

# ~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club

~ April Issue 2026 ~



**Fredericton**  
**Marathon**  
2026 de Fredericton

 **STEWART  
MCKELVEY**  
LAWYERS • AVOCATS

## **CAPITAL CITY ROADRUNNERS & WALKERS CLUB**

Club Executive 2024-25

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## **~ JOIN THE CLUB ~**



If you're not already a member of CCRR why not join us? It's always fun to run with others and we enjoy plenty of social events as well.

As a member you will get:

Lots of fun-running events

Training companions for marathons,  
half-marathons, 5k & 10k etc.

·Regular bi-weekly runs.

We meet at the Currie Centre  
Thursday Evenings (5:30 PM)  
and Saturday mornings (8:30 AM)

Membership is only \$35 per year  
or \$60 for a family.

All running levels are welcome – we  
have a growing 'back of the pack'  
group who like to take it easy!

To sign up online visit

<https://www.crr.ca/membership>

Or

contact any member of our CCRR  
Executive listed in Footnotes.

## From the President by Joanne Embree

Hi Everyone

In February, we were all looking forward to warmer weather in March. We did get some nice warm days to run and walk. We also got some pretty brutal days with wind, rain and/or snow. For some reason, those not great weather days seemed to occur predominantly for the Saturday runs, when those training for the half and full marathons were starting to do the longer runs in the training schedule. Hopefully, that trend won't continue through April.

Speaking of the long, slow training runs, that was one of the Saturday Rundown topics this month. There are a number of ways to approach those runs in various training programs. Some have a long run every week, others every other week and some compromise with long runs every 10 days. Some are based on increasing distances each week until reaching anywhere from 16 to 22 miles. Others are based on time with progression up to 3 hours or so. There is some evidence that doing runs longer than 3 hours tends to result in fatigue that interferes with doing the other weekly runs in the training schedule. That is disconcerting for those of us who run slow and/or who run and walk because we don't get that far in 3 hours.

I will admit to counting my actual running time in that calculation and just consider the time walking as extra so that I can get close to that 16-22 mile goal in the time period. All suggest rest weeks with lower or shorter runs every 3 weeks or so to recover a bit and to reduce injuries. There are a number of plans that promote monitoring your heart rate and keeping it in zone 2 for these runs. Others use running at between 30 to 60 seconds per kilometre or 1 to 2 minutes per mile slower than your goal pace for your half or full marathon. All emphasize the you should run SLOW and should not be totally wiped out by the run. At our session, it was very clear that everyone who has run a number of half and full marathons have found out what works for them but yet are open to ideas that have worked for others. It's important to adapt.

This brings me to our second Rundown topic which was journaling one's runs. When I started training for my first marathon, my father gave me one of the Running Rooms training journals and told that recording information about each run would help me. I have recorded every run since then. I also look at the metrics of my runs now that I have a Garmin runs. I haven't used Strata but others do and find it helpful. There are other personalized systems that some use as well. Club members Mike and Deb publish personalized training journals - check <https://www.personallogs.com/running-log.php> if you are interested.

There are many uses for keeping records. It helps to keep track of the mileage for each pair of running shoes. One can monitor improvements in pace, milage etc. Recording the specific details of my runs is natural to me after 45+ years in medical practice and research, where we write down everything that is or may be relevant. It is helpful to look back at trends and sort out what has been helpful and what I am definitely not to try again.

I have noted that getting sick with a respiratory viral infection essentially resulted in at least a month for me to recover stamina. Injuries took way longer to heal if I just kept on running. However, if I did a scheduled walk/run routine, my recovery was much shorter and I didn't get injured as frequently if I incorporated it into my longer runs. This year was the first one that I have run outside in the winter. Looking back at my notes for the last three months, icy conditions weren't the problem I thought they would be. One does run much slower in the winter on snowy days though. Cold winds definitely were a problem!!! I do wish I had journaled clothing choices better but I will make that correction next year. One other thing about recording the distance of your runs, is that you can look at just how much you have run over the past year or since you started. In the past twelve months, I have run 999.1 miles. Since that first day of marathon training, I have run 18,314 miles - just 6,587 miles to go to have run around the world (the earth's circumference is 24,901 miles). Just found a new goal

Have a great April.

Joanne

## Personalized Running Log Books



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## Wrestling With Me, Myself and I by the Running Rev

Well, it's raining here! It's been cold, wet and windy, dull, dark and dreary these past few weeks, which I'll admit is not as bad as snow, ice, hail, or pellets. Some days it's a challenge to just get out the door as it takes a lot of energy to put on the layers of clothing, a couple of woolly toques, gloves, rain-gear, and whatever else might be needed to do battle with the weather gods who seemed to delight in making misery.

