

JANUARY / FEBRUARY 2020



~FOOTNOTES~



The Joys and Wonder of Winter Running

Mike Stapenhurst



Congratulations to everyone who participated in Tony's December challenge. I know someone who is still out there exercising every day and going for a record of 50+ days straight! The next event we can look forward to will be the Frozen Nose & Toes run in February.

Have you renewed your membership yet - it's a simpler process this year. The club executive is looking forward to working on more interesting events for our CCRR members to make 2020 a memorable year. We always welcome your suggestions and feedback so please feel free to contact me or anyone else on the executive committee. ~ Mike

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Trust you had an enjoyable December Challenge. Got a story to share?

What was your challenge?
cathcartjohn@hotmail.com

~ JAN / FEB 2020

Capital City Road Runners

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GETTING TO KNOW YOU



When did you start running?

Why did you take up running?

How long have you belonged to the CCRR Club?

What is your favourite running route?

Do you have a favourite running photo?

Send your responses to:
cathcartjohn@hotmail.com

2019 DECEMBER CHALLENGE RESULTS: by Tony Tremblay



Now that I have stats from everyone, I'm happy to share the results of the 2019 December Challenge. Forty-two people and dogs signed up this year (from two countries and two Canadian provinces) and twenty-six people and dogs completed the Challenge. That's significantly more than previous years. And, based on the many reports I received, the vast majority of folks met and exceeded their goals.

For first-time participants, the experience was in learning that a measly three kms per day is not as simple as it seems. Though the weather was mostly cooperative this year, we all had to deal with a bit of snow, ice, cold, wind, and other winter weather – the exception, of course, being our friend Jorge in Mexico, who had much more pleasant weather but mental challenges equal to the ones we faced. Those were dealing with the demands of getting out each and every day, not to mention the conspiratorial negative talk that tries to convince us that we should quit, slow down, or stay on the couch. When the mind and body enter into that compact, the will has to be mighty strong to defeat them. But that's what running and discipline are about: small conquests, small advances. Running as you did is no small accomplishment, then, and I congratulate each of you who participated and finished.

I also want to thank those who sent photos, comments, and poems, all of which helped pull others along. What we learn as runners and walkers is that as much as our activity is solitary, it is aided by likeminded people who nudge, support, motivate, and cajole us as we strive toward our goals. So a sincere thanks to those who contributed stories of their determination and focus. You kept us going, as did the always generous lyrical contributions of the Running Rev. We miss our buddy John but value his participation from a distance.

The **GOOD NEWS** this year is that we had strong donations – and set a new charitable record! As in previous years, many people paid in excess of the \$2 entry fee, knowing that I match contributions dollar for dollar and that 100% of the total (your entry fees + my matching) goes to a local charity. So, **I'm pleased to report that I collected \$170 in entry fees and pledges, which means that I will be making a \$340 donation to the Fredericton Food Bank at Greener Village.** The Food Bank represents the greatest bang for our charitable buck. Many thanks to all of you who contributed so generously to this good cause. Our community is stronger as a result.

Below are the names and stats of finishers who responded to my request for information, and below that, fittingly, a repeat of the final verse from the Running Rev. It bears repeating because it expertly captures the reasons why we do this.

Congratulations, again, to all who participated and to those robust souls who completed. I look forward to your participation again next year. I wish everyone a happy and healthy 2020, and may you all reach your running goals.

Tony Tremblay

<u>Name of Finisher</u>	<u>Wildcards Used</u>	<u>Total December Mileage & Comments</u>
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Stephanie Anselm	0	100 kms
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Stephanie's final comments are eloquent and representative: "Snow, sun, sleet, ice, rain, wind and everything in between. No run in December felt the same despite the challenge being the same each day. I am grateful for each day I went out healthy and equipped to conquer the elements. Life may change the variables but being able to adapt and have a positive mindset allows everything to be possible. Looking forward to 2020." Well said, indeed!

Bernie Arseneau	0	205 kms
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A first-time participant, Bernie used the DC as training for an ambitious walk in Scotland he will be doing this spring.

