

FOOTNOTES



FULTON 5K ~ SUNDAY ~ OCTOBER 27 @ 2PM

The 2019 Fulton 5k will be held on October 27 at 2:00 pm.

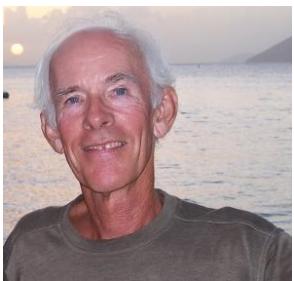
Everyone is welcome to this Capital City Road Runners fun run.

The Nashwaaksis Middle School - off Fulton Avenue - is the start and finish for the event. This year we will be running in the clockwise direction. The course is as follows:

Starting at the Nashwaaksis Middle School, you descend the school driveway; turn right onto Fulton Avenue and run until it reaches Douglas Avenue (please use the sidewalk); turn right at Douglas Avenue and climb to the top of Douglas Avenue, then enjoy the downhill until you reach Maple St; turn right onto Maple St run to Fulton Avenue; turn right on Fulton Avenue to the driveway leading to Nashwaaksis Middle School; Turn right up the driveway and back to the start/finish line.

After the fun run, participants can meet at TrailWay Brewing on Main Street for a beverage. Contact Bernie Arseneau via email at bernie.arseneau@gmail.com if you need more details.

From the President - Mike Stapenhurst



you are!

If 42.2K seems a little too far, how about attending another CCRR time-horoured event – The Fulton Five? This 5K run will be held on October 27 at 2:00 pm starting at the Nashwaaksis Middle School off Fulton avenue. After the fun run, participants can meet at TrailWay Brewing on Main Street for a beverage.

On another note I'd like to welcome John Cathcart as the new editor for the Footnotes newsletter. John produced the previous version of Footnotes for many years and did a terrific job!

I'd like to say a big THANK YOU to Tom Reddon who was instrumental in helping us revive Footnotes and doing the editing work for several months. ~ Mike

NEW FOOTNOTES EDITOR



Some of you may know that Tom Reddon has stepped down from his position as Editor of Footnotes. We are so thankful that he stepped up to the plate when he did and put on such an incredible job of rejuvenating Footnotes. Thank you so much Tom Reddon!!! Tom's last issue was the August issue.

Replacing Tom is one of our lifetime members, John Cathcart. John has been a member for years and moved some time ago to St. Catherine's Ontario. If you belong to Facebook, you see that John posts more than anyone else on our site, despite not even living here anymore.

Thanks so much John for stepping up to the plate to fill Tom's shoes with editing and compiling the Footnotes edition. ~ CCRR Executive.

* FOOTNOTES ~ September 2019 *

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Chemical Structure

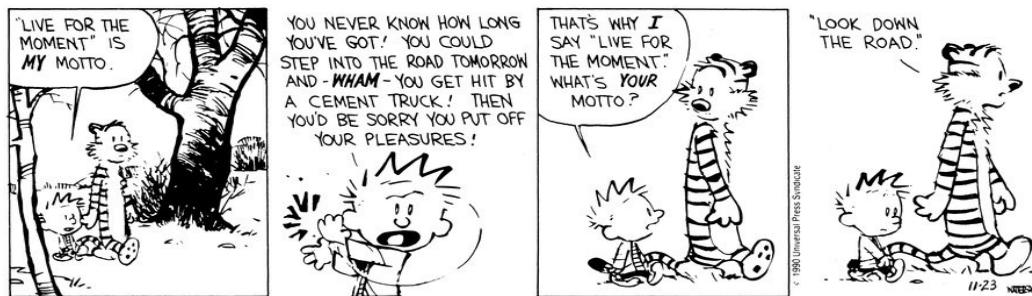


ROB'S RUNBERS

You're reading "Runbers", a collection of numbers related to running, created by Rob Jackson. Issue #1: 149.95



The top running speed achieved by a human is 44.72 kph by none other than Usain Bolt. If he could maintain that speed for 149.95 days, non-stop, he would be able to cover the 160,934 kms that is the total length of the blood vessels in one adult human.



Running on Empty

by Jason Nocera (www.nichecartoons.com)



It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit. ~ George A. Sheehan

THE RUMINATIONS OF A RETIRED RUNNING REVEREND

*In October, a maple tree before your window lights up your room like a great lamp.
Even on cloudy days, its presence helps to dispel the gloom.
~ John Burroughs ~*



When we first moved here in 2014, and after a period of renting a home whose owners were teaching English to children in Malta, we bought a condo in a little place called Fonthill, here in wine country, and within two minutes one could be running out in “farm” country.

The building was one of two, built on seven acres of beautifully landscaped grounds, and out our living room window, at this time of the year, but beginning in late August, upon opening the drapes first thing in the morning, one could watch the great, wonderful, and a bit sad, slow transformation of the huge Maple tree whose branches filled the picture window.

Yes, even on cloudy days, that great, majestic Maple tree is a sight to behold.
It was a spiritual practice to watch the tree change into its Autumn Costume.



