

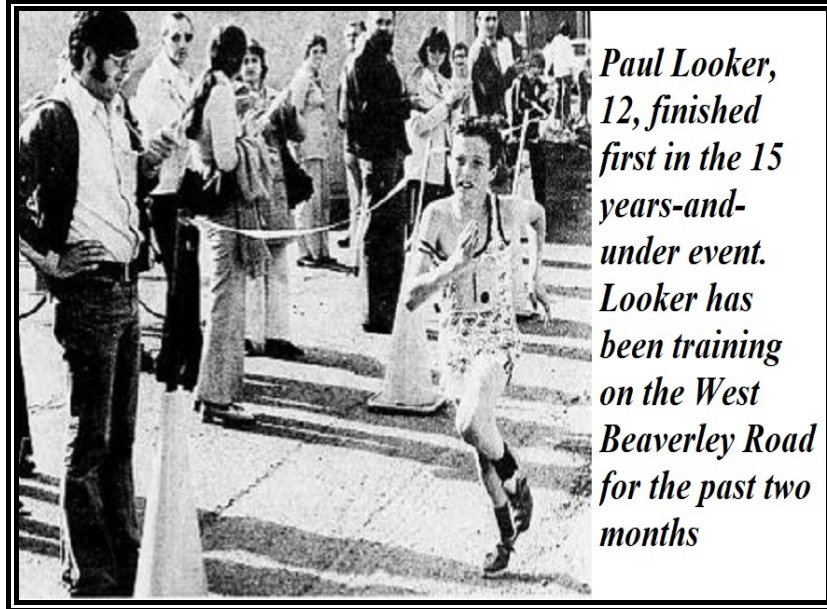
MAY 2021

~ FOOTNOTES ~

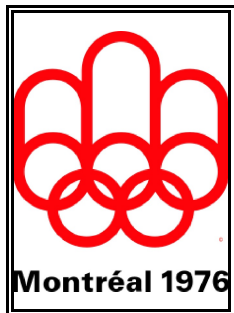


The Fun Running Club ~

Reminiscences of a runner's beginning (or Glory Days...)~ by Paul Looker.



Recently during a group run, instead of chit-chatting, I found myself thinking about past personal bests and the races that I had completed. What brought that on? Well, I am sure you have all experienced and are familiar with that moment, you know, the point where your conversation internalizes because you are struggling to keep up with the pace being set by the rest of the group.



I was thinking to myself, what happened? This used to be so much easier when... Then it dawned on me. I was even having trouble remembering some of my past accomplishments. What was my PB for the 10 km, ½-marathon and marathon? How many races have I done? I started to wonder. Am I getting forgetful as I get older? No. That can't be it. Maybe, it is just that the memories are starting to blend together from the sheer number of different races/runs that I have participated in over the years. Yes, yes, it must be that.

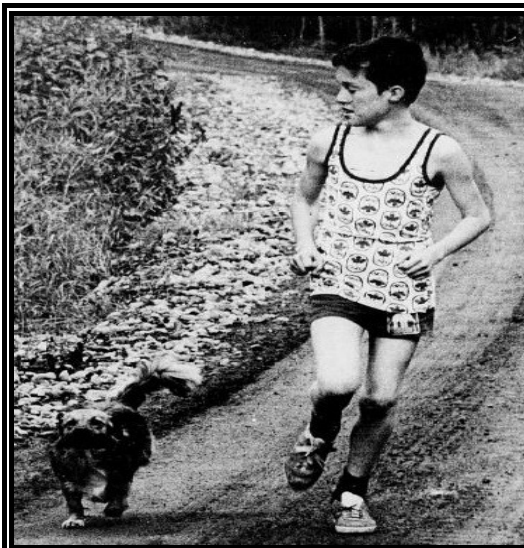
After that run, I started to think about how I could track down old results from the past runs that I had participated in. I soon realized that this was going to be a daunting task. Where could I even look for such information?

I started first by looking at the easiest evidence that I could access. I knew I had a collection of old running medals somewhere. Where had I put them? Eventually I found them stuffed in a bag, at the back of a drawer, in a dresser that I had almost

forgotten even existed in our basement. I sorted through all the finisher medals. Some even had the finishing times engraved or written on them, many didn't. I also found some old finisher certificates too. These participation awards were only a small representation of the races/runs I had participated in, and were mainly from my post education adult life, but it was still a good start for compiling my personal running history.