John Cathcart	0	220 kms
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A new record for the Running Rev. John ran 106 kms in December 2017, 165 kms in December 2018, and 220 kms in December 2019. Impressive gains each year. The DC would be nothing without John's inspirational verses. He reminds us, always eloquently, to run or walk with purpose, preferably "outdoors in the fresh air and surrounded by the mystical healing power of nature!"

Martin Corbett	0	240 kms
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Another strong year for Martin, who still holds the DC record of 400+ kms in December 2018.

Susan Dean	0	127 kms
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Susan has a memorable story of one of her final outings: "One of my [last 3 km walks] was with my sister in downhill ski boots and carrying skis because we accidentally went from the downhill ski area to the Nordic trails on our local Vancouver Island mountain ... longest super awkward walk of our lives with the silver lining being that I got my 3 km in!" That's dedication.

Dorothy Drost	0	184 kms
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Dorothy doubled her mileage from last year's DC. A super effort, indeed!

Harry Drost	NA	NA
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In typical fashion, Harry was a strong supporter of the event this year, even if he didn't run every day. Instead, he focused primarily on beating his sons in another half-marathon challenge – age-graduated, of course.

Maura DuLong **0** **138 kms**

Jos Eijkelestam **0** **167.7 kms**

Jos finished his last December run in the snow at 6.35am. Many days he wanted to give up, he reports, but Noortje was always there to keep him going. 20 years and counting.

Terry Haines **1** **125+ kms**

A frequent participant in the DC, the old iron man used the event to build a strong base for his upcoming Boston marathon, which he will have attended as a 40-, 50-, 60-, and, this year, 70-year-old. Amazing consistency over forty years of running.

Jen (Haines) Harris **4** **125+ kms**

Jen is an original member of the DC participants, one of four who finished the first “official” event in 2015 (there were a couple of unofficial years before that). Jen has the toughness gene from her dad (Terry), and so ends this year’s event with the comment, “looking forward to the next December Challenge but am happy this one is over.” Excellent work, Jen.

Noortje Kunnen **1** **150+ kms**

A setback in late November didn’t stop Noortje from getting out every day in December. She proves again that she is one tough and determined lady.

Julie Mason & Bella **3** **125 + 125 (for Bella)**

Julie and her new pup Bella got out regularly to enjoy the fine December weather. Julie is not sure if she enjoyed the DC or Bella more, but we’ll give her the latter.

Mike McKendy **0** **172 kms**

Mike reports: “I thoroughly enjoyed the challenge and it made me feel part of the running community again.” Great to have you as a part of the DC this year, Mike. You have made incredible strides this year!

Michel Melanson **0** **223 kms**

Mike ran 35 kms more than last year. A long-time DC participant, he found the walking to be a nice recovery from the daily grind of the running.

Jorge Pallares **0** **100+ kms**

Jorge participated again this year from Mexico. A memorable story of his charitable donation was relayed to me: “After our celebratory breakfast on the 28th, Jorge got interrupted by an old guy on the street in our northern Mexican city. We thought nothing of it and continued to the car. Jorge was with the guy for about 15 minutes. It turns out the guy just got deported from the US and was looking for the homeless shelter to spend the night. He had an address, a backpack, and nothing else. Jorge took the time to give him directions and also handed him 200 pesos, which is about 15 dollars CDN. Now, I think that deserves the December Challenge charity award.” I agree. Thanks for extending the charitable spirit of the DC to Mexico, Jorge, and I hope you can participate again next year. You have been our international representative for two years in a row. Happy walking and running in 2020.

Liz Richard **1** **Not recorded**

Liz ran well until the 22nd then was hit by a nasty bug. She persevered, missing only the one day, then was back on track to finish.

This is the second year that Leesa completed the DC, this time bringing Neil along. She also upped her mileage by a significant 25%!

Congrats on a first-time finish, Neil. I hope you can join us again next year.

Another great year for Troy, who pushed his mileage over 300 kms, with over 5000 meters of elevation.

Jason is a second-time finisher, who had a spectacular year in 2019, including his first 100 km ultra. He wins the award this year for the most December mileage.

