

FOOTNOTES



Big Thumbs UP to all the DECEMBER CHALLENGERS and those who came out for the Jingle Bell Run!



From the President

I hope everyone had an enjoyable holiday season and still managed to include some running! Now we're all gung-ho for the New Year. My own personal goal is simply to improve my current level of running...

The club executive has lots in store for our membership during the coming year. First off will be a free T-shirt for everyone who signs up for membership this year. Other main goals we have for 2019 include attracting new members to the club and increasing participation in the weekly fun runs and other events. I am excited that we are reviving the club newsletter 'Footnotes' after a hiatus of several years. The monthly newsletter has been a regular CCRR feature starting way back in 1983! Tom Reddon has accepted to be the editor, so if you have anything you would like to see published, please contact Tom at tom.reddon@live.ca.

On the lighter side, I'm also thinking of a new event for 2019 called the 'Not-The-December' challenge but I'm having a hard time coming up with the rules! 😊

Mike Stapenhurst

Fossils Corner

Fossil checking in for duty January 2019. Hoping that my fan base will grow during the coming months cause if it doesn't, I am out of here. Now that you have been warned, I would like to welcome you to the renewed Capital City Road Runners. *Are we ever gonna have fun!!*

For those too young to remember, I am one of two founding members who are still with the CCRR. The other being Paul Lavoie. That is 37 years and counting; a lot of pavement pounding for the sake of our beloved running lifestyle.

My first job on the Executive of the CCRR in 1983 was Co Fun Run Coordinator and random contributor to the fledgling Footnotes Newsletter. Today my role is Member at Large and I have been asked by the Prez, Mike Stapenhurst to contribute to making our members more aware of what is going on; cause we all want to have FUN.

At this time of year, fun means "misery loves company", so get out there and brave the cold, the snow, the ice and that lovely wind especially with a friend or two. A note of caution however, stay safe and warm please.

One of the first winter events coming up soon is the revival of the Frozen Nose and Toes Run being brought to you by the Fredericton Marathon Committee on the "Green Trail" starting and finishing near the Aquatic Center. It will be a 4km event for running/walking and a 2 km event for snow shoes. All of this will happen on Sunday February 10th unless the weather is too bad. Registration is being handled by The Running Room.

The Fossil

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The December Challenge

by **Tony Tremblay**

Now in its fifth year, the December Challenge continues to engage runners from the CCRR and beyond. For those unfamiliar with the Challenge, the rules are simple: run a minimum of three kilometers each day for thirty-one days in December. The objectives are to maintain fitness and offset the excesses of the holiday season, and to find privacy, relaxation, and camaraderie at a busy and sometimes stressful time of the year.

This year, twenty-four people signed up (from three countries and four Canadian provinces) and seventeen completed the Challenge (two more than last year). To qualify more accurately, seventeen rugged and determined souls laced up every day – through snow, ice, cold, wind, and the negative talk that we all have to deal with – to run a minimum of three kilometers each day in December. A measly three kilometers a day might seem like nothing ... until you try it. When you do, you learn that it takes a lot of focus and strength to keep at it. And you also learn that the mind is a powerful ally of the body. What the body needs the mind argues for persuasively and creatively. So completing the Challenge is no small physical or mental accomplishment.

Another positive aspect of the Challenge is that I match the two-dollar entry fee dollar-for-dollar and donate the total to a local charity. If someone pays \$2 or \$5 or \$25 to enter, I match that. As in previous years, many people paid in excess of the \$2 entry fee, so I was pleased to report to participants that I was able to donate \$342 this year to the Fredericton Food Bank at Greener Village. I extend thanks from the Foodbank to members of the CCRR and others who participated.

The following people completed this year's Challenge, with mileage (in kilometers) in parenthesis: John Cathcart (165), Martin Corbett (400.5), Anthony Drost (191), Dorothy Drost (92.2), Harry Drost (224), Pat Drost (94.2), Ian Groen (106.39), Terry Haines (91+), Michel Melanson (187), Leesa Russon (113.45), Troy Sandwith (275), Jason Scarbro (267.2), Kevin Soehner (165), Jennifer Thompson (155), Bryan Tremblay (116), Tony Tremblay (193), and Justin Young (276.5).

A final feature of the Challenge is the weekly emails that I send to participants. Those are meant to motivate or cajole, whatever is needed. Over the years, our old friend John Cathcart, the Running Rev, has emerged as the event's poet laureate, submitting lyrical commentaries as the Challenge unfolds. Below is his final installment for this year.

Thanks to all who participated, and I look forward to even greater participation next year.

Tony Tremblay
Challenge Organizer
January 2019

Final Lines from the Running Rev

The weather here is delightful
In New Brunswick it's been frightful,
Soon the December challenge will be o'er,
But runners will be wanting more, more, more!

