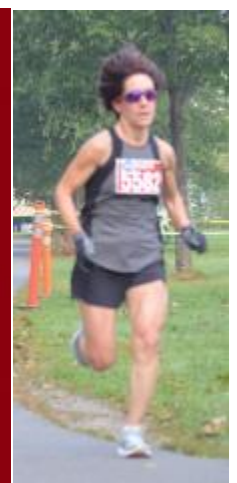
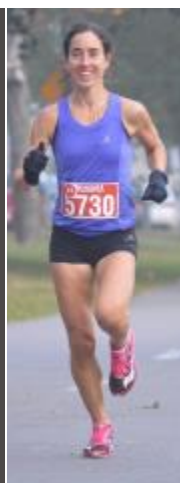


FOOTNOTES



37th Annual Fall Classic Road Race – Saturday Sep 21st & Sunday Sep 22nd

From the President

Mike Stapenhurst

It's been a great summer so far, with plenty of people coming out to the fun runs. Membership in the club has increased so far this year, so don't forget to mention CCRR membership to your running acquaintances. We're already into August and looking ahead we have the club's Fall Classic event coming up on September 22nd. Early bird registration ends on August 18th.

This month we are planning on making some improvements to our website, to make it easier to use for both members and non-members alike. Membership sign-up or renewal is much simpler as well using the Trackie registration system.

After a month off, Footnotes is back for the August edition and I want to thank Tom and all the other contributors who have taken time out of their busy summer to write something for the club newsletter. Readers can help out by writing an article too and it doesn't have to be about running. You can write about your summer trip, cooking, healthy lifestyle ideas and so on...

Mike

37th Fall Classic

Race Director Mike Melanson

This is the 37th year of the Fall Classic. The annual event, put on the Capital City Road Runners, is a popular race among local runners and the Maritimes. Every year, runners from throughout the country visiting the city also decide to participate in the event. For the first 29 years, the Fall Classic featured a 5 and 10 K race. During this time, a 3 K event was added. The event also encourages young kids to run by having a 500 m and 1 k kids race. Annually some 150 kids participate, making a fun event for parents and kids. We thank the Medical Society for the generous support of providing medals to every child running.

Since 2011, a half marathon distance was added, growing the event to what it is today, attracting some 700 runners annually. The event would not be possible without the support from members of the Capital City Road Runners and the community. It is also supported by community volunteers who work at the water stations, the Crabbe Mountain Ski Patrol for providing First Aid and the City of Fredericton who support our event. As a club, we are also very fortunate to have very supportive sponsors. As a group, we continue to recognize the sponsors for generous support. Please come and support this event, either by running or volunteering.

2019 Event

Location-Government House

Saturday September 21st

1:00-5:00 pm - Registration and Race kit pick up
2:00-3:00 pm - Registration for kids run
3:15 - 500 m and 1 K kids fun run
3:15 - 3 K family fun run

Sunday September 22nd

7:00-8:15 - Race Kit pick up
8:30 - half marathon
8:45 - 10 k
9:00 - 5 K
8:30 - 12:00 - Cheering on runners

You can Register or Volunteer at [Race Roster](#) or [The Running Room](#)!

***** FOOTNOTES August 2019 *****

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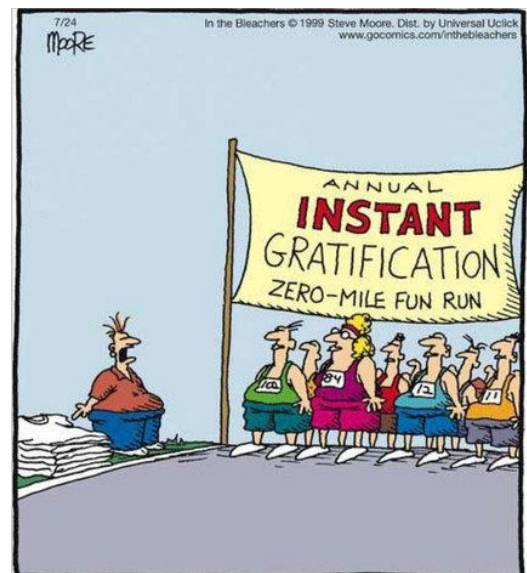
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Published by the [Capital City Road Runners](#)



"Runners to your mark. Get set. Go! ... OK, come get your T-shirts."