Back from a year's absence, Brian writes the following: "The DC has worked better than expected. I have been able to run for the entire month without fear Indeed, I have not been running just the minimum. Today, I ran for over an hour and, yes, the conditions were icy! Moreover, an interesting change has been taking place in me of late. I find that some of my old running habits are starting to re-appear." Excellent outcome, Brian; welcome back!

Steve was one of the three wise men who got a special invitation to participate this year – and “the fossil” didn’t disappoint. True to form in his avoidance of moderation, he has run 33 straight days with no rest in sight. “May keep going for a bit longer,” he says; “there is no finish line.”

Bryan is a second-time finisher, who split his runs between Toronto and Mexico, with a memorable run at a Houston golf course. He's the only runner this year, or ever, to run in three countries over the course of the DC.

The long-suffering Ellen, too-often abandoned by her husband's running, joined the DC this year to see what it was all about. She got out every day and enjoyed the experience thoroughly.

The DC Coordinator ran 50 kms in the last 4 days of December to meet this year's self-imposed 200+ km goal. Another year in the books, which makes (he thinks) six years in a row – with no wildcards!

Justin's streak continues! He's run every day since the 2016 DC. That's 1126 straight days! That means we December runners have nothing to complain about. Another amazing accomplishment.

Sara ran a minimum of 3 kms each day and supplemented that with extra walks, some of it related to car repairs! Great job, Sara.

THE DECEMBER CHALLENGE 2019 by the running rhyming rev!

What is this December Challenge, I ask?

Is it a fun thing or some arduous task?

I believe each runner has their own reason,
To challenge themselves this December season.

As we, mature runners, grapple with growing old,
Each one has a personal story, if truth is to be told.
Some run for health, others to lose some weight,
Many for companionship, which you'll agree is great.

Some, like myself, began to run to reduce stress,
Do you ever ponder with such health to be blessed?
We can run for hours, though speed may be slow,
We've covered a lot of K's, as I know you'll know.

You younger ones, too, will also add up many K's,
Spend time in good company that'll make your day.
I was reflecting on my run just the other morning,
How the CCRR always set out, even when stormin'

Back in the day we didn't have trails to run on.
We'd run on roads, ROADRUNNERS!, yes me son!
Sometimes the cars would loudly blare their horns,
And "The Fossil" would give them old hell and scorn.

But I digress, my old mind it begins to wander,
Down memory lane giving me pause to ponder.
Many Great running routes, I'll name just a few,
Springhill and The Farm, my most favourite two.

The Challenge is over, when all's done and said,
The real challenge is that wee voice in your head.
"You're getting too old, so just lay on the couch!"
Or that it tells you to quit, but you ain't no slouch!

The old grow older, the young must do the same,
The real challenge is to stay in life's little game.
What'er your reason for the challenge in December,
You're one tough cookie, young or old, remember!

RHONEX KIPRUTO BREAKS 10KM WORLD RECORD



Kenyan Rhonex Kipruto broke the 10 km world record in 26 min 24 s in Valencia. Kipruto (20) crushed the men's race far ahead of his compatriot Bernard Kimeli (27:12) and the Swiss Julien Wanders (27:13), who improved his own European record by twelve seconds.

Rhonex Kipruto thus improved by 14 seconds the previous world record (26:38) established at the beginning of December by the Ugandan Joshua Cheptegei in Valencia also, but on a different race. Kipruto passed halfway in 13:18, also breaking the 5 km world record. “My head is in the stars,” he said. “I set myself the goal of breaking the world record after running 24:46 in Prague in 2018, and today my dream has come true.”

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A real Jersey cow?

ROB'S RUNBARS by Rob Jackson

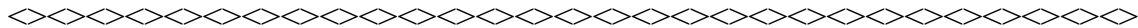


Run New Brunswick features a "Run For The Cycle", which tracks runners who complete a 5k, 5 miles, 10k, half marathon and marathon in a single year.

In 2019 Sacha Hourihan of Southfield was not only fastest among all women, with an average pace of 3:55/km for those five distances, but was also fastest overall, outpacing men's leader Scott Lee of Baxters Corner, who clocked an average pace of 4:04/km.

