

JANUARY 2021

# ~ FOOTNOTES ~



CCRR 'Not-the-Honolulu Marathon' in Mactaquac provincial park



*the fun running club ~*

## ~ From the Desk of the President ~

*Fran Robinson*



Hi folks. Mike Stapenhurst has left big shoes for me to fill for the next two years. Thanks Mike for the great job you did keeping us together as a club. I have admired your tenacity in your term as President. As well, you had some great ideas that you implemented.

On the Club Executive this year, we are as follows: Fran Robinson- President; Janet Tree – Secretary; Sara Young – Treasurer; Paul Looker – Registrar; Mike Stapenhurst – Past President, Member at Large; Harry Drost and Mike McKendy – Members at Large.

I've been blessed to have such a great team of folks to work with! We will be getting together in the new year to formalize plans for 2021. But, we won't be taking a break completely.

Prior to Christmas and on December 23<sup>rd</sup> starting at 530 from UREC, we will be hosting the Jingle Bell Run again, but this year on our own. Many of you will recall that for the past couple of years, we have hosted this at the Running Room and with their membership participation as well. Because of COVID, we'll return to having our own event. We'll have two routes this year – to St. Mary's to look at their lights and colours and to Pine Grove Nursing Home, to look at the lights on the trees.

Unfortunately, we won't be having a Christmas party this year. Hopefully next year will be more open up for activities. I'm really thrilled that we have a walking group now at our running group (LOL). I think it is a much needed addition to our running club. Numbers are increasing for both runners and walkers (in my opinion).

Merry Christmas to you all! For some of you this will be a lonely Christmas and for others, not too bad. Find what joy you can in each day. Use your running as your meditation if you need too. Let's hope for a great 2021. All the best, ~ Fran

## ~~~ FOOTNOTES ~~~

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## Capital City Road Runners

## FOOTNOTES

## ARTICLES & SUBMISSIONS

Anything for FOOTNOTES  
please send it to the  
email address below.

Thanks! John.

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**Thanks to our contributors:**  
Anthony Drost, John Cathcart  
Fran Robinson, Jim Allard, Roger  
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## GOLF ANYONE? By Foreign Correspondent Jim Allard



Have you ever contemplated running on a golf course? Well, contemplating it I have...but never have I considered it until a few years ago. Although I am not a golfer, I certainly have an appreciation for the beautiful properties associated with this sport. All that greenery, the open space, mature trees, manicured grasses, a water pond or two - the ultimate cross-country circuit. Now, that is a place where I would love to run!

I was curious to know what other runners were thinking about this topic, so off to the Internet I did go to collect the following about golf course running:

“ Seems like you are just asking for trouble and for this reason alone it is likely frowned upon”

“ Better to ask for forgiveness than permission. Pick up your pace when you see the golf cart with the red flag”

“ Only frowned upon by golfers...runners don’t mind”

“ Man I wouldn’t....and not because it is not allowed, but because getting beaned by a golf ball sucks”

“ Actually, it is highly frowned upon and you can easily be charged with trespassing”

“I say go for it and wait for someone to tell you you can’t”

“Don’t even ask permission. Run early in the morning or late in the afternoon and you won’t have problems in most places”

“Yup, as a runner and golfer I can say for sure that it is incredibly rude to run on a golf course during business hours - they paid and you didn’t - any tiny distraction can mess up golfers as hard as it is for the runner to believe”, etc.

I would assume that most runners would agree that one should NEVER run on a golf course during business hours. However, opportunities may exist outside that period.

Our neighbourhood is built around the Kanata Golf and Country Club, a Club-links course which is privately owned and operated. Due to a technicality (which is currently being challenged in court) our municipal leaders consider this property “recreation/ green space” and encourage residents to enjoy this open area during the golf off-season. Therefore, the period of time when golf season ends and winter’s first heavy blanket of snow arrives opens up to one of my favourite urban running routes. The golf course, the ultimate cross country route of parkland with its mature trees, cushioning grasses, and rolling mounds. A 170 acre haven of peace and calm, where I allow my pace to slow, enjoy the surroundings, focus inward and count my many blessings. Life is good.

“Not all great runs are measured by time, distance, or pace.....”



## RUNNING IS AN ART



“Is running an art and the runner an artist?” asks Dr. George Sheehan. “The best answer is that of Picasso. When asked, “What is art?” he replied, “What is not?””

