

FOOTNOTES

THE MONTHLY NEWSLETTER OF THE
CAPITAL CITY ROADRUNNERS

FREDERICTON , N.B.



“ THE FUN RUNNING CLUB ”

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THE EXECUTIVE

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VICE PRESIDENT	MIKE MCKENDY	459-8516
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BEHIND THE SCENES:

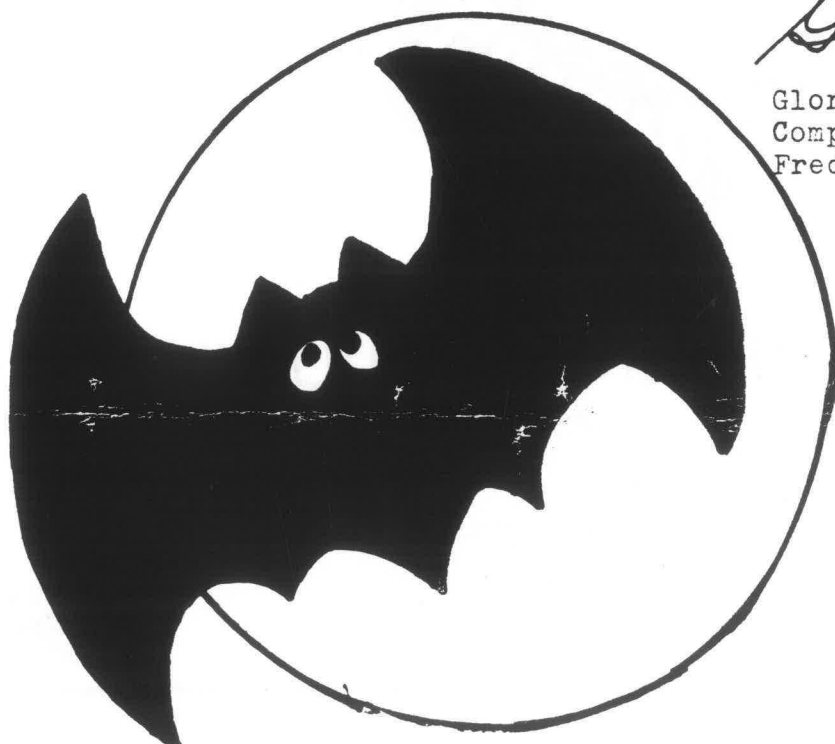
We would like to extend our congratulations to the Fall Classic Race Committee and all their volunteers for putting on a great race. Your efforts and hard work made the race a very successful event.

The racing season is fast coming to an end. We hope it was a successful, enjoyable one for all of you.

We would like to thank our contributors for this month: Sue Martin and Tony Little who dropped us a nice note from Sweden, and David and Brenda Tree for their articles on "Running a 15 minute mile" and "The CCRR and The Young Offenders". We appreciate getting these articles and hope that more of you will contribute to the newsletter in subsequent issues.

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

Gloria & Mary
Gloria & Mary
Comp. 7, Site 3, R.R.7
Fredericton, N.B. E3B 4X7



PRESIDENTIAL NOTES

by Steve Scott

I don't mean to brag, but, honestly, have you ever been to a better 10 km Road Race. Our Fall Classic is becoming just that "a classic". Several people from out of town and many people from town came up to me after the event and commented on the quality of it. It is undoubtedly the best 10 kilometer Road Race in New Brunswick. Everyone on the committee should be very proud of their efforts. Also, all the volunteers who assisted in any way: on the course, at registration, at waterstops, the finish line, the reception (slicing, cutting, preparing food) the awards, the bar, obtaining sponsors, etc. and the list goes on. Your dedication made it just a super event.

As well, it was very noticeable that the Capital City Road Runners supported the race. I counted at least 31 members who ran either the 5 km or the 10 km race (and that includes the race director who hopped up to the start line just before the countdown). The 1987 CCRR Fall Classic will be hard to top, thanks Mike.

