

December 2019 / January 2020

FOOTN TES



Merry Christmas

*& Happy Holidays to our Jewish, Muslim, Hindu,
and Wica/Pagan friends and neighbours.*

*AND
A HAPPY NEW YEAR*

~REFLECTIONS OF A RUNNING REV~



Cathcart Photo

This morning, a wet dreary Monday morning, my usual run along the canal and surrounding countryside, turned into an 8km loop. No traffic, no people, no ships, just me and the silence of the raindrops falling on my head. The rain never really amounted to anything. My Garmin watch recorded that my run and subsequent walking around totals 11,343 steps, and the day is not over.

I wonder how many steps that would be over 40 plus years of running? As that famous Chinese proverb states, "A journey of a thousand miles begins with a single step." Or as naturalist John Muir once observed, "In every walk with nature, one receives far more than he seeks."



Recently, while reading an essay on "Creating Restorative Ecotherapeutic Practices" the author Mary Watkins' words of wisdom figuratively stopped me in my tracks and caused my imaginative juices to begin to flow. Watkins wrote of and described something she called "Medicine Stories," where people allowed themselves to be vulnerable and thus permit others to see what makes them tick.

Mary Watkins, as a student studying psychotherapy, writes of how, studying and battling depression at the same time, on many days she had two choices:

“... to lie down and submit to my gathering uncertainties or open the door of my rented room and start to wander.”



It was those words, “open the door ... and start to wander” that spoke to me.

Thirty years plus later, Watkins is still sustained by the opening of that door.

She writes, “I am still sustained by opening the front door, and feeling the width and depth of the world come to surround me. Stepping outside I slip away from the confining and tiresome bubble of self-importance that separates us from what enfolds and holds us, the Earth.”



Her words, “open the door and start to wander” caused me to reflect on the why of my opening the door and starting to wander. I would have to say that those first “hard” steps of running, apart from the difficulty of trying to breathe, one had to endure comments from the peanut gallery asking questions like “Where’s the fire?” or ‘Who’s chasing you?’ or “What’s the hurry?” Why, even my own dear Mother questioned if I was not too old to be wearing those short shorts

and out running at my age. I was in my forties at the time of that comment!



I would have to say that for the first years of running, like maybe the first twenty years, I ran blindly. I didn't really "see" the true benefits of my running.

I did know that somehow, maybe it was the runner's high, that after completing a run, regardless of the distance or difficulty, I always felt good. I know now that that "good" feeling was so much more than the runner's high. Somehow, over time and after many runs down country roads, through forests and among green meadows, and alongside rivers, lakes and oceans, spring, summer, fall and winter, running afforded me a freedom and a peace that surpasses my understanding.

Then one day, again about twenty five years ago, (I've been running over forty five years), while at seminary, I was introduced to Howard Clinebell, a pastor and also a professor of pastoral care and who is credited with coining the phrase "ecotherapy." Clinebell opened another door for me, that proverbial door, and I stepped out and began to wander. I took that first step of being a runner who had taken the blinders off and began to appreciate the beauty of nature that was all around me. Birds singing, babbling brooks, cows quietly chewing the cud, and sheep grazing on Ireland's green hills and amazing valleys.

Over the passing years, since then, ecotherapy, the mystical healing power of nature, has become very important to me. Important to my physical health, important to my mental health, but especially to the health of my soul and its need for solitude. Being surrounded by the sights, sounds, smells, and touch of nature, and even the taste of nature nourishes my soul.

As I write, we are into the second week of Tony's December Challenge, where a record number of participants have signed on, and with a walk category added, that probably accounts for the numbers, and I know for me it made my decision much easier as I was contemplating not participating this year. Getting older

is not for the faint of heart but I don't plan to fall of the couch either!

As this wet, dreary Monday unfolds, and those raindrops have now turned into persistent rain, heavy at times, but with 9C temps, and no need to shovel, there's no complaint from me, but on such a dark, dismal, and damp day, my seasonal affective disorder is in full force. That little act of opening the door and stepping out and going for a wander, is truly the best medicine. Also my runs and walks in nature help keep my type 2 diabetes under control. 'Tis the joys of growing older.