Sheehan continues, “So running is an art along with everything else we do. When I run, I know this to be true. Running is my art and I am an artist however ordinary my performance. Running is for me what the dance is to others. The oldest and highest of the arts. My ancestors ran before they danced. And it is in running, not dance, that gives me perfect conformity of form and matter.”

For me personally, I would never have thought of running as an “art” until I read Sheehan’s book *Running & Being - The Total Experience* many years ago.

Published in 1979, Dr. Sheehan’s *Running & Being* was the Bible for a whole new generation of runners who ran, not to hunt, but as an escape from chaos. Before encountering his book, given to me by a friend as a Christmas present, I had started running “seriously” way back in 1974, and while I wouldn’t say my running was “aimless”, I had not thought about entering races until much later - 1981 to be exact, when my brother-in-law, a Boston Marathon Qualifier got injured and having paid his fee invited me to run under his number. My first race ever was the 1981 Boston Marathon in a time of 3:40. The bug bit hard and I was determined to “qualify” and participate properly which I did on April 16<sup>th</sup> 1984.



Growing up in Northern Ireland when things were going from bad to worse during the 70's and 80's running "on wee narrow country roads" where sometimes the roads were so narrow I had to stand close to the hedge to let a car go by, those "untimed" runs brought a calm to the chaos that was erupting all around the province.

Dr. Sheehan, a philosopher and a reluctant mystic became a "senior" runner late in life - mid forties and set a record for the mile as a 50 year old in a time of 4:47. When starting to run he began in his back yard (26 loops to a mile) and then became something of an oddity in Rumson, NJ running along the river road during his lunch hour wearing his white long-johns and a ski mask.

Along with his daily adventures along the river, he wrote, "I looked for answers on the roads. I take my tools of sight, hearing, touch, smell and taste and intellect and run with them. I discovered a total universe that begins on the other side with sweat and exhaustion." Sheehan was a regular at Boston and almost ever Sunday he raced in New York's Central Park.

Most of my running these days are down along the Welland canal. The colours of Fall are long gone, there's the smell of wood-smoke from an old cabin where someone's fixing up an old run-down house which faces the Port Robinson Ferry that replaced a bridge taken out by one of the big ships and has been moth-balled for the winter. There is also the nightly noise as hundreds of geese gather on the canal for the night. I wonder how many geese it takes to make a gaggle? We've already had a dusting of snow that lasted for most of a day, but when the winter weather really hits and the path is snow-packed and icy, I'll have to head back onto the roads and into

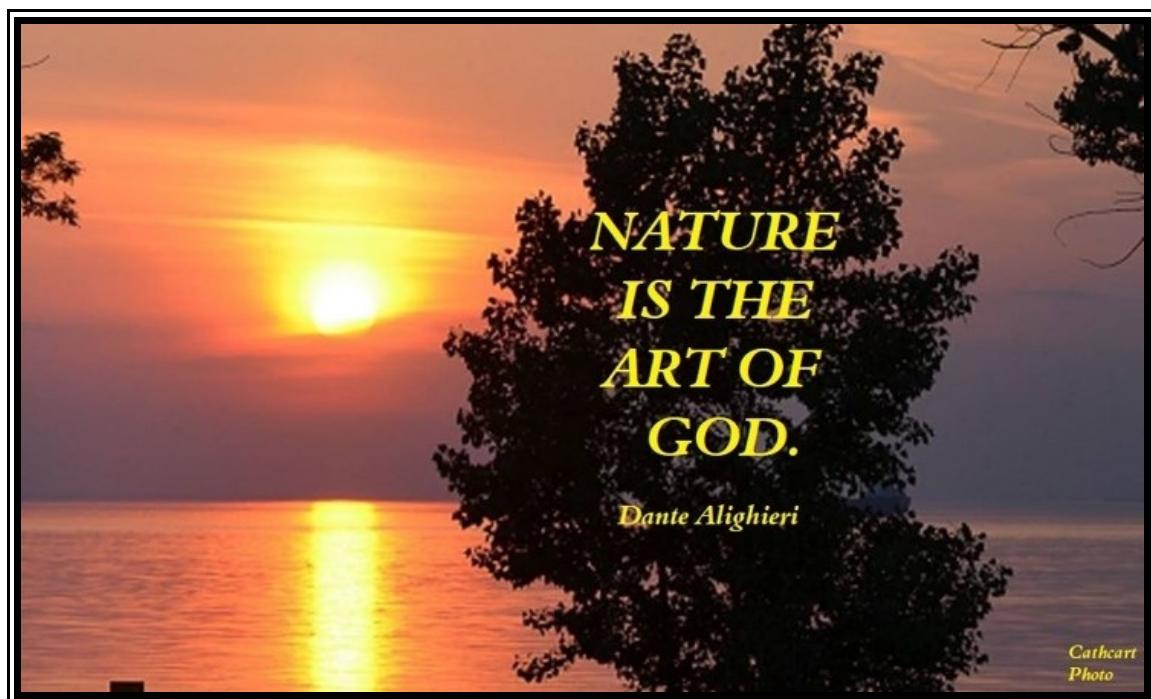
the chaos of life once again and so miss the “regulars” I meet, some walking, some running, some with their dog(s) or on a bike hollering “On your left!”

