

# FOOTNOTES



Looking back 15 years to the 2004 Boston Marathoners...



James Tucker, Wolfgang Steffe, Sylvie Toussaint, Cindy MacDonald, Mark LeBlanc, Annabelle Vessey, Terry Haines, Allyson MacDonald, Tony Tremblay, Dave Macleod, Amelia Maxwell, Tom Reddon, Bob Comier



Tom Reddon, Michel Losier, *Uta Pippig* (Boston Marathon Winner 1994-1996), Wolfgang Steffe, Dave McLeod

## From the President

Mike Stabenhurst

### Winter Marathon?

No, I'm not talking about running a marathon – Winter this year is the marathon! I remember back in early November we got a surprise snowfall that has stayed on the ground ever since. But just like the beginning of the race we were still optimistic... But then January came and went without the customary thaw and the snow continued. February wasn't any better and I think I hit the wall around the last week of the month. March is finally here, the sun is warm, but we've still got a few miles left to go, and just like the 26.2 event they can be the hardest.

OK, I'll stop the complaining now...

The executive is moving ahead with getting our CCRR T-shirts and I hope everyone will wear them proudly and help promote our club. Don't forget to encourage your friends to join the club if they're not already members. We're also looking ahead to some Spring events, and the 'Run Your Own Time' will be scheduled for April, and lots more to come.

Mike

\*\*\*

## Boston Marathon- Monday, Apr 15, 2019

Once again runners are putting in the long time and distances in preparation for this year's Boston Marathon. Winter has not been kind to them. You never know till you get there what the local weather will be.

All the best to the local runners registered for Boston this year; Donna Trites, France Haché, Greg McCann, Lesley O'Brien, Mary Bartlett, Susan Holt, Schelly Mackinnon, Steve Dohaney, and Toby Richardson

Back 15 years ago in 2004 more than 1,100 runners suffered dehydration, and other medical problems as the temperature reached **29.5C**. Wolfgang and I finished last as we ran, walked, ran to finish and get our medal!

	Overall	Gender	Division	Official Time	Net Time
Dave Macleod	3039 / 16743	2690 / 10504	903 / 3877	3:42:18	3:37:22
Michel Losier	3199 / 16743	2807 / 10504	950 / 3877	3:43:39	3:38:43
Amelia Maxwell	4130 / 16743	648 / 6239	125 / 1982	3:51:01	3:40:51
Tony Tremblay	5496 / 16743	4416 / 10504	1746 / 3877	4:00:03	3:55:07
Allyson MacDonald	7189 / 16743	1809 / 6239	1361 / 3697	4:11:14	3:58:20
Sylvie Toussaint	9084 / 16743	2720 / 6239	1934 / 3697	4:24:29	4:14:20
Frank Stapleton	9594 / 16743	6622 / 10504	112 / 539	4:27:58	4:21:00
Cindy MacDonald	11474 / 16743	3879 / 6239	1180 / 1982	4:42:39	4:29:21
Annabelle Vessey	11885 / 16743	4095 / 6239	191 / 482	4:46:12	4:32:07
Terry Haines	12597 / 16743	8181 / 10504	1510 / 2037	4:53:00	4:47:05
Bob Comier	12961 / 16743	8390 / 10504	1570 / 2037	4:57:10	4:51:57
Wolfgang Steffe	13096 / 16743	8475 / 10504	3311 / 3877	4:58:37	4:53:57
Tom Reddon	13097 / 16743	8476 / 10504	3312 / 3877	4:58:37	4:54:27

The Editor

\*\*\*\*\* FOOTNOTES March 2019 \*\*\*\*\*

### President

Mike Stabenhurst  
[mikesdebp@yahoo.com](mailto:mikesdebp@yahoo.com)

### Vice-President

Troy Sandwith  
[trojansandals@gmail.com](mailto:trojansandals@gmail.com)

### Secretary

Janet Tree  
[ictree1@nbnet.nb.ca](mailto:ictree1@nbnet.nb.ca)

### Treasurer

Sara Young  
[sarajustinyoung@yahoo.ca](mailto:sarajustinyoung@yahoo.ca)

