May 2019 *Volume 37 No. 5*

FOOTNOTES

Fredericton Trail Masters 2019

The Fredericton Trailmasters participated in the annual running of the Cabot Trail Relay Race. The team members included long time runner Phil Booker, who only needs 10 more legs to complete the Cabot Trail a second time. Lloyd Sutherland, another longtime participant in the Cabot Trail Relay Race completed Leg 7 with quite a bit of time to spare. Teams members included runners from the Fredericton region, Saint-John, Moncton Miramichi and Cape Breton.

The team did well, placing 21st overall and winning the Masters category with a time of 22 hours, 46 minutes and 8 seconds. Our win this year is the team's 5th Masters Division Championship in 6 years. To qualify as a Masters Division team, all team members need to be 40 years of age and up. This year, our "baby" was 42 and our most senior is 76 (Phil) followed close behind by Lloyd at 75. Of course, the Cabot Trail Relay Race is more than just about running. It's about the friendship and lasting memories.

Again, this year, runners from the team interesting adventures, from start line confusion to searching for moose on the side of the road, and that is what makes this weekend special. More than the race itself, it's about a group of like minded friends who enjoy running and spending time together socializing and enjoying the company. As usual, a few sociable drinks were had, met new friends and reacquainted from past years, enjoyed the beautiful scenery along the Cabot Trail. A few members stayed to partake in leg 18, the after party, socializing with the runners from across the country.

Cheers to a great event put on the Cabot Trail Relay Association.

From the President

Mike Stapenhurst

Hi Everyone, I hope you enjoyed the fine running day we had last Saturday (May 25). Definitely the nicest weather so far this year. We're all looking forward to more of the same…

Trail Clean-Up

I want to thank all of the enthusiastic CCRR members who participated in the trail clean-up after the run last Wednesday. We also had five volunteers from Mark Kozac's running group Sole2Soul – they were a big help. The Fredericton Trails Coalition were very grateful for our efforts and invited the volunteers to a BBQ at Picaroon's Roundhouse on June 1st from 11 am to 3 pm.

Kevin's Adventure

Make sure to read Kevin Soehner's article this month about his volunteer mission to Cambodia and Thailand, it's a really great write-up.

Thanks,
Mike

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Join the club!

If you're not already a member of CCRR why not join us? It's always fun to run with others and we enjoy plenty of social events as well. As a member you will get:

- A Free CCRR T-shirt
- Lots of fun-running events
- Training groups for marathons, half-marathons etc.

We meet at the Currie Centre Wednesday evenings (5:30 PM) and Saturday mornings (8:30 AM) for a run of 5 – 10K or longer. Membership is only $25 per year or $40 for a family. All running levels are welcome – we have a growing 'back of the pack' group who like to take it easy! To sign up online visit https://www.ccrr.ca/membership/ or contact a member of our executive listed on the right.

***** FOOTNOTES June 2019 *****

Published by the Capital City Road Runners
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CLUB EVENTS

CPR Course
June 9th 10:30 AM

Duration: 2-3 hrs
Covers: CPR for infants, children & adults including the use of an AED, pocket mask & bag mask system
Location: UNB nursing building, MacLaggan Hall
Cost: $20
Contact: David Tree at tree@unb.ca
Candidates receive Official qualification card from national Heart and Stroke Foundation

CCRR Hill Climb – see page 6
June 19th

ChiRunning Workshop – Level 1
June 22nd
(*pre-registration required*)
Contact Fran Robinson

Choosing a Marathon Training Program

by Mike Stapenhurst

Selecting a marathon training program that suits your abilities and goals is not as simple as it may seem. Each and every runner is different, with differing levels of experience and capabilities (just look at all of the different running styles you see out there). So how can you choose the best fit for you, from the wide variety of training schedules available?

The Training Goal

Before you decide which program to follow, it's worth looking at the main goals of any marathon training program. The reason for following a schedule at all is to provide a training structure for you to accomplish the following:

1. Build strength - even if you run regularly you need to build up to longer distances
2. Build endurance – doing any active sport (tennis, cycling, hiking) for 3 to 4 hours without much of a break and you'll be tired
3. Build mental stamina – when your body gets tired, it's your brain that keeps you going.

