

February 2019

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FOOTNOTES



From the President

Mike Stapenhurst

"It's winter-time and the running ain't easy"

It's been another difficult running season so far, with warm spikes in temperature followed by quick freezes making for very icy conditions underfoot. If you run on the roads - take care!

In contrast I was out for a very pleasant 8K yesterday. The trails on the North side were well plowed and the sun was shining, it almost felt like an early spring day. (Wishful thinking). Actually, Daylight Saving Time begins in just over one month's time on March 10, so that should make a difference.

In spite of the weather there are events like the Frozen Nose and Toes that we can enjoy. If you like skiing or snowshoeing these activities also help the Winter months go by. I've done quite a bit of indoor running at the Grant Harvey centre this year. The main thing is just to keep active. Don't forget - if you have anything you would like to see published in Footnotes, please contact the editor Tom Reddon at tom.reddon@live.ca.

Harry's Challenge



Where was this picture taken?

Send your replies to Harry at hhrst@gmail.com

Winner will have to 'run' with me for 10 km plus!

'Go fast enough to get there, but slow enough to see.' Jimmy Buffett

***** FOOTNOTES FEBRUARY 2019 *****

President

Mike Stapenhurst
mikesdebp@yahoo.com

Vice-President

Troy Sandwith
trojansandals@gmail.com

Secretary

Janet Tree
jctree1@nbnet.nb.ca

Treasurer

Sara Young
sarajustinyoung@yahoo.ca

Registrar

Fran Robinson
alces@nbnet.nb.ca

Director-at-Large

Mike McKendry
mckendym@gmail.com

Director-at-Large

Steve Scott
scottie46@hotmail.com

Fall Classic Race Director

Mike Melanson
mmelanson101@gmail.com

Footnotes Editor

Tom Reddon
tom.reddon@live.ca

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Running MythBusters

by Dawn Mockler

Hi, hope you are all surviving February! I have been fortunate to have gotten out to Killarney quite a few times as the icy sidewalks have made running a bit too dangerous. I've even resorted to YouTube aerobic dance videos on very cold days. As an aside, it's a great way to get adult children out of your living room!

I will continue my Myth Busters of running with number 4 on the list:

4. Pronation is bad. Are you sitting down? Pronation is not a four-letter word. In fact, pronation is part of the Windlass Mechanism that allows our spring ligament to store and then release energy, propelling us more efficiently. Having said that, our habit of wearing shoes (ok it is necessary in our climate) has contributed to weakness of muscles that support our arch. Too much cushioning and motion control often worsens the problem. This weakness is much more of a problem than the pronation. There are many high-level runners with flat arches.

One study found that what the runner's foot did in an anti pronation shoe was not always what was expected (pronating in the shoe). Another study that matched foot type to shoe type found the antipronators in anti pronation shoes had increased injuries! The studies are inconclusive, but more and more, what has become apparent is that COMFORT is the most important feature of a running shoe. The British Journal of Sports Medicine in 2015 published an article that stated runners will intuitively select a comfortable product using a "comfort filter". Trust your filter.

5. Stretching prevents injuries. I have a running friend who nearly did a cartwheel when I told her this. It's not that stretching is bad. Just stretching right before running does not lessen the chances of injury. It is actually good to have some connective tissue "stiffness" in our calf muscles. It makes our muscles work a bit like springs, with stretch and recoil helping to save energy. Good old fashioned weight training is better for injury prevention (Anatomy for Runners by Jay Dichary is a great resource for this). Balance work/proprioception is also a better way to help you feel the surface you are running on and react to it, preventing ankle sprains.

A better way to warm up is by priming your nervous system, doing more of a "muscle memory" warm-up in order to prepare your body for what it's about to do. If you enjoy stretching or play another sport that requires a limber body, go ahead and stretch, just do it separately from your run. You don't have to quit Yoga class!

Well, the sun is shining and I have a few errands to do before I put the skis on. Until next time!

Dawn. (@theRunDawn)



Dawn Mockler earned her BSc Bio from Mt.Allison University in 1987 and BSc PT from Dalhousie University. She grew up in Belledune, NB where she developed a great love of the outdoors. She has resided in Fredericton since 1996 and has worked at Advantage Physiotherapy for close to a decade (460 3030).



Weekly Workout: Get on track for faster 5K and 10K races

Courtesy of Canadian Running Magazine

Shorter races such as the 5 and 10K are abundant and offer a perfect opportunity to test your speed and strength yet require less total training.