### Registrar

Fran Robinson  
[alces@nbnet.nb.ca](mailto:alces@nbnet.nb.ca)

### Director-at-Large

Mike McKendy  
[mckendym@gmail.com](mailto:mckendym@gmail.com)

### Director-at-Large

Steve Scott  
[scottie46@hotmail.com](mailto:scottie46@hotmail.com)

### Fall Classic Race Director

Mike Melanson  
[mmelanson101@gmail.com](mailto:mmelanson101@gmail.com)

### Footnotes Ediotor

Tom Reddon  
[tom.reddon@live.ca](mailto:tom.reddon@live.ca)

Published by the Capital City Road Runners  
\*\*\*\*\*



# It's all in the Technique

Courtesy of [ChiRunning](#)

Running injuries are not inevitable, as so many people believe them to be. The idea that running causes injury is a myth that we want to put to sleep – forever.

Runner's knee, shin splints, IT band syndrome, plantar fasciitis – all the dreaded side-liners that put so many runners off their stride are, in most cases, preventable. Just as in everyday living, accidents can happen, and injuries can happen as well. But just as a good, cautious driver has fewer accidents, someone who is using good running technique, will have fewer injuries. When you are aware of your own body's limits, listen to your body, and watch for signs that something is not in line, you will have fewer injuries, and potentially none at all.

When people find out that Danny is a running instructor, he inevitably hears the story of a once-upon-a-time runner who "had" to stop because they were getting older and getting injured. What people call Runner's Knee is the number one reason why people quit their once-loved sport. Shin splints are another frequent culprit. Perhaps even more often, we hear about how people have a secret desire to run but are afraid of the potential for injury.

We've met lots of 40-60 year-olds who think it's too late to start running. It's a common question, "Aren't I too old to start running? Isn't it too dangerous for someone my age?" Our answer, in most cases is, "No, you're not too old and running is NOT dangerous, if you run correctly. ChiRunning teaches you how."

OK, there are golf lessons, tennis lessons, lessons to make more money and lessons to have better sex. Well, guess what? Taking lessons to do something well is not only the best way to get good at it, it's also the best way to learn to do something SAFELY and enjoy it more.

The same is true for running. Whether you're just a regular jogger, getting out there for exercise, a youngster who likes to burn off some steam, or one of us older folks who runs to keep fit and enjoy life, running is more enjoyable, and safer if you know what you're doing. And yes, even old dogs can learn new tricks. We can't tell you how many letters we get from people telling us that making one or two simple changes has had a profound effect on their running. Now, one or two simple changes in your running form won't prevent injury for a lifetime for most people, but regular, committed practice of ChiRunning can.

## Top Ten Running Tips to Prevent Injury

1. Listen to your body and pay attention to pain
2. When in pain, make a change in your running form to correct the cause
3. Improve and perfect your posture
4. Keep your foot strike under, or behind, your knee
5. Upgrade your running program gradually
6. Land on your mid-foot, not on the heel of your foot
7. Start off every run slowly to warm up
8. Maintain a shorter stride at the beginning of your runs
9. Don't wear old running shoes
10. Deep slow stretches after your run, not short bouncy ones

## Let's fill these out a bit

1. "Listen to your body," means just that – LISTEN. I call it Body Sensing. Most people don't listen to their bodies because most of the ad campaigns of drug companies are telling you NOT to. "Don't pay attention to a gassy, horrible stomach from eating too much, just drink our disgusting pink stuff." "Headache? Why not pop our pill (rather than get away from your computer and get some fresh air and put us out of business)." "Stabbing knee pain during your marathon?? Take these pills and go see your surgeon on Monday." ChiRunning is at the opposite end of this spectrum. Get to know every nuance of your body. Pay attention to every detail. Learn the different voices of pain, just as a mother can tell whether her child's cry is of hunger, anger or sleepiness. If the pain you feel is other than productive discomfort, go to step number 2.

