like football, but this time round Hare ran away from the turtle-legged football superstars.

Hare's major achievement was

winning the 10 km race in an Atlantic Universities Athletic Association meet at Moncton.

Hare hustled over the six and a half mile terrain in 32 minutes and 21 seconds, a rather blistering pace for cross-country, but one which Hare has long been used to.

Scott well knows what tough is, what pain is, what guts are, what effort is, and what winning is all about.

By now, the five foot, ten inch, 150 pounds Hare has more rugged miles on him than a still-running '56 Volkswagen.

Hare, 22, a fourth-year Business Education student at Fredericton's UNB, and he is the two-time defending New Brunswick road-racing champion.

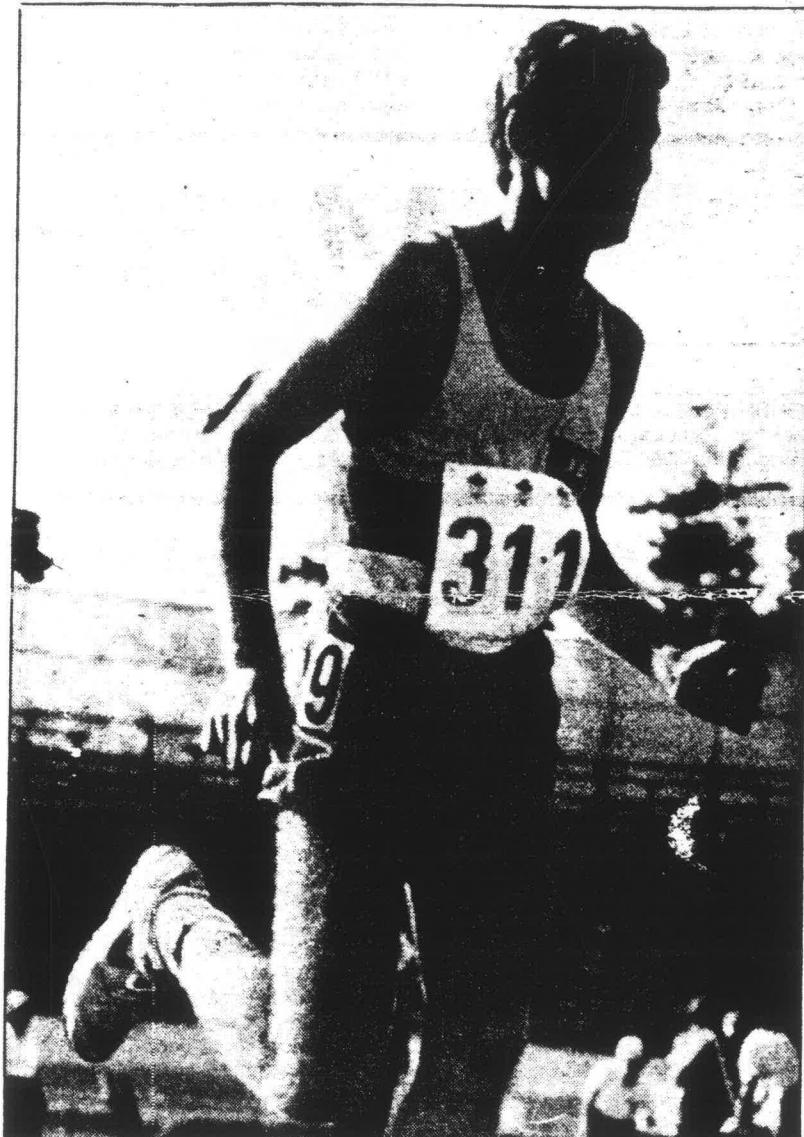
This road-racing series (10 events in all, but a competitor didn't necessarily have to do all 10 -- seven or eight were sufficient) used to be known as the Labatt's Series, but now is billed as the "N.B. Super Series".

Not so oddly enough, the very competitive Hare leads this series again -- and by a handsome points margin. After five races (with three to come), Hare has 234 points, Woodstock's fabled Joe McGuire, 155, and Dalhousie's Lu Gaudreault, 135.