Fall running is definitely here. The next time you take the old heart, legs and lungs out for a trip around the block, check out the colours, the sounds and the smells of autumn in New Brunswick. Enjoy them, the sleet, the hail, the ice, the snow and the wind will soon all be here and you'll be able to "enjoy?" winter running at its best, er worst?? Something to look forward to, right??

THE SOCIAL SCENE

Congratulations to Tim and Susan Maillet who are the proud parents of a new son, Benjamin.

Congratulations also to Howie and Susan Myatt who are the proud parents of a new son Thomas William. The following quotes are especially for you:

Happiness is getting up at 3 a.m. to feed the baby and finding two bottles...one for the baby and one for you. An alarm clock is a small mechanical device to wake up people who have no children.

After our Fall Classic Race, everyone got down to the serious business of partying at Dick and Edna's. The "slush" proved to be very popular (Lynne Gallagher will definitely be commissioned for the next party). Dick did a superb job on the sweet and sour meatballs, spirits were high and the party was well attended. Dick and Edna were very gracious hosts as usual. Signs of the times, old dirty sneakers hanging on doorstops.

It appears Ed Takacs is back running these days now that his achilles injury is healed. Glad to have you back on the scene, Ed.

NEWS FROM SWEDEN

After a summer of hard training, Sue Martin, President-for-life of the Swedish affiliate of the CCRR, successfully completed her first half-marathon, the "Universum Runt 21.1 Km " on September 5 in Umeå, Sweden. She raced to a 15-th place finish out of a field of 28 (females) in the sparkling time of 1:57:12. At the same time, she shouldered the onerous duty of pacing the rest of the membership of the Swedish affiliate. "It was touch and go towards the end", she reported, "after Tony Little stopped merely complaining and began to really whine and snivel". Martin then added "He probably would have wimped out entirely if I hadn't made the ultimate threat - NO (deleted by the Editor) unless you finish". Little placed 317 out of 325 (males) in the laughable time of 1:57:13. Little's only comment was a terse "wait till next year!". Approximately 1100 additional persons competed in the associated quarter-Marathon run. The Swedish affiliate was impressed by the size of the entry fee (ca.\$20.00 Canadian each), the overall flatness of the course (2 loops), the location of the course (through the city), the crowd control (many pylons, 2+persons at every corner and intersection, arrows painted on the road), and the many valuable draw prizes (both \$ and things - ghetto-blasters, round-the-world trips, microwave ovens, bicycles, running shoes, etc.). The Swedish affiliate had only 2 minor complaints - the absence of beer at the finish/reception and no T-shirt!

MIDDLE AGE

Middle age is that time of life when you can feel bad in the morning without having had fun the night before.

Middle age is when the phone rings on a Saturday night and you hope that it's the wrong number.

THE CCRR AND THE YOUNG OFFENDERS

by Brenda Tree

In mid August Keith Durrell and I spoke on behalf of the CCRR to the Young Offenders of the area on the sport of running.

My first impression, I must say, was one of shock; that they actually were behind locked doors and we had to be signed in, that the 10 boys didn't look tough and hardened, that 8/10 agreed to come for a 1 mile run with us and lastly that on the run we didn't even have a guard with us.

Only one boy had ever run before so the one mile on the green was tough going for most of them. One boy definitely showed promise as he ran the mile in about 7 minutes without too much effort.

After the run we did some stretching and cool down exercises.

I spoke about starting running to lose weight and for sanity with a small child at home and Keith spoke about how he uses it to improve another sport, hockey. We showed magazines and books available at the library. We showed t-shirts, bags, trophies, shorts and things you can get from competing in Road Races. We spoke on how to start, shoes available and the importance of good sneakers, reasons to run, benefits from running, and briefly about injuries .

Then we came to the part I dreaded; "Are there any questions?". I expected none but was pleasantly surprised. They had listened and were interested. They asked numerous questions which between the 2 of us^{us} could answer.

On leaving we asked the organizer how she felt about the boys' reaction. She said their reaction to running, us and the CCRR was bar none. So hopefully we may soon see a group of healthier, happier, running teenagers .