The canal path is my calm away from the chaos of this pandemic. There’s a spot along the path and almost hidden from view, lies an old Loyalist graveyard. It has a bench and sometimes, under the gaze of a great tree, I sit there and say some prayers, meditate, and like Sheehan “look for answers” but alas, they evade me and I must be content and just simply enjoy the calm knowing that it’s somehow mystically good for my soul. There’s a healing power to nature and we don’t fully understand it.

“Where better to escape chaos and find order?” ask Sheehan. “Where more is movement numbered, in steps, in breaths, in minutes, in miles? Where more sharply is space and mass defined; the runner lean, the road unending? Where else, for me at least, to seek the rhythms of life, to listen to the body, to hear it speak of my soul.”

During these pandemic times, and where “an abundance of caution” appears to have been thrown to the wind by many, for me it is vitally important to take care of my body, my mind and my soul. My running and walking “Sunday saunters” has become my way of finding the calm in the midst of chaos.

“The runner, on the other hand,” observes Dr. Sheehan, is always at his (her) canvas.”



## FOSSILS CORNER By Steve Scott



It is closing in on Xmas and there is very little snow and ice; wind and cold on the other hand, more than enough to go around. Covid persists in our Province and makes it nearly impossible to gather closely and chat before and after our runs and walks. Walking within the CCRR has seen quite an upsurge over the past few months due to the advancing age of some of us and it is a pleasant way to get out and chat within your bubble as described by the authorities (which may change rapidly from time to time). There is even a Saturday group who walk only plus several other similar endeavours on other days. Keep up the good work folks.

A new Executive has recently been chose via a Zoom Meeting with 12 members in attendance. Info was provided to all members to join us at the AGM. Few did; must be a sign of the times. Too bad; the volunteers in the CCRR are few but mighty and we are richer for their help. Anyone out there feel guilty? If you just sit back and say it's too hard because of . . . covid . . . or fill in your own BLANK oh well.

Continuing on with this theme; all is not lost because we have several members who reach out to their fellow men/women through their passion for running/walking by unofficially finding ways to raise funds for our citizens in need. As a result they help in even more ways than they imagined as former CCRRers are lending a helping hand to the less fortunate in their adopted community. My point here is as our mandate to this community suggests the lifestyle that we create with our running does NOT end with our own personal satisfaction only, but continues with our service to this community and beyond. Enough said.

On other matters, some may recall that we lost another original CCRRer a short time ago. Phil Cleghorn passed away. What I remember about Phil in those days was that pretty well every race we attended in Fredericton together ended up in a dead heat for example the 1st Fall Classic was Cleghorn 39:38 Scott 39:45 and the Fredericton Track Club 5 miler the result was Cleghorn 29:01 Scott 29:03. I did beat Phil a few times but never by much. His attitude was always upbeat and a big smile win, lose or draw. Others may recall that Phil never brought a towel to shower with at the West Gym UNB; he just used bunches of paper towels.

Just remember . . . there is no Finish Line . . . Fossil

## 2020 December Challenge Snapshot



*Longboat Roadrunners Club - Can you find George Hubbard?*

As those club members who are participating in this year's December Challenge will know, the 2020 event is seeing unprecedented numbers. Tony Tremblay, the event organizer, had to cap the DC at 67 people. That compares to 41 last year and 24 the year before. So the numbers are large this year and participants are reporting that they are welcoming the focus on something other than the pandemic.