When you add all this up what you get is Experience! Your body will get used to the extra demands you place on it. George Sheehan used to call this "miles in the bank"!

The Training Schedule

I've looked at quite a few marathon programs and I am astonished at the differences between them - from 9 to 21 weeks long, average training distances per week varying from 50 to 80K, speed workouts, number and frequency of long runs…. Knowing which is best can get confusing!

So how do you choose a program?

1. Select your experience level

Many of the training schedules have different mileage charts depending on your experience and ability. Here is a typical classification chart:

Category	Expected finish times	Number of Marathons	Other Factors
1: Beginner	Over 3h 30m	Less than 4	• Your Age & Gender • 10 k results • Previous injuries • Your personal goal
2: Intermediate	3h 10m or more	More than 3	
3: Experienced	2h 50m or more	More than 8	
4: Elite	Competitive racer, sub 2h 35m marathon		

***Note**: These are only guidelines, and there is overlap between the categories. Many factors influence your ability to meet a marathon time goal.*

2. Select the best training program for your abilities

- Pick the category above that best fits your experience.
- Be realistic - the marathon is a tough race, so be conservative about your training goals (as well as your expected race pace and finish time)
- Look for a training schedule that applies to your level. If necessary, adapt the program to your own needs.

3. A good schedule will stick to some basic principles:

- Incorporates the hard day/easy day approach on alternate days (and weeks).
- Allows for rest days and /or cross training activities.
- Is not too long, (or short). I find a 14 to 20 week program to be the best, depending on your current running level. Beginner marathoners may need more.
- Is flexible. You should have the freedom to change your long run day, take an extra rest day, etc without compromising the overall results.
- Does not take you to too high a weekly mileage (Elite runners excepted!). About 70 - 90 kilometres should be the highest weekly distance you will need. The beginner programs will be less.
- Has a gradual build up in your weekly long run distances. The long slow distance (LSD) run is the cornerstone of your marathon training, and you need to develop the ability to complete your long runs without over-taxing your body.
- Has a well-defined tapering-off period during the last three weeks of the schedule.

It's easy for beginner marathoners especially to get drawn into training programs that are really too ambitious for their level of experience. This is true even for those folks who can run fairly fast 10K races.

Things to avoid.

You may not agree with all of these, but they reflect my personal preferences and experience.

- **Long runs over 20 miles**. It's not necessary to run 24 or 25-mile training runs to have a good marathon.
- **Too many 20-mile runs**. One or two should be enough for most people.
- **Speedwork**. Unless you're in the very experienced/elite category I don't think you need to include this type of training for a marathon. It increases your risk of getting injured. If you run two or three 5 or 10K races during your training period this will be sufficient.
- **Over-training**. Too much training is definitely counter-productive. Don't leave your marathon PB time on the training trails!

Sample Training Schedule.

Here is a fairly modest training schedule that will get you going. As you can see there is only one 20-mile run. Most coaches feel that once you reach 16 miles and over, you're in long-run territory. That's the point where the psychological and physiological changes start to take place.

Highlights

- Ideal for the beginner and occasional marathoner
- Assumes you are already running 30K or more per week
- Has a relatively low weekly mileage
- Two rest days per week (You can do some cross training like cycling on one of these days.)

