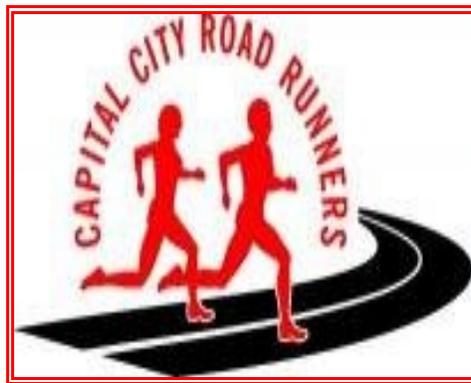
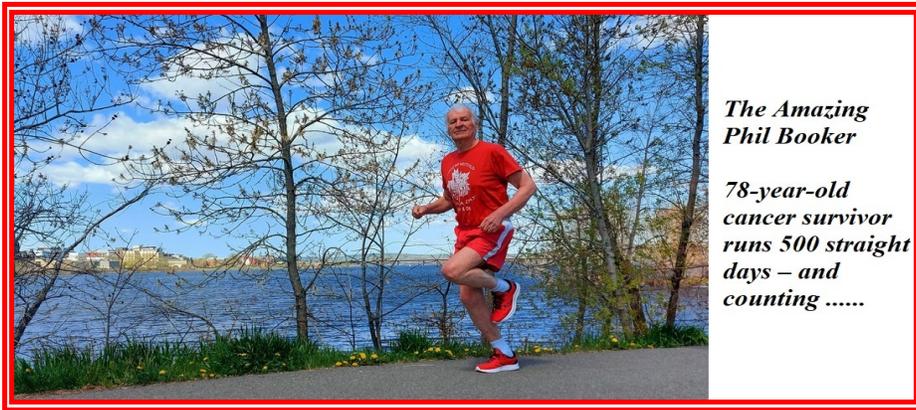


JUNE 2021

# ~ FOOTNOTES ~



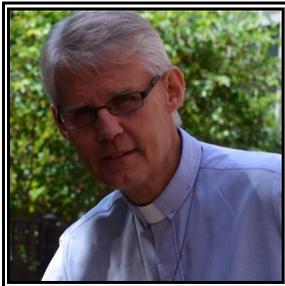
The Fun Running Club ~



## To Live, Thrive and Belong in Community



It all began when reading and reacting to a quote by author John Stanton who, as you know, is the founder of the Running Room & Walking Room. The quote Stanton posted on his Facebook page was, “If you want to run fast, run alone, if you want to run long, run in a group!”



While agreeing with Stanton on one level, it took me back to my early younger days of running when churning out 10 milers all by my lonesome. During the two years spent “training” for my second attempt at Boston, this time actually qualifying instead of using my injured brother-in-law’s bib and number I spent many hours on the road churning out the miles. Long-distance runs, recovery runs, rest days, and of course speed-work carried out on the track at the Fredericton High School.

Runners’ World had a way of describing this new phenomenon where runners were taking to the roads in big numbers. They described it as the “loneliness of the long distance runner” as entries into marathons increased by leaps and bounds - or maybe that should be steps and strides! (There is an interesting movie - based on Alan Kaplan’s book of the same title - you can find it on Youtube.

I love the solitude of the long distance run. I love being surrounded by nature. I love the sights and sounds of nature and especially now as nature springs back into life and the dawn chorus greets me from the tree-tops. There was nothing more pleasing than running along the Green with the majestic Saint John River for company or along the Nashwaak River where the trail is always quieter and the solitude gave a “peace” to my mind, body and soul. I can’t even imagine how many hours were spent and miles accumulated running around Fredericton and especially through the UNB Woodlot which was a favourite place to run when first immigrating to Canada.



The one Sunday afternoon I set out on a run. We lived on Priestman Street at the time and when I got to the Smythe Street I literally ran into a group of runners. They were coming up Smythe and I had planned to make my way down to the Green and do the “bridges” when someone from the group called out “Hey! Join us!” So I did.