Pain & Injury-Free Running with The Feldenkrais Method®

By Carolyn Townsend, Certified Feldenkrais® Practitioner

"No part of the body can be moved without all the others being affected." Moshé Feldenkrais

Moshé Feldenkrais (1904 – 1984) was a Ukrainian-Israeli engineer and physicist founder of The Feldenkrais Method®, a system of Awareness Through Movement™ that improves functioning. Feldenkrais' discovered that *"thought, feeling, perception and movement are closely interrelated and influence each other."*

By applying the principles of The Feldenkrais Method®, runners with a variety of levels of experience, can improve the quality and ease with which they run. The result is a faster, more efficient and pleasurable, running style. Inefficient running habits can be identified and changed, injuries can be prevented, and the effects of old injuries can finally be resolved through learning to become more aware of your running style.

Your running style today is being impacted by your physique, how you use your body in your daily work and hobbies, your expectations and intentions, previous injuries, and all the other activities you perform every day. By using the two sides of your body in a more balanced manner, using muscles holistically, and becoming more aware of how your body moves as independent parts as well as a whole, you will improve your movement efficiency.

In *Running with the Whole Body*, Jack Heggie reminds us that running is a whole-body undertaking but many runners ignore the incredible power of the hips, shoulders, and spine in favor of focusing on knees, ankles, and feet. Our body parts are indisputably interconnected. An issue with your left knee may be a symptom of poor arm movement or indicate a back problem.

Most of the movements of the body are not controlled by your conscious mind, as we tend to believe, but rather subconsciously by the brain which has been programmed from infancy to adapt to the demands of the environment. This is why you cannot think yourself into becoming a better runner. The only way to improve the efficiency of your movements is to become more aware of how each part moves and how it is affected by and affects the other parts. Over time we develop blind spots in the awareness of our bodies and how each part supports or sabotages the work of the other parts.

One of the most important principles of The Feldenkrais Method® is to reduce effort whenever possible. In The Feldenkrais Method®, if there is pain or discomfort, there is no learning and therefore no gain. Exploring how to perform movements with less effort leads to conscious movements that are responsive to changing situations as opposed to mindless and habitual movements that lead to repetitive injuries.

In *The Brain's Way of Healing*, Norman Doidge refers to "brain maps," which grow and developed as you discern the impact of small, slow, and more discrete distinctions between movements. Size and speed of movement is key to learning to move with more ease and comfort.

When the brain thinks the body moves and with every thought there are accompanying emotions and these too affect your movements. For example; when you're angry, you clench your jaw which means that every other part of your body is also tightened. If you have significant stressors in your life, your breath will be shallower and less nourishing and your flexors and abdominal muscles will tighten; while being joyous will lighten your limbs. These factors need to be taken into consideration when evaluating your running success or lack thereof.

In closing, there is no right or wrong way to move but there are lighter, easier, and more enjoyable ways to be discovered. An Introductory Feldenkrais Workshop is being planned for this fall for a limited number of runners. You will learn how to improve running by listening to your body rather than by forcing it into submission. You will discover your best running form. Book a free consultation by the end of September to be part of those invited to the workshop.

You can reach Carolyn Townsend, Certified Feldenkrais® Practitioner by phone at 461-6898, or email at ctown@nbnet.nb.ca. For more information about The Feldenkrais Method® check our website at www.lokamotion.ca

Recommended Reading

Awareness Heals – Steven Shafarman

Running with the Whole Body – Jack Heggie

Maximizing Energy For Endurance Events

by Mike Stapenhurst

If you like to participate in endurance events like marathons, triathlons and long distance cycling you know how important it is to manage the energy reserves stored in your body. This is not an easy thing to do, quite simply because on any given day we don't really know how much energy we do have...

How we store energy

The food we eat every day provides us with the energy we need for our regular daily activities. When we consume complex carbohydrates like bread, pasta and rice the body converts them to glucose, which is used to provide the energy we need. The excess glucose not needed immediately is converted to glycogen and stored in the liver and muscles.

How we use energy

When we exercise, the body uses up its available energy quite quickly. It then draws on the stored glycogen reserves, which is what helps to keep us going in endurance events.

However, the body's ability to store glycogen is limited. As glycogen stores decrease, the body turns to stored fat for its extra energy. Converting this fat into energy takes some time and it is not as efficient as glycogen. This is one reason why athletes tend to slow down in the later stages of the event, especially if they are trying to burn energy at a faster rate than it can be produced.