Sacha was faster than Scott in four of the five distances, with times of 18:14, 30:09, 36:40, 1:23:11 and 2:50:33, compared to Scott's times of 17:47, 30:56, 37:22, 1:23:36 and 3:01:40.

Why not make a Run For The Cycle one of your goals for 2020?



RunNB Announces the 2020 Trackie/Medical Society Super Series and Provincial Championships

RunNB is pleased to announce the host races for the 2020 Trackie/Medical Society Super Series and Provincial Championships. "The RunNB Super Series Program is an incentive to runners who wish to compete in races where they can win a medal in their age category and accumulate points throughout the running season and possibly win an award at the annual RunNB Gala," declared RunNB Chairman, Donald Wade.

"The Provincial Championship program aims at encouraging elite runners to compete in one of the five distances offered and crown a champion, male and female, in each distance," added Wade

RunNB is introducing a new championship policy in 2020 by lifting the New Brunswick residency restriction. Out-of-province runners now qualify for the provincial championships.

2020 Super Series and Provincial Championships programs:

Race	Location	Distance	Date	Programs
15 km de Grande-Digue	Grande-Digue	15 km	April 25	Super Series
Memramcook Run	Memramcook	5 km	May 2	Super Series
Fredericton Marathon	Fredericton	42,2 km	May 10	Super Series & Championship
Crosswinds	Sussex	10 km	May 31	Super Series
10 km Chaleur	Beresford	10 km	June 13	Super Series
10 km Rhéal-Haché	St-Isidore	10 km	June 20	Super Series
Miramichi Rockn'Run	Miramichi	5 km	June 21	Super Series & Championship
Canada Day 10 miler	Grand Bay	10 miles	July 1	Super Series
George Gallant	Shediac	10 km	July 11	Super Series
Joe McGuire	Woodstock	5 km	August 1	Super Series
5 km Lamèque	Lamèque	5 km	August 1	Super Series
Demi-marathon de St-François	St-François	21,1 km	August 30	Super Series
10 km Bathurst	Bathurst	10 km	September 6	Super Series
Hampton 5 miler	Hampton	5 miles	September 13	Super Series & Championship
Fall Classic	Fredericton	10 km	September 27	Super Series & Championship
Demi-marathon de l'Acadie	Tracadie	21,1 km	October 4	Super Series & Championship

Effective 2020, runners must participate in at least five Super Series sanctioned races to qualify for the awards offered at the annual RunNB Gala. At the end of the season, the Super Series standings will be determined by multiplying the number of points cumulated by the number of races completed. Furthermore, only runners who have purchased their RunNB Membership card will be eligible to win one of the top three prizes in each age category at the annual RunNB Gala.

The new Super Series formula could advantage a slower runner who participates in more races.

THE COLDEST NIGHT OF THE YEAR

You'd look great on our team!



For the next few weeks, I'm investing some of my time fundraising for an event our Club is involved with - the Coldest Night of the Year.

This is an invitation to ask you to consider joining our team - Capital City Road Runners and walk with us on Saturday, February 22.

The Coldest Night of the Year is a walk that raises money for folks in our community who need our help. Some of them hungry, more than a few hurting and regrettably, some who are homeless too. Adults, moms and kids, seniors and youth as well.

CNOY is a lot of fun and so valuable - would you join me?

If so, please speak to Ann Flynn - Just cut and past into your browser

<https://secure.e2rm.com/registrant/TeamFundraisingPage.aspx?teamID=887454&langPref=en-CA>



FOSSILS CORNER

By Steve Scott

January 2020



It is the Dead of Winter in Freddy Beach and it is hard to get any traction running or otherwise. I am still working on The Tremblay December Challenge to run and/or walk every day. During the regular 31 day challenge I used one indoor session and so far as of the scribing of this episode I have added 19 more days to it (*day 50 , it is still snowing and the plow has not yet been by with close to 30 cm down so far*) and it is called my New Year Folly. I plan to continue this madness until I come to my senses or forget a day. Injury is also a possibility as well as frostbite and snow blindness.