They were close to finishing their run. The meeting place then was a gym/club of sorts on lower Prospect Street. They were just finishing up their run and were going inside for refreshments. Any of you older runners remember the name of that place? The guy who shouted “Hey! Join us” was Tim Maillet and he invited me to join them next week. The rest as they say is history. I became part of a running group.

Running for me was escape therapy. As an introvert, working as an extrovert in the Headmasters’ barbershop, and then as an Anglican priest, running was my escape and fulfilled my need to recharge my battery. It was a time for thinking, reflecting, and even praying in regards the challenges of life. Trying to keep my running separate from my professional life worked ok until someone called me the “running rev”.

Yet, while solitude was something I actively sought out, I am also a people person. I love being with people, shooting the breeze, telling stories, even having a good-natured argument which satisfies the Irish in me! It works in small doses ...

To run with a group is also satisfying. To have conversations “on the run” with another runner is exhilarating as they understood comments like “I only ran 10k today!” or “I think I’ll only do 20km as I’m hurting a bit.” Non-runners just shake their head.

I have many wonderful memories of breakfast and conversations at The Dip or Isaac’s Way or a meal and a draft at the Hilltop Pub with CCRR members all around the table, enjoying each other’s company. These Saturday morning and Wednesday evening gatherings produced enduring friendships. I must not forget to mention the many wonderful Christmas Parties and other CCRR club functions that facilitated more get-togethers and conversations and helped solidify relationships that for some of us go back further than we can remember!

Yet, for me, when out for a run by myself, even after 40 years of running, I still find it exhilarating, refreshing, and in a deep personal way, very spiritual - just me and my thoughts. I mentioned to someone recently that when in active ministry, as a hospital chaplain, my hospital visitation day was always Wednesday afternoons which was no

coincidence as the Club run happened on that day also. I found the camaraderie, the fellowship of being among runners on the Wednesday evening runs both uplifting and reassuring after spending an afternoon among those seriously ill. It also taught me to never take my own health for granted.



With this pandemic we have lost a lot when it comes to camaraderie or in my world of church “fellowship” which has been sacrificed and filed under “grief & loss” as the virus continues its work of separating and isolating us from each other. I think of seniors in long term care, many of them have been isolated from family and friends, some for nearly a year! School-children and students have been forced to “on-line study” and thus missing out on the nurturing of socialization with their peer group. The depth and lasting effects of this isolation and distancing as yet to be fully understood.

Dr. Tony Tremblay wrote an editorial for the Journal of New Brunswick Studies titled ‘Understanding the Legacy of Joe Blades in the COVID-19 Era’ and has kindly granted my request to include it in this issue of Footnotes. Like myself, Tony likes to keep his work as a professor of English separate from Tony the runner. We both celebrate running alone and also enjoy the camaraderie of group runs as running is an escape from the demands of professional life and its duties. As Tony writes,

*“We must remember—and must work to reinstate—what Joe knew and practiced: that our students and colleagues live and thrive and belong in “community” as most people would define it; that mentorship and close personal contact are essential not just to what educators do but especially to the development of the young people who are our charges; that, for all the promises of faster bandwidth and better Zoom, technology is no substitute (not even close) for showing up on a stifling summer night to hear nervous young poets read their first poems. When we come together in groups, we learn how to listen, how to speak, and what the common ground is that connects us. I’ve seen it happen countless times in my thirty years in the classroom.”* (Tony’s article was originally published in the Journal of New Brunswick Studies.)