Hare, a member of New Brunswick's 1985 Canada Games team, this year won the Balmoral 10 k in 36 minutes, six seconds; placed third in the George Gallant 10 k in Shédiac in 33:17 ("a very good time"); won the Shippagan 10 k in 33:05; won the New Brunswick 20 k in Riverview in one hour, seven minutes, 42 seconds; and won the N.B. 10 k championship in St. Isadore in 32:03.

The N.B. Super Series is slated to wrap up, with a couple of runs in between, at Saint John in late October.

Bet the farm, most of the groceries and half the rent -- ain't nobody gonna beat Scott Hare.



Scott Hare

Do your husband's jogging clothes make you want to run the other way?



RNB 1

**RUN NEW BRUNSWICK**

- from the editor, Leo Sheehy, RR#1, Hopewell Cape, N.B. E0A 1Y0

Just a few quick words this time. This Newsletter is basically an update of the Super Series races and points so far. Memberships keep coming in but the trickle of contributions to the newsletter has never turned into a torrent. Oh well, we're all busy with summer racing, etc... Perhaps in the fall.

We will soon be having our Annual Meeting and all Run N. B. members will have a voice and a vote. Now is the time to consider any changes you would like made to the Series or road running in general. Anything from categories to rule changes to Super Series races can be discussed. In order to ensure that your topic gets the full attention it deserves, why not drop me a note so that I can publish it in the next Newsletter or, if nothing else, include it on the agenda.

As the happy dry days of summer fade, fly fearlessly into the festive fall foot races.

Leo

## FITNESS

# HOW TO GET READY FOR YOUR FIRST MARATHON

Picture yourself jogging down the main streets of your city with hundreds of other runners competing in a marathon. Sound improbable? Not if you've been jogging regularly for at least six months.

By following a simple training program, you'll soon be ready for the many road runs or marathons held in almost every major Canadian city during the spring, summer and fall. And while some runners enter these races to win, most participate for the fun and challenge of competing against themselves and the clock over a measured course.

The training programs presented here are designed to prepare the average runner for enjoyable racing at 10-kilometre and marathon (26 miles) distances. Since there are no universal guidelines that apply to everyone, you'll have to assess your own running pace when you embark on one of our programs. If you feel you can increase your tempo and still finish a run easily, then you probably should be running faster. On the other hand, if really fatigued at the end of a workout, cut back the pace a bit.

One way to determine whether your training load is appropriate is by taking your pulse on waking each day. An elevated resting pulse rate (i.e., more than 15 percent above your usual rate) suggests you are overtraining, which may also be indicated if you are chronically listless, weak or pale, and generally lack motivation for running and other activities. Don't stop running; just reduce your mileage by one-half for a week or 10 days.

Another way to preserve your energy as well as avoid injury through excessive pounding is by developing a smooth economical running style. Reduce any extraneous motions (e.g., swinging arms and shoulders side to side

rather than back and forth; lifting knees too high) and try to run in an erect position.

Imagine there's a string attached to the top of your head and that it is holding up your body. To counteract stiffness and reduced mobility in muscles and joints, as well as to avoid injury, do the following basic stretching exercises for four to five minutes before and after training sessions and when you get up in the morning:

- **Arm circles** Rotate one arm at a time, and then both arms, backward and then forward.
- **Toe touches** Bend at waist from standing position, then slowly touch fingers, and eventually palms, to floor and hold for five seconds.

- **Elongation stretches** Either standing or lying on back, reach hands above head and stretch toes and hands as far as possible, elongating your body. Hold for five seconds and relax.

- **Ankle and shoulder rotations** Rotate ankles or shoulders in both directions in their maximum range of motion.