There is another great Maple Tree, much better known around these parts than the one outside our condo picture window I'd like to introduce to you. It's known as the Comfort Maple, and is estimated by the Ontario Forestry Association to be some-where between 400-500 years old.

The land on which it sits has been designated a heritage site. The land was once owned by the Comfort family who later donated the land around the tree to the Heritage Foundation.

The majestic and mighty tree is considered to be the oldest and the finest sugar Maple tree in Canada the Comfort Maple towers about 24.4 metres at its crown with a trunk circumference of 6 metres and symbolizes Canada's strength and tradition.

During this time of the year, the month of October, especially for those of us who run, the sights and sounds of the Autumn season are a delightful bonus when out along the highways and byways, through trails, forests, meadows, lakes and rivers.

I have one very special memory of going for a “Thanksgiving Day” run with a group of runners, and as we made our way along the quiet roads, the changing of the colours was in full swing. Everywhere we went, uphill, downhill, and around corners, a great feast for the eyes were our reward as we burned calories to make room for more.



As a longtime runner, I went for my first run way back in 1974, a few years ago, it was the pleasure of being out in nature, surrounded by all the sights and sounds of each season, that really attracted me to the sport. Running and training for a marathon would come later, but initially, still living in Northern Ireland, it was the scenery and the freedom of running along country roads, where sheep and cows, and the singing of birds kept me company. That was back when people thought runners were kind of crazy!

Many years later, I learned that my “pleasure” was actually what is known as “eco-therapy” or as Howard Clinebell in his book, “Ecotherapy - Healing Ourselves -Healing The Earth” also describes as “green therapy” or as the Japanese refer to it as “Shinrin Yoku” or “forest bathing” and has become a cornerstone for preventative healthcare and healing.

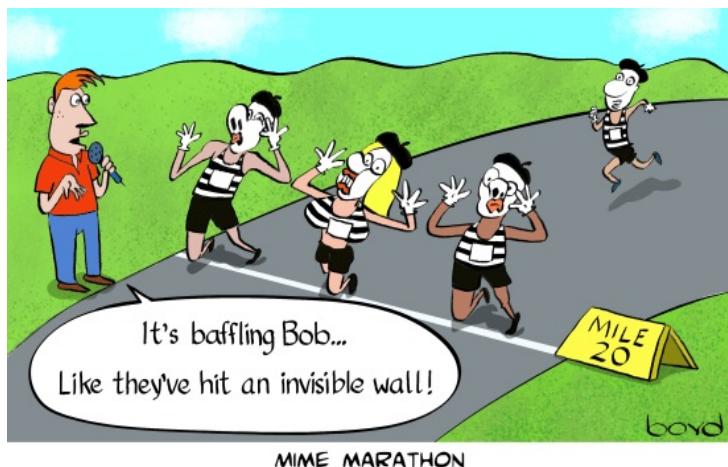
As a “running reverend” as you might expect, I have an “spiritual” interest in seeking to understand “eco-therapy” and nature’s mystical power to heal us, mind, body and soul.

Some 3,000 years ago, someone wrote a beautiful reflection about the presence of God in his life. It is believed he was a shepherd tending his father’s flock, surrounded by sheep and nature, when he was inspired to write what is known in Jewish and Christian circles as “The Twenty-Third Psalm.” It is a wonderful reflection in regards to God’s presence and healing power.

*The Lord is my Shepherd, I shall not be in want,
He makes me lie down in green pastures
He leads me beside still waters. He restores my soul.*

Run Gently, enjoy the freedom, breathe in deeply the sights and sounds of the seasons!
~ the running rev ~

THE GRATITUDE MILE ~ CULTIVATING AN ATTITUDE OF GRATITUDE



No matter how dedicated you are, there are times when the long run gets the best of you. Whether that feeling hits when you are on mile 2 or mile 12, you may find yourself questioning whether you should keep going or just pack it in.

When we asked runners for tips they use to get through a tough long run via Instagram, one of the most popular was the concept of the “gratitude mile.” Runners explained that taking a mile to think about what they are thankful for helps them shift their mind-set and get

them past a mid-run slump. Runner Melissa Emery started it off, with her comment that garnered over 600 likes—and undoubtedly sparked some thinking.

“THE GRATITUDE MILE! Once I hit a wall, I spend the next mile focussing on the things I am grateful for. ‘I am grateful for this beautiful view, I am grateful for the sidewalk, I am grateful for the sun, I am grateful for my legs, and even though they hurt, I know I can do this, etc.’ By the time the mile ends, the wall has been lifted and I continue on,” she wrote.

We connected with Emery to dig a little deeper and find out what the concept of the “gratitude mile” means to her. “It’s easy to focus too much on pace, times, and chasing the next PR. The Gratitude Mile helps you find yourself again and appreciate the fact that you are able to run at all,” says Emery. “I begin by simply taking notice and appreciating the simple things along my run.”