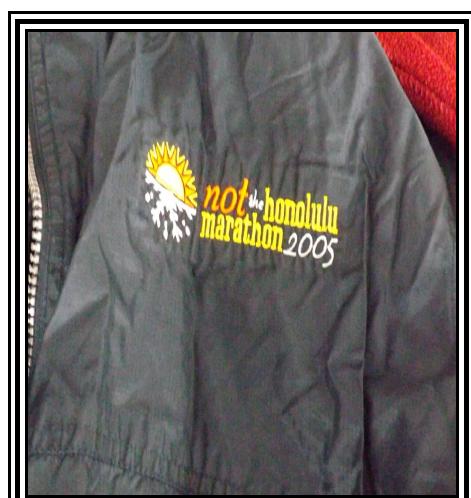
As Tremblay told CNN, "we have participants this year from the Canadian provinces of New Brunswick, Ontario, Alberta, and Quebec, as well as people from Holland, Germany, the US, and Mexico."

He also reported that the Fredericton event has been picked up by George Hubbard, who is organizing an identical challenge with members of the Longboat Roadrunners in Toronto. When combined, the proceeds from these two December Challenges will enable the Foodbank at Greener Village (Fredericton) and Second Harvest (Toronto) to provide over 10,000 meals to their clients. A truly impressive outcome.

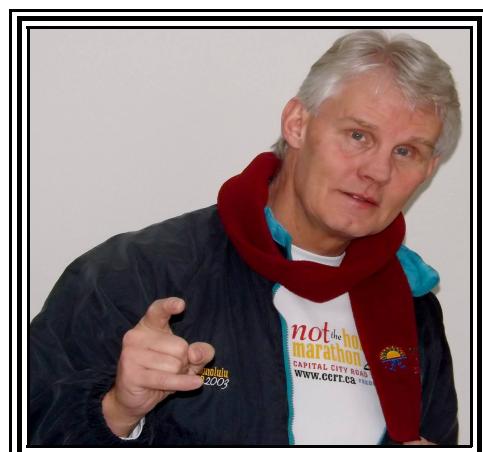


Tony Tremblay

## A JOG DOWN MEMORY LANE



F  
r  
o  
m  
all  
of us  
here  
Merry  
Christmas  
and a Happy  
Honolulu  
New Year.



## ***For a Mental Health Boost During the COVID-19 Head Outside***



As the coronavirus pandemic rages on, several studies have noted that levels of anxiety have surged alongside the virus, increasing the prevalence of sleep issues and substance abuse, and creating an even higher risk for contracting COVID-19. Dealing with negative emotional health effects will likely depend on your specific situation, but a new study published in the journal Ecological Applications offers a starting point: Get outside.

Using an online questionnaire completed by 3,000 adults in Tokyo, researchers looked at the link between going outside into a natural setting—or even just seeing green space from a window—and mental health outcomes, such as self-esteem, loneliness, depression, life satisfaction, and happiness.

They found that seeing or experiencing green space showed significant changes for all of those outcomes, even in urban landscapes. The participants represented both men and women, in a wide range of age groups, and a breadth of sociodemographic categories. Older people, especially those with higher incomes, tended to have a greater association between green space and decreased anxiety, but overall, everyone seemed to benefit from either getting outside or seeing some nature from their windows.

“Our findings suggest a regular dose of nature can contribute to the improvement of a wide range of mental health outcomes, and that’s important right now because of the possible impacts of the COVID-19 pandemic,” lead study author Masashi Soga, Ph.D., associate professor in the Graduate School of Agricultural and Life Sciences

at the University of Tokyo, told Runner's World. "We're in the middle of a very stressful event for humans. This suggests that there can be a 'nature-based solution' that can help."

Even before the pandemic, this kind of solution was being touted for its potentially huge benefits. For example, a meta-analysis published last year in Lancet Public Health and funded by the World Health Organization found a considerable association between use of green spaces and health benefits, including longevity. What could boost those results even more is getting active when you're outside, according to the co-author of that research, Mark Nieuwenhuijsen, Ph.D., professor in environmental epidemiology at the Barcelona Institute for Global Research.

"We know that green space can reduce stress and improve mental health, may lead to more physical activity and social contacts, reduce air pollution, noise, and heat island effects, and improve our immune systems," he told Runner's World. "That may all contribute to longer and healthier lives."

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Exercise has already been shown to be a stress buster to some degree, and combining that with the benefits of seeing and experiencing nature could dial that up a few notches, according to Nieuwenhuijsen. ~ *Elizabeth Millard for Runner's World*



Sandy MacMillan

## FROM THE DESK OF THE PRESIDENT



Hi folks. Just a few notes of interest tonight.