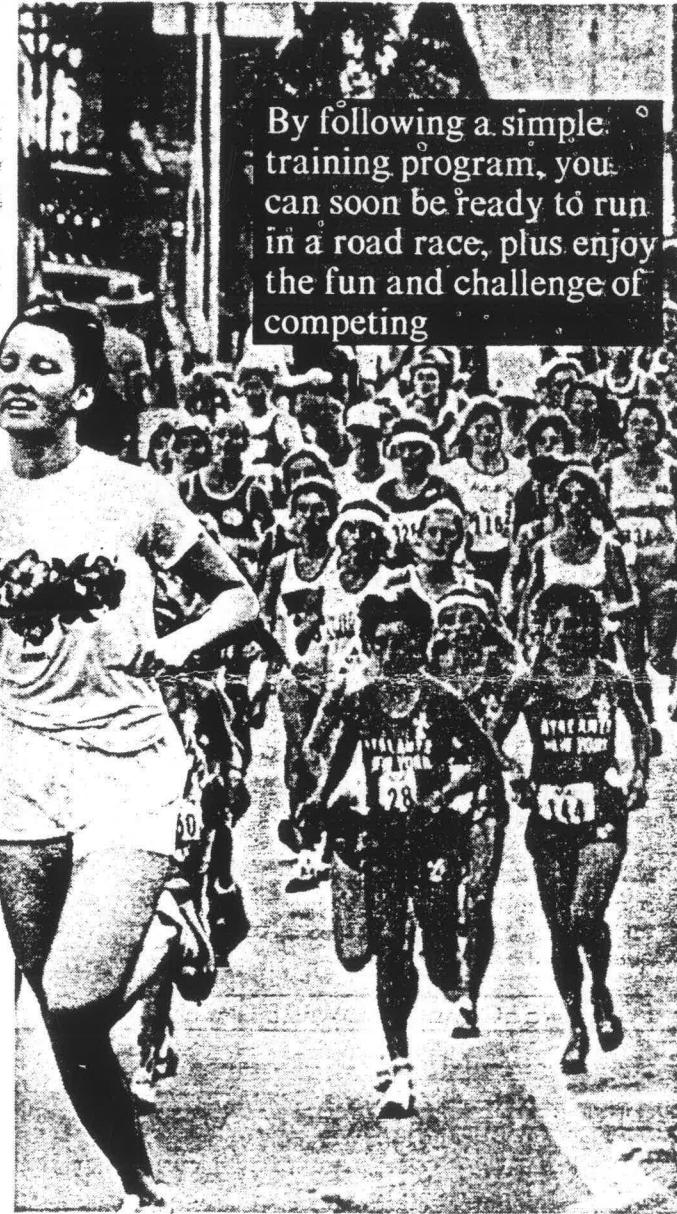
- **Achilles tendon stretches** Lean with palms against wall, with one foot about 18 inches in front of the other. Lower the knee of the front leg and gently stretch the lower back of the rear leg. Switch legs.

- **Thigh stretches** From a standing position, grasp one ankle and slowly pull it back to touch buttock. Switch legs.

- **Hamstring stretches** From standing position, place one foot (keeping leg straight) on a flat surface at table height and slowly bend at waist to touch chin to knee. Switch legs.

- **Groin stretches** From sitting position on floor, with bottoms of feet together and knees apart, grasp both ankles and lean forward from the hips.
- **Back stretches** From sitting

MILLER SERVICES



By following a simple training program, you can soon be ready to run in a road race, plus enjoy the fun and challenge of competing

position on a soft floor, bend knees; grasp both with forearms. Gently rock back and forth, from seat through to midback.

If, in the course of your training, you sustain one of the common running injuries—Achilles tendinitis (painful inflammation of the tendon that connects the heel and calf muscles), various knee problems, strained muscles in the thigh or

groin—treat it with an ice massage. Wrap a chunk of ice in a single layer of towel and gently rub the aggravated area for several minutes; remove the ice for two minutes, then repeat.

Chronic soreness that also impedes movement may require medical treatment, but for a minor injury, first try reducing your mileage and do some gentle stretching of the affected area, checking for im-

# HEALTH CENTRE

## FITNESS

provement. Since minor injuries are often caused by running on surfaces that are uneven or mushy (e.g., grass), too hard (sidewalks) or along roads with sharply sloping shoulders, see if switching to a firm smooth surface like asphalt makes a difference. Of course, have a doctor check any sudden injury, such as a pulled muscle.

Comfortably fitting shoes are important. Plan to invest \$35 to \$50 in a pair that combines flexibility with solid support.

While in training, you don't need a special diet, but try to eat fresh fruits and vegetables in hot weather to replace the minerals lost through sweating.