	L = Long Run		R = Rest Day		T = Tempo Run		M = Marathon Pace				E = Easy Pace			
Week #	Sun		Mon		Tue		Wed		Thu		Fri		Sat		Week Total
1	8	L	-	R	8	E	6	T	5	M	-	R	8	E	35
2	10	L	-	R	8	E	6	T	6	M	-	R	10	E	41
3	11	L	-	R	8	E	8	T	5	M	-	R	8	E	40
4	13	L	-	R	8	E	8	T	6	M	-	R	10	E	45
5	16	L	-	R	6	E	8	T	5	M	-	R	8	E	43
6	16	L	-	R	6	E	8	T	6	M	-	R	10	E	47
7	18	L	-	R	8	E	10	M	5	T	-	R	8	E	48
8	19	L	-	R	6	E	10	M	6	T	-	R	10	E	52
9	19	L	-	R	8	E	8	M	6	T	-	R	10	E	52
10	21	L	-	R	8	E	11	M	8	T	-	R	13	E	61
11	22	L	-	R	6	E	11	M	6	T	-	R	10	E	57
12	24	L	-	R	8	E	8	T	8	M	-	R	13	E	61
13	24	L	-	R	8	E	13	M	6	T	-	R	10	E	61
14	22	L	-	R	6	E	13	T	8	M	-	R	13	E	62
15	27	L	-	R	6	E	8	T	6	M	-	R	10	E	58
16	26	L	-	R	8	E	13	M	8	T	-	R	13	E	67
17	32	L	-	R	6	E	8	T	10	M	-	R	15	E	71
18	19	L	-	R	6	E	13	M	8	T	-	R	13	E	59
19	16	L	-	R	5	E	10	T	8	M	-	R	13	E	51
20	8	E	-	R	8	R	-	R	-	R	-	R	3		19
Race	42.2		-	R	-	R	5.0	E	-	R	-	R	7.0	E	

A Tempo run is one where you run at a faster than normal pace, usually at your anaerobic threshold level, for a good part of the total distance.

Easy pace means slower than your intended marathon pace.

Cambodia and Thailand ROV

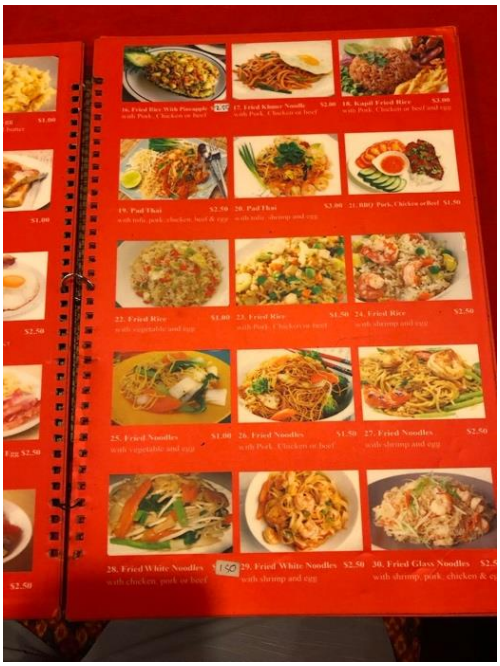
By Kevin Soehner

Asia, it's on the other side of the world, and It's not of this world that we live in.

Reachout Volunteers (ROV) is an organization that manages small projects helping communities in various countries of the world. My Daughter (Jadyn) and I choose to go to Cambodia and Thailand through one of their programs. First up lots of plane time, this is the least favorite part of the journey. We arrived in Seim Reap, Cambodia May 5th after two days of travel. Climbing off the plane, bam the heat hits you hard, 36 with humidity 45. As a Canadian traveler hot temps is Cuba, Florida, but Cambodia is crazy hot.

Whisked off to our Hostel by TukTuk's we saw a city alive with more scooters and TukTuk's than you can imagine. The hostel is hidden down a bumpy dirt road alley. We pulled in and this was to be our home for a week. We spent the afternoon sitting and chatting with new arrivals to our group. In the end our group was 12 people, most of which were between 18-21. I realized right away that I was to be the old guy. There was one other guy on the trip, a 19-year-old (Brady) and he was assigned to my room, poor thing.

The rest of the day we chilled and at 6pm headed out for some dinner. We ate out for dinner every night on this part of our trip. The local restaurants all serve the same food, just different pictures of it in menus the size of a standard King James Bible. A plate of food costs anywhere from $1 to $3 US. And Draught beer goes for .50 a glass.



Project Day 1. Our goal was to start a Dorm building for about 8 students to sleep in. These students live too far away to travel for the three months of school they will be attending. We were up early every morning 6am and we would work for about 4-5 hours a day. Jadyn and I realized right away that the heat was going to be a major obstacle. We were drinking up to 6 litres of water and still we were dehydrating. We survived the first day on the site digging footings by hand to pour hand mixed concrete into.

At the end of each day we would hang out with the younger students of another school that ROV (Reachout Volunteers) had build over the years. The kids played soccer with us, and most of them ran around on the hot hard surface with no shoes on. It was noticeable how happy the children were that they had a safe place to go to school.

