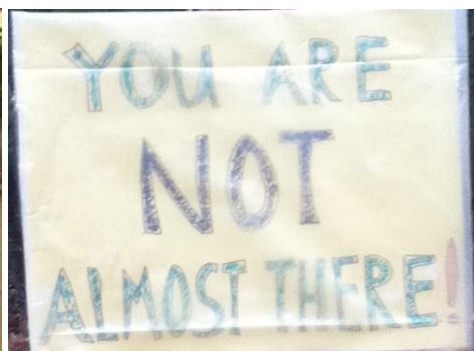
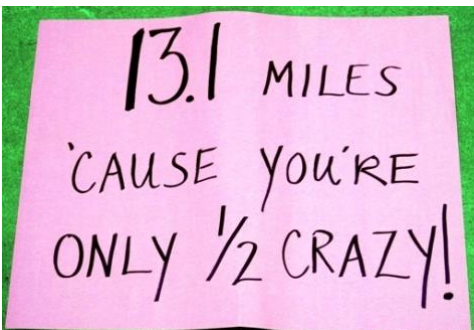
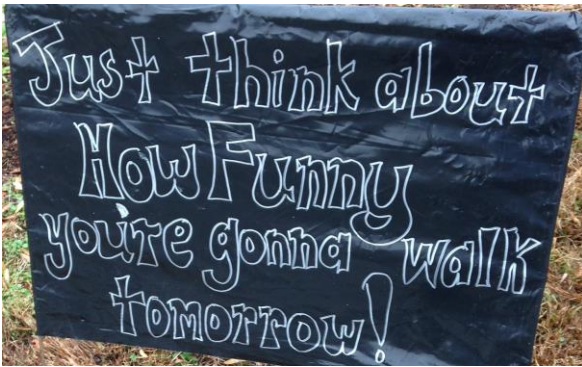
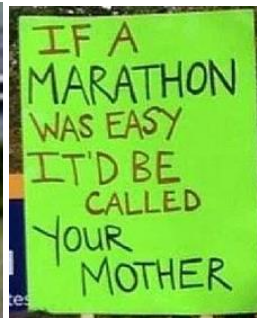


FOOTNOTES



Funny Marathon Signs



IMPORTANT NOTICE: [Road Closures](#) during the Fredericton Marathon weekend!

From the President

Mike Stapenhurst

Springing Ahead!

Well we're over a month into the Spring season and I hope everyone is enjoying the ice-free running conditions on the trails. Now if only the water levels will go down, and the temperature increase a little it will truly feel like Spring. But when it comes to running, we don't really care about the weather – we're tough, right!

It's nice to see the running events coming along at this time of year. Mike McKendy's 'Run Your Own Time' was a great success, and the Fredericton Marathon is coming right up on May 12th. I'm personally looking forward to getting back in shape and enjoying some of these runs!

The club T-shirts are ready for members, so don't forget to pick yours up at the Wednesday or Saturday fun runs. By the way, we're always looking for new members for CCRR so if you know anyone who would like to join our club please let them know.

Mike

Harry's Challenge

Last month's picture was taken on the Philips Rd. past New Maryland. I was running the original route of Frozen Nose and Toes in February.



This month picture was taken **where, who is in it, where are they now, and do they still run?** I am anxiously waiting for your answers!

Send your replies to Harry at hhdrrst@gmail.com

***** FOOTNOTES May 2019 *****

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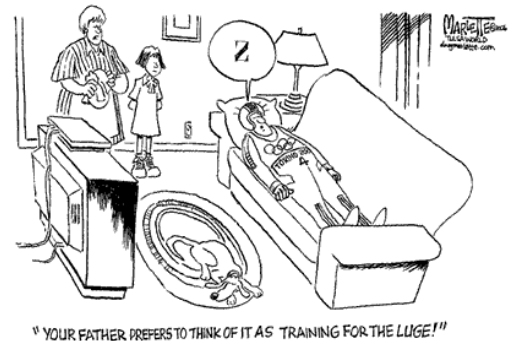
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Published by the Capital City Road Runners



For those of us who have trained for marathons or longer distances, **luge training** is an important step in post LSD run recovery!