G R E A T E F F O R T S

by Steve Scott

Did you know that we have a Canadian Inter-University athlete of the week in our midst? Scott Hare was recently named C.I.A.U. male athlete of the week for his efforts at a University cross country meet at the University of Moncton. He won the 10 kilometer event in a time of 32:21. Congratulations Scott.

Also, did you know that Terry Goodlad is rumoured to have defended his United States 10 mile championships in Concord New Hampshire, the weekend of our own Fall Classic? This information is unofficial, however, because Terry is so modest that he would never tell anyone unless they asked him specifically. I guess he prefers to let his running do the talking.

Also, also, did you know that one Mr. Terry Goodlad won his age category in the Canadian Masters Half Marathon Championships held in Halifax. Great work Terry.

Eunice Phillips also placed well at the Canadian Masters Marathon Championships in Halifax, she finished second in her category.

Did you know that the Capital City Road Runners had several members of the Club running the Montreal Marathon? Rob Harrison had an excellent 3:00:39 finish while Anne-Marie St. Laurent stormed in at 3:29 and Fred Farrell finished his first 26.2 miles too. Rumour has it that Fred did quite well when he finally got to the start line. Congratulations to all you first time marathoners. To finish a marathon is a great tribute to your endurance, tenacity and masochism. What was that saying about "When the going gets tough..."

Finally did you know that Mike McKendy thinks it is fun to run 26.2 miles, partly in a driving rain storm with the wind in his face and gets a particular chuckle when there are several hills thrown in for good measure? Ask him about it.

RACE RESULTS

AUGUST 30th - ST. FRANCOIS HALF MARATHON - 21.1 KM

1st Male	Joe McGuire	1:15:25
1st Female	Patty Blanchard	1:18:39
4th Open	Rob Harrison	1:26:15
5th Open	Peter Janes	1:27:59
4th Masters	James Tucker	1:31:05
7th Masters	Steve Scott	1:32:59

SEPT 12th - ST. MARTINS

10 Miler

1st Bill Cummings	62:56 (Men's Open)
2nd James Tucker	63:45 (1st Master)
3rd Ed Lutes	68:46 (2nd Master)

5 Mile Walk

Linda Durelle	66:02
Jason Tree	79:26

5 Miler

1st David Tree	30:20 (Men's Open)
Keith Durelle	38:39 (First Race)
1st Brenda Tree	39:20 (Women's Open)
Marlene Ryan	52:26 (2nd Master)

SEPT. 19th - CAPITAL CITY ROADRUNNERS FALL CLASSIC

10 KM EVENT - 141 ENTRANTS

FEMALE 19 & UNDER

1. Suzanne Ross	48:48
2. Cathy Keeling	48:49
3. Tanya Sears	1:01:46

FEMALE 20-34

1. Jacqueline Maillet	37:28
2. Rayma Taylor	39:49
3. Anne-Marie St-Laurent	41:14

FEMALE 35 & OVER

1. Eunice Phillips	38:12
2. Alexia Leaman	44:22
3. Mary Campbell	53:22

WHEELCHAIR

1. Ken Cormier	34:00
2. Don MacDonald	34:20
3. Lynn Allan Richard	34:44

JOGGER AWARD

Karen White 8:35 per mile

MIDDLE OF THE PACK AWARD

Terry Thomas 40:41

MALE 19 & UNDER

1. Joel Bourgeois	31:59
2. Jeff Larsen	35:27
3. Leon Richard	42:08

MALE 20-29

1. Bob Everett	31:01
2. Noel Gallant	32:28
3. Leonard MacDonald	33:18

MALE 30-39

1. Roly McSorley	32:04
2. Raymond Gallant	33:47
3. John Johnston	34:24

MALE 40-49

1. Joe McGuire	32:16
2. Mike Simmons	32:39
3. Kyo Jobiki	36:21

MALE 50 & OVER

1. Dan Rearick	36:01
2. George Gallant	38:00
3. Alphonse Doiron	41:11

1. Bob Everett	31:01
2. Joel Bourgeois	31:59
3. Roly McSorley	32:04
4. Joe McGuire	32:16
16. Larry Robinson	34:46
17. Robert Harrison	34:52
21. David Tree	35:21
26. Dan Rearick	36:01
27. Phil Cleghorn	36:05
28. Kyo Jobiki	36:21