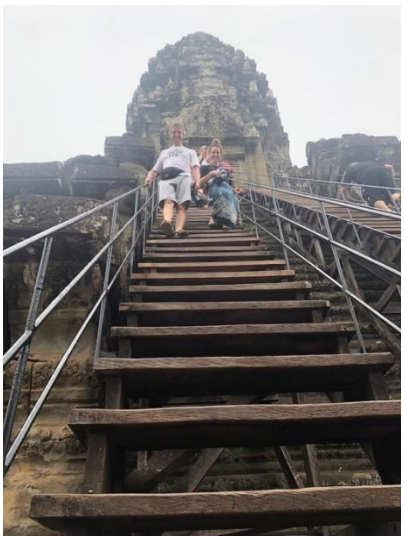
Ya, they did all the same kid crap of picking on each other like in Canada, but when they were told to do something, they just would. Younger people in general are taught to treat elders with a lot of respect, even the teachers would look to me as an older teacher worth listening to. Kind of like that part.




Over the next 5 days we learned more about the Cambodian people and how their government works. Authoritarian at best. The separation between classes is very prominent. There is very little middle class, the poor are just poor with the average daily wage of 3 dollars US. A lot of the economy is trade based in the lower class.


I discovered pretty quickly that my group was full of young, I can do anything, my parents aren't here to tell me what to do, kind of people. I chose to have a medicinal beer at dinner, while these warriors came up with every possible game to see how much alcohol they could consume. Oh ya, a few found toilets and some learned that morning heat and hangovers don't go together. They started to restrict the binge drinking to nights when we didn't have to get up early. As a note these are all very nice young adults that I would hang with forever.

Angkor Wat. This was one of the main reasons I signed up for this trip. I like history and if I had a bucket list this would be on it. We had the Thursday off and we left at 4:30am so we could get to the temple in hopes of getting that early morning sun rising picture that ever tourist on the planet wants to get. Nope didn't happen to much humidity haze. It was a great visit, we visited three temples that day, one of which the movie Tomb Raider was filmed at.



Project Day 4. By this point we have climatized for the most part, but the workload was still very taxing to our bodies. We finished the foundation, stood 6 concrete pillars and started to lay bricks. The hardest thing we had to do, was fill the inside of the Dorm with soil which we dug by hand and moved with potato sacks. If you want to see cranky young adults give them a shovel and tell them to start digging. This was our last day on this part of the trip. We gave all the young students toothbrushes and loads of toys to be given out for rewards during the school year. It was very rewarding to see how much they liked us.



Saturday, we had an excursion booked to a Temple and waterfall (Kulen Falls). Up early and on to the bus for a two-hour ride. We learned more about the Khmer Rouge and the bloody genocide from the late sixties. As we grew closer to the Temple and Waterfall, we would see guards every 100 feet or so along both sides of the mountain we were driving up.

These guards are the protectors of the trees and the animals. At nighttime they would simple fall back into the woods and live in groups. If you dared to venture in at night, chances are they would shoot first, ask questions later. Two hours back to the Hostel.


Sunday was transfer day to Thailand. So, Cambodia drives on the right side of the road, but Thailand drives on the left. For this reason, we had to drive to the border and exit our van, and carry our stuff to the immigration hut, ya hut. Exit Cambodia and wait across a red line in no mans land. While I was waiting for the rest of the group to clear customs one of the guards kept looking at me getting closer to the red line, he warned me not to step back into Cambodia without a visa. Prison and Kevin should never be used in the same sentence. We all cleared Customs, now to walk 2 hundred feet across the DMZ as I like to call it, to Thailand immigration. Thailand seemed a little easier to get into than Cambodia. Back into a Van and off to the Elephant Village.



Notice how I stopped talking about the heat, that's because anything less than 26 and we would find ourselves saying "It's a bit chilly this morning", knowing full well that everyday gets to 36. Finally getting used to the heat.