How far can we go?

An athlete weighting 150 lbs can store approximately 1800 calories as glycogen. This is good for 2 – 3 hours of effort depending on the intensity. Many marathoners for example, hit the wall around miles 18 – 20 because they have depleted their glycogen reserves. This is why training is so important - it conditions the muscles to store more glycogen. Endurance training also accustoms the body to burning fat for energy as the available glycogen reserves decrease.

Energy supplements

Many athletes use power bar bars and gels to supplement their energy stores during an event. Depending on the sport, these may or may not work for you. As a runner I have had a hard time digesting power bars or even gels during a marathon. You certainly need to try these out in your training before using them in a race.

Maximize Your Energy Reserves

Carbohydrate loading is a popular way to increase your stored glycogen. One to three days before the event, increase your carbohydrate intake to about 8 to 12 grams of carbohydrate per kilogram of body weight. Cut back on foods that are higher in fat to compensate for the extra carbohydrate-rich foods. Also scale back your training before the event. The combination of eating more carbohydrates and tapering helps to increase the amount of glycogen stored in your muscles. However, energy supplements and carbo' loading product don't act as a substitute for proper training. If you have missed some key workouts don't expect to be able to do your best on race day.

Experienced endurance athletes also know how to pace themselves properly. Go out too fast at the start and you will inevitably use up your available energy long before the finish line! Charging up hills will have the same result.

Hot weather will really exhaust your energy supplies, unless you have trained under similar conditions. Under-hydration will also sap your energy – make sure to take that drink at water stops!

In conclusion, if you have done the training, and you use an appropriate nutritional supplement during the event, you should be able to achieve your best on that particular day.

* * * * *



Fall is awesome! Join us for the third edition of the Mactaquac Trail Race in beautiful Mactaquac Provincial Park, **October 6, 2019.**

The trails are well maintained and not very technical. We have a 10K and a 20K, so you just pick the distance you like. Although the course is not very hilly, it is hardly ever flat. You will cross a stream and a number of bridges. It can be slippery, and roots might be sticking out here and there, so always keep one eye on the trail!

Trail Running and So

By Jos Eijkelestam



It was late spring 2016 when I started trail running. Noortje had started a few months earlier and had already done the 25km Rompin Rockwood in Saint John. I sort of had to start, because we had signed up to run the Aletsch half marathon, a trail race in the Swiss alps that started at 2,000 meters and went all the way up to 2,700 meters. I rolled my ankle twice, but it was a great experience otherwise and I guess I was hooked. Well, we both were.

Just a few weeks later we signed up for the Herring Run, the most popular trail race in New Brunswick (the 2019 Herring Run was sold out in a matter of hours) near St George. I rolled my ankle again and after I did so again not much later, I gave up for the season.

But before the new season started, we already hit the trails in Costa Rica to run the half marathon distance at the Ultra Trail Costa Rica near the Arenal volcano. Apparently, we love to travel and include a race. Actually, how it usually happens is that I am browsing the internet for great races in all kinds of countries that might or might not be on our wish list and then plan a vacation around it. In 2018 we ran in South Africa; this year we were in the Belgian Ardennes and we are already planning for two races in 2020.

You can say that we find trail running more fun than running on the road; you are in nature all the time, pace is not so important and your movement is not so linear. This is the reason we are not as much out with the club as we used to be. Also, we do most of our long runs on Saturday mornings. Now, many trail runners eventually feel the need to push themselves a little further and further and end up training for an ultra-marathon. Basically, an ultra-marathon is any distance longer than the marathon distance of 42,195 meters, but most races start with 50km, but can go up to 200 miles or more.

I also got this desire to challenge myself to one of those ultra-marathons and picked the 50km distance at Gaspésia 100 in Québec. The 50km ended up being 56.5 and it took me 9.5 hours. Maybe I should have picked an easier one, but what did I know?! And now Noortje too has signed up for her very first ultra-marathon: 50km at Big Brad Ultra in Bradford State Park in Maine in October.

You may know that I like to organize things. When Noortje and I were walking our dog in Mactaquac Park in the fall of 2016 I said to her: "Wouldn't it be great if someone would organize a trail race here?" And as it usual goes, the cogs in my head started turning and I decided to approach the Park to organize one myself for the next fall.