All this research soon led me to reflect upon my beginnings as a runner. Surprisingly, I actually had clear recollections of that time in my life. I was quite fortunate in that respect as my first organized run, outside of running around the school yard and gym class, occurred in 1976. This was the year of the Montreal Olympics and I was 12 years old.

The Olympics that year were a big thing in our household and we watched a lot of the sports coverage on television. I, like many other young boys, fell head over heels in love with Nadia Comaneci, the Romanian gymnast, as she tumbled her way into sporting history. I no doubt dreamt of becoming an Olympic athlete just for the chance of one day meeting her. But, fantasy and hormones aside, I was even more influenced by a documentary that I watched about the Olympic marathon. No marathon documentary would ever be complete without recounting the story of Pheidippides, which is an amazing story in itself. But, what really impressed me in this documentary was the story of Abebe Bikila from Ethiopia, the Olympic marathon winner in 1960 and 1964.



Paul Looker of West Beaverley area runs 10 miles every 2nd day in preparation for the marathon.

He and his dog Sheba used to run 10 miles daily, but are saving the legs for the race.

There is no class for dogs, but the 12 year-old will enter the junior class for runners under 16 years-old.

I lived in a rural setting and many of my school and sports team friends lived closer to the city of Prince George, BC. To visit my friends during the school break that

summer I often had to bike or run to and from their houses. So, I spent most of the summer of 1976 running and dreaming about the Olympics. I was hooked. At the beginning of September of that year I participated in my first 9 mile race (yes, we still measured in miles back then). In my stroll down memory lane I found in the archives some of the local newspaper coverage of the 3rd annual Prince George to Boston Marathon, including pictures of my favorite running partner at that time.



This was the first of many road races and the beginning of a love for running that was to morph and change over the decades that followed to include, track and field, road running, x-country, orienteering, ultra-distance running and triathlon.

Running has for a long time been, and still continues to be, an important part of my life. I hope that as I am trying to remember when and where I ran certain events that I can find even more event results. This is proving to be a challenge for many of the older events, but then I have always loved challenges. And, the best part of all this digging is that so far my memory has not proven to be too far off the mark.

I mean, I have only taken three (3) minutes off my actual marathon P.B. in the stories I have told to other runners over the years. That is not too bad, is it? It will be interesting to see what else I can find in the future

This exercise has brought back many good running memories and has provided much to reflect upon during those quiet moments in runs to come. **PSL**

FALL CLASSIC T-SHIRT QUILT

We need your old Race T-Shirts

Here's the components so far...thanks to Liz for starting us off, Fran for motivation, Roy's mum for offering to quilt, and all of you that have contributed so far. This is going to be a real team effort.

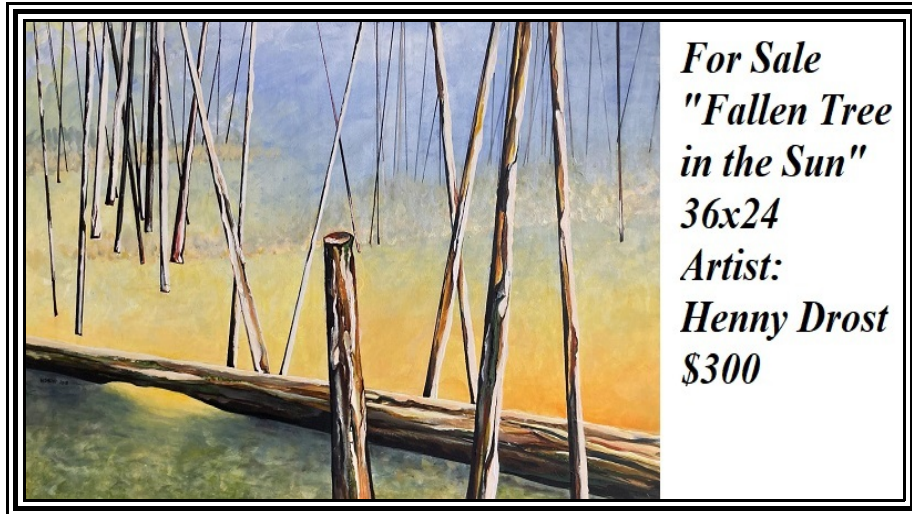
Please contact me at pgiggie@nbnet.nb.ca if you have a shirt from the following "missing" years: 1983, 1984, 1986, 1987, 1988, 1989, 1990, 1992, 2005, 2006, 2007, 2009, and 2014. Technical fabric or cotton, it doesn't matter, they are all going to be "stabilized".