2. If you're in pain when running then learn what you're doing wrong and make a correction. That's right. If you're in pain you can almost always do something about it. If your hips are aching, you most likely need to level your pelvis and engage your core muscles. If you're knee hurts, it could be several things, but find out and make a change. You might be over striding or landing in front of you center of gravity or pronating. Adjust these things and you can alleviate the pain and prevent long term injury.
3. OK, good posture is everything in T'ai Chi – and in all movement as far as I can tell. When your posture is aligned, all movement has a better chance of being correct. Good alignment is the foundation for efficient movement and promotes a healthy spine. Your chi moves up and down your spine. If you're crooked, the flow of energy is inhibited and your movement will not be fluid. If you're long, strong and tall (even if you're short) your movement can flow out of that straight pipe. Your posture effects your breathing, your movement, your digestion. Perfecting your posture is fundamental to a being pain-free and injury-free runner.
4. In ChiRunning you lean slightly from your ankles so that your center is always in front of your foot strike. If your foot hits the ground in front of your knee, you're putting on the brakes and really pounding every joint from your ankles on up. Plantar fasciitis, shin splints, knee pain, hip pain, and lower back pain can originate from the pounding that occurs when your foot strikes in front of your knees. Let your feet swing out the back while your upright posture leans slightly forward over your heals, and let gravity, not your legs, pull you forward.
5. Life may be short, but there is always time to accomplish what's most important. When you're learning something new, upgrading your running schedule or adding speed or distance, it is always wise to follow the principle of Gradual Progress. If you try to do too much too soon, you're writing a recipe for injury!! If your longest run is five miles, don't try to run a marathon in three months... eight months is more like it. When you're learning ChiRunning, don't expect to perfect it in the first month. Pushing and forcing your way to a goal is a way to get hurt. Set reasonable goals and take your time. Savor your experience and enjoy the process. You'll run for the rest of your life if you take your time now.
6. Land on your mid-foot, not on your heels. Every time your foot meets the ground, you should be in a one-legged posture stance with your whole foot in contact with the ground, supporting your posture line. This will allow your structure to support your body weight with each foot strike. If you land heel first, you could end up with bad knees, plantar fasciitis or sore quads. If you run on the balls of your feet you're considered a toe runner. This will put an incredible strain on your lower legs because they are having to support your entire body weight with each stride. They are not designed for this amount of workload... especially during long distance running. Having a mid-foot strike allows the lower leg to rest during all phases of your stride and you'll never have shin splints again... period.
7. **Start every run slowly and set up your best running form during the first miles.** Then, let speed work it's way into your runs as you warm-up, loosen, and relax your body. Like a book, let your run unfold and let your body speak to you before you ask it to go fast. When starting a run, listen to where you are holding tension. Check in to see if your pelvis is level and your core is engaged fully. Keep your stride short and crisp, and get your heart going without stressing out the joints, muscles and ligaments. Many injuries happen when you go out of the gate too fast, so let gravity take you for a ride by increasing your lean slightly. Then, gracefully let your stride increase along with your speed. You won't get injured this way, and you'll be amazed at what happens.
8. **Most people start out running with too long of a stride.** I commonly see people running slowly with a stride length that I use only with my highest speeds. Lots of things can go wrong with a long, lumbering stride. You'll tend to reach forward with your legs which creates a heavy heel strike and a lot of impact. You'll waste energy by spending too much time with contact with the ground and aggravate your lower legs with shin splints and plantar fasciitis. You could also end up with very sore quads at the end of every run. Shorten your stride when going slowly.
9. **Old running shoes are the worst torture you can put your feet through.** Shoes work great when they're new, but not old ones. The mid-sole gets compacted, the shoe loses flexibility, and injury is often the result. Find a good flexible shoe and get a new pair about every 500 miles. Shoes are very important, so invest your time and money wisely, and find a shoe that works best for you.
10. **I don't believe in stretching before runs.** Instead, I highly suggest the ChiRunning Loosening Exercises before you run and stretching afterwards. The post run stretches, however, need to have some quality to them. Think yoga. Short, bouncy stretches are not only ineffective, they can cause injury. You can move and adjust within that stretch by doing slight adjustments, but stretching is the perfect time to practice your Body Sensing skills. Don't push your stretch too far, but take your time and relax into a deep place of flexibility. Listen to what your muscles are telling you after your run. If you're calves are tight, you may be using them too much on the run. If your shoulders are now moving more easily, the your run did the job of loosening you up.