Tony’s words also apply to so many more communities. You can read Tony’s full article which follows this article. To return to John Stanton’s quote, “If you want to run fast, run alone, if you want to run long, run in a group” I’d like to tinker with it just a little bit if I may be so bold and say, “If you want to run fast, run alone, if you want to feel fulfilled run in a group!” Run gently - *the running rev.*

# Understanding the Legacy of Joe Blades in the COVID-19 Era

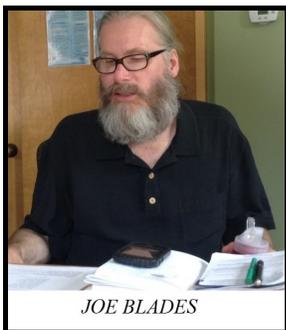
~ Tony Tremblay ~

*Editor's note: With all of the social distancing imposed on us, especially here in Ontario, my thoughts are around our need of community. That need has been fulfilled for me by being surrounded by family, and especially the joy of watching our six great-nieces and great-nephews grow into their personalities. The upheaval in their young lives, and having to keep their distance from their great aunt and uncle (emphasis on great) has been substantial and brought to mind an article by Tony Tremblay in regards to "our lives curtailed by the restrictions a pandemic imposes"*



Dr. Tony Tremblay

*Sending off a request to Tony to use his article for Footnotes, Tony was reluctant to give permission. I knew he would be. Tony works hard at keeping his professional life separate from his running, which, like myself, is an "escape therapy." After some thought he generously gave me permission to use it. It is a profoundly thought-provoking and perhaps even a bit on the prophetic side of things. I never met his friend Joe Blades, but he is my kind of guy. Tony's article was originally published in the Journal of New Brunswick Studies. His article also gives us a glimpse of the other side of his life as professor of English at St. Thomas' University. It is my hope that Dr. Tony Tremblay's article might inspire some of you reading this to give your CCRR Community a glimpse into your "other self" by sharing what you do in the workplace. Thanks Tony for sharing your "other" self.*



JOE BLADES

New Brunswick's writing community was shocked and saddened in the spring by the untimely passing of Joe Blades. Joe was a gentle, curious, and inspiring spirit who touched the lives of many people in our province and across the country.

He is perhaps best described as the everyman from an earlier era—a poet, publisher, teacher, environmentalist, filmmaker, student, traveller, labour activist, radio show host, and friend to writers everywhere.<sup>1</sup> Though he was based in Fredericton since 1990, we cannot claim him, for he roamed across North America and Europe as freely as he did across our southern New Brunswick campuses. When you hosted an event, big or small, Joe showed up. That was his mission. At least a head taller than everyone else, he was instantly recognizable with ponytail and ever-present grin. But his notebooks were the real giveaway. Like a nineteenth-century naturalist with his field guides, Joe's notebooks were always brimming with content. Never did he carry one that wasn't overflowing with the

miscellany of the curious mind. In that sense, he was our literary conscience, collecting the ephemera that he saw everywhere around him. I hope those notebooks find their way to a library or public archives, for they contain the shouts and whispers of our time.

Joe was best known as owner and publisher of Broken Jaw Press. In that capacity, he did life-changing work, often publishing the first books of authors who would go on to achieve important things. All regions of the country have similar figures, their dedication to bottom-up cultural work—what the radical poet Ezra Pound termed republican enterprise—a compensation for what larger and more self-important publishers will not touch. But, while all regions have such figures, few are as tenacious or accommodating as Joe was. His only peer in Atlantic Canada was the venerable Fred Cogswell, who was as indefatigable as Joe. Each dedicated his life to serving the literary aspirations of others.

Each recognized, too, that cultural work was a hands-on business, an array of practices and dispositions cultivated in community halls, summer writing workshops, and other grassroots locales. Those who were able or more inclined or advanced helped those who were not. The best of the lot, like Joe and Fred, counted service as creation. If they could help others bring work to a larger audience, then they shared in its production. Of course, they never claimed the result of their midwifery as their own but rather accepted responsibility for its larger reception. Only the ego-driven or insecure would cast doubt on their motives, denying them a role in production. Most were happy to acknowledge them as the silent underwriters of their dreams.