I need to know how many squares there are before I plan the quilt, so this is your **LAST CALL!**

..... When Fran showed me the original batch of tshirts that Liz had cut into squares, we were both amazed at the wonderful designs that have appeared over the years. Aren't they a colourful sight when all viewed together? We often think we are coming up with better and more "modern" designs, but some of the shirts from the old races were really eye catching... so hats off to all those involved in the design and production of the race swag. Thanks! ~ Kay.



THE DROST STUDIO by Henny Drost



Desiree Linden the first woman to run 50K under 3 hours.



Linden, who was inducted into the Arizona State Athletic Hall of Fame in 2018 (the same year she won the Boston Marathon), covered the 31-mile course outside Eugene, Oregon, in 2 hours, 59 minutes, 54 seconds. That easily bettered the women's 50K world record of 3:07:20 set by Great Britain's Aly Dixon in 2019.

Running sub-3:00 was "what we circled," Linden said. "To be me that was the big high-end goal. It's nice to achieve that. Aly Dixon took a nice chunk of time off (the 50K record). She's been so supportive of this effort. It speaks to women in sports and women in running specifically. We want to push things forward, we want to see progress and recognition. We got a little bit of pushback on hyping this event, but that's the point. Let's get people excited. I hope this record does move forward."

Linden, 37, was at 1:15.47 at 13.1 miles and 2:31.12 at 26.2, the ending point for her usual marathon distance. "I was a little bit disappointed to be at 2:31 because I'm used to marathon times," she said. "Around 24 miles or so, I felt like this is about to get very, very tough. It's not just get to the (marathon) finish line, it's pass through and then you have actual abyss you want to take on (beyond marathon distance). At this point it was like try and lock in 5:46/5:47 (miles) for the rest of the day.

"I was very conscious of I want this to be under three hours."

Linden was fourth at the 2020 U.S. Olympic Marathon Trials in 2:29.03, missing out by one place on her third Olympic berth. Her marathon personal best is 2:22.38 at Boston in 2011. (Jeff Metcalfe - Arizona Republic)

Running on Medium ~ April 2021 ~ Jason Scarbro



Millinocket Half Marathon

The popularity of running has grown significantly in recent years which is spurring an ever-increasing volume of running-focused content in the media. Running content can now be accessed using several different platforms and mediums ranging from the traditional and “old school” (e.g., books and magazines) to those that are technology-based (e.g., podcasts and YouTube). Each month I will briefly introduce one content contributor that may be of interest to members of our running community.

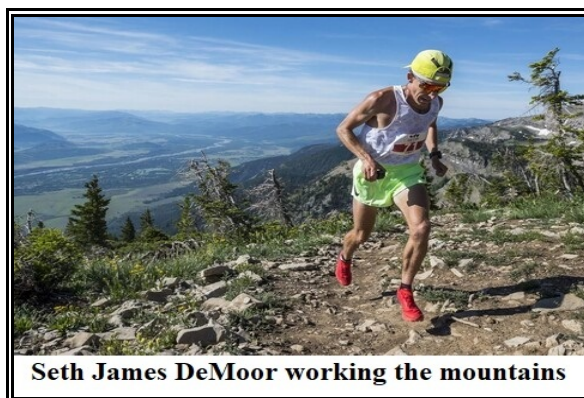
This month’s pick – Seth James DeMoor



Primary platform – YouTube (search “Seth James DeMoor”)

Other platforms – Twitter, Instagram, Facebook

Arguably the most unique aspect of Seth James DeMoor’s YouTube channel is that for the past five years he has put out a daily vlog (typically between 10 and 15 minutes in length). Even more impressive is the quality and variability of his daily content. His vlogs include stunning video from his runs near his home in Colorado, detailed shoe reviews from a shed that he has converted into his “Shoedio”, valuable training tips for runners of all levels, and his day-to-day life juggling running and family. Seth is also a strong amateur runner who enjoys participating in and/or filming major running events, so subscribers get to follow him on his journeys to various U.S. and international races.