Surin, Thailand. We arrived around 5pm and the village is small, maybe fifty huts and houses with 115 families. There are about 40 elephants in this village, and most are used for the Circus, tourist riding and physical labor, all of which are hard on the animals. There are 18 families that choose to have the sanctuary project care for their Elephants. These 18 elephants don't have to work, since we are all paying to be there. Our money helps pay for the Mahout (lifelong handler of an Elephant), food and money for the families that own the Elephants.

We are all divided up into small groups of two or three and billeted to a family in the village to stay with. The only air-conditioning in the village is in the rooms that Westerners sleep in, they realize that Westerners are cranky when they don't sleep well. It got to the point of turning up the air-conditioning to 25 because we would freeze sleeping on our concrete beds, Ya concrete beds. Well, they were actually made of hard wood, but concrete sounds so much worse. All of our meals were cooked and consumed in a central house that the project pays for.



Elephants Day 1. This part of the trip was to more touristy for us, except for the concrete beds. Up early and put in a large flat bed truck with metal poles four feet high to keep us in, think three-ton dump truck. We drove out to some farmer's field and chopped sugar cane for about an hour and a half, hard work.

They piled it all into the truck and then told all 20 of us, (Some locals with us) to climb on top of the sugar cane and hold on for the ride home. Can't even imagine getting two blocks down a road in Canada without the swat team taking us down. Thailand not an issue, even at 80km an hour on the highway.

We arrived back at a central location that consisted of a small school, a soccer field, and some park area. There were bamboo fenced pens divided into 4 areas. This is where we fed the Elephants. The reason they separate the Elephants is that they don't all get along and there were too many of them for us to try and feed without getting trampled on. It's go time, we have all been waiting to see these creatures up close.

Wow, as the Mahouts start arriving with them, all you can say is WOW, these guys are strong, loud and a bit scary. We were given instructions on feeding them and what not to do. Truth be told I was a tad nervous at first. I kept thinking they were going to break out and trample us. After feeding them the sugar cane, pineapple leaves and food pellets they calmed down a lot.

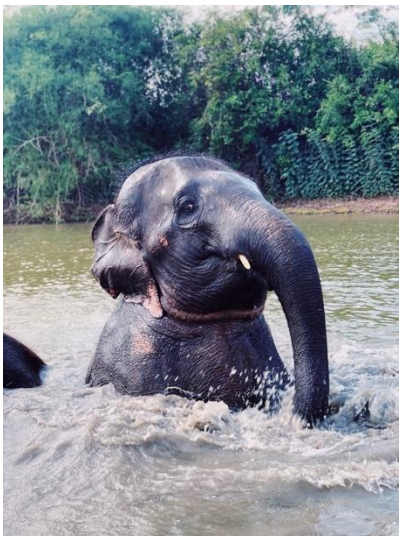
Now the walk to the river for a bath. It's about a 2 km walk and it's like walking on cloud nine knowing that there are 18 elephants all around you. This feeling only gets higher on the cloud scale to cloud 69 when we walk in the water and start splashing and dumping water on them.

Most of the Elephants really like people and have no problem being touched, the only problem is they move quickly and don't have peripheral vision to see if they are going to knock you down.



A walk back, some rest time and time to find the local store for my boozing buddies, Cough, cough, me too. Tonight, the Village has a ceremony for us, lots of music, some dancing, white powder on the face and wrist strings for good luck. When the sun goes down the villagers go to bed. Period. Don't leave any lights on because the bugs like lights and people.

The next three days were pretty much the same, feed the elephants, plant some grass in the fields, rack up the elephant poo, just regular stuff.


One afternoon two pickup trucks showed up and we piled into the back of course. Off to a temple that immortalizes Elephants. Everything about the complex was about Elephants, there was a cemetery with elephant urns the size of a big tractor tires everywhere, and they all had names on them. The building had elephant heads and bodies all over them.

It was quite unique. Back into the trucks and off to the local market. Very cool market, I think this was their equivalent to our Saturday Market in Fredericton, except this is 7 days a week. Everything for sale. Candies or Pigs heads, your choice.