Return of the Run Your Own Time Race

April 24, 2019

After an absence of almost three years, the Run Your Own Time Race was resurrected in fine fashion on Wednesday, April 24. True to form it was a miserable; cold and rainy evening. That didn't stop 30 runners from participating in this well-loved event. For those who have not done this event before, it is not a test of speed but, rather, a test of runners' awareness of their pace. While this is billed as a fun event, it does have serious overtones. At any level of competency, it is important to runners to be aware of their pace.

By way of background, I've organized this race a couple of times in the past. Perhaps the most memorable was on October 22, 2014, the same day as the shooting on Ottawa's Parliament Hill. Well, as you may recall, the country was in turmoil and there was a frenzy of security activated across Canada, particularly in our provincial capitals. Like last Wednesday, it was a cold and rainy night and after the runners left to begin their run, Paul Lavoie and I retreated to my car parked nearby to stay dry while waiting for the intrepid runners to return. We left the countdown clock (a large black box with large numerals counting down ominously and resolutely towards zero.

About this time, a couple of LAV's (Light Armoured Vehicles) filled with armed force members trundled down Waterloo Row and spotted our clock/time bomb. They came screeching to a halt expecting for this device to detonate in about 5 minutes and 32 seconds. Paul and I quickly disembarked from the warmth of my car to sheepishly inform our nation's finest that this was a running event and we were not planning on destroying the iconic Waterloo Row with an IED (Improvised Explosive Device). Anyway, to their credit the officers recognized it for what it was and told us to carry on.

Fortunately this year's version did not hold the same level of drama. But hopefully participants had as much fun.

Following the event many of the participants retreated to Grimross Brewing for pizza, socialization and awards. The following are the award winners;

- **Closest to Zero** (without going over) – Fran (One second under!)
- **Second** – Rick
- **Third** – Danica and her infant daughter Autumn
- **Fourth** – Lloyd
- **Fifth** – Helen
- **Most Ambitious** (those who departed the start at the lowest time) Jason and Troy
- **Most Pessimistic** (runner who came back first) – Sandy
- **Most Optimistic** (runner who came back last) – Brenda

There was lots of pizza, prizes and merriment at the social. It was particularly gratifying that members of Soul Mates and Running Room joined us.

Special thanks to:

- John Acheson from Running Room for providing and tending to the clock (time bomb)
- Stephen and Dawn Dixon for hosting us at Grimross Brewing
- Tom (*Lazarus*) Reddon for helping at the start/finish line
- Brenda Tree for helping with the social

This is another example of CCRR Executive working hard to live up to our slogan as "The Fun Running Club"

Mike McKendy

"Like most runners, I always want to do better. I am constantly after myself for eating too much and training too little. I know if I weighed a few pounds less and trained a few hours more, my times would improve. But I find the rewards not quite worth the effort. I am forced, therefore, to do the best with what I've got. I must get my speed and distance from the most efficient use of my body."
- George Sheenan

Running MythBusters

by Dawn Mockler

Well, wasn't that an April to remember? Hope you all made it through with minimal damage to homes and cottages. Such a beautiful city but seems like we are paying dearly for the ways we've damaged our planet. But that's another article ;)

Now to continue our list of Busted Myths!

7. Avoiding Hard Surfaces reduces risk of Injury. This is a tough one to swallow. I have had shin splints when switching from snowy runs to paved trails. Research shows that different surfaces lead to different types of injuries, and most injuries are due to a change in surface. In other word, we adapt to the surface we run on. Softer surfaces tend to lead to sprains/strains, while hard surfaces are associated with stress fractures/shin splints. No surface is innately bad for us, we just need to adjust gradually. Runners should listen to our bodies in times of transition and adjust accordingly. Proprioception/balance work would be advisable if you know you are going to do a muddy or trail run and that is not normally your training surface.

8. Running is a new fad. It is the oldest fad. Homo Erectus began running 2 million years ago. A lot of traits humans have today are adaptations that made us successful hunters. We evolved to run. Being able to perspire via our skin while still breathing was a huge advantage when hunting animals that panted. We could tire out the creatures faster than us. Our larger than apes' glutes, spring ligament in our feet, long legs and our ability to uncouple shoulder/hip rotation are all clues that our ability to run (and use our big brain) were necessary for the survival of our species. It is the most natural thing in the world for humans to do.