Seth James DeMoor working the mountains

I enjoy watching his vlog each day so a strategy I use is to do my physio exercises and foam rolling while watching. This has helped me to stay consistent and the distraction of the video lowers (somewhat) the discomfort from that evil foam roller!

You will quickly discover that Seth has a high-energy personality and a genuine love for running. If you are looking for a daily, but varied, dose of running content then check him out.

Do you have a favourite source of running content to recommend? If so, let me now at jscarbro@stu.ca.

Next month's planned pick – The book *Out of Thin Air – Running wisdom and magic from above the clouds in Ethiopia* by Michael Crawley.

Enjoy your running!

Jason Scarbro



The overall men's winner was 35-year-old Seth DeMoor from Denver, Colorado who finished with a time of 1:04:35. DeMoor was last year's Rendezvous Hillclimb winner as well. He reached the top of Tensleep Bowl at a blistering fast time of 48 minutes. The one-hour mark may have fallen this year if the course had not changed. <https://buckrail.com/same-old-at-rendezvous-mountain-hillclimb-demoor-and-diaz-take-honors>

FOSSILS CORNER - May 2021 - Steve Scott



Capital City Road Runners socially distanced and wearing masks before a Saturday morning "Fun Run"

The CCRR Fun Run and what it has meant to the members since its inception in 1983 is my topic this month. In as much as the Fun Run was incorporated into the mandate of the Club when we got underway, it became a whole lot more than was ever envisioned in my viewpoint. It was the first task that John Mercer and I undertook as part of our first Executive Committee duties.

The aim was to give everyone who came out to run a positive experience no matter what their pace. No one was to be left behind and if they were new to the group, info on the various activities was part of the “conversational pace” during the run. Everyone gathered at the starting area as a group and a route was chosen for all to hear. It was a time for all who wanted to listen to news of future Club activities and also who would be travelling to races on the weekend and who had an extra seat in their vehicle and so forth. Also, in these earlier years Wednesday evenings became a time to go to dinner after the run and those who planned for Food and Beer after chose a place for all to eat and usually free beer dictated the location.

As time went by the Fun Run became very popular and Saturday Fun Runs became part of the mandate as well. The evolution continued and a place to shower was required so folks would not be smelly when they went to dinner and/or breakfast. The Capital City Road Runners became a very social group which became known all around the running community for their efforts to help members become better runners among other things.

As sure as the day is long, paradise is not forever and the Fun Run Committee was forced to adapt to member needs which were ever changing. This was done as best we could, but success became more challenging still. Club events were introduced for the benefit of all, as some people did not care to race but a non-competitive event was OK. These events transcended the mandate of the Fun Run Committee, but it adapted and the CCRR became even more social by holding more Family Oriented events. All had a great time including the children.

Over time the Fun Run Committee became a central part of the “heart” of the Club; an entity which encouraged participation by having fun running and brought CRRers closer together for a common goal where folks were becoming more empathetic towards their fellow citizens.

By this time the Fun Run Committee had evolved as other members took over this 'fun run role’ and introduced many different ways to keep it fun for all. Also the Fall Classic Road Race was enjoying great success and the CRR inherited the NB Heart Marathon Event which raised money for the NB Heart and Stroke Foundation. Success for these events in fund raising and participation created over time a need for volunteers, a lot of them.