We are really glad you have joined our club again this year (for those that already have). We really seem to be thriving with more runners out lately than for awhile. We have a variety of distances often on Saturday mornings for the runners. The walkers typically walk for 1 hr or 1.5 hrs on both Wednesday and Saturdays. The cold weather hasn't stopped us yet!!

2. The Jingle Bell Run is happening on December 23rd starting at the UREC parking lot at 5:30. We'll have two distances this year - to St. Mary's to see the Christmas lights there or to Pine Grove Manor (Woodstock Road) to see their Christmas trees all lit up. We'll start as a group. It's important that we walk/run at least in pairs. Make sure you have your headlamp and fluorescent gear. It would be fun to have some Christmas attire on as well. Kay, Janet and I are providing some hot chocolate and Christmas cookies from the tailgate of one of our cars. Hopefully it won't be -17! Remember to run 6 feet apart. Masks are optional. Hope to see many of you there. For those of you who haven't come to an event with us yet, this is a fun one and the colours are really pretty. This is a tradition that goes way back for us.

3. Our executive has changed. The new members are as follows:

Fran Robinson - President; Janet Tree - Secretary; Sara Young - Treasurer; Paul Looker - Registrar; Mike Melanson - Fall Classic Chair; Mike Stapenhurst - Past President and Member at Large; Harry Drost and Mike McKendy - Members at large. What a great group we have representing the club this year.

4. For those of you that are new, we have t-shirts for you (until they run out). They

are in my car. Please let me know when you'll be out and tell me your size and I'll pull one out for you.

5. We're sorting out a few issues with the gmail account. Please bear with us.

6. Registration link for paying the club dues is as follows:

<https://www.trackie.com/online-registration/event/2021-capital-city-road-runners/468051/#.X8eJWFB7nv8>

7. The Aqua jogging is at the Northside pool, time is 9:55, Monday to Friday. Cost is \$4.10 adult, \$2.80 senior. It is recommended to book in advance.

8. Mike Melanson is interested in having more club members on the committee for the Fall Classic. The Fall Classic is our main event of the year and we need club members to help organize it. Please consider helping out in this way. You can respond to this email or speak to Mike directly at one of the club runs. He is generally out on both Wednesday and Saturdays.

That's it for now. Thanks, Fran Robinson

# RUNBERS by Rob Jackson



You're reading "Runbers", a collection of numbers related to running. Issue #15:

The Capital City Road Runners was organized in February 1983. What were things like, back then?

The Daily Gleaner that month carried an advertisement from the Wandlyn Inn for a weekend special at just \$29.95 per night! Sutherland Toyota advertised the new, 1983 Toyota Pick-Up truck for just \$6,986. The three-storey "Thornes Flowers" building at 361 Queen Street was for sale for \$110,000. The sports pages included: "Entries are now being accepted for the fifth annual N.B. Heart Marathon scheduled April 10. Entries with minimum sponsorship of \$25 (or \$10

before March 10) can be mailed to Box 4400, Phys. Ed. Department, UNB, Fredericton E3B 5A3. Organizer George Hubbard says he expects some 500 runners in the race."

## How things have changed.

## Fall Classic T-Shirts

Hi there. About a month ago, I was visiting Liz Richard at her home to get her help with finishing a sewing project. She handed me a bag of 12 inch squares she had collected from old Fall Classic t-shirts members had given her. She thought that Kay Stairs and I might want to work on a quilt of some kind for the club. So, an idea was hatched! As you can see from the photo attached, we have a good collection of squares to start a quilt, but there are gaps in the years collected. The years we are missing are as follows: 1983-1990, 1992, 1997, 2003 – 2007, 2009-2019.

Roy Nicholl has volunteered his mother (I believe) to do the final quilting of the project. I don't think she knows she was volunteered. We'll cross that bridge as we get closer to the end!! We could easily build this project into a group event. So far, quilters recruited include Liz, Kay and I. We can use people to cut out squares and help with some sewing. Should be fun. The thought is to use this project as a fundraiser for the club. We might auction it off, or something like that. A firm plan has not yet been established.

So, if you have tshirts from the years we are missing and are willing to give them up, please give your t-shirts to Kay, Liz or I. We're excited and we hope you are too!!!