The place where I begin and end most of my runs, is at the terminal where the ferry crosses the canal. It only operates May through October, and is more a tourist attraction, as cyclists and runners use it mostly. However, there's a bench there with a sign which reminds me, at the beginning of my run and again at the end, to indeed, celebrate the day!

As I reflect on the soul's need of solitude, I'm reminded of a favourite quote by Mother Teresa, "We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls."



STEVE (fossil) SCOTT & CAROL SCOTT



You recently asked some questions of all members. Here are my replies.

1.

When did I start? 1971 for a month or two.

Next 1976 and 1977. 1978 was the beginning really.

2.

Why? To lose weight (185 lbs at the time)

3. Favourite route? Many over the years; the Valley Trail currently.

4.

How long a member of CCRR? 1983; Helped with the Founding of the Club.

5.

Favourite running phrase? "there is no finish line".

Also, some time ago you asked for contributions of my favourite Photo.

In 1997 Carol and I ran "BOSTON" and we finished together in 3 hours and 59 minutes and 57 seconds. The photo was taken at the 13.1 mile mark.

It is the very best of the best for me. The ultimate highlight.

Steve (fossil) Scott

WHAT RUNNERS DO WHEN THEY'RE NOT RUNNING (When they're not raising hell - they're raising a barn!)

Thanks to CCRR members Jochen Schroer, Rick Stairs and Tony Tremblay who put in a long day and stuck with it until the last peg was driven home. Thanks to Pat Ketterling for serving lunch to the crew and to Rick and Kay for the lentil soup and pumpkin cake. Kudo's to Rick and Tony for running 12k from home in the dark before the raising started! We also had visits throughout the day from Ellen, Fran, Harry and Henny. ~ Jim Ketterling.



QUOTE OF THE DAY

“The answer to the big questions in running is the same as the answer to the big questions in life: Do the best with what you've got.”
~ George A. Sheehan ~

The Life of a Runner* by Mike McKendy

*With apologies to Elden McLaughlin



Tony ~ Geoff ~ Steve ~ Mike* ~ Tom ~ Bernie

Elden McLaughlin was a long-time runner and member of CCRR. He was a convivial and capable runner and rarely would a run conclude without Elden reciting his trademark phrase "The Life of a Runner". If it was a particularly good run, Elden would repeat this several times. If it was a tough run, you might only hear it once. Rarely would he not say it.

I just got back from a 4 km run/walk in fulfillment of Day 6 of the famous December Challenge. I'm grateful to event conceiver and perpetual organizer Tony Tremblay for having softened the requirements to allow some of the older and less capable runners to enjoy the camaraderie and challenge of this noble event. As I was trudging along at my pedestrian pace, it caused me to recall the years of running sometimes on my own but more often in the company of my running friends including good old Elden.

While the newer readers may not realize it but I and several of the shuffling old walkers/runners were very capable and committed runners for many, many years. We ran six days a week, year round. We never stopped during a run and certainly did not walk. We rarely even drank water and our stretching routine consisted of a perfunctory lean towards a wall for thirty seconds and perhaps a couple of calf stretches. Our shortest runs were 10 km but normally we would do one or two long runs (I mean 30 km and more) every week during marathon training time which seemed to be always with the exception of a two week post-marathon recovery period. We routinely ran sub 40 10K's and marathons nearing 3:00 hours. We weren't necessarily talented but we were committed.

Running was and is an integral part of my life. In almost 40 years of running and probably more than 75,000 km's on the roads I have gained so much more than weight control and fitness. Running kept me sane and helped clear the cobwebs during those years when I was on an upward career track. It provided me with many adventures when we travelled to

races near and far. It helped soothe the pain of family tragedies and celebrate the elation of life achievements.