# 2019 Trackie Super Series & Provincial Championships

*Courtesy of [RunNB](#)*

RunNB is pleased to announce the host races for the 2019 Trackie Super Series and the Provincial Championships.

During the recent RunNB Annual General Meeting, applications for hosting Super Series races and Provincial Championships were reviewed and decided upon, taking into consideration race distance, geographical location, and the history of the race.

The following races have been selected for the 2019 Super Series:

Event	Location	Distance	Date
Lorneville Loop	Lorneville	13km	April 7th 2019
15Km de Grande Digue	Grande Digue	15km	April 27th 2019
Memramcook Run	Memramcook	5km	May 11th 2019
Fredericton 1/2 Marathon	Fredericton	21.1km	May 12th 2019 * Prov Champ*
Cosswinds	Sussex	10km	May 26th 2019
Chaleur	Beresford	10km	June 8th 2019 *Prov Champ*
St Andrews 5 Miler	St. Andrew	5Mi	June 16th 2019
Miramichi Rock and Run	Miramichi	5km	June 23rd 2019 * Prov Champ*
Canada Day 10 miler	GrandBay	10Mi	July 1st 2019
George Gallant	Shediac	10km	July 13th 2019
Joe McGuire	Woodstock	10km	July 27th 2019
Lamèque 5K	Lamèque	5km	August 3rd 2019
Chipman	Chipman	10km	August 10th 2019
Clarence Bastarache	Bouctouche	5km	August 17th 2019
Saint-Francois Half	Saint-François	21.1km	September 1st 2019
Hampton 5 Miler	Hampton	5Mi	September 8th 2019 * Prov Champs*
Dam Run	Perth Andover	10km	October 12th 2019

RunNB originally introduced the Super Series as a means of encouraging participation and friendly competition among runners in the province. Runners accumulate points toward the provincial standings and points are compiled and posted on the RunNB website's Stats page. Runners only receive points for the main race distance of a Trackie Super Series event.

The following races have been selected for the 2019 Provincial Championships:

Date of Race	Distance	Name	Location
TBD	Marathon	TBD	TBD
May 12th 2019	1/2 Marathon	Fredericton 1/2 Marathon	Fredericton
June 8th 2019	10km	Chaleur	Beresford
June 23rd 2019	5km	Miramichi Rock and Run	Miramichi
September 8th 2019	5 Mile	Hampton 5 Miler	Hampton

## Return of the Famous 'Run Your Own Time' Race

By Mike McKendy

After an absence of several years, Capital City Roadrunners Executive is pleased to announce the return of the "Run Your Own Time Race". Many of you will recall previous versions of this event – well attended and fun.

Well, we are going to resurrect it soon. While plans have not been finalized it will tentatively be held on Wednesday April 25, trail conditions dependant.

The event goes like this... The course is a measured five kilometer, out and back route along the green. Each participant will plan how long they think it will take them to complete this run. A clock will be set up at the start finish counting down from 40 minutes. Each participant will leave when they think the clock indicates when they would be back at zero. The winner is that person who returns closest to zero without going over. Participants will be asked not to wear their watch for obvious reasons.

While this is clearly a fun event, it does have a serious side. For even the most casual runner, knowing your pace is very important in running. How often have you started out on a 10K race with a certain goal in mind but began too fast only to flag near the end and end up with a time slower than you set out to run. Conversely, you likely encountered races when you started out too conservatively only to "leave time on the course. The "Run Your Own Time Race" is an ideal opportunity to try to concentrate only on your anticipated pace and neither how fast nor how slow you will finish the event.

As mentioned early we're aiming for late April and will have a spring social at a local establishment after to celebrate the firm onset of Spring (hopefully)!

Stay tuned in future Footnotes and on social media for more information. In the meantime, and in anticipation of the valuable prizes we'll give away, you may wish to start practicing running at a predetermined pace.

\* \* \* \* \*



Do you have it in you to receive a [Wonderfully Wicked Woolastook Whopping](#)? Are you ready to face your competitors in a challenge that can last up to 12 hours? On **June 22, 2019** a 12-hour Last Man Standing event will be held in Woolastook Park off Route 102 along the Kelly Creek, which will be the first of its kind in New Brunswick.