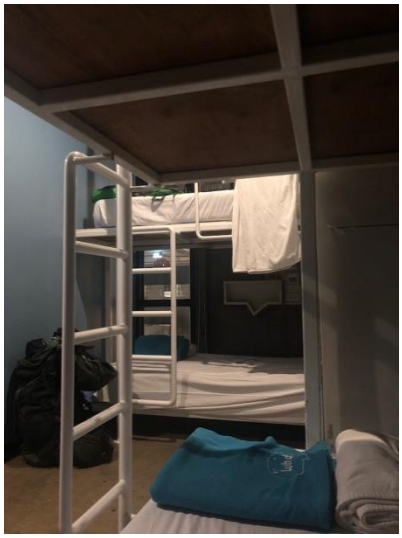


Friday, we loaded into transfer vehicles and drove for two hours to a town to grab a public bus to Bangkok. Interesting people on the bus. The bus company has a steward to serve water and boxed lunch and punch your ticket, reminded me of a train ride in Canada. 6 hours later we rolled into Bangkok bus station and let the craziness begin. Our Tour guide/leader doesn't speak this dialect of Thai and we have to get 4 taxis to get all of us to a hostel in downtown Bangkok.

Think amazing race now, with 4 different taxis and not one of them actually sure as to where exactly we are going. We are looking on google maps and trying to show the driver who just smiles and nods at us. 45 minutes later they drop us off at some outdoor mall/market. Looking at google maps, we are only about 1.7km out of our way, no problem grab your bags/luggage and let's drag it around Bangkok. We arrived at the Hostel, checked in and guess what, Soft beds, ya baby I'm sleeping tonight.

As the song goes, "One night in Bangkok, and the world's your oyster, the bars are temples but the pearls ain't free".


Everyone cleaned up, Hot showers, real soap, and semi clean clothes. We hit the Market after a very exhilarating TukTuk ride through traffic. Time to cut loose, it's our last night on the trip. The young adults didn't need any persuasion, they dove right into the drinking games again. I managed to stay up until 10pm and did in fact drink more than normal. It was a good time, tons of people out at night in Bangkok, locals and tourists. As a point of things I noticed, there is a massage establishment every five feet in Bangkok, seems to me there is way too much competition in this field of work.



Homeward Bound. Had a bit of a scare at the airport in Bangkok, they weren't going to let us on the plane to Seim Reap because our tickets were not connecting tickets, we had purchased a separate flight to start the journey home from Cambodia. The rule is that if you enter Cambodia you have to stay one night, pay for a visa then exit the country. We spent about 40 minutes while a supervisor in Bangkok tried to figure out a way for us not to enter Cambodia. Eureka, she booked our bags to Hong Kong, and since we had no luggage to pick up in Seim Reap we didn't have to enter Cambodia to get our luggage.

Now all we had to do was convince the Cambodian Airport authority that we were not staying in Cambodia just connecting to a flight in Hong Kong. So with on boarding passes from Seim Reap to Hong Kong we showed up in Cambodia and a Nice Guard with no gun, escorted us pass checking and re screened us and left us at our Gate, all she said was, tell your story to an agent when they show up. We wondered if we were going to become an international incident for Canada. NOPE. Nice lady shows up takes our Passports and itineraries form us and disappears. 40 minutes later she shows up smiling, "We found your Luggage and retagged it for Fredericton, here are your boarding passes for all three of your next flights". Relief, we get to go home.

Hong Kong. Arrived at 11:30pm and our next flight was the next day at 10:30 am. So, no real time to venture into Downtown Hong Kong but with a short line through immigration Jadyn and I were on Chinese soil. This was our first real hotel stay along the way, and for reference the hostels were about 6 US dollars in Cambodia and 12 US dollars in Bangkok. This Novotel hotel was going to set me back 215 US for one night. Best sleep I had all trip. Breakfast and then the final leg of our journey. The plane ride is fifteen and a half hours from Hong Kong to Toronto, if you have done this flight then you know it sucks. My ass hurt for three days after getting home from sitting in a chair that long.

Obviously, some of my comments are for theatre, but all the stories are true and I'm glad to have spent the journey with Jadyn, we both grew together. The rest of the group I'm sure will remember this trip to Asia as something special. I have a hundred more stories and observations, but I tried to just give you a flavour of the overall trip. Thank you for reading. Or in Cambodian Akun.