Probably most impactful, running has given me a circle of friends and acquaintances, including Elden, which will last a lifetime. I took pride in being able to (barely) keep up with runner extraordinaire Eunice Phllips on a modest training run. I laughed hilariously at the irreverent antics of Mike Richard on our long winter Saturday morning runs. I revelled at being part of the excited crush of thousands of runners at the start of the New York City Marathon. I recall with amusement at least some part of the crazy antics of the Red Lantern Run (the latter parts are a blur). I rejoiced at the pride in Terry Haines eyes at the run where he was accompanied by his two lovely daughters and some of their children. I cherish the sometimes serious but always positive philosophical chats that John Cathcart and I would occasionally have. I'm comforted by Bernie's usual admonishment, "you're gonna love this route" as we start a run on the same route we've done a hundred times before. I'm always amused by Harry's usual complaint at the end of a tough run (or any run for that matter), "I hate running!"

I love the quirky but charming traditions: the "Better than the Boston Run", the "Metric Marathon", the "Wheelbarrow Run", the "Scared of the Dark Weekly Run", and so many more. It has become easy to establish a tradition and almost impossible to break with it.

While my running ability has receded over the last number of years, I still and will always consider myself to be a "runner". So when you see me or one of my contemporaries dragging painfully at the back of the pack, remember that we too are "runners". ~ Mike

MIKE ANSWERS SOME QUESTIONS

1. *When did you start running?* I started running in 1982
2. *Why did you take up running?* I was getting out of shape and knew that I had to do something proactive about my conditioning. My first attempts at running were pretty feeble. I would do the telephone pole routine; run one pole distance, walk one pole distance (I've come full circle; this is about what I do today)
3. *What is your favourite running route?* Love Marysville loop!
4. *How long have you belonged to the CCRR Club?* Joined CCRR in 1986 when we moved to Fredericton.
5. *Do you have a favourite running quote?* "Who has more fun than people?" and "This is the life; the life of a runner" (the second quote a popular phrase often quoted by former runner and all-around great guy, Elden McLaughlin.
6. *Do you have a favourite running photo.* I'm looking. (and he found one - see above!)

~ THE METRIC MARATHON MEMORY JOG ~



Here are some photos from the Metric Marathon. Because of the walking bridge closure, Tom had to come up with a new route. He chose a route that took us through Odell and gave us some varied terrain and a bit of a hill climb. It was a lot of fun. We had 13 runners that ran the full course. Then there was Harry, who took a short cut and then took a wrong turn and ended up running an extra km more than everyone else. There were also 4 or 5 others that ran/walked shorter distances. ~ Troy Sandwith



~ NOT - THE - HONOLULU MEMORY JOG ~



‘Days of glory: Former Record-holder runs into UMaine history



Many of you long time members of the CCRR club will remember Dan and Nancy Rearick. Dan was well known on the road-racing scene, and Nancy would write articles on “retirement” for Footnotes. The article below appeared in the Bangor News in 2017. Dan passed away recently after a long term illness.

When Dan Rearick recently learned of his impending induction into the University of Maine Sports Hall of Fame, the former distance runner flashed a big smile, said his wife, Nancy.

“He’s not [in good health] and he knows what’s going on because he listens and he smiles,” Nancy Rearick said. “Every now and then he’ll come out with a statement that rings out.”

Dan Rearick, who graduated from U of Maine in 1958 and set a school record in the mile (4 minutes, 13.9 seconds) in his final race for the Black Bears, is one of nine former UMaine athletes being inducted into the hall of fame on Sept. 8.

Rearick, who is bedridden, will be unable to travel to Orono from his New Brunswick home for the ceremony. Instead, Nancy Rearick, their daughter and other family members will be on hand to represent him.

“When he was in his days of glory in 1958, I was a freshman so I knew who he was but he did not know me,” admitted Nancy Rearick.

Two years later, former teammate Will Spencer introduced the couple, and they’ve been together ever since.

They have two children, Celinda Rearick-Crandall and Peter Rearick, and three

grandchildren.

Both the Rearicks' children also went to UMaine, with Celinda graduating in 1985 and Peter leaving school to join the Air Force.