The Park manager was enthusiastic and after that winter I started with the organization, mapping out a course, creating a registration page and Facebook page, approaching draw prize sponsors, food sponsors, insurance, first aid etc. Not having a clue as to how popular this event could be, I decided to cap it at 105 participants with a wink to Route 105 at which the Park is situated. It sold out weeks before the race and response was very positive.

In 2018 I capped it at 150 and the race sold out 4 months before the race which gave me the idea, I had done something right. I increased the cap to 200 this year and it just sold out yesterday. This year I received permission from the Park to create brand new single-track trails through the woods and in a couple of weeks we made a 1.2km trail which will make the course more difficult but also more fun. There will now also be a kids run the day before, making it a 2-day event.

Last year however I wanted to try out something new, a new event for New Brunswick. In August the so called Last Fat Ass Standing was held in Woolastook Park. This was a free 'last person standing' event in which runners had to run a 5.8km course in the park in an hour. If they managed that, they could start on lap number 2 which started exactly one hour later. This went on for 9 hours after which there was only one participant willing to go for number 10. Forty-seven people showed up for this and seemed to love it, so I decided to make an official version in 2019.

In June 2019 the very first official 'last person standing' was held with the outrageous name Wonderfully Wicked Woolastook Whopping. 75 runners signed up including 7 kids who were allowed to run with their parents. In most 'last person standing' races it will either continue till there is only one runner left or when the so called 'bell lap' has been reached by more than one runner. In Woolastook the event goes on for a maximum of 12 hours. I had altered the course to 6.1 km and after 11 hours 9 runners started and completed their 72+ kilometers. The reason why I use the name 'last person standing' and not 'last man standing' which is common is because there are plenty of ladies who can beat the male contingent and Shelly Doucet proved so by running her longest distance ever and beating all who were left.

And so I conclude my section on trail running and organizing trail races; *I could go on and on...*

Jos

Woolastook Whopping



Mark McColgan, Mike Davis, Shelley Doucet, Marcie Holland, Jerry Pugh, Colin McQuade, Troy Sandwith, Kristin Gough & Jean-Marc Boudreau

Running nearly Killed Me, but it also Saved My Life

By Howard Gaskin

Contributed to the *Globe and Mail*, August 2, 2019

I might as well have died – for the second time that month. The cardiologist looked up from my test results and matter-of-factly pronounced my running life dead. I was never to run again. The rest of my appointment was a blur and I left shaken. Stumbling to the car, I got in, called my wife and burst into tears.

I am a runner. My wife is a runner. We run together. We started jogging 20 years ago to stay fit – 20 minutes, three times a week like clockwork. Unless it was raining or cold or windy or we were tired. Unabashed chocoholics, we strove for the minimum to justify a daily chocolate fix.

Slowly our “fitness routine” grew on us. Faded Rolling Stones World Tour T-shirts dabbed with paint gave way to dry-fit running T-shirts. We had our gait analyzed and switched to gait-appropriate runners. I bought a GPS watch to track distance, pace and calories burned. The latter statistic vital in calculating our chocolate-based refuelling quotient.

The weather stopped being a consideration. Running became our passion. We ran rain or shine, in bone-chilling cold or asphalt-melting heat – heading out more frequently and for longer distances.

We discovered running magazines – reading the latest theories on how to improve our form or tips on how to avoid injuries. We had regular physiotherapy appointments to treat our inability to put injury-prevention theory into practice!

We entered a 10 kilometre race. We made it to the end without stopping. We did another to prove it wasn’t a fluke. Before long, we ambled through our first half marathon – 13.1 miles! Running became a family affair when the soccer-playing 20-year-old announced he was taking up the sport and would join us for our next half marathon – a mere three months away. My wife and I chortled at his naivety. And then he completed it, matching us stride for stride.

Now we were a team – with a mantra. “No runner left behind!” We would start and finish each race together. We built family vacations around races – choosing destinations such as Philadelphia, Las Vegas, Virginia Beach and Nashville. We added a pit crew when daughters Paige and Ashley Brook joined us. Team Gaskin Cheer Squad would see us off with cowbells at the start, wave inspirational signs such as “All this work for a free banana!” at the midpoint and greet us with high fives and hugs at the finish line. Life was good. Carbo-loading craft beer and savouring the local cuisine.