What has this to do with COVID-19? you might wonder. Just about everything, I would say, for Joe's way of going about his business was in stark contrast to both what this pandemic demands of us and how those demands have diminished us. Joe held it as gospel, for instance, that it was vital to show up, to be on the ground, and to reach out. Listening and being present were key for him, as was the kind of close, personal rapport that is part of every writer's apprenticeship. Joe did almost nothing virtually. He took the long way around in a world reduced by shortcuts. He jumped on buses and went to Moncton and Saint John for readings. He sat down with people over coffee, eschewing the impersonality of the telephone. And he took endless notes, refusing to let even the smallest trifle fall into insignificance. It was a lot of work.

Those many of us who've had our lives curtailed by the restrictions a pandemic imposes will understand the importance of what he modelled and what that modelling achieved. Even the most private among us have felt the loss of their communities. Even technology's true believers have experienced what McLuhan predicted would be the disorienting sensory aphasia of virtual citizenship. Living as disembodied signifiers in online classrooms and offices is neither fun nor productive. Joe's way of being in the world becomes poignant in that context, and it should become a lesson for us, especially those of us in the humanities and social sciences and the arts generally.

We must remember—and must work to reinstate—what Joe knew and practiced: that our students and colleagues live and thrive and belong in “community” as most people would define it; that mentorship and close personal contact are essential not just to what educators do but especially to the development of the young people who are our charges; that, for all the promises of faster bandwidth and better Zoom, technology is no substitute (not even close) for showing up on a stifling summer night to hear nervous young poets read their first poems. When we come together in groups, we learn how to listen, how to speak, and what the common ground is that connects us. I’ve seen it happen countless times in my thirty years in the classroom.

Endless if earnest discussions of spotty wi-fi and more responsive networking platforms are mere distractions. In fact, they are cleverly laid traps by those who nibble away at the moorings without end. Look to the anxieties of students, teachers, administrators, and pandemic deniers for a clearer rendering of the problem. Humans are social beings who cannot abide isolation. House arrest was devised for that reason. It is a punishment aimed at what is most fundamental to us as social animals.

If this public health crisis causes us to begin making structural changes to how we operate as universities, schools, and institutions of social service, we will have done ourselves irreparable harm. Of course, we must do what is necessary in the short term to get through the pandemic, but we must also be alert to what the experience of isolation has taught us about who we are and what we did well. That will involve working with our students and colleagues to identify and reassert the hands-on, personal aspects of our many social contracts. Our students crave and need that, even if the younger ones take shelter in the safe anonymity of their pocket technologies. As Cardinal Newman knew, “An academical system without the personal influence of teachers upon pupils is an arctic winter; it will create an ice-bound, petrified, cast-iron University, and nothing else.”

Joe Blades illuminated a path for us, showing us what was important and what worked. He showed up, he took notes, and he listened. He stood by, an embodied presence. It was hard work and there were no shortcuts. I hope we’ll remember his legacy as we think about how best we can serve the people who entrust us with their children’s futures.



*The December Challenge orgainzed by Tony Tremblay 2017*

# Sports Psychology – ‘Mind over Matter’

“Baseball is ninety percent mental. The other half is physical”. – Yogi Berra

What Yogi was saying, in his usual humorous way, was that the mental side of baseball was extremely important for success. Today, sports psychology is a key component of most training programs for elite athletes and pro-sports teams.

We can also use these same basic principles to help us train for and perform better in endurance events like the half-marathon, marathon or triathlon. Motivation, focus, and visualization are some of the areas where the mental aspect is important to your performance.

## Focus and goal-setting



The ability to stay focused can mean the difference between a mediocre performance and a really great one. You need to set goals (short and long term) and frequently remind yourself of those goals. For example:

- Complete my first marathon
- Achieve my weekly training goals every week this month
- Do a good hill training run this week

## Motivation

It can be very hard to stay motivated through weeks of training. Just getting yourself out of the door in bad weather to tackle a 2-hour training session can be a challenge in itself. Some things you can do to keep motivated are:

- Train with a friend or join a training group
- Think, “I’ll do it today so I won’t have to worry about it tomorrow”
- Think of achieving your goals

## Visualization

This powerful technique is used by many successful athletes. It involves mentally seeing a picture of yourself succeeding at key points in the event. For example, in the marathon you could:

- Picture yourself at the halfway point feeling good.
- Visualize yourself feeling an energy decrease around 30 kilometers but working through it.
- Picking up the pace at the 40-kilometer point!
- Crossing the finish line

You will be surprised how this can help when these moments actually happen. In effect, you

have trained you mind to experience the physical event.