Spring is the favourite season for many runners. When spring rolls around, race season has finally arrived. The long, cold and dark Canadian winter however often makes it difficult to get in the necessary training for longer races. Shorter races such as 5K and 10K are the perfect compromise and are still among the most popular race distances.

Training for a 5K or 10K takes less time than doing so for a longer race. It can be done in as little as four to eight weeks. For many runners, it also means faster, fun workouts that develop speed and strength. These workouts use shorter intervals that are ideal for the track and won't require much more than a digital watch.

The following are sample workouts, organized by difficulty, that can help you get the most out of an upcoming 5K or 10K race. You should aim to run at (or very close to) your goal race pace. If you don't know what that might be, run "hard," between 6 and 8 on a discomfort scale, where 1 is an easy walk and 10 is an all-out sprint. Regardless of your speed/pace, aim to run each interval in roughly the same amount of time. Also be sure to avoid starting too fast or else you'll slow down or not finish. Walk or slowly jog for recovery between intervals.

Training for 5K

Beginner: 6-10 x 400m @5KP with 200m rest/recovery between intervals
Intermediate: 4-5 x 800m @5KP with 400m rest/recovery between intervals
Advanced: 3-4 x 1200m @5KP with 400m rest/recovery between intervals
Pro/Elite: 3 x 1600m @5KP with 400m rest/recovery between intervals

Training for 10K

Beginner: 6-8 x 800 @10KP with 400m rest/recovery between intervals
Intermediate: 5-6 x 1200 @10KP with 400m rest/recovery between intervals
Advanced: 4-5 x 1600m @10KP with 800m rest/recovery between intervals
Pro/Elite: 4 x 2000m @10KP w 800m rest/recovery between intervals

As always, begin each workout with a warm-up consisting of 10-15 minutes of very easy running followed by a few minutes for dynamic drills, stretches and strides. Follow the workout by cooling down with a final 5-15 minutes of easy running.

Base training has multiple performance-enhancing benefits, whether a runner is preparing for a 5 or 10K event. Still, it's often overlooked by runners. That could be largely because it's not fully understood, or appreciated. Due to the slow and steady nature of base training it can be viewed as boring, or frustrating. Below, I've listed some of the biggest benefits that I believe comes from a base training phase:

- The easier, consistent kms of the base phase build aerobic endurance which results in improved performance.
- The steady state workouts within the base phase increase aerobic threshold, while some quicker work, such as fartleks, or strides improve turnover and efficiency
- The base that comes from this phase of training goes a long way in preventing injury throughout racing season.
- The body adapts to the consistent higher mileage and learns to recover faster, which helps in preparation for the rigours of race-specific training.
- Mentally speaking, base training changes up the routine and puts discipline and patients into practice.

Old Fossils' Corner

By Steve Scott (a still young old fossil)

My first real report this season starts with race action, although this event was more of a "Fun Run" than a race. The NEW Frozen Nose and Toes Run was held on February 10th on the "Green" Trail section of the riverfront with around 180 registrants as a part of "Frostival". Good Lord was it ever cold and windy. Anyone who wanted a time just had to look at the clock when they went through the Finish Line Gantry with the Running Room Logo on it. They in fact took care of the registration and bib pickup plus the operation of the clock. Many thanks to John Acheson the events manager for the Running Room.

The event itself was an endeavour of the Fredericton Marathon Committee and the original Founder of the Frozen Nose and Toes Run and Founding Member of the CCRR, Paul Lavoie. Also note that Mike Stapenhurst New President of our Club was volunteering at the turn around point while freezing his buns off. Other CCRR volunteers were Sara Young our new Treasurer and myself. Due family matters Janet Tree could not be there and Tony Tremblay was very ill; get well soon my friend. Other CCRRers participated and most people seemed to enjoy themselves as evidenced at the Delta afterwards with hot chocolate, coffee, tea and cookies and veggies.

Also at the Delta the Fredericton Marathon announced a LEGACY PROGRAM for elementary schools in our district. This program will provide financial assistance of \$2500 per year for 3 years as a pilot program for Track and Field and Cross-Country events across the entire District and includes Anglophone and Francophone Schools. The funding will be used for ribbons, medals, bibs and other relevant items including T shirts, travel assistance, water etc. The success of the Fredericton Marathon over the last number of years has led the Committee in charge to set aside funds for community related endeavours to encourage our youth to be more physically active and fit. I might add this has been a large part of our mandate since our constitution was formulated in the mid-1980s.