And then it all came crashing down on a crisp, October morning. A delayed start to the Brooklyn Half Marathon left us chilled to the bone. A nagging knee injury flared up at the halfway point and I started to wonder if the free banana really was worth it. Team Gaskin pushed on, inspired by boisterous cheering from the thickening crowds. Miles zipped by. Cheer Squad screams of encouragement serenaded the final steps as Team Gaskin sprinted to the finish line.

I stopped my watch and, without warning, collapsed. Like ice cream spilled on July pavement, my world just melted away. No suffocating chest pain – just a melting sensation as my world faded to black. Cheering crowds – gone. Cowbell-ringing daughters at the finish line – gone. Son ahead and wife beside me – gone. The smile on my face from a race well run – gone. My heart had stopped, and I never saw it coming.

This was not supposed to happen to me. Driven by a paternal family history steeped in heart disease, I exercised regularly, watched what I ate (chocolate cake aside). My blood pressure and blood sugars were normal and I took lipid-lowering medications to keep the bad cholesterol superlow. As a final precaution, I underwent an annual stress test designed to detect early signs of coronary artery disease.

Despite all that, I collapsed. Ever so gently, I drifted back. Voices faded in and out. I sensed a commotion. I could feel my son squeezing my hand, hear him shouting “Dad! Dad, wake up! You’re gonna be okay.” I started coming back to life. I could make out my daughters a few steps away, tear-stained cheeks, being comforted by my wife and medical personnel.

I soon learned that immediate action by finish-line paramedics – CPR, intramuscular epinephrine injections and one jolt from a defibrillator – saved my life.

Tests at a nearby hospital found no evidence of a heart attack, and I returned to Toronto for further testing. A preliminary diagnosis of faulty cardiac electrical wiring led to the ban on running. I was crushed, but further testing found the problem – a 90 per cent blockage in one of my main arteries.

Physically, I was repaired in a few weeks. Emotionally, I was a train wreck. I was angry. Why had my ounces of prevention not led to a single gram of cure? Why didn't I have symptoms? Why hadn't testing detected early signs of my heart disease?

I felt like an imposter, someone who had cheated death. It didn't help that my family physician stared at me like she was seeing a ghost. Ashen-faced, she explained that usually when she read ventricular fibrillation in a patient's file, it was the final entry. Talking things out was hugely therapeutic for our family. Eventually, my family and I came to terms with the paradox that running almost killed me, but it also likely saved my life by enabling me to withstand the immense physical trauma of my heart event. Exercise, even for those with a history of heart disease, is essential.

With my blockage fixed, the ban was lifted and eventually – after an extensive cardiac rehab program and with the full support of my family and close supervision of my cardiologist – I rejoined Team Gaskin Running Squad. Our mantra, "No one left behind!", took on even more meaning during our post-v-fib, half-marathon together. Now we've added a corollary: "Finishing is more important than finishing strong!"

Howard Gaskin lives in Toronto.

Runner Suffers Heart Attack, Saved by Stranger from Same Hometown

Tell Me If You've Heard This One Before! - By Tom Reddon

Running nearly killed me, but it also saved my life - Love that title!

I was planning to write about my own cardiac event then I read this article, which is a similar story and well written. Most of you have talked to me since or have read about it on the CBC website. So, I'll just add a few of my own comments.



Since my event I've read many stories about other runners who have suffered a cardiac arrest while running in a road race or out with friends. As well as other friends who have had heart attacks and stents inserted into their arteries. The great thing about a road race is that first responders and defibrillators are close by. Lucky for me my event happened while I was running with a friend on a busy street, a passerby knew CPR, the fire station was a kilometre away and the closest hospital was only 8km away with a cardiac surgeon. But the #1 key to surviving a cardiac arrest is **CPR**!

Like Howard Gaskin I have a family history of coronary artery disease, my father died in 1994 from a heart attack at the age of 70 after having open chest surgery twice and both his legs amputated below the knee (over a 12-year period). I thought I could outrun it and out live my dad! Close call but so far so good!

I think of this often as I ran out along Sunset Drive and the 105 Highway for 3 months prior to going to Florida this past April. Without someone to immediately provide **CPR** the chances of surviving are slim. My nurse in CCU told me that the success rate for patients who suffer cardiac arrest like me is 10%! I was released from CCU after 3 days and the hospital after only 4 days. **CPR**, running and a strong heart helped in my quick recovery.