9. The phrase "dumb jock". Scientists have discovered the release of something called Neurotrophic Growth Factor during exercise. This substance helps facilitate new neural connections in the brain. In the book Spark by John Ratey MD they tell of a study whereby students exercise at the beginning of the school day. They were blown away by the students' grades- they improved significantly. Exercise benefits the brain in people suffering from anxiety (desensitizing people as the body's response to exercise is very similar to our amygdala's flight-or fight response). Exercise makes you smarter. Calmer. Never feel guilty for taking time to run!

Hope you get out and enjoy the beautiful sunshine!

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 Amazfit Bip Sport Watch

By Mike McKendy

Before you accuse me of typos in my article sub-title, I'll agree it's a strange name!

As a tech nut, I have always been on the leading/bleeding edge of technology, particularly when it comes to watch gizmos. I remember well, the heady days of the Timex Triathlon which was the favoured watch way back when I was running 37-minute 10k's (I know that seems hard to believe).

I was an early user of Global Positioning Systems (GPS) on my sailboats so as soon as it became available on a watch, I forked over the \$300 shekels or so for my first-generation Garmin. Garmin is a pioneer in GPS technology, and I had/have several on my boat. What a thrill to actually know your distance run and pace! Up to this time I had to rely on Terry Haines' "eight-minute mile" factor.



So I had a succession of Garmin sport watches and was always very happy with them until the next new model came on the market. My most recent was a Garmin Vivoactive HR+ which was an excellent watch. I loved that it would upload my pitiful runs to Strava for my buddies to see and tease me about my pedestrian pace. Bernie always kept me honest when I would forget to shut my watch off after a run and my time would include me driving my sports car at breakneck pace to the Saturday morning post run breakfast, thereby bringing my run pace down to an average 5:30 mile.

Well, Judy & I were on a Caribbean cruise this past winter. I spent too much time in the pool and alas, my watch died. What to do???

Being a poor retiree on fixed income, I did not want to shell out another \$350 for a replacement and frankly, I always like new technology; not the same old/same old. So, I decided to roam the web and see what alternatives might be available. Actually, I was incited by reading a post on the CCRR fb site by former Frederictonian and athlete extraordinaire Gary Timberlake who reported buying an el cheapo fitness band from Wish!

So I finally came across this watch with the unlikely name Amzfit Bip on Amazon which was delivered to my house three days later for the princely sum of \$99.00. I had deliberately set my expectations low so I would not be let down by what might be an inferior product. The online reviews were almost unanimously very positive, but I've found that most e-ratings are much higher than reality.

Well I've had it for almost two months now and am very happy with it. Mind you it hasn't recorded an eight-minute mile for me yet but that a fault of this poor old body with 100,000 running kilometers on it.

First it's tiny and light compared to my recent, "chunky" Garmin's. And it's reasonably stylish; not that that will make much more of a rake. The screen is quite visible in all light conditions and you can choose from multitudinous watch faces to the extent that I can read it even without my Dollar Store reading glasses. It has GPS and GLONASS (bet none of you readers know what the latter means?) which I have found very accurate. In fact, I have a confession to make; I had hoped that Tom Reddon would be able to measure the Run Your Own Time route but I did not feel it was fair to ask him having just returned to the land of the living so I measured it with Bip.

It has a heart rate monitor built in as well as an accelerometer and compass. It measures and records sleep characteristics including my frequent nocturnal trips to the washroom! Best of all is the battery life. The literature boasts a 40 day recharge period with parsimonious use of GPS, heart rate etc. While my running sucks I do at least on and many times two workouts a day so I'm a heavy GPS user. I also keep my heart rate monitor lit so I'll know if and when I'll expire. With the heavy usage, I can get almost two weeks between charges.

Like the Garmin watches' Garmin Connect, the Bip has a proprietary (and free) tracking app called Mi Fit which I've found very comprehensive and comparable with Garmin Connect. Its' biggest downfall is that it does not push automatically to Strava (so Bernie, Tom and Harry can chortle about my feeble training regime). There is a work around which after many hours of frigging I have been able to get working successfully.