30. James Tucker	36:37
31. George Filliter	36:50
33. Bill Best	36:57
41. Mike McKendy	37:48
42. Steve Scott	37:49
46. Eunice Phillips	38:12
51. Howie Myatt	38:36
60. Elden McLaughlin	39:16
61. John Cathcart	39:17
63. Bruce Meyer	39:20

continued

RACE RESULTS (CONTD)

SEPT. 19th - CAPITAL CITY ROADRUNNERS FALL CLASSIC

70. Ernie Fitzsimmons	40:21	99. Brenda Tree	45:04
71. Terry Thomas	40:41	103. Gerald True	46:43
74. Anne-Marie St-Laurent	41:14	122. Anne MacDougall	50:06
76. Rosaire LeBlanc	41:53	128. Lynne Gallagher	53:29
87. Fred Farrell	43:06	133. Nancy Rearick	57:09
90. Bob Leonard	43:21	135. Judy McKendy	58:55
94. Dick Mawhinney	44:21	136. Marlene Ryan	59:16
95. James Lythgoe	44:21		

5 KILOMETER EVENT - 64 ENTRANTS

FEMALE 12 & UNDER

1. Beth McEwing	22:15
2. Gillian Manson	24:18
3. Lori Murdoch	25:50

FEMALE 13-16

1. Amy Cashion	18:38
2. Starla Dort	20:49
3. Margaret Pugh	22:18

FEMALE 17-19

1. Felicia Greer	18:50
2. Miquelle LeBlanc	22:08
3. Andrea Lawson	25:02

FEMALE 20 & OVER

1. Juanita Paul	22:46
2. Juanita Mureika	23:04
3. Marie Cashion	23:25

TEAM 14 & UNDER - WINNER

Oromocto Legion	1:17:23
Starla Dort	Billy Stillman
Scott Fowler	Terry Evans

1. Willy Best	16:28
2. Jack Gallagher	16:42
3. George Hubbard	16:45

MALE 12 & UNDER

1. Scott Fowler	18:15
2. Darcy Murphy	21:42
3. Greg Harding	26:06

MALE 13-16

1. Billy Stillman	17:23
2. Jonas Mureika	18:38
2. Truman Tremblay	18:38

MALE 17-19

1. Willy Best	16:28
2. Jack Gallagher	16:42
3. David Fowler	18:28

MALE 20 & OVER

1. George Hubbard	16:45
2. Brian McEwing	18:28
3. Mike McWatters	19:39

TEAM 19 & UNDER - WINNER

Fredericton High #1	1:12:34
Amy Cashion	Jonas Mureika
Felicia Greer	Willy Best

21. Keith Durelle	21:24
53. Stephanie Scott	28:15

SEPT. 20th U.S. NATIONAL 10 MILER CHAMPIONSHIP - CONCORD, NEW HAMPSHIRE

It was a rainy day for the race but 1200 entered. There were two events, a 5 km which drew 800 entrants and the 10 miler which drew 400 entrants. The Capital City Roadrunners were represented by Terry Goodlad who really did us proud. He was the only Canadian entered and ran the 10 miler in a time of 64:40, the first place masters' finisher. Great running, Terry!