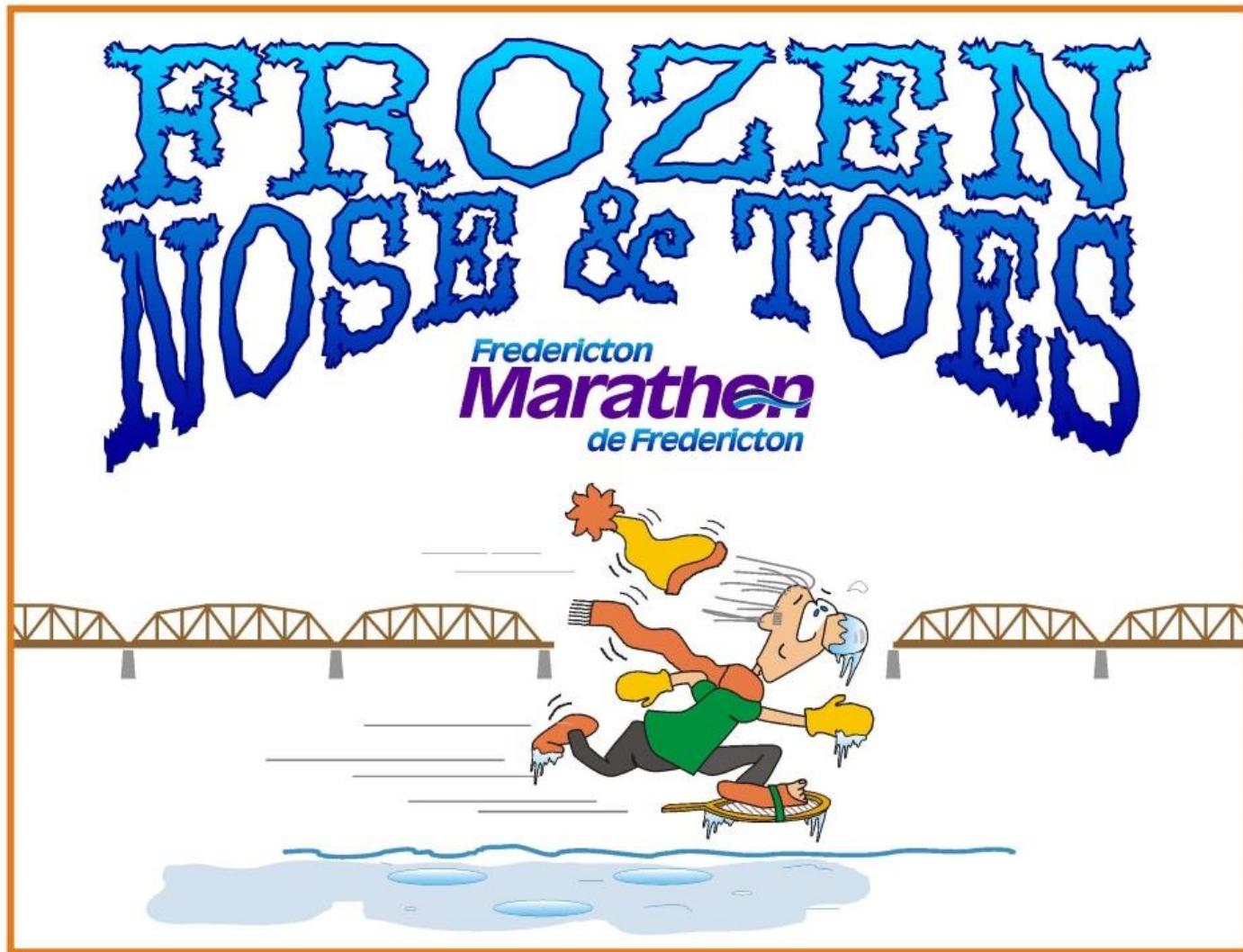
And those two guys in Mexico can't complain,
Their only worry is heat and torrential rain,
While those folk down east battle the beast,
Wishing all a new year filled with love and peace.

We sure learn a lot about who we truly are,
When we set out to run daily and afar,
Even when injured we find out so much more,
About ourselves, when we run outdoors.

I really should recuse myself as it's been so easy,
Only once did it snow and the ground greasy.
The going was good, enjoyable for good measure
and to be a part of Dr. T's challenge truly a pleasure.

As the December Challenge comes to its close
A quote from Dr. Sheehan in my mind arose,
It's really quite humorous it'll make you smirk
"If you want to win anything – a race – yourself –
your life – you have to go a little berserk."

~ the running rev



Sunday, February 10th 11:00 AM

4k Fun Run & 2k Snowshoe Run

Starts in the Victoria Health Centre parking lot

Register at the [Running Room](#)

This event is a capped at 200 participants so register now!

Originally started in 1982 by Paul Lavoie, the Frozen Nose and Toes Run was an annual February four mile run held in New Maryland. In 1998, Frozen Nose and Toes relocated to Fredericton where Lavoie continued the race for a few years until the Capital City Road Runners took it over for a few more years.