It's waterproof (or as they profess, "splash resistant"). So, to spare poor Bip from the ignominious end of Vivoactive HR+ I remove Bip along with my hearing aids when I shower.

Anyway, there are many reviews online. I have absolutely no affiliation with Amazfit. If they wanted a celebrity athlete to vouch for their products, they surely would not choose me! Just thought some of you might be interested in this review. Actually, to be honest Mike Stapenhurst and Tom Reddon have been hounding me for an article for Footnotes and see how easy it is to produce two pages of drive!!

Your Executive led by Prez Mike Stapenhurst has been working hard to make the Club more relevant and attractive to runners. Footnotes is one of the important ways to share information, news and ideas. I would challenge other CCRR members to contribute to Footnotes; you all have something interesting to share,
Yours in Running (OK run/walking)

Mike McKendy

Training Tips: Practice Fueling and Hydration on the Run

Courtesy of Canadian Running Magazine

Knowing when and how often to take fuel as well as hydrate during longer run and races is an important skill that must be practiced well in advance.



Whether you're training for an upcoming race, running longer long runs or just getting excited for the upcoming warmer weather, learning when and how to fuel and hydrate while running is a valuable skill.

Any run lasting longer than about 75 minutes will begin to require additional energy and fuel. Likewise, running on hot and humid days will demand a hydration strategy to replace lost fluids and prevent dehydration. Some runners are more susceptible than others and depend largely on an individual's sweat rate.

Those training for races such as the half and full marathon should be particularly concerned with how they plan to fuel and hydrate during their race. Not doing so could have a significant (and likely detrimental) impact on health and performance.

Luckily, as with any skill, taking the time to practice this in training will go far to ensuring a successful outcome.

The first thing you should do is plan to practice fueling during your weekly long run. You can carry your own bottles to fuel or plan to have them placed (or hidden) on your planned route. You could possibly have a friend or family member do this for you. This also allows you to use whatever fuel and beverage you prefer.

Another opportunity to do this is during a run or race where organizers already provide aid stations, including water and electrolytes on the course. Use the run as a dress rehearsal of when, what and how often you'll fuel and hydrate.

The type and timing of fuel you require will be very specific to you. It's important to practice and see what works (and what doesn't). As a general rule, aim to intake 30-60g of carbohydrates every hour and do this with a bit of fluid to help aid in absorption. The "rules" regarding when and how much to drink to avoid dehydration are far less clear or complete. In general, drink when thirsty and if you know it will be warm (or you happen to sweat a lot), drink early and often, but focus less on how much. In all cases, fueling and hydrating even a little is better than nothing at all.

Whatever you do, don't leave it too late. As you increase the time and distance of your longest runs, make sure your fueling and hydration plan follow suit. Also be sure to practice your plan well before an important run or race.

- April 6th, 2018 by Dan Way

Shorts & Singlets

By Brenda Tree

On April 24th the club had a predict your time 5 km. The clock started at 45 mins, you started when you thought you might finish, didnt wear watches and away you went. The weather was cold and rainy and going over the walking bridge with water running fast seemingly right under your feet was kind of scary (flooding) but it was fun.

Mike Mckendy put on this event, well done Mike. He had help from folks even the newly recovering Tom Reddon. There were 30 odd (and some of us were odd) participants, even a 7 month old, and after we met at GRIMROSE brewhouse where we had pizza and beer. There were prizes for closest and Fran was only 2 seconds off her predicted time. As one of the original roadrunners, it was fun seeing quite a few of the members from the 80s (1980s that is).

Now here is where I reminisce, in the 80s Saint John would have the predict your time runs. The catch with these races were the distance was kind of unknown, like "around 10km and so on". You put down a prediction number before the start, gave the organizer your watch and off everyone went at same time. It was neat at the awards when race winner got a t-shirt but best time prediction would get sneakers.

Here are some of my memories: one race getting waylaid by a train of like 100 boxcars when 30 or 40 of us waited ? patiently and then left after the train passed were started running in the order in which we got there, another time I was running through Rockwood Park with a male runner who was Pat Rocka (look him up) and finding out his partner was an armed bodyguard, the race was also sponsored by MOOSEHEAD so the designated drivers were all determined before the reception (cases and cases of beer were involved), and, there was also a communal hottub for all to gather after race and before reception at a hotel (yuck now that I think about it).