SEPTEMBER 27th - CHIROPRACTIC 10 KM - MONCTON - 101 Finishers

1st Scott Hare	32:01	20. David Tree	36:17
2nd Gilles Gautreau	32:50	24. Phil Cleghorn	37:32
5. Leo Sheehy	33:49	28. Bill Best	37:56
6. Noel Gallant	33:49	46. Ernie Fitzsimmons	41:38
18. Larry Robinson	35:53	75. Brenda Tree	46:25
		76. Ian True	46:34

RACE RESULTS

SEPTEMBER 27th - MONTREAL MARATHON

1st Peter Mahar	2:15	
James Tucker	3:00:20	
Robert Harrison	3:00:26	1st Marathon
Anne-Marie St-Laurent	3:29	1st Marathon
Fred Farrell	4:03:40	1st Marathon



OCTOBER 4th - HALIFAX MARATHON & HALF MARATHON

HALF MARATHON

Terry Goodlad	88:03	1st Master (Canadian Masters National $\frac{1}{2}$ Marathon)
Eunice Phillips	88:05	2nd Master (3rd Female Overall)
Mike Stapenhurst	93:00	

FULL MARATHON

Mike McKendy	3:14
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OCTOBER 11th - CASCO BAY, MAINE MARATHON - Field of 211

Steve Scott	3:05:24	(12th Master)	Rainy day and the course was hilly.
Eunice Phillips	3:11:56	(4th Junior Masters)	

UPCOMING RACES

OCT. 18	N.B.	"Y" Road Runners 20 KM, Saint John Includes 10 KM Fun Run. 10 a.m. City Hall
OCT. 18	N.S.	For the Run of It 5 & 10 K - Halifax
OCT. 24	PEI	Run for Pumpkins, Bunbury
NOV. 15	N.S.	St. Andrews Day Half Marathon, Middleton
DEC. 27	PEI	Island Optical Polar Run, Charlottetown

ANNOUNCEMENT

CELEBRATION 88 - FREDERICTON TORCH RELAY

On November 29th the Olympic Torch will pass through Fredericton along its 18200km journey from St. John's, Newfoundland to Calgary, Alberta, the site of the XV Winter Olympic Games. During the Flame's journey over 6500 Canadians will take the opportunity to carry the flame; millions more will be disappointed. To allow all Canadians to share in the spirit of the Olympic Games a series of events termed "Celebration 88" have been organized by communities all across the nation.

CELEBRATION 88 - FREDERICTON TORCH RELAY

On Saturday November 28th a Fredericton Torch Relay has been planned as one of the Celebration 88 events for the community of Fredericton. The relay run will be unique in a number of ways:

- 1) The relay will be non-competitive.
- 2) Teams may consist of between 2 and 10 participants.
- 3) Team captains may designate participants to run/walk/jog any number and combination of the 10 1km sections.
- 4) Participants can run/walk/jog between 1km and 9kms of the course.
- 5) Each team will design and carry a hand crafted, non-volatile "Olympic Torch" which will be exchanged as the baton.
- 6) The route taken will be exactly that taken by the Olympic torch the following day.
- 7) A prize will be awarded for the most outstanding "Olympic Torch".
- 8) There will be no registration fee.

EVENT DETAILS

DATE: November 28th, 1987

TIME: 10:30am

START LINE: On the Lincoln Road (to be arranged)

FINISH LINE: Fredericton City Hall

EXCHANGE POINTS: Every 1km along the route

REFRESHMENTS: Every 2km along the route

COURSE LENGTH: 10km

POST EVENT RECEPTION: To be arranged

CERTIFICATES: Will be awarded to all those who participate

REGULATIONS

Participants must not use mechanized transport to travel along the route of the course during the event.

Participants are responsible, however, for transporting themselves to the finish line. Torches should be 18 inches high and 4 inches wide. They may be solar powered, battery operated or not illuminated at all. Torches should be hand crafted and based on an Olympic theme or winter event (the Olympic rings, skiing). No pets will be allowed on the course.

REGISTRATION

For early registration forms may be obtained from City Hall, Capital City Road Runners Members, Sporting Goods Stores, and some newspapers. Forms should be returned to City Hall. Registration forms will be available from October 12th. Late registration will be possible on the morning of the event at City Hall from 8:30am to 10:00am.

This event has been organized by the Fredericton Celebration 88 committee in conjunction with Steve Scott of the Capital City Road Runners Club.