Even after graduating from UMaine with degrees in civil engineering and mechanical engineering, Dan Rearick continued to run competitively. He ran in the 100th Boston Marathon in 1996.

He was a prototypical runner, according to his wife. "That was his favorite part of the university was going to the field house to work out," Nancy said. "He had two excellent coaches and they were very, very special in his life."

In addition to serving in the military from 1962-1970, Dan Rearick earned a master's degree in Physiology of Exercise from Springfield College in 1973 before he and his wife relocated to New Brunswick.

Rearick was a member of three UMaine cross country teams that won New England and Yankee Conference titles (1955-1957), and served as captain of the indoor and outdoor track teams as a senior.

In 2005, doctors discovered in Daniel what Nancy called a faulty mitral valve, resulting in open-heart surgery. Rearick's son and other family members help take care of him.

"He has never complained," Nancy Rearick said. "This is the best place in the whole, wide world for Danny to be. He's not isolated."

UMaine is a big part of Rearick's family. In addition to his children, his older brother, Chazz, also attended UMaine. Chazz's grandson, Coltan Rearick Downey, is a current student.

The fitness industry has always been an important aspect of Rearick's life, his wife said, and being on campus balancing athletics and studies kept him busy.

"We just enjoyed the University of Maine, big-time," said Nancy, a retired teacher who spent 38 years working in education, teaching every level from preschool up to college.

Rearick, who ran 25 marathons after graduating from UMaine, did not hang up his shoes until the early 2000's, his wife said, and even competed with the Air Force's team during his eight years of service.

GETTING TO KNOW



JASON SCARBRO

1. *When did you start running?*

Around 2000

2.

Why did you take up running?

I was out of shape and could no longer keep up with my three young kids.

3. *What is your favourite running route?*

The Nature Trail in Nackawic
(my home town)

4. *How long have you belonged to the CCRR Club?*

Less than a year.

5. *Do you have a favourite running quote?*

I don't, but the mantra I tell myself during races is "smooth and fast".

6. *Do you have a favourite running photo.*

I have attached a photo of me with my parents after I finished the Gaspe Ultramarathon this past June.

They were my crew for the race and have been huge supporters of mine with my running.

RUNNER'S STOCKING STUFFERS



~~ GETTING TO KNOW IAN CORDNER ~~



My name is Ian Cordner and I grew up in the south western part of the island of Montreal in a city called Lasalle in 1950. I took up running in 1963 while attending Verdun High School. We where, as a part of the P.E. program, all grade 8's were compelled to participate in a school indoor track meet in our gymnasium.

We were required to enter an event and I chose the half-mile or 880 yards. If memory serves, it was 16 laps and that sounded doable, over the mile which was double the laps! Anyway, I won in 2:30 and following that, was encouraged to join the track team.

My favourite running route in Montreal was from the NDG YMCA to the top of Mt. Royal. When I moved to Fredericton to attend UNB in 1972, I ran Varsity Cross Country and my favourite training route is the old CPR Walking / Running Bridge.

Upon returning to Fredericton after retirement from teaching in Montreal in 2010, I loved running out to Island View along the old railroad trail alongside the St. John River from the Lower St. Mary's.

I've been with CCRR since I moved to Fredericton in 2010 but for the most part have run / trained by myself because their group runs were never convenient to attend.

Happy Christmas to everyone and a terrific New Year! ~ Ian Cordner

"Run when you can, walk if you have to, crawl if you must; just never give up."
Dean Karnazes

***"Strength does not come from the physical capacity.
It comes from an indomitable will."***
Ghandi

FOSSILS CORNER

By Steve Scott ~ December 2019





As we journey through this running life of ours, things change but remain somewhat the same or at least similar. When we were younger we were continually striving to become more fit and go faster. For me and my running buddies this is what we loved to do. We were the original “weekend warriors” and subsequently took on way too, too many challenges such as longer running events like the 20 km, the Half Marathon and the Marathon itself. All with the aim of going faster and maybe even beating each other. Some great battles ensued over the years.