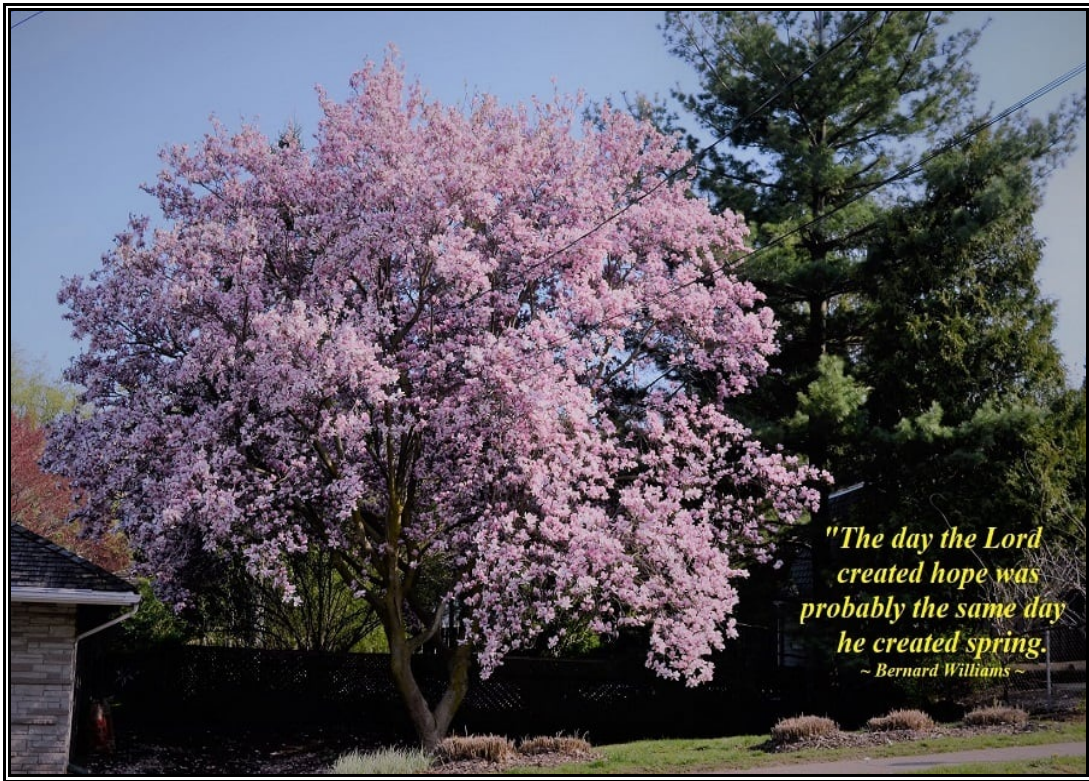
The Fun Run had become a major source of volunteers for these events but in this era of expansion, more emphasis on outside volunteers and groups as well as sponsorship came to the forefront. Gradually with larger participation and increased sponsorship non profit groups took on some of the volunteer duties and were rewarded for their efforts. Growth was so rapid that the Fredericton Marathon group (including CRR members Paul L and Steve S) took over responsibility for the Marathon and continued with the volunteer and sponsorship strategy.

This change helped the CRR Fun Run Committee continue its efforts and move forward in its mandate to keep it Fun on Wednesdays and Saturdays. The Unofficial Events schedule continued to grow for the benefit of our membership. There is much more to say about this topic, but not now.

Finally, I come to late 2019 when the first inkling that a horrible virus was underway in China. As 2020 dawned the virus became known to the public and it was being called COVID-19. Little did we know then what it would become and so we went about our business of living as always. Jump ahead a few short months and the CRR was forced to suspend Club activities. Eventually protocols were established by Officialdom which allowed us to gather and pursue our running with strict rules. Many of us were fearful, but the Fun Run part was able to cobble a suitable plan together and here we are today still able to run with restrictions thanks to the efforts put forward by those in charge of the Fun Run. So, when you come out to join us on Wednesday and Saturday, bring your face mask, stay 6 ft apart, run/walk in small groups, be mindful of others not with the running group and be thankful you can still run or walk. My point is the Fun Run began in 1983 and kept us together all these years. It is our Heart and Soul.

PS The Fun Run in the beginning and the Fun Run now are vastly different but what struck me last Wednesday evening as we gathered before the run/walk in a very large socially distant circle in a large parking lot at the Currie Centre was how we have managed over the years to make it happen no matter what. Koodoos to everyone of you. Just remember “. . . there is no finish line . . .” ~ Fossil (Steve)