When you are ready to enter a race, your goal should be to improve your personal best times, which depend on such factors as age, natural endurance capacity, intensity and duration of training, and your psychological commitment. Bear in mind that the following training schedules are *general* guidelines that must be adapted to your own physical responses.

### A SAMPLING OF CANADIAN RACES

#### MARATHONS

Vancouver Vancouver International Marathon, May 2

New Glasgow, N.S. Johnny Miles Marathon, May 9

Ottawa National Capital, May 16

Montreal Montreal International, May 30

Winnipeg Manitoba Marathon, June 20

Regina Molson's Marathon, Sept. 4

Toronto Labatt's Marathon, Oct. 3

Niagara Falls, Ont. Skylon Marathon, Oct. 16

For more information on these and other races, contact your provincial track and field association.

#### 10-KILOMETRE ROAD RACES

Bonne Belle series (contact: Bonne Belle 10K, 1 Rimini Mews, Streetsville, Ont. L5N 2S2; 416/821-1244):

Halifax July 4

Vancouver July 25

Edmonton Aug. 8

Calgary Aug. 29

Toronto Sept. 12

## YOUR FIRST 10-KILOMETRE ROAD RACE: 16-WEEK TRAINING SCHEDULE

This schedule will develop your basic endurance so you can handle the 10-kilometre distance with ease.

**PHASE 1** With a pace of eight to nine minutes per mile, this represents about 15 to 20 miles (24 to 32 kilometres) per week.

**Weeks 1 to 4** Repeat same schedule each week.

Day 1: 30 minutes steady pace

Day 2: 30 minutes steady pace

Day 3: 10 minutes easy + 10 minutes increased pace + 5 minutes easy

Day 4: Rest

Day 5: 45 minutes steady pace

Day 6: 30 minutes easy pace

Day 7: Rest

**PHASE 2** With a pace of eight to nine minutes per mile, this represents about 20 to 25 miles (32 to 40 kilometres) per week.

**Weeks 5 to 12** Repeat same schedule each week.

Day 1: 40 minutes steady pace

Day 2: 30 minutes easy + 10 100-metre sprints at 75 percent of maximum effort (45 seconds of rest between each sprint) + 5 minutes easy

Day 3: 20 minutes easy pace

Day 4: Rest

Day 5: 50 to 60 minutes steady pace

Day 6: 30 minutes easy, or 10 minutes easy + 10 minutes of 75 percent of maximum effort + 10 minutes easy pace

Day 7: Rest or 30 minutes easy pace

**PHASE 3** With a pace of eight to nine minutes per mile, this represents about 25 miles (40 kilometres) per week.

**Weeks 13 to 16** Repeat same schedule each week, except race week 16, when you reduce training load to one-half of regular schedule.

Day 1: 40 minutes steady pace

Day 2: 15 minutes easy + 15 minutes faster pace + 10 minutes easy pace

Day 3: 20 minutes easy + 6 to 10 150-to-200-metre sprints at 75 percent of maximum effort (2½ minutes of rest between each sprint) + 10 minutes easy pace

Day 4: Rest

Day 5: 50 to 60 minutes steady pace

Day 6: 20 minutes easy + 10 minutes hard effort + 10 minutes easy

Day 7: Rest or 30 minutes easy pace

## YOUR FIRST MARATHON: 6-MONTH TRAINING SCHEDULE

You can prepare for a 26-mile marathon in six months if you can do phase 2 of the 10-kilometre training schedule at the outset. Since marathon racing involves building up your capacity to handle a moderate physical effort over a period of three to four hours, your system must be exposed to long (i.e., one to one and a half hours) periods of steady running prior to entering your first marathon. Keep track of your weekly mileage; you should be running at least 40 to 50 miles per week for eight weeks prior to the race.