Finished Dorm for 8-12 students.
Kevin

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CCRR HILL CLIMB 2019

By Steve Scott

Calling all Capital City Road Runners and assorted other running folk of all abilities, please join us at O 'Dell Park by 5:45 pm on Wednesday June 19th near the Lodge at the convergence of the Main Trail and several other trails where we will journey to the Start Area for the Climb. There is no official cost, but feel free to bring a Loonie or a Toonie or even a non-perishable food item for the Food Bank. You will be asked to print your name on a sheet provided by me or any helper I might have.

The whole idea is to do a specified route which will loop back to the start and do it as many times as you can in 30 minutes. Pretty simple eh? Please run or walk within your capabilities as the uphill climb is fairly strenuous but the down hill part should help get you ready for the next climb. I or someone else will be there to record each loop at the start area and remind you how much time is left. Keep track of your time while you traverse the course and stop when you reach 30 minutes; note where you are and who is behind you or just ahead of you. We do not want any disputes OK? See you at the finish area.

Finally, there is a Hill Climb Trophy that will be awarded to the First Female and Male and a small plaque with both names will be attached to it and each winner will keep the trophy on their mantle at home or work for 6 months.

The history of this event over the years has been sort of hit or miss; The first few years pretty good attendance and competition and the next few, one of sparse attendance and not so competitive followed by not enough interest to even hold the event. So with great trepidation I have agreed to bring it back for 2019.

Please join us for something a little bit different and treat it as a FUN event. You may even get to the point where you enjoy the challenge of uphill running.

Steve (fossil) Scott
There is no finish line.

Reflecting on the early years of running, it was 1974 when I bought my first pair of running shoes at the Bill Rogers' Running Store in Boston. We were visiting my brother-in-law who was a pretty good rugby player and also a "newbie" runner. He would eventually qualify for the Boston Marathon with a 2.35 marathon (the qualifying time for 30-35 was just under 2:50). Not too shabby! He was my inspiration to begin running and he was also a personal friend of Jock Semple, yes, he of the Kathy Switzer fame.

I took those new Nike's ($19:95 US) back to Ireland and so began some serious running. I loved the freedom of running the country roads where I lived at the time. Working in a factory that employed 4,000 people, and residing on a housing estate (subdivision) where we had postage-size yards in terraced rows, and when the neighbours argued we could hear every word, it was both pleasing and pleasant to go for a run either before or after my "shift" at the factory. That was 45 years ago, and a lot of water has flowed under the bridge since then and many miles run down country roads, through meadows and forests, along trails, by rivers, lakes and oceans.

It was Howard Clinebell (a United Methodist minister and professor of pastoral care and counselling and who is credited with helping people who have experienced trauma understand the healing power of nature. Howard Clinebell even coined a word to describe the science behind his work, and that word is "ecotherapy" and his book "Ecotherapy - Healing Ourselves, Healing the Earth" introduced readers to an innovative approach to ecologically-grounded personality-theory, spirituality, and education. Clinebell also called it "green therapy" and "earth-centered therapy".

I recall with a sense of wistful affection of those early runs down country roads back home, with green pastures on each side, and often sheep or cows lazily chewing away. We had lots of rain back there (hence its forty shades of green) and so there was often the sound of running water, and birds singing from tree-tops and hedges. There was also sometimes a sharp strong aroma when the slurry (that wonderful mixture of manure) was spread on the land filling the air. Pretty pungent!

Over the years I have become not only interested in “ecotherapy” but have actively set out to practice it, not only during my runs, but also at other times, when just out for a walk, or when sitting looking out the window at my lawn and now blooming colourful spring flowers.

A few years ago there was an article in the local paper here in Fonthill, Ontario, describing how there was an opportunity offered to Canadian Veterans teaching them how to “fly-fish” as participation with nature, being near or in or on water, surrounded by trees and songbirds, and the repeated pattern of the movement of casting helped one be in rhythm with nature’s mystical power to lower blood pressure, slow the heart and clear the mind. All measurable indications that it is therapeutic, thus having a good effect, not just on the body and mind, but also on the soul, which is not quite so easy to measure. Vietnam veterans have strongly asserted that Post Traumatic Stress Disorder (PTSD) is not a disorder of the mind, but rather an injury of the soul.