Running MythBusters

by Dawn Mockler

Happy New Year! When I was approached to contribute to Footnotes, I was happy to hear this little publication was being resurrected. A holiday miracle! I will begin by introducing myself, I'm a physiotherapist (Dal 1990) and have been a runner since 1987. During this time, I have seen many changes in how we treat injuries and how we think about pain. I'd like to share some of what I've learned in "Running MythBusters".

1. **Pain is bad.** Pain sucks, but there is a good reason that we have it. People born without the ability to feel pain do not live long lives. Pain warns us to get our hand away from the fire, to put down that hot pot, and to ease off activities that might be harming tissues in our bodies. It is OUTPUT from our brain. It takes into account what is happening in our body via thermal, mechanical and chemical sensors in our nerves, combines it with things like memories, stress, worry, posture, etc. Until our brain decodes and decides whether or not action should be taken. Sound complicated? It is, but the bottom line is pain is how we make sense of what is happening in our body and learning what type of pain is worrisome and what is just normal 16km niggles is something that many experienced runners have gotten good at.

Context is important with regard to pain. If you are in a dark room all alone and someone jumps out and yells "Boo", you will probably get a fright. If someone does it at 2 pm in your office, you will probably look at them a bit strangely. Pain is similar, if you are worried about a pain that might stop you from finishing a race it can be experienced more intensely. The same pain at the finish line might be less bothersome.

2. You can "**save your knees**" by running less often. Your body is not a car, and joints don't wear out as has been previously thought. They are more likely to become stiff and unhealthy from disuse. Studies now show that loading joints can make them healthier, with healthier cartilage. The term "wear & tear" has been replaced by "rest & rust". Runners are no more likely to experience Osteoarthritis of the knees than the general public. Perhaps they would have suffered sooner had they not kept their weight down by running.

We used to promote **cross-training** as a way to spare your joints and reduce risk of injury, however studies now prove that runners who run 4 times a week or more have REDUCED injury rates. You might want to add a short run into your week! (Skipping rope is quite similar to running and can also load the tissues). Your body adapts to loads placed on it. That is what training is- toughening your body and getting it used to doing what you want it to. Once per week is not enough. Most injuries happen when we suddenly change distance, speed, or running surface.

3. There exists a "**Perfect Running Form**" (sound the Angels singing). Nope. In fact, a study out of Utah Valley University found that working hard to train people to run in a more efficient way had the opposite effect! Efficiency decreased. Watch the fast folks zipping by you in a race; no two of them have the same running gait. They usually do look effortless and it is probably because they are running in the best way FOR THEM. There are many variations of good running form. Sometimes bad habits or weaknesses need to be addressed, but runners shouldn't stress about exactly where the foot strikes or what angle the arms should be bent.

Well it is a beautiful day and I have been sitting for a while writing this. Time to load my tissues and toughen up! I will continue Myth Busting in the next issue. Hope I gave you something to think about.



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).

How running is making you younger

by Anne Francis - From Canadian Running magazine, January 3rd, 2019

More good news about running as we age: a recent study confirms that running is associated with longer telomeres, the little protein caps on the end of our chromosomes that protect our DNA, and whose length is widely seen as a marker for healthy aging.



As Bruce Grierson describes it in his excellent 2014 book, *What Makes Olga Run*, “Every time a cell divides a sliver of telomere is sloughed off, until—some fifty to seventy-five cell divisions later—the telomere is too short to do its job. The chromosome is exposed. The next cell division starts cutting into the principal. Genetic damage results, leading to cell death, which we see as age-related disease.”

In 2009 Dr. Christian Werner, a cardiologist and researcher at Germany’s University of Saarland, published a study showing that people who exercised had longer telomeres. Werner published

another study last month in the [European Heart Journal](#) (and reported on in the New York Times earlier this month) corroborating the earlier study and showing a causal relationship between aerobic exercise and longer telomeres.

Researchers followed 124 healthy, middle-aged adults who did not have the habit of exercise, and examined telomere length in their white blood cells, as well as telomerase levels (an enzyme that plays a role in telomere length). Volunteers were then divided into four groups. One group did brisk walking or jogging, one did high-intensity interval training, one did resistance training with weights, and the control group did not change their habits. Each of the exercising groups worked out for 45 minutes three times a week for six months, with researchers monitoring their heart rates during exercise. Then blood was drawn and tested, and data collected.

Everyone who exercised was fitter than when they started, as one might expect, but at the cellular level, there were marked differences between the groups. The group that ran or did high intensity training had the biggest increases in telomere length and their telomerase activity doubled or tripled. The weightlifters’ telomere length was unchanged (or got shorter), as did those in the control group, who did not exercise, though researchers noted that their increased fitness was still beneficial in fighting aging, even if their telomeres did not increase in length.

Werner hopes to continue his research to pinpoint more precisely the best types and combinations of types of exercise for healthy aging.

Q: What do you get when you run behind a car?

A: Exhausted.