The above reminds me that the Frozen Nose and Toes Family FUN Run (put on by The Fredericton Marathon) is coming up on February 01, 2020 the last day of FROSTIVAL. If you are interested in a winter FUN

RUNNING event which the CCRR (Paul Lavoie) invented many years ago this one is just waiting for you to sign up. Go to the Fredericton Marathon website.

Many Resolutions were begun on January 1st 2020 including my own of “foresaking barley water also known as beer” for the month of January or longer. Several of my older running walking buddies have gone a step further and are passing on all alcohol for the month. I commend their tenacity. Furthermore I hope that due to the December Challenge, no one who participated plans to skip running for the Month of January.

A few words of wisdom to all you winter runners, slow down, wear highly visible clothing, protect your vital parts, run facing traffic when on the street and be extra nice to your neighbours as they drive like maniacs near you. Above all, the finger or the fist salute should be replaced with the wave or the thumbs up salute. Be more gentle than Fossil used to be when he was much younger. Ah it is starting to snow, must go out for a run and remember

“...there is no finish line ...”

Fossil

[illegible]

~ *CONDOLENCES* ~

Sincere condolences are offered to Rick Stairs on the death of his Mother.

Hi John, my son (age 25) had a little incident at Harry and Henny's Fun run over Christmas. Here is what he wrote about it. Cheers, Jochen

Lessons Of A Fractured Hand. By Dom Schroer



As is usual for me, this year I went back home for the Christmas holidays. It's always a nice time, however I find that it always ends up being busier than expected. This year was no exception. I had the usual family gatherings, drinks with friends and other get-togethers. Plus, there was one additional sporty social event. My girlfriend and I, who are both runners, were invited to join the Tri-Annual Harry and Henney Fun Run. It was a simple event, start the day with a 5k, a 10k or a half-marathon and then enjoy a nice breakfast. Seemed simple enough and I didn't put much thought into it. Christmas is busy, it's always like that, so what's the worst that could happen?

All I was worried about was a bit of burn out at the end. Little did I know, I would be learning a lot of important lessons in the coming weeks.

The morning of the run was a chilly -10 degrees with a light dusting of snow coming down. A group of around 20 people turned out for the run. There was no particular demographic, just a bunch of running enthusiasts. Just a group of young and older runners shivering out in the snow. So as is normal when the race started, I put on my headphones and began to go at my own pace. I was feeling confident that the 10k would be easy and, for the most part it was. The light snow had covered the trail a little, there was also occasionally a small amount of ice. None of that worried me because I was well in the zone by this point. My running playlist was been perfect and with the clean air I felt exceptional. Just as I reached the 7k turn around point, while thoughts of a good finish were firmly in my mind, I put my foot down onto a bit of black ice without noticing. My feet slid out from under me. I panicked and threw my hands down to catch my fall. Hitting the ground hard in two places, I could feel the shock as I realized what happened. First my knee scraped across the cold ground, ripping my pants and my skin. Then down came my hand. It hit square on, it hurt and was stiff, but there was no sense that anything was really wrong. After that I did what came naturally, I got up and kept running. After all, it was just a small fall right?

By the end of the morning, I was pretty convinced that I had sprained my hand. I had sprained things before, so I knew it would swell, it would be sore and it wouldn't move easily. I don't know if I played it off too well or everyone else had the same idea. We just went about the day and I put my hand on ice. It had swelled up as expected but the pain started to get better. When it did hurt, I assumed it was normal and that I could just tough it out. After all it was just a bruise, it would get better. Looking back now its easy to see

what I did wrong, but I didn't have the experience that I have now. So I kept acting normally, I used my hand a little and iced it a lot. The swelling went down and I figured that I would get better quickly. Before I knew it my trip home was done, and I was on my way back home to Montreal.

Back In Montreal

At first, my time back in Montreal was very uneventful. As expected, I was very exhausted from all the rushing around at home. I cooked, I cleaned and I slept mostly. Did a bit of socializing and a bit of shopping. I really returned to life as normal. My father-in-law saw my hand, which was still swollen, and was concerned. He examined it and concluded that it was probably fine. After all, there was almost no pain anymore. Just to be safe I did go out and get a brace to support my wrist. I figured that it might help a little.