Also, non-profit community groups that help the marathon through their volunteering with the event receive funding for their help in return. This formula has evolved over the years due to the initial input by the Capital City Road Runners in the old Heart Marathon Committee and the subsequent decision to follow the fundraising concept we inherited from the Heart and Stroke Foundation and essentially give back to the community that we live in. So just think about all the good we as the CCRR have accomplished from such humble beginnings since 1983.

Thus ends Fossils Sermon for now. But seriously we need to toot our every now and then. Right!!!!

Steve Scott

Kay's Granola Bars



INGREDIENTS:

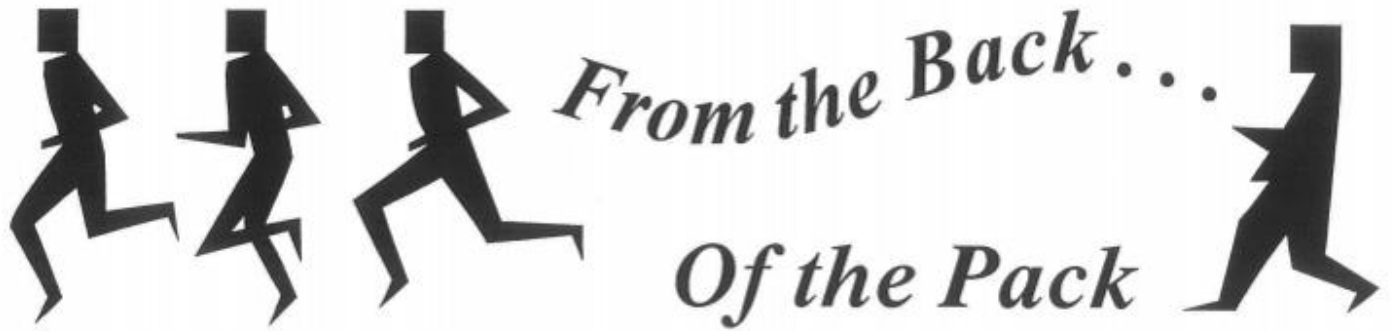
- 2 cups old-fashioned rolled oats
- 1 cup unsweetened shredded coconut
- 1/2 whole raw almonds
- 1/2 cup whole raw cashews or peanuts
- 1/2 cup sesame seeds
- 1/2 cup raw sunflower seeds
- 1/2 cup chopped dates or raisins
- 1/2 cups tahini or peanut butter
- 1 cup honey
- 1 teaspoon vanilla extract

DIRECTIONS:

1. Preheat the oven to 350°F. Generously coat a 10-inch by 15-inch baking sheet with cooking spray.
2. In a large bowl, combine the oats, coconut, almonds, cashews or peanuts, sesame seeds, sunflower seeds, and dates or raisins.
3. Combine the tahini or peanut butter and honey in a bowl, and heat in the microwave on high for 1 minute. Add the vanilla extract and mix well. Add to the oat mixture and stir until well combined.
4. Pour the mixture onto the prepared baking sheet and, with wet hands, pat into a rectangle about 1-inch high (it will be about 10 inches by 12 inches). Bake for 15 minutes or until the edges of the bar turn golden brown. Do not overbake. The bars will still feel tacky in the center but will firm up as they cool.



JUNE 9th - Smythe Street Cathedral – a beautiful run thru Odell Park!



Hello everyone,

After many years "From the Back Of the Pack" is back.
How many runners do remember this?
Thanks Fran, Mike and Tom for asking me to write something.

Many things have changed, and many have not.

I like to pay attention to three runners who are not with us anymore:
Doug Embree, I thought he was old being over 65, guess what I am almost 70, sorry Doug.
John McKendy, a running partner and friend for many years
Gerald True, called "the Wall" and was an imposing runner.
My only claim to fame is that I was able to beat those 3 in races.

But they beat me to a better place, Rest in Peace guys!

Now to the CCRR who are still going strong:
Terry Haines, marathon after marathon, no stopping him
Mike Stapenhurst just keeps going and going
Steve Scott does not know the word quitting
John Cathcart, very far away but strong in Word and play
Mike McKendy still dedicated to exercise
Lloyd Sutherland, an amazing fast runner for his and my age.

I am sure that I forgot a few super runners and you can add those in angry letters to the editor of Footnotes.

My reply will be: My memory is not as good as it was years ago.

And you know what?
Still the same, "It does not matter if you beat Harry, but

Papa smurf, that is what Amy calls me.

Good running, folks!

HARRY

"There's not a better feeling than when you have found that moment of balance and harmony when both running and life come together. Then you know why you run and that you couldn't live without it." Joan Benoit