Loved this "free" race guys and the first to leave and last to finish, me , had a great time.



Masala Hummus

Recipe by Once Upon a Cutting Board
Submitted by Bernie Arseneau



INGREDIENTS:

1 (19oz) can of chickpeas, drained and rinsed
1/3 cup liquid from the can of chickpeas
3 tablespoons tahini
2 tablespoons fresh lemon juice
1 tablespoon honey
2 tablespoons finely chopped onion
1 clove garlic, minced
1 teaspoon garam masala
1/2 teaspoon turmeric
1/2 teaspoon cumin
1/2 teaspoon ginger powder
3/4 teaspoon salt
2 tablespoons extra virgin olive oil

DIRECTIONS:

Add all ingredients except for the olive oil into the bowl of a food processor and process until smooth.

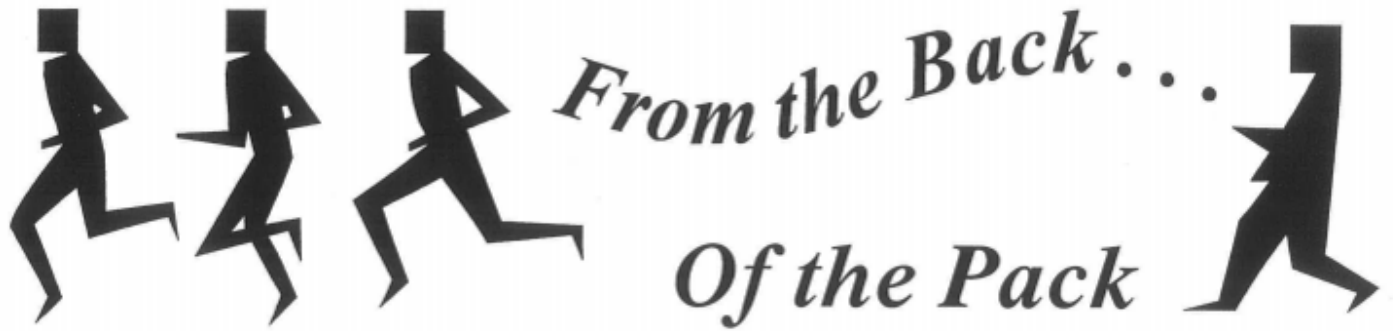
Add the olive oil to the feed tube and let slowly pour into the bowl as the motor is running, until it's well incorporated.

Taste and adjust any seasonings if necessary.



JUNE 9th - 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 in all its varied settings - shaded woods with refreshing streams, green grassy park, and Fredericton's Botanical Gardens.



Hello everyone,

It is about 5 am Sunday morning and I am wide awake. Suddenly I remember that Foot Notes is waiting for my May article. So, I am going to interview myself.

Harry, when did you start running?

I believe it was in the late eighties.

How was your first run?

I remember this very well. It was a loop of around 2 km at the most. At the end I was gasping for air and sat on a chair to recover from that ordeal!

Who was your first running partner?

Her name is Evelyn and she ran with me for a month or so and gave up.

I suppose she didn't like the clatter of my wooden shoes. My Kmart sneakers were worn out too in a matter of weeks

Who was your next running partner/victim?

That was Tony, he lived around the corner and I saw him going by just about every day.

He put up with me for years but found some lame excuse of flooding and moved up to a dryer neighbourhood.

When did you join the Capital City Road Runners?

My guess is that it was maybe 1990. Sunday afternoon running with the likes of Steve, Sandy, Mike and many others. I remember their backs but was unable to talk to them for years!

When was your first race?

My first run up Floral, down Burpee!

Did you run a marathon?

Yea, I did the New York Marathon in 1992. And a few more over the next 25 years. Total of 14 marathons but nothing compared to Steve Scott or a Terry Haines! But my claim to fame is that I won two. Self-organized and only participant.

What are your best memories?

Finishing my first marathon in New York! I cried with I crossed the finish line! And running my last marathon with Henny's first marathon in 2012,

Would you do it again?

No doubt about it, yes.

"I hate running" for 31 years.

From The Back Of The Pack and proud of it !

HARRY