A bit later in life some of us morphed into Ultra Marathoning, Trail Running, Cycling, Swimming and ultimately that 3 sport event called Triathalon. Heck I forgot Adventure Racing, but you do get the point right because there are several other events I have not included; anything that involved physical activity, extreme or even gentle.

Let us fast forward to the last few years since our abilities have begun to recede from what they used to be in our prime years. Now our approach has made a gentle shift to salvage what we have left to give in running like mixing in a bit of walking with our runs and not going as far as we used to plus a distinct dislike to the cold and running in the dark.

Therefore, several seasons ago we created a new Club called "The Scared of the Dark Runners". Our Club is quite exclusive due to its makeup. If you are under 65 forget it; if you are perfectly healthy forget it; if you have not run for at least 30 years forget it; if you are not under a Doctors care forget it; if you do not like to mix your running (jogging?) with walking forget it; and if you do not drink beer forget it. There may be some other exceptions that I have neglected to mention because I have forgotten what they are or will be.

A final note or so on this exclusive club; the founders have the right to add or whatever to the membership of our little Club. My last thought on this topic involves a phrase I have become fond of over the years "...there is no finish line ..." We are just long time runners trying to carry on the best we can as we grow older and all that goes with that.

Fossil

“Running is nothing more than a series of arguments between the part of your brain that wants to stop and the part that wants to keep going.”

— *Unknown*

~ ROB'S RUNBERS ~



You're reading "Runbers", a collection of numbers related to running.

Issue #3: 4.609

If it's slippery during your run, think about the distance that a sweeper will cover during a curling match.

In ten ends, sweeping six rocks each end, 126 feet from hack to t-line, the sweeper will cover, out and back, a total of 15,120 feet, or 4.609kms.



*"Gratitude makes sense of our past,
brings peace for today, and creates
a vision for tomorrow."*
~ Melody Beattie ~

THE DECEMBER CHALLENGE

the running rev



Saturday morning, the 14th day of the December Challenge. It was a dreary, miserable, dark morning, with at times, heavy rain. The temperature was a mild if wet 4C, so off I went to Merrit Island, to meet up with the other runners of the fledgling Welland Amateur Running Club. No-one showed up. Just me!

Possibly I am the crazy one of the group, as the others chose to run on the “mill” at a local gym not far from the Island..

It was then, realizing I was it, that inspiration made a surprise visit, as I made my way, by car, over to my own little sanctuary down at Port Robinson.

*It was like one of those days
when you wake up and you say,
It'd be insane to run in this rain
And roll over to go to sleep again.*

*Then I remembered this is December!
The challenge is on so up I jumped,
And all of a sudden I am pumped
And running along I sing this song:*

*Raindrops keep falling on my head,
But I'm glad I didn't stay in bed.
Even though it is a very wet day.
I Managed to run a soggy 8k!*

*As far as this December challenge goes,
On a scale of 1-10, the challenge is low,
A little rain won't cause us much pain,
Mental toughness the name of the game!*

2019 Not-the-Honolulu Marathon

The thirtieth running of the Not-the-Honolulu marathon took place on December 7th and was a great success, enjoyed by 51 hardy runners. This is a 'no-frills' fun run in Mactaquac Provincial park hosted by the Capital City Road Runners. Although we have two 'official' distances, the quarter- and half-marathon, people can run or walk any distance they feel like doing.

Mother Nature provided us with beautiful sunny morning (although a little cool at -9°C) and light winds. 15 people started the Half-marathon at 8:00AM. This is a challenging event - two loops of an out and back course that is mostly uphill on the return sections. One brave runner (Troy Sandwith) went 'above and beyond' and completed three loops for a total distance of 32.2 kms in 3:04:00.

36 runners left at 9:00 for the quarter-marathon (or less). The course had been well prepared by the Mactaquac park staff and the footing was generally very good. We haven't published any race results in recent years, but decided to reinstate them this year.