After seeing my doctor and cardiologist I was back running after about 6 weeks. Slow and short to start and my chest was still very sore from the CPR. I was cautious at first, running only on busy trails and roads. But once the chest pain was gone and I felt confident, I started running from home again. I listen more closely to my body now and if anything feels out of the normal; breathing, slight pain in my chest or back I'll stop and have it checked – so far so good. While my running will never be what it was (thanks to the meds and my age) I can still enjoy running and biking!

My son Alex and his wife Martika recently had a baby girl, Eloise, and my daughter Ashleigh is getting married in November. To Sandy MacNeill – *CPR saves Lives!* To my friend Bernie – *Life is Good!* To Charlotte – *Thanks for taking care of me, Love ya!*

Me, I'm *Glad to be here!*

Tanksgoodnews

[Click to view article on Instagram](#)

Man Saves Life Of Jogger Who Had Heart Attack Only To Discover They're From The Same Small Town



TGN tanksgoodnews • Follow

tyler.funk I was on a mission trip in Kenya and I met a 10th grader at a boarding school in Kenya who grew up a block away from me just by chance

oo000ooo Old white man saves another old white man! Perfect just what the world needs

leoadams And they're long lost brothers? They look alike, just sayin'.

305tilidie They look like they smoke joints all day long

jakajamu some might call that fate!

erinmarks218 Are they also related?! Look like brothers! Cool story

Liked by thetypennington and 35,239 others

APRIL 23

jmenicojohnson "Runner. Whenever something bad happens the word "jogger" is used.

roberto.yoshida I saw a stranger at my closest walmart. He bought the same type of ready made chicken that I did. Turns out we live near each other and love chicken.

europeanidentity I'm always amazed at how many people from my town I see when I'm out jogging.

the_lion_order same small town... same small uterus, same small testicles...the story goes deeper the more you look into it...in a past life they were apparently conjoined twins attached at the forehead

bradsmith13 They look like they from the same family

friendly_neighborhood_indian Guy on the left kinda looks like Michael from the good place

mowglifowgli We're all connected.

You can't make this stuff up! Bernie's son Pierre found this page on Instagram. I've edited it and selected a few insightful posts!

Why Runners Should Learn CPR

by Caela Fenton

courtesy of Canadian Running



It is an unfortunate fact that with so many people crowded on a course, medical emergencies are a reality at most big races. And while all races have on-site medical teams, more often than not, the first person to come across an injured runner is another participant in the race.

That said, the vast majority of runners will go their whole career without ever witnessing a medical emergency. But that's not so for Paul Shore, a Pennsylvania runner. He has been a first responder not once, but twice... good thing he also happens to be a doctor.

This month, Dr. Shore had to perform CPR on a fellow runner during a 10-mile race in Philadelphia. He had previously come to the aid of a collapsed runner during the 2013 Philadelphia Marathon.

Shore was approaching the third mile of the race when he was distracted by a group of runners yelling and waving. They were surrounding an unconscious male runner who was turning blue. Shore performed rescue breaths on the victim while another runner performed chest compressions. The man began breathing again and the medical team arrived shortly thereafter. Shore went on to finish his race, running a 1:44.42, slower than his previous year's 1:24.24, but the stop was definitely worth it.

Having been on the scene twice, he advises other runners to learn emergency first aid so that they may come to fellow race participant's aid if need be. Having first aid experience is useful beyond race events where medical emergencies among runners most often occur. A basic knowledge of first aid is a useful tool for any runner that isn't doing most of their running on the roads of big city where help is more likely to be immediate. If you're out on trails or back roads with a buddy, it may take some time for medical assistance to arrive. Being able to mitigate the situation in the meantime can be the difference between life and death.

FOSSILS CORNER THREE

July 2019

Thank you all for making this event a good one, especially the Prez Mike Stapenhurst and wife Debbie who did the apres BBQ. Also, a note to recognize our regular out of Province visitors Jackie and Jimmer and sailors Mike and Judy McKendy who normally in summer participate in sailing races on Wednesday evenings. Your sacrifice is noted Captain Mike.