The real tipping point for me was when I got to work. My boss saw the brace that I was wearing and he advised me to get it checked out. My other co-workers as well, they all gave me a hard time. By the end of the day I was feeling much less confident about my hand. In addition to feeding my self-doubt, they also reminded me of a service that we have at the office. It is called EQCare and it is an online medical service. Rather than waiting forever in the emergency room, I could talk to someone that day through the service.

So that's exactly what I did, by the end of the day I had talked to a doctor and gotten a referral to get an x-ray. By the next morning, I had my x-rays and was informed that yes, I had a small fracture. Normally I would just leave after that, but I felt compelled to see what my fracture was like. So I talked to the staff at the radiology clinic and asked for a copy of my images. In the end they agreed, and I left with both the knowledge of my fractured hand, and a CD containing the original x-ray images. Little did I know, but that CD would be one of the most useful tools I could have. I took it everywhere after this.

CHUM

In Montreal, just like most major cities, there are a lot of hospitals. The biggest one is known as the CHUM. It is an imposing set of all black buildings with clean white hallways that stretch off in all directions. It is the results of a project to merge multiple smaller hospitals and improve health care in the city. So when my doctor told me that I should "Go to emergency right now", that is exactly where I went. After all big and new must mean that I would get the best care. I had suspected that I would have to get some treatment after managing to open my x-rays at the office. I clearly had a nice big spike of bone that had cracked off inside my palm, under the pinky. It was time to get me fixed up.

Now, I am not someone who finds waiting in the emergency room to be an unreasonable expectation. So I grabbed my seat around 4PM and did the usual triage upon entering. Honestly I was having a pretty good time all things considered. I had everything that I needed. It was a good opportunity to think about what had happened and what would happen. Honestly I was fairly nervous because by this point a week had passed and the bones had probably already fused. I didn't know exactly what could be done but I waited patiently hoping for the best. The whole evening quickly descended into a blur. Some friends from nearby dropped off a care package and lots of people called me to see what was going on. In the end I spent 11 hours in that emergency room. I left with a cast, an appointment to see a plastic surgeon and a splitting headache.

After my trip to emergency my confidence was coming back. I knew that I had screwed up my hand but at least I had a plan. So I waited patiently for my appointment with the plastic surgeon. Quickly it became apparent that the surgeon would not have a lot of time for me that day. He was split between consultations and viewing patients in the surgery ward. So, when he finally got to me he was clearly not willing to spend any extra minutes that he didn't have to with me. After taking a quick look at my x-ray he told me that if it was the first day then they should have done something. However, since it had been a week, he was not going to make sure that I end up with a perfect x-ray. So he recommended that we just leave it as is, because if he attempted surgery and it was already fused he wouldn't do anything. This didn't sit well with me, so I pushed him for more information. He told me the usual risks of surgery, and what could go wrong. He also told me that if we leave it, as he recommended, then I would probably develop a form of arthritic pain in that joint because the bones were not properly aligned. I pushed him to go for the surgery option and eventually he agreed. However, he left with the following remark: "You know it will be three weeks by then". This made my stomach sink. I could feel that I would not have a good chance along this path. He clearly was not confident that anything could be done.

Sacre Coeur

Now, while this process was occurring, my girlfriend was working at another hospital across the city. It's not as big a hospital as CHUM, but they do have a good history of dealing with trauma patients. So since my hand injury was the effect of sudden trauma from my fall, just maybe they could offer some more helpful guidance for me. So while I waited for my pre-operation at CHUM, my girlfriend ran into one of the plastic surgeons at Sacre Coeur. After discussing my situation, the surgeon suggested that I come in that afternoon, so she could see my hand. It was music to my ears. Maybe I would be able to get more help at this other hospital. I had finished my pre-operation at CHUM but still didn't know when my surgery would be. Things were moving way too slow with the first surgeon.