Half Marathon:	1 st male:	Justin Young – 1:24:20
	1 st female:	Amy Wood – 2:11:27
Quarter Marathon:	1 st male:	Jim Ketterling – 51:00
	1 st female:	Rebecca Dolson – 47:00

Following the race, runners enjoyed a hot coffee and a great breakfast at the Moko Kitchen restaurant in the lodge. A log fire and Christmas decorations made for a cozy holiday atmosphere.

We hope to see everyone again at the 2020 running!

Race Organizers: Mike Stapenhurst & Ann Flynn

~A JOG DOWN MEMORY LANE ~



Way, way, way back in the year of our Lord, nineteen hundred and ninety, Mike McKendy, along with Rob Harrison, inaugurated the very first Not-The-Honolulu, which means it has been around as a CCRR club event for thirty years. Wow!

Rob Harrison



Mike McKendy

METRIC MARATHON 2019



Question for Tom.. How long has the Metric Marathon been around?



Sara & Justin & Haile



Thank you to the many club members who have expressed their sympathy for the loss of our beloved Haile. Although it came as a bit of a shock to us, we're happy for the many great years that we had with her.

Without a doubt, one of her favourite activities was running with the club on Saturday mornings. Many of you may remember that she would often bark and shake her leash in excitement waiting to start. If only we all had that much enthusiasm when starting each and every run!

December Challenge 2019



DECEMBER CHALLNGE 2017

By way of quick update, we're pleased to announce that 41 people from two provinces and two countries are participating in the Challenge this year. That is a record number of participants.

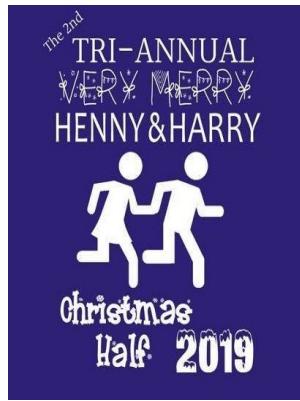
The walking option has been very popular, bringing old friends back to challenge themselves yet again with a new and manageable goal.

Three weeks into the Challenge and most of the group is still on track.

Stay tuned for final details in the next issue of *Footnotes*.

Tony Tremblay
December Challenge Coordinator

FROM HARRY & HENNY

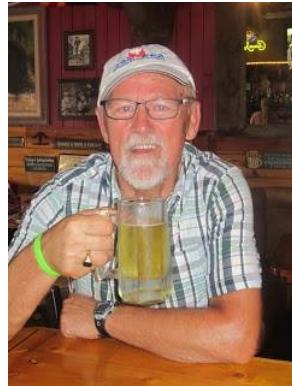


Only 8 more days till this Drost event!

Make sure that your are registered for the Free T shirt
- only 25 in stock. Please indicate your preferred distance.
Maggie, Dorothy, Anthony, Ian and the old guy have to run
the half! More info about starting time and route will follow.

Can you do it?
Free breakfast as well, prepared by my boss!
So register now at hhdrst@gmail.com

From the Back of the Pack



Hi all,

It's a very exciting time for me at the end of this year. A time to reflect on life, and to rekindle memories, some good and some not so good. Let us start with the not so good: two friends passed away and one of them was really too young!

A few others have been very sick and hanging on for dear life.

Over the years we have lost a few members of our club as well. John McKendy, Doug True and lately Dan Rearick, may they all rest in peace! And you know what, we all have good memories of them. At the moment there are 3 people we know who are battling very hard to stay alive. As a Christian we know that when we die we go to heaven but still we don't want to leave our friends, kids and partners behind! May God bless all those people!

Is it possible for me to switch to an exciting time for me?
Cycling, running and music are very important and enjoyable.

Only a week to go before we set out for the Very Merry Harry and Henny half marathon. That I can still "run" for two and a half hours is out of this world,
Thank God.

Just wondering if my mentor John Cathcart can run a virtual half marathon in the beautiful surrounding of Niagara Falls.

Merry Christmas and a healthy 2020, May God bless you all!

Harry