Fran





## *From the Back of the Pack*



By Anthony Drost - Son of Harry Drost

As the founding member of “The Middle-Aged Overweight Men in Tights Bike Club” NWI division I wanted to reach out to the Capital City Road Runners Club with a few thoughts for this month’s FTBOTP.

Two things occurred to me last Wednesday night. Like my father I meet a group of loyal riders (not runners but still cardio) every Wednesday Night for a bike ride. As the group passes me by going up a slight incline, (to call it a hill would be a severe overstatement to anyone who has ever been to New Brunswick) the first thing that occurred to me was that I am turning into my father and that I am in fact in The Back of the Pack.....again. The second thing that occurred to me is that he has been preparing me for this day all my life with 3 important life lesson.

I think back to Saturday mornings at O’dell Park. Dad signed up the Drost boys every year with the Wostawea cross country skiing club and we would “race”? !? !? And this is where it all started, this is where the life lessons began. Other parents

would tell their kids to win the race, but I don't believe he ever told me that. What I do remember is him telling me to try to beat a specific jackrabbit.

**Life lesson #1: Don't win the race just beat someone. Someone who is faster, stronger and better trained, but not as crafty. And then when you beat them never let them forget it, there is a very good chance you will never beat them again.**

This past spring, I was feeling especially healthy, strong, and fit and it was going to be a great Saturday morning ride. You see my friend, let us call him Bradly owns a bike shops, let us call that B2 Cycle Center for the purpose of this story. Bradly is a slender, strong 28-year-old (picture Lance Armstrong in his prime doping days) and he runs this ride. But on this early season ride, I ran it, dominated the pulls and dragged Bradly home at least 5 miles. My face is still creased by the smile I had that day. Do you think Bradly remembers that day?

I also remember "walking" to Church on Sunday mornings. Dad would leave while one, two, or three Drost boys were still either sitting on the coach, or tying their shoes. Before his feet hit Floral Avenue he would be running. We were just going to church and the old man in his church clothes wants to race. But it was on! We would chase him down, not knowing that a race started 5 minutes ago, and also not knowing where the finish line was. Well wouldn't you believe the finish line always came up before we caught him? To this day I have never beat him.

**Life Lesson #2: Start your race on your terms. At some point people will catch on and join your race. Immediately stop your race and start another one with new rules and parameters.**

This is how I approach every downhill on my road bikes, quietly from behind. They don't know it, and I'm not going to tell them but I'm racing them.

I will always remember the Stanley Relay. I believe it was 90 kilometers, 4 runners and a van. I wasn't at this event but what I do remember is that Dad planned it and when the team came back, they couldn't believe that the race organizer never had to run up a single hill.

**Life Lesson #3: When you organize an event, take every advantage possible so your event will be remembered and most likely not repeated.**

I should have remembered this fact when the old man challenged me to race around Cedar Lake on my 40<sup>th</sup> birthday and convinced me his pace would be

around a 10-minute mile. So, I gave him a head start and I never saw him again. His streak of never losing a race to his sons continues.

This past year I upgraded my bike rack to a 4-bike rack. What does that mean? That means we can recreate Dad's relay but for biking. This spring with the wind at our backs, overweight men in tights will embark on an EPIC 125 – 140-mile speed relay. Bikers always talk about it, fantasize about it, dream about it but few have done it. With a strong tail wind, and a rotating driver every 20 -25 miles, what average pace can we maintain for 125-140 miles? 22, 23, 25 mph. Don't worry men in tights, I've got the down hills covered. Maybe I will invite Brad?

<https://www.youtube.com/watch?v=u0yT5XWjldo>

To all those out there that think they are becoming their dads and if you are married, I say embrace it, champion it and dive right in. If you're not married...maybe wait a bit.

As a lot of you may know there are 21 Drosts who are participating in the December Challenge and what you may not know is recently my 9 year old has been running with me. The question I have for you is, do I pass on these life lessons now and as well as the From the Back of the Pack Torch or do I tell him to win?

Have a blessed Christmas with family and friends everyone, and keep up the cardio, we are all in this together and the Drost are pull'n for ya!

**PS. Nobody has ever beat me down a hill, and with my current nutritional regimen of donuts, pastas and cereal I doubt anyone ever will.**



## A JOG DOWN MEMORY LANE



*Running Buddies kick off 1974*



*A very ice photo*

love  
joy  
peace  
patience  
kindness  
goodness  
gentleness  
faithfulness  
and  
self-control