CCRR Hill Climb June 2019 Results

Name	Group Affiliation	Position	Sex	Notes
Schelly MacKinnon	None	1 st Place	Female	Fast Woman
Jerry Pugh	None	1 st Place	Male	Best Trail Runner
Troy Sandwith	CCRR			Dead heat
Mike Melanson	CCRR			Dead heat
Jos Eijkelestam	CCRR			
Tony Tremblay	CCRR			Mr. Reliable
James Whitman	None			
Patrick Campbell	None			
Nathan Haines	None			
Terry Haines	CCRR			Great smile
Don Charlton	None			
Cecile Babineau	CCRR			Still fit
Cindy MacDonald	CCRR			Fitter than ever
Steve Dohney	None			
Hope Aziz	Sole Runners			Fast young girl
Hassan Aziz	Sole Runners			Great Dad
Tom Reddon	CCRR			Spectacular finish
Kay Stairs	CCRR			Still very involved
Janet Tree	CCRR			Upbeat as always
Kevin Soehner	CCRR			Too much golf
Richard Stairs	CCRR			Papa Smurf
Sandy MacMillan	CCRR			Out of shape no way
Lisa Jones	None			First timer
Harry Drost	CCRR			Mr. Back of the Pack



Some positions might be a bit off, but our main goal was to have some FUN on a mosquito infested evening. As well there was some comic relief when Tom rolled to a stop and got up and continued his run to the finish area.

The Fossil

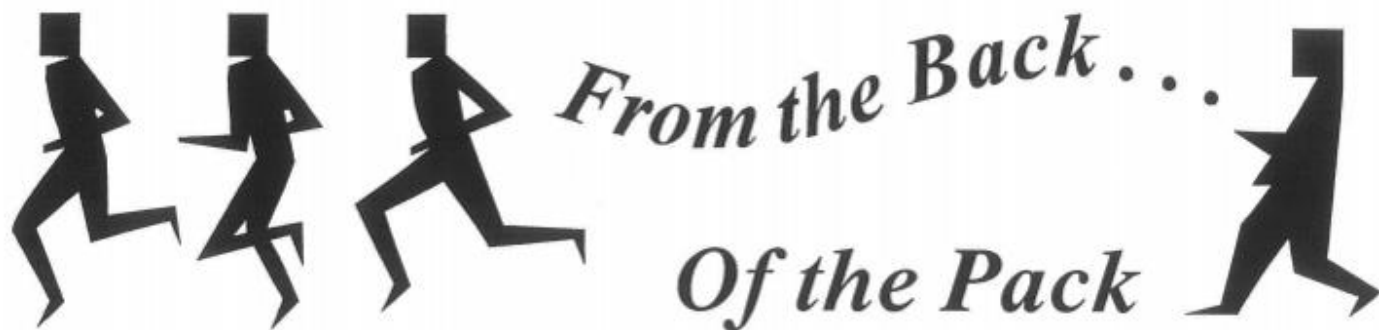
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Schelly MacKinnon & Jerry Pugh ran in **The Capes 100 Trail Race** on August 17th in Spencer's Island, Nova Scotia. Jerry ran an amazing **160 KILOMETERS** in 27H 38M 32S finishing 16th of 57. Schelly ran the 50 KM event finishing 7th overall and 3rd female in 5h 47m 15s, then preceded to run with Jerry over his 100 to 130 km section – during the night! Mark Scott also ran with Jerry for the last 30km from 130 to 160kms, also during the night and early morning. Crazy Canucks, eh!

Other local runners who participated:

50K – Mike Davies (~65km) in 5:50:50, France Haché in 6:47:16, Ken Washburn in 9:02:22

100k - Jolane Sorge in 18:02:10, Don Charlton in 18:17:09, Matt Watkins in 18:22:25



Hi all you runners from the CCRR,

Mike Reddon and Tom Stapenhurst found me in Ashland Wisconsin and guess what, they want me to write something about cycling vacation and running!

Cycling up and down, long rides everywhere almost 2000 km and sometimes I forget to take my seat off before I go to bed but Henny keeps an eye on me and the saddle!

It is amazing how strong Henny is on the bike and long lasting! She only walked once and that was a 12% hill.

Vacation great visiting with kids and grandchildren from Michigan to Indiana and Alberta.

Our Toyota is getting a workout, going from 100 km per week to 1600. We are going to invest in the oil sands when we come back!

Sitting beside each other for 8 weeks now leads to disagreements and Henny is right 9 out of 10 and I want to be right at least once and that's when we have a fight.

And now running, I kept a clean sheet for 56 days and keep on counting.

Maybe Mike Scott and Steve McKendy can teach me how to run again!

It is fun to go on holidays and travel and visit and see all kinds of scenery, but you know what is best?

Coming back and meet up with all your friends! Nine days and counting.

From the Back of The Saddle and proud of it!

HARRY