~ The Inner History of a Day by John O'Donohue ~



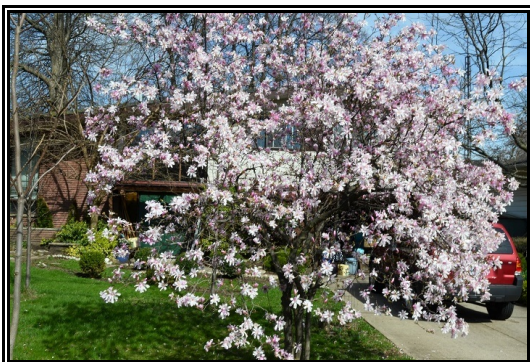
*No one knew the name of this day;
Born quietly from deepest night,
It hid its face in light,
Demanded nothing for itself,
Opened out to offer each of us
A field of brightness that travelled ahead,
Providing in time, ground to hold our footsteps
And the light of thought to show the way.*

*The mind of the day draws no attention;
It dwells within the silence with elegance
To create a space for all our words,
Drawing us to listen inward and outward.*

*We seldom notice how each day is a holy place
Where the eucharist of the ordinary happens,
Transforming our broken fragments
Into an eternal continuity that keeps us.*



*Somewhere in us a dignity presides
That is more gracious than the smallness
That fuels us with fear and force,
A dignity that trusts the form a day takes.*



*So at the end of this day, we give thanks
For being betrothed to the unknown
And for the secret work
Through which the mind of the day
And wisdom of the soul become one.*

Footnotes News from the President - Fran Robinson



Already almost the end of April! Hard to believe. We have been running, cycling, walking in our shorts already on some days. It feels great to shed some layers, that's for sure.

Unfortunately, one layer we are not shedding yet is our masks. Still in the modified Yellow stage here in Fredericton, we have a new variant of Covid that we need to be worried about. Thanks to all of you that are coming out with masks in tow, staying a good distance from your neighbour while you walk/run. We need to keep up the vigilance still. Please be mindful of this. What would we do if we couldn't run?

We are wrestling with the notion of having our Fall Classic a little later in the Fall and in a modified manner than normal (likely just a 5 and 10 km run). The event will only go forward if public health recommendations at the time permit.

Many of you have noticed that one of our members, Jason Scarbro, is going to put on a low key, no swag, with limited support, running event on May 9 (likely a half marathon he says). We did send out a message for this. Jason tells me he has about 6 runners interested in doing this. It will be held off the Old Trans-Canada (little traffic, no roads to cross) north of Fredericton. If you are interested in this event, please email Jason directly – scarbro@stu.ca. Start time TBD.

We had a really interesting Zoom event on Tuesday night that Mary McKenna hosted. We had 6 presenters talking about their running routes and one speaker spoke about cycling routes here in the province. Noortje Kunnen spoke about the Ultra Trail Capetown up and down the Table Mountain, a tough 35 km ultra; Jason Scarbro spoke about the 106 km gruelling Ultra he did in the Gaspesie; France Hache spoke about the 50 km Ultra she did at Big Brad in Freeport Maine; Bernie Arsenault spoke about the cycling routes on Acadian Peninsula; Phil Booker spoke about the 50 km Ultra he did at Crabbe Mountain, where he got lost and ran longer than 50 km, and Doug McKenzie-Mohr spoke about the wonderful, active life he is living in Victoria with lots of hiking, biking and running. There were at least 21 runners on that call. It was a really inspiring evening and I think many left thinking of things they would like to do post Covid. Thanks to all the presenters and to Mary, and to those that joined us.

Kay Stairs has taken on the Quilt project (using old CCRR t-shirts) with gusto. She is sending a separate report on this. Thanks so much for doing this Kay.

If you have ideas for us, that you'd like to see, in person, by Zoom, or in this Newsletter, please let us know. (info@ccrr.ca). All the best in running! ~ **Fran**



Yesterday on our Saturday morning run Roy wanted to do one of those staple runs of many years ago. Before he mentioned it, I had the same thought to run this route as well. Anyway, leaving from UNB we ran along Beaverbrook Street and up Windsor, then across town and up Hanwell to Colonial heights and down to the river and along the trail back to UNB. Just a little over 10 km with a few uphill. Almost a 100 meters of climbing. Next week we are going to add Golf Club Road and Glengarry Place. Maybe then the next week make our way up Spring Hill and so on. That way I'll get in some long hilly runs for the Spring. I've heard already from one person who is not in favour of running hills on Saturday morning! Most likely I will be the only one doing all that crazy stuff. Ah well I am old and stupid and proud of it!

Anybody else who wants to run one of these old routes? Just let me know and I will pencil it in. FTBOTP ~ Harry.