**PHASE 1** With a pace of eight minutes per mile, this represents 20 to 25 miles (32 to 40 kilometres) per week.

**Weeks 1 to 8** Repeat same schedule each week: phase 2 of the 10-kilometre schedule.

**PHASE 2** With a pace of eight minutes per mile, this represents about 35 to 50 miles (56 to 80 kilometres) per week.

**Weeks 9 to 16** Repeat same schedule each week.

Day 1: 60 minutes steady pace

Day 2: 45 minutes faster pace

Day 3: 75 minutes steady pace

Day 4: Rest or 30 minutes easy pace

Day 5: 20 to 30 minutes easy + 6 to 10 200-to-300-metre

faster sections at 75 percent of maximum effort (2 to 3 minutes of rest between each) + 10 minutes easy pace

Day 6: 45 minutes to 2 hours steady running (building up to at least one 2-hour run by end of week 16)

Day 7: Rest or 45 minutes easy pace (depending on how long you run on day 6)

**PHASE 3** With a pace of eight minutes per mile, this represents about 45 to 55 miles (72 to 88 kilometres) per week.

**Weeks 17 to 24** Repeat same schedule each week, except during race week 24, when you reduce mileage to one-half normal and rest or jog lightly on the three days before the race.

Day 1: 60 minutes steady pace

Day 2: 75 minutes steady pace

Day 3: 45 minutes faster pace

Day 4: 30 minutes easy + 12 to 15 100-metre sprints (30 to 60 seconds of rest between each) + 10 minutes easy pace

Day 5: 60 minutes steady pace

Day 6: 30 minutes easy pace

Day 7: 60 minutes to 2½ hours steady run (building up to at least one 2½-to-3-hour run by the end of week 20)

ABBY HOFFMAN

## RACE RESULTS

### SAINT JOHN - OCTOBER 18, 1987

#### 10 KM

Men	1. Frank Michaud	37:54
Women	1. Janet Miller	43:04
Masters	1. Steve Scott	37:14

#### 20 KM

Men	1. Larry Robinson	74:07
	2. George Hubbard	75:36
	5. Robert Harrison	78:58 (started late)
	6. Peter Janes	80:00
	15. Terry Thomas	88:07
	Ed Lutes	92:02
Women	1. Darlene Graves	88:13
Masters	1. Kyo Jibiki	76:20
	2. James Tucker	78:01

### SUPER SERIES STANDINGS

All races up to and including SES, 20 KM.

<u>Masters Women's</u>	<u>Pts</u>	<u>#Races</u>	<u>Masters Men's</u>	<u>Pts</u>	<u>#Races</u>
1. Eunice Phillips	250	5	1. James Tucker	289	7
2. Claudette Maltais	190	4	2. Steve Scott	224	5
7. Marlene Ryan	45	1	13. Ernie Fitzsimmons	127	3
			21. John Webster	76	2
<u>Open Womens</u>			<u>Open Men's</u>		
1. Jacqueline Maillet	332	7	1. Scott Hare	334	7
3. Anne-Marie St-Laurent	238	6	2. Raymond Gallant	209	6
4. Eunice Phillips	222	5	3. Robert Harrison	206	7
5. Brenda Tree	216	6	4. Joe McGuire	197	4
			7. James Tucker	179	7
<u>Veterans</u>			12. Larry Robinson	160	5
1. Alphonse Doiron	332	7	13. David Tree	143	5
2. George Gallant	190	4	31. Phil Cleghorn	82	5
			32. Steve Scott	78	6
			39. George Filliter	62	4
			46. Mike McKendy	45	4
			47. Howard Myatt	42	6

### FIRST MARATHON

On November 1st Terry Thomas ran the New York Marathon. It was his first marathon and he finished in a time of 3:43:02, good for 6262th place. Over 22,0000 runners were there. Following is what Terry wrote us: "I was at the back of the pack at the start due to a last minute call from Mother Nature and I couldn't tell which direction to expect to take off (the back line was 45 degrees in relation to where I could see the towers of the bridge). It took 6 minutes to reach the starting line, 10 more minutes to shuffle through the first mile and 9 minutes to run the second mile downhill on the Verrazano Bridge."

### Bangor - Benjamen's 10 KM

32. Larry Robinson	36.08	60. James Tucker	38.32
41. Robert Harrison	36.49	Mike Stapenhurst	40.20
44. Kyo Jibiki	37.00	Anne Marie St.Laurent	41.32 (3rd Woman's
56. Peter Janes	38.14		

FA 2M1  
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