I have used some "methods" for getting me out the door that works for me most of the time. Today, I recall my well-used quote from running guru Dr. George Sheehan,

*"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit."*

Way back in the early 1970's Dr. Sheehan and others like James Fixx, talked and wrote about the loneliness of the long distance runner. When training for Boston in 1981, I ran many miles (back in the day everything was in miles) on lonely roads around Fredericton and through the UNB woodlot where deer and bears were found.

Being an introvert, I enjoyed those lonely, long distance runs, where the beauty of the seasons filled my soul, fed my heart and calmed my always busy, worrying mind. George Sheehan has a quote I fully identify with wholeheartedly. It goes like this:

*"I am a lonely figure when I run the roads. People wonder how far I have come, how far I have to go. They see me alone and friendless on a journey that has no visible beginning or end. I appear isolated and vulnerable, a homeless creature. It is all they can do to keep from stopping the car and asking if they can take me wherever I'm going. I know this because I feel it myself. When I see the runner I have much the same thoughts. No matter how often I run the roads myself, I am struck by how solitary my fellow runner appears. The sight of a runner at dusk or in inclement weather makes me glad to be safe and warm in my car and headed for home. And at those times, I wonder how I can go out there myself, how I can leave the comfort and warmth and that feeling of intimacy and belonging, to do this distracted thing.*

*But when finally I am there, I realize it is not comfort and warmth I am leaving, not intimacy and belonging I am giving up, but the loneliness that pursues me this day and every day. I know that the real loneliness, the real isolation, the real vulnerability, begins long before I put on my running shoes."*

Over the years the loneliness of the long distance runner has given away to the sense of solitude as when running in nature, we find peace and harmony.



Solitude is the positive, chosen state of being alone, offering peace, creativity, and self-reflection, while loneliness is the negative, involuntary, and painful feeling of isolation or disconnection. Solitude is about enjoying your own company, whereas loneliness is an unfulfilled craving for human connection.

Dr. George Sheehan famously described running as a "monastery," a daily retreat from life's demands thus offering solitude, spiritual renewal, and communion with God and oneself. He viewed the run as a meditative setting, a form of play essential for finding one's true self and achieving mental, physical, and spiritual balance

As I run, or do my run/walk thing, the time spent on the road is what the good doctor prescribed and for me nature is my "monastery," where I take a few moments to sit on my prayer-bench watching the big ships make their way up or down the canal.



I find words of encouragement from Holy Scripture:

*Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.*

"Bad weather always looks worse through a window."  
Tom Lehrer

It's still raining hard but I'm putting on my rain-gear and heading out the door.

## Ruminations by Paul Looker



As I write this, April is fast approaching. Spring has arrived even if winter is trying vainly to hang on. The day's are getting longer. And the warmer days are making the snow and ice melt ever more quickly. I make all these observations from my perch on the sofa while I am looking out the family room window. And as I see my neighbours going about their daily lives , I often find myself thinking that "today would be a great day for a run"....

Like I said, I find myself thinking that, but I haven't run in a very long time now. The excuses, for not running, or doing any activity for that matter, are varied and now coming way to easily to my mind. The will to find reasons to counter these excuses is weakening. And, the arrival of the now "habitual" late winter / early spring flu has not helped in this resolve. I am actually quite upset with myself now, as I had been bragging to Ariane about having almost made it through the whole winter without being sick. I sort of jinxed myself I guess.

February 14th, Valentines Day. I spent a wonderful day with Ariane, and we topped it off with a social ballroom dance in Saint John. I guess love was not the only thing in the air that night. Shortly after that, a few days later, the flu had me in it's grip. And, as the illness set in, every joint, every piece of connective tissue, and every muscle in my body started to hurt. Then the violent coughing started. With each cough, I felt that I was coughing up a part of my lungs. By the end of the first week, I could barely get out of bed, or off of the couch. I felt like I was going to die.

The second week, as the virus raged through my body, I felt even worse. The constant headache on top of it all, reduced me to a hacking and moaning lump in front of the television. Not able to concentrate on anything I really don't remember much of that period. By the end of the second week of full blown illness, I no longer felt like I was going to die, I actually felt that I wanted to die. I really was not looking forward to the next week at this point. Especially, as I watched Ariane, now progressing through the symptoms that I had just experienced.

We lived through a third week of the horrible symptoms, in our self-imposed quarantine. But as the week progressed, we started to make the occasional foray into the outer world. We didn't want to share this flu with anyone else, but now felt that we should no longer be infectious.

Thinking that a little physical activity might help we even tried to do a little x-country skiing. I also felt that I had to try to get out skiing, at least once, before the snow completely disappeared. The fresh air felt good, but the flu symptoms wouldn't let go entirely. Our bodies must have been weakened from the combat they were waging against these microscopic invaders.

So, starting week four, a return to the couch was in order, as most physical activity was leaving me breathless and completely drained. I coughed up what remained of my lungs at this point too. But, it still felt like I was fighting my way towards recovery. Also, being