### **Listen to Your Mind**

When it comes to the day of the event, we want to run the best possible race we can on that specific day. There are many physical factors that can impact our performance. We need to recognize these and deal with them pro-actively. Some of these factors are,

- The weather
- The course
- Our conditioning

### **So how do we apply our minds to the race?**

First of all, you have to be disciplined! If you have a plan in mind – stick to it. Don't get swept along with your friends or other groups who may be going at a slightly faster pace than you. Even 10 seconds a kilometer can make a big difference to your overall energy reserves. If anything, tell yourself to start off somewhat slower than your average pace. This is hard to do when you are feeling strong after 16 weeks or so of training for this day.

The same principle applies if the weather is bad – too hot, windy or if the course itself is challenging. We have to tell ourselves right from the start - go slower! Our physical condition is another factor that will influence our performance. I can usually tell by the 10K mark whether I am going to have a harder than normal marathon, and I adjust my pace accordingly.

### **Mental Stamina**

How do some athletes push beyond their physical limits?

Now before we answer this question remember, - we are walking (running!) a fine line between success and injury. So how far you want to push yourself is up to you.

Use visualization to take your mind off the pain. Don't listen to others! In my first marathon at New York I was running along chatting with a fellow runner. We were both slowing down so when he suggested walking, I readily agreed. In retrospect though, I could have kept going for at least another mile or so before taking a walk break. Chatting with your fellow runners however is still a good way to distract your mind from focusing on your aches and pains. Another simple technique that works really well is to consciously adjust your form. Straighten up, lift your head and look around at where you are. (How many marathon runners are slumped over, head down and shuffling along in the latter stages of the race?) Take an interest in your surroundings. The pain will diminish!

### **In Closing...**

Sports psychology is a complex topic but I hope this article has given you something to think about and apply to your next long event. Get the edge - become a 'Mentalist'.

Mike Stapenhurst

*"If you don't know where you are going, you might wind up someplace else." – Yogi Berra*

## Demi-marathon de l'Acadie hosts in-person races in consecutive months



*The races were small, but a few dozen New Brunswick residents have been lucky enough to run at in-person events in recent weeks*

While most of Canada is struggling with COVID-19 restrictions and lockdowns that prevent any mass gatherings from happening, runners in New Brunswick have been able to compete in two in-person races in the past two months. The RunNB team and organizers of the Demi-marathon de l'Acadie (DMA) have held a couple of races so far this year, with a run in April and another held more recently on Sunday. Both events had small fields, but they provided athletes with the opportunity to hop into some real-life races, which is something runners all across the country are craving right now.

The team that organizes the DMA (which is a monthly event), had hoped to hold an in-person race in February, but COVID-19 restrictions across New Brunswick forced them to transition to a wholly virtual event. For a while, they thought they might be able to host a small in-person field on a rescheduled race date, but it didn't work out. Plans for their March race were also upset by the pandemic, and it, too, was held virtually.

In April, though, New Brunswick started seeing a dip in COVID-19 cases, and the DMA team held a race that featured both in-person and virtual fields. That run saw 22 in-person competitors and 19 virtual runners. When Sunday's race rolled around, there was a catch, says RunNB chairman Donald Wade, and only certain people could run.

“Only runners from Zone 6 in New Brunswick were allowed to participate,” he says. The province is split into seven COVID-19 “zones,” and due to the current restrictions, runners from outside of Zone 6 (which is the Acadie-Bathurst region in northeast New Brunswick) weren’t allowed to race. Despite this, Wade and his team still managed to get 25 people signed up (plus 28 in the virtual event), and that’s a small field, he says it was great to see people out running.