Sometimes, it’s easier said than done, but Emery finds that one simple step can help turn her attitude around. It keeps her focused on the enjoyment she gets from running rather than the discomfort that often accompanies it. This mental shift helps Emery get a mental boost and distract from the monotony of putting one foot in front of the other.

“By the time the mile ends, the wall has been lifted, my spirits are higher, and I am more focused on the wonderful opportunity I have to run rather than a finish time on a clock,” she says.

While this seems to work for Emery, is this something other runners can put into practice, too? We also tapped an expert to see if she’s onto something that could help the rest of us.

“Psychologists will tell you that positive thoughts lead to positive emotions and that often leads to positive outcomes,” running coach Janet Hamilton, owner of Atlanta-based company Running Strong explains. “I often tell my athletes to practice having a positive mantra during long runs.”

Science backs her up: In a study published by *Clinical Psychological Science*, those who engaged in positive self-talk felt more energized than those with a negative mindset. They also had a lower heart rate and sweat response (how much you sweat in response to distress), which triggered a feeling of relaxation. Inevitably, at some point in training or racing, it’s going to get hard—really hard—to hold on to that effort. That’s when that positive mantra is even more important.

“If you have a plan in place that you’ve practiced before—a positive mantra or an idea for ways to bring positive thoughts to mind—you may find that you can get through those ‘down phases’ or ‘tough times,’” she says.

In the midst of a tough long run, it's easy to forget how much you love to run. But when you are slogging through those miserable miles, it can help to take a step back and remember what it is that keeps you coming back. (*Article taken from Runners' World*)

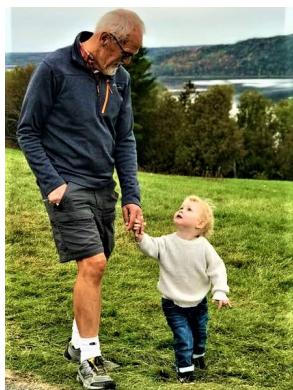
JOGGING THE MEMORY



Capital City Roadrunners



Flying Phil Booker



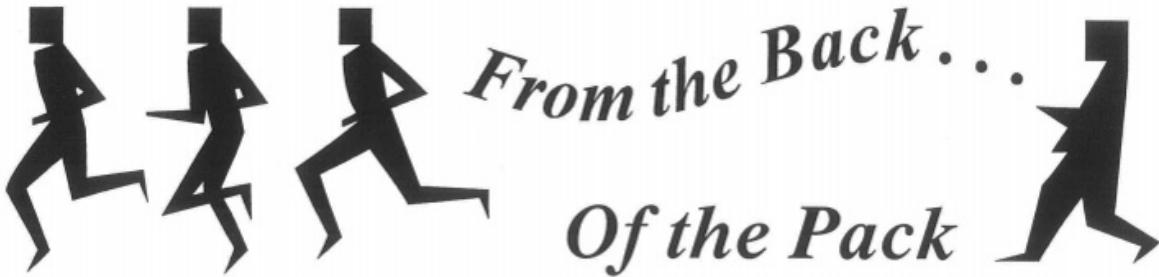
Looking up to Grandpa



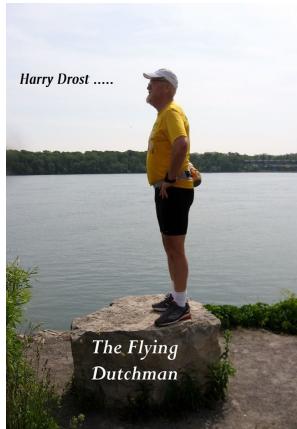
The Legendary Terry Haines & Steve Scott

“The distance runner is mysteriously reconciling the separations of body and mind, of pain and pleasure, of the conscious and the unconscious. He is repairing the rent, and healing the wound in his divided self. He has found a way to make the ordinary extraordinary; the commonplace unique; the everyday eternal.” George Sheehan,

*If you have something, anything, for FOOTNOTES please e-mail me at:
cathcartjohn@hotmail.com*



What if.....?



What if there was no Capital City Road Runners any more?

All of you know that there are not as many members as many years ago. And you know too that most of us are in the over 50 category. So I am going to write down what the club means to me!

First: every Wednesday and Saturday I like to go to the Curry Centre and run. I have been doing this since 1988 and it is a habit that I don't want to break! Second: where else can I find friends who run faster, slower or at my pace?

Third: and who can say that he has run with the 3 Mike's, Lloyd, Debbie, Steve, Noortje, Amy, Tony, Terry, Fran, Eric, John, John, Johnny, three Tree's, Jochen, Paul, Leesa, Tom, Henny, Carol, Jim, Neil and the Ketterlings? And you know what, I am loving every minute of it!

I am expecting a lot of complaints from people not mentioned above, guess what "I am seventy and allowed to forget things".

Harry ,from the defunct "I hate running club".

P.S. You want to be embarrassed?

Sign up for the Very Merry Harry and Henny ~ December 27th challenge.

No matter what I will be the winner !

HAERRY