Compared to the clean white walls of CHUM, Sacre Coeur looks like something from a different planet. There is a mix of old and new equipment moving up and down the halls. Everything that you see seems to be less organized but twice as useful. It's the kind of place that makes you feel assured that everything works, even if nothing quite work on its own. So I made myself to the next waiting room in my now long list of waiting rooms. Surprisingly, it only took me about an hour of waiting to see the doctor. As it turns out, she was a hand specialist. She was quick to explain not only the extent of my injuries but also the physiology of my hand. She told me the same risks as the other doctor but also told me the expected recovery times if they occur. Then she explained how quickly those arthritic effects, that the other doctor mentioned, would take to set in. From her point of view it was not later in life but only a few years before it would become a problem. So finally she recommended that we operate because there were still things that could be done to fix it now. This was music to my ears because not only was there a clear plan, she was not afraid to explain it and put it into action. So I left that office knowing that within a few days I would have my surgery and that things could still be done.

Two days later I was back at Sacre Coeur. I was feeling pretty relaxed, all things considered. The only thing that made me feel a bit off was knowing that I was going to have local anesthetic for my procedure. It's an uncomfortable feeling for me knowing that I will hear them working on my hand. My first stop was the anesthesiologist. For me this was the most interesting part of the surgery. She had to find the exact location of the nerve bundle within my arm. To do this, she used a needle that would emit an electric shock into my shoulder every second as she poked around. When she got close to the nerve, different parts of my arm would jump around. It reminded me of when I would accidentally touch the electric fencer as a kid. When she found the right spot she injected something that would fully numb and paralyze my arm for up to 24 hours. She also assured me that she would give me some cocktail during the surgery so that I don't really know what is going on. This helped me feel a bit more relaxed for what was to come. After I was wheeled into the surgery room, the drugs started to kick in. My arm was going numb, and I was getting rather relaxed. My surgeon arrived along with her assistant. He was a plastic surgery resident with two years remaining. After the drugs really hit me, the surgery became a blur in my mind. I remember hearing a lot of drilling, I remember asking a few questions, and I remember feeling really high. Before I knew it things were over, and I was back in post-operation. I saw the surgeon one last time. She said that I had multiple small pieces that they had to re-fracture. It was not an easy surgery to perform but in the end it was a success.

Recovery

After surgery, I was completely exhausted. Not only did the procedure take a lot out of me physically, but the last two weeks were very difficult emotionally as well. There is thankfully no pain for me after surgery. I feel like things are going to heal well and I can't

wait to get back to my regular routine. It's just a matter of resting and recovering. Everything that I do now is done only with my left hand. Including writing this blog post. They say that I should get the wires removed from my hand in about 6 weeks.

This whole process has given me a lot of things to think about. There are some important lessons that I learned along the way. Starting with day one of the accident, I should have gotten it checked out immediately. I'm not saying go to the hospital for every single injury, but I did not go because there was not a lot of pain. That was the wrong approach. What should have been done was look for things that didn't work quite right. So if you have restriction of movement or a bit of a bump in an odd place, get it checked out just to be safe. The second lesson comes from something that I actually did right. When I got my x-ray, I had a feeling that a copy of my documents would be useful. Later on I used that copy at every step of my procedure. So having a copy of your medical information that you can look after is very important. It's a situation where its better to have and not need rather than need and not have. In the end the biggest lesson for me was how to navigate the medical system. I assumed that the latest and greatest hospital would be enough to look after me. I was very mistaken. As of right now, if I had stayed with the first surgeon, I would still not have had my operation. Plus with his outlook on my situation, I would probably be no better off after he finished. I would say is that if you feel uncomfortable with the medical path you are on, don't stop, but start a second search. Look for a specialist for your particular problem and get a second opinion. You are well within your right to do so and it can not do any damage to your situation. Make sure that you find the right person.

Finally, I would like to express my thanks to everyone who was able to help me along this journey. Starting with all the great men and women who work at EQCare, CHUM and, Sacre Coeur. You were all very helpful and supportive. This experience has given me an even greater respect for all of our healthcare workers. To my co-workers for looking out for me. For making sure that I end up alright when this is over. Thank you to my friends who helped me with care packages and support. You all helped make this easier to get through. Thank you to my mother and father for being there when I was feeling unsure and scared. They supported me and helped me work through all of this. Last but not least, I want to thank my girlfriend and her family. Without them I likely would not have switched hospitals and found a better doctor. I would not have learned all the valuable lessons that I did. I would not have felt so well-supported now that I am recovering. It is clear to me that I have the best people surrounding me in my life and this last three weeks really has shown it.