“Everyone enjoys it,” Wade says. “People are longing to get back to in-person races, and it was a beautiful day for a run.” There were, of course, COVID-19 restrictions in place at the DMA. Runners were socially distanced at the start and finish lines, they had to wear masks when they weren’t on the course and they had to bring their own water and nutrition, as there were no aid stations on the route.

“We give medals to the top three finishers overall and the top three women,” Wade says. “For these races, we couldn’t even hand them out ourselves. We had to say, ‘There it is on the table, that’s yours. You can grab it.’” Wade admits that holding events during a pandemic isn’t easy, but he and his team don’t hesitate to organize these runs.

“We want to keep running alive and our athletes motivated to run,” he says. “It can be tough planning these with COVID, but if we didn’t love it, we wouldn’t do it.”

*Ben Snider-Mcgrath May 4, 2021 for Runners Magazine*

## Footnotes: Fran Robinson



Hello everyone. We've had a cool spring so far, but I'm sure warm weather is right around the corner. It's great to be out running and walking. On a personal note, I've started running again and it feels so good to get my heart rate up a little higher than it does with walking. Love it! Can't wait until I can run 10 km again!!

We have some news, that many of you will have read about if you are a member of the club. Many of you will know that the Fredericton Marathon needed to change their date to the Fall and the date that was offered by the timing system they use is the first week of September. We felt this date was not workable for our own Fall Classic, so we needed to change our date. In the meantime, our own Fall Classic Director (Mike Melanson) felt having a race this fall was not a workable solution, so he decided to bow out for this year. As a result, we needed to find a new Race Director, if we are to have a fall race in a modified format on a different date in 2021. As an executive committee, we wanted to keep the race alive this year in some format, even though the timing with the Fredericton Marathon is not ideal with both races in the fall.

Sara Young has offered to be the Race Director for the Fall Classic this year. We will come up with details on a modified Fall Classic for this fall, but the projected date will be in October. Thank you so much Sara for offering to take on this big task. She will be looking for volunteers so we will be reaching out to you for your help soon.

Sara has been our Treasurer for the past several years and has got the books in top shape order. Since she cannot do both jobs, we are looking for a new Treasurer. If you feel you can do this position please let us know. Sara is preparing a document describing the position. She says it is not necessary to be an accountant. Our email address is [info@crr.ca](mailto:info@crr.ca).

We want to thank Mike Melanson for the great job he has done for the past many years as Race Director for the Fall Classic. We know this hasn't been an easy job, but his efforts were noticed by many and he should be proud of his accomplishments of growing the race attendees over the years. Mike has offered to give us advice this year and we look forward to his return to the Race Director position in the coming years, should he choose to return.

Please thank Mike Melanson when you next see him and congratulate Sara on taking on this new challenge.

In other news, Jason Scarbro organized a Mother's Day half marathon that 7 runners participated in. He will be including an article in Footnotes.

We had our trail cleanup on the 12 May that was organized thanks to Henny and Harry. Several club members participated. Thanks so much! Roy Nichol took away all the bags and stuff we collected. We found an old bike, grocery cart, shoes, hat, lots of bottles and a piece of pottery, among other stuff. We made the world a better place. Good on us!!

Mike Stapenhurst has been working on the website. Check us out! He's done a great job. [www.crr.ca](http://www.crr.ca)

Looking forward to seeing you on the trails. *Fran*

### **Cleaning the Trails and Finding Lots of Junk**

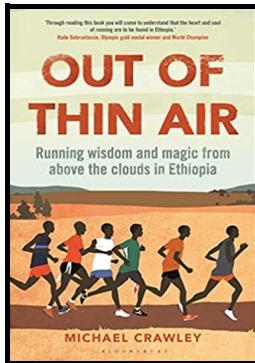


# Running on Medium by Jason Scarbro

## May 2021

**This month's pick:**

***Out of Thin Air – Running Wisdom and Magic from above the Clouds in Ethiopia***  
**by Michael Crawley**



My first inclination was to write a book report (okay, that's actually a lie), but I quickly reminded myself that my goal isn't to summarize the book for you but rather to pique your interest so that you will read it yourself. Besides, having Dr. Tremblay read my book report is far too scary a proposition for me (there's a reason I got a C in first-year English, and unfortunately that's not a lie).