## No Bake Coconut Energy Balls

Submitted by Fran Robinson



### Ingredients:

- $\frac{1}{4}$  cup 60 ml Coconut, unsweetened
- 1 cup 250 ml Quick oats
- $\frac{1}{2}$  cup 125 ml Coconut and peanut spread
- $\frac{1}{2}$  cup 125 ml Flax seed, ground
- $\frac{1}{2}$  cup 60 ml Chocolate chips
- $\frac{1}{2}$  cup 60 ml Maple syrup
- 1 tsp 5ml vanilla

### Directions:

1. Place coconut in a dry frying pan and heat on low until it starts to turn golden brown.
2. Mix all ingredients together in a medium bowl. Cover and chill for 30 minutes.
3. Roll into 1-inch balls and put in fridge until serving.

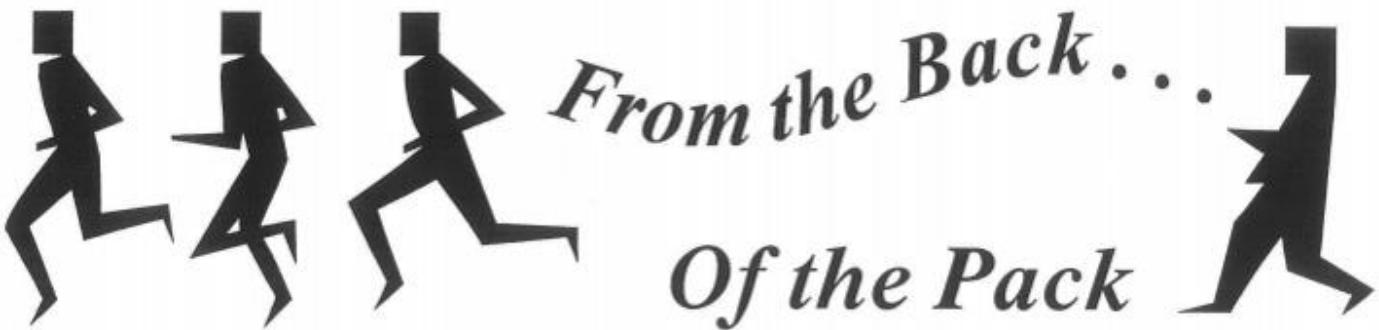
Tip: Replace the coconut and peanut spread with any nut butter.

\* \* \* \* \*



JUNE 9<sup>th</sup> - Smythe Street Cathedral – [a beautiful run thru Odell Park!](#)

The route takes you through the park's main trails where you experience a dynamic terrain surrounded by an eye full of new life springing up in all its varied settings - shaded woods with refreshing streams, green grassy park, and Fredericton's Botanical Gardens.



*From the Back...  
Of the Pack*

**Hello 'readers' of Footnotes,**

Why in the world did the executive asked me again to punish you all with another article?

I cannot run,  
I cannot swim,  
I cannot cycle,  
To all the above I must add, I cannot write.  
But you know what, I keep on trying!

My wife Henny has a list of at least 2 pages of things that I don't want to do, not that that helps me!

Now about running routes around Fredericton. There are Four runs we do almost every two weeks:

1. Curry Centre to Cain Street
2. Curry Centre to the Delta
3. Curry Centre to Superstore Northside
4. Curry Centre to the power lines, Experimental Farm
5. Curry Centre, Marysville loop.

Which run do you like, and we haven't run it for a while?

There are many choices for me, and I like to get of the trails at least once a week.

Who remembers races we have organized in the past and there were no fees involved, just free!

Any ideas and or complaints, just email Henny at [hhdrst@gmail.com](mailto:hhdrst@gmail.com).

Almost seventy and still "running",

From the back of the pack,

"I hate running" Harry.

**Good running, folks!**



---

"It's important to know that at the end of the day it's not the medals you remember. What you remember is the process -- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you're an Olympic Champion."  
-Silken Laumann, Canadian Olympian