TLDR

- Get things looked at, even if they only seem a little off.
- Keep personal copies of your medical documents.
- Always find the right specialist for your situation. It's ok to get a second opinion.

DO YOU REALLY NEED THOSE EXPENSIVE SHOES?

This is Jim Thorpe. Look closely at the photo, you can see that he's wearing different socks and shoes. This wasn't a fashion statement. It was the 1912 Olympics, and Jim, an American Indian from Oklahoma represented the U.S. in track and field. On the morning



of his competitions, his shoes were stolen. Luckily, Jim ended up finding two shoes in a garbage can. That's the pair that he's wearing in the photo. But one of the shoes was too big, so he had to wear an extra sock. Wearing these shoes, Jim won two gold medals that day.

Thorpe began the Olympics by crushing the field in the now-defunct pentathlon, which consisted of five events in a single day. He placed first in four of them, dusting his competition in the 1,500-meter run by almost five seconds.

A week later the three-day decathlon competition began in a pouring rain. Thorpe opened the event by splashing down the track in the 100-meter dash in 11.2 seconds — a time not equaled at the Olympics until 1948.

On the second day, Thorpe's shoes were missing. [Track coach Glenn] Warner hastily put together a mismatched pair in time for the high jump, which Thorpe won. Later that afternoon came one of his favorite events, the 110-meter hurdles. Thorpe blistered the track in 15.6 seconds, again quicker than Bob Mathias would run it in '48.

On the final day of competition, Thorpe placed third and fourth in the events in which he was most inexperienced, the pole vault and javelin. Then came the very last event, the 1,500-meter run. The metric mile was a leg-burning monster that came after nine other events over two days. And he was still in mismatched shoes.

A JOG DOWN MEMORY LANE



Warmer Days
are just around
the corner.



Running a marathon cuts years off 'artery age'

By Michelle Roberts
Health editor, BBC News online



Training for and completing a marathon improves the health of a new runner's arteries, cutting about four years off their "vascular age", a study suggests.

Researchers from Barts and University College London tested 138 novice runners attempting the London Marathon. Over six months of training, their arteries regained some youthful elasticity, which should reduce the risk of heart attacks and strokes. And their blood pressure fell as much as if they had been prescribed pills.

Those who were the least fit beforehand appeared to benefit the most. And smaller amounts of aerobic exercise are likely to have a similar effect, according to the British Heart Foundation (BHF), which funded the study, in the *Journal of the American College of Cardiology*.

How fast did they run?

It took them between four and a half and five and a half hours, on average, to run the 26.2 miles.

Is it dangerous?

Runners with a pre-existing but undiagnosed heart condition have died attempting marathons - but this is very rare.

Lead researcher Dr Charlotte Manisty said: "People with known heart disease or other medical conditions should speak to their doctor first. "But for most people, the benefits of taking up exercise far outweigh any risk."

What is the best way to train?

Start months before a marathon, begin each session with a warm-up and gradually increase the distance run. Having rest days between runs allows joints and muscles to recover and strengthen. Ask a doctor about any health concerns.

How much exercise is needed to keep fit and healthy?

Over the course of every week, adults should do a minimum of either:

150 minutes moderate-intensity exercise, such as brisk walking, doubles tennis or cycling

75 minutes vigorous exercise, such as running, football or rugby

People should also do strengthening activities - such as push-ups, sit-ups or lifting and carrying - at least two times a week to give muscles a good workout.

BHF's Prof Metin Avkiran said: "The benefits of exercise are undeniable." "Keeping active reduces your risk of having a heart attack or stroke and cuts your chances of an early death. "As the old mantra goes, 'If exercise were a pill, it would be hailed as a wonder drug.'"



How many years of running between them I wonder!