The author, Michael Crawley, is a Scottish anthropologist and talented runner (he has an impressive PB of 2:20 in the marathon) who spent 15 months in Ethiopia exploring the following doctoral thesis statement - What makes runners from Ethiopia tick and what motivates them? Crawley takes the reader along on his journey to better understand what the world looks like for someone who is trying to change their life through running, mostly by making money to support their family and community. As anthropologists are known to do, Crawley fully integrates himself into the lifestyle of an

Ethiopian competitive runner, living with them, sharing meals, and following the same daily routines in terms of training and recovery.



The book has three key takeaways for the reader who is looking for training tips:

- The importance of balancing speed work and easy running (Ethiopian runners typically run either very fast or super slow).
- The risk of always running on the asphalt roads (they look to the trails and fields to vary the surface and terrain).
- The importance and difficulty of the creative process to make running interesting and an adventure (they do this in a variety of ways including running in the middle of the night).

If you want a summary of the top 8 training tips from the book, check out this link - <https://www.runnersworld.com/uk/training/a34521037/8-lessons-ethiopian-elites/>

Although these are certainly valuable tips, this book is so much more than a training guide. As Matt Fitzgerald wrote in his recent article (find it here - <https://www.podiumrunner.com/training/ethiopian-runners-train-differently-or-do-they/>), “This article does not merely present information about Ethiopian-style run training. It equips readers with a way of thinking about the training process that they can use in the future to conduct their own analyses of any other novel training methods they might encounter. It is, in short, a lesson in how to fish.”

I very much enjoyed Crawley’s book. His detailed descriptions transported me to places such as Addis Ababa and Entoto and I imagined what it might be like to go along for a group run (and how quickly I would be dropped off the back of the group!). More importantly, the book was a good reminder of the different ways that running is changing lives around the world. ~ Jason

## RUNBERS BY ROB JACKSON

You're reading "Runbers", a collection of numbers related to running. Issue #20



Victoria Day in Canada is a statutory holiday “to commemorate Canada’s sovereign.” From 1837 to 1901 Queen Victoria was Canada’s sovereign. Those years became known as the Victorian Era. The Canadian Encyclopedia gives us an insight into women’s sports during the Victoria Era, including the sport of “pedestrianism.” From the Canadian Encyclopedia “Women and Sport in the Victorian Age”:

As more and more men participated in sports, new “national” sports associations formed, and there were increasing attempts to standardize rules and to schedule regular competitions and leagues. However, these clubs were almost exclusively for men. As Hall states in *The Girl and the Game*, women were “restricted by voluminous skirts and Victorian ideas about their physical and mental frailty, [and] were never welcome at these clubs.” While the Montreal Ladies Archery Club was formed in 1858, there were few women’s sporting clubs in the 19th century.

While women were excluded from many sporting activities, there were some recreational opportunities for those women who had both time and money. In the winter, Victorian women in Canada participated in sleigh and toboggan parties, snowshoeing, iceboating, and skating (including fancy skating, the forerunner of figure skating). In the summer, they enjoyed picnics, croquet, boating, fishing, horseback riding, and even fox hunting. Some women tried roller skating or “parlour” skating on hockey rinks, which were covered with wooden floors for the summer season.

While there was little scope for women’s athletic competition, a few individual women competed in events such as walking matches (or pedestrianism), which were popular in the 1870s. At one such match, in 1879, two female contestants walked 25 miles (40 km) around a narrow track in a small hall in Montréal; the winner, Miss Jessie Anderson, completed the distance in 5 hours and 21 minutes. Women could also compete at the popular water regattas, many of which held girls’ and women’s events. This included the occasional canoe race for Aboriginal women, who had even fewer athletic opportunities than most other women did in this period. Government legislation, particularly the Indian Act, restricted traditional pastimes and ceremonies, and encouraged the adoption of Euro-Canadian sports among Aboriginal men; women were likely excluded from these games, given Victorian ideas about women and sport.