That's Life
MAX HAINES

Running a 15-minute mile

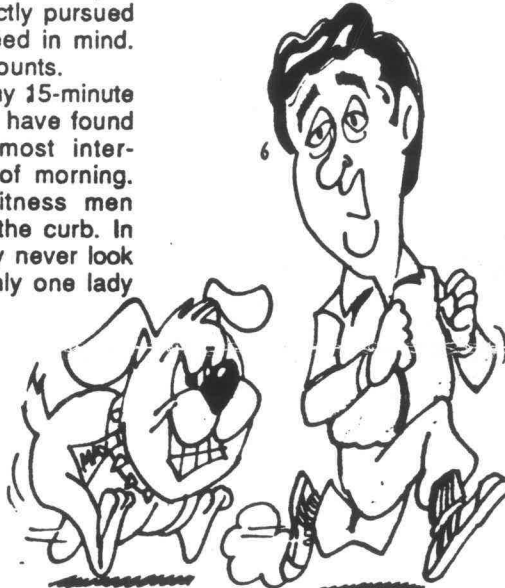
I have taken up jogging.
Don't laugh!

Each morning, I get up at 7:30 and jog around our block four times. I measured the distance, exactly one mile. It has not been easy to achieve this pinnacle of athletic excellence. When I started, I couldn't do a quarter-mile. Gradually, I've increased the distance of my endeavor until I now jog, walk and practically crawl a full mile. It takes me 15 minutes. So you see, I have not exactly pursued this project with speed in mind. It's endurance that counts.

Now, in taking my 15-minute four-lap excursion, I have found the neighborhood most interesting at that time of morning. Twice a week I witness men lugging garbage to the curb. In the foggy dawn, they never look up. On my route, only one lady

attempt to take the life of this lonely long-distance runner.

Should I survive the two speed demons, I still have to face Max. That's Max the dog. Max likes to curl back his upper lip, simulating the wildebeests of the Serengeti Plains, as he growls along at my heels for half a block. Initially, I firmly believed that Max was a killer. Now I realize that he merely wants to scare me to death, rather than attack and end it all in one fell swoop.



"Heel!"

takes out the garbage. In her nightgown, she talks to herself, mostly about a lazy animal she lives with who won't get out of bed.

Then there are the two ladies who, I firmly believe, are attempting to kill me. As I run at approximately the same time each morning, these two wicked women, who live beside each other, wait for me in their respective cars. At the command, "Ladies, start your engines," they rev up their sports cars to coincide with my arrival.

No. 1 waits until I am directly behind her car. She steps on the gas. That car shoots out of her driveway in reverse faster than the drivers at Mosport go forward. If I am lucky enough to avoid No. 1, No. 2 nimbly blasts off in an

I would be less than candid if I led you to believe that all my jogging experiences are negative. There is one home where a rather stunning brunette has coincidentally set her alarm clock to go off at exactly the time of my arrival past her bedroom window. She rises, stretches and tosses her pyjama top onto her bed. For some reason, I find myself quite exhausted at this point in my run and have been known to slow down to a walk.

On my next lap, the lady is not to be seen. I maintain a slow but steady pace past her bedroom because, you see, I know she has ducked into her shower. As I pass her house for the third time, she emerges from the shower and commences to fix her hair in front of a mirror. On

occasion, I have actually developed a cramp in my left leg. I can only proceed at a snail's pace past that lady's house.

On my fourth lap, my friend dashes out to her car to drive to work. She always waves and smiles.

When I get home, Marilyn often wonders why I have never been able to improve my less than swift 15-minute mile. I tell her I am building up my stamina gradually.

One day, a moving van pulled up to my friend's house. For two days, moving men packed and lugged her belongings out to the van. On the second day, as I slowly jogged by her house, she spoke to me for the very first time.

"You'll be running faster from now on," she said. Then she smiled knowingly and drove away.

The day after my friend moved, I ran my mile in 11 minutes. Marilyn was amazed at my sudden improvement and couldn't figure out what accounted for the faster time.

Of course, she knows now.

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



POSTAGE
ONE