Ecotherapy can be experienced not only through running, but also through walking, hiking, biking, gardening, nature photography, or just sitting in a park or under a tree - the Japanese call it “forest bathing - (Shinrin yoku). Even just looking out the window or at photos of nature have a calming affect on the mind, body and soul. Studies have shown that the view from your hospital bed can either facilitate healing or actually impede healing, such is the power of Mother Nature.

As I reflect on nature’s mystical power to heal the body, mind and soul, and on the 45 years of running through the seasons, and all the sights, sounds, smells and challenges that presents, I have found that not only does the run give me a sense of well-being, but that I also understand it is incredibly and extraordinarily therapeutic. It refreshes my soul. Run gently and enjoy nature.

The Running Rev!

Good morning, afternoon or evening.

A couple of questions left from last months interview with me.

And Harry what was the biggest disappointment(s) of all your running, cycling and swimming activities?
Number 1; without a doubt, swimming! I tried for over 2 years to master the front crawl, but I did not succeed! While I am typing this, I decided again to swim the "fast" crawl in the late Fall.

Number 2; Not winning the New York City Marathon!
I entered 4 times and once I did not even start because I got a bad cold on the way to New York. The biggest problem for me was the start. There were thousands of runners ahead of me and I passed many of them but at the end I was no closer than nr 12364.

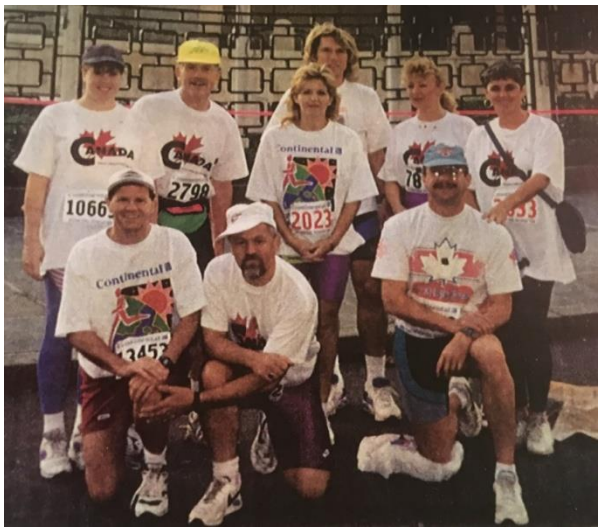
Number 3; My very good friend JC moved to Ontario. We had many years of banter going and although we visit once a year, that is not the same. Weather wise he made a smart move, going from 8 months of winter to 10 months of summer. So, who can be the next JC? Apply ASAP and have a current CV!

Harry, did you accomplish anything?
I am very proud that God gave me a body that is seventy years old and of that is running for more than 30. In later years I added cycling and swimming. So happy and grateful!

Harry, what drives you?
Even though I am not a very fast runner or biker, I am very competitive! Always trying to keep up or pass anybody even if it is only for a few seconds. That started already more than forty years ago when I was selling cookies with my brother John. We each had a Dodge Maxi van and we filled it up with cookies in the morning and we kept going till it was empty! As you all know I have used every short cut in Fredericton, just to get ahead!

Last question Harry because I am getting tired typing all of this. What do you think about the New Revived Foot Notes?
It was an excellent idea from the current CCRR board to get it going again. So far, I have read everything, and I am impressed with what was produced.

Sometimes I am wondering if our members have problems with their eyesight, maybe we have to go to a larger font, because I have not received any feedback on my pictures!



Last month picture was taken in New York.

Top line: Tracy Ferguson, Sandy McNeill, Bobbi and Wolfgang Steffe, Judy McMann and Muriel Sutherland.

Front line: Lloyd Sutherland, me and Bill Trewin.

Judy is waiting for a double lung transplant and have not seen Sandy or Bill.

Who, where and when?

One person in this photo wanted a confirmation that he was ahead of the yellow shuffler, his answer was that he was in the process of lapping him!

Click the mail link to vote and maybe have a better caption.
hhdrst@gmail.com

From the Back of The Pack and proud of it!

HARRY