# Plan B Half Marathon

## By Jason Scarbro

Seven local runners, including three members of the Capital City Road Runners, took on the challenge of running a small “race” on Sunday, May 9<sup>th</sup> in the Nackawic area. The event, labelled the Plan B Half Marathon, was organized as a partial replacement for the Fredericton Marathon Weekend that was postponed to the fall due to COVID-19.



From left to right – Enrique Serrano, Kyle Goodwin, Randy Johnston, Jason Scarbro, Jeff Musgrave, and Mike Melanson.

There were six half marathon finishers (Paul Looker was limited to a ‘half a half’ because of other commitments). The results were quite impressive given the strong headwind that seemed to always be into your face regardless of what direction you were running.

Here are the results:

Kyle Goodwin	1:25:53
Enrique Serrano	1:36:01
Randy Johnston	1:39:24
Jeff Musgrave	1:51:43
Mike Melanson	1:36:30
Jason Scarbro	1:27:07
Paul Looker	1:00:35

A staggered start was used, and the start order was based on goal finishing times such that those with slower goal times would start before those with faster goal

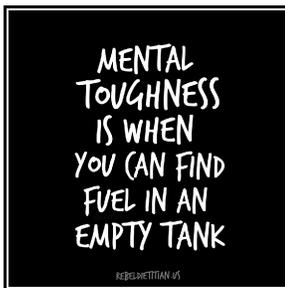
times. This created a fun experience where runners were trying to catch the person in front of them but at the same time also trying to avoid getting caught by those behind them. This likely contributed to the multiple personal bests achieved despite the challenging conditions. Most importantly, everyone commented on how great it was to have an opportunity to run with other people in a competitive, yet very friendly, environment.

Gracious support from CCRR allowed for water/Gatorade stations and three draw prizes – two \$25 gift certificates to Radical Edge and a CCRR t-shirt. The lucky winners were Jeff, Enrique, and Randy.

Although we are all hopeful there will be no need for alternative races in 2022, there is some thought being put into holding a tune-up 10K race approximately 3 weeks before next year's Fredericton Marathon. One possible route would be to run to the Shogomoc suspension bridge and back. Stay tuned!

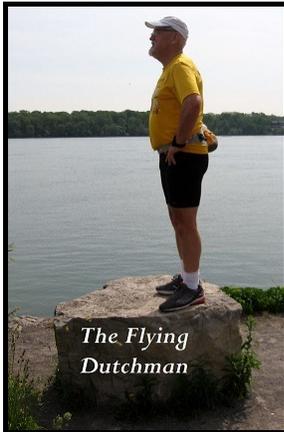


The goal is to start a tradition of an informal running event each spring in the Nackawic area that brings together runners from the Saint John River Valley.





## *From the Back of the Pack*



Hi everybody,

I am sitting here in my office on a beautiful Wednesday afternoon. There hasn't been a day when the corona virus started that I was not able to run, bike or walk!

We only had minor problems with not being able to visit our children but otherwise we have nothing to complain about!

Friends and neighbours have ended up in the hospital and senior care homes and visitors were only allowed at certain times and for weeks not at all!

Imagine your wife ,husband ,mother and father being in one of those places.

It is heartbreaking that you cannot visit and give them hugs and sit by their bed and talk.

But we are here in Fredericton, New Brunswick Canada and we still have health care and doctors ,nurses and hospitals! As a whole we are better off than the rest of the world!

Did you watch TV over the past 2 weeks?

Did you see the reports from India?

Did you look at the people outside of the hospitals?

No beds, no blankets, no oxygen!

Imagine if you could help your wife, husband ,mother and father!

Henny and I will be making a donation to: World Renew India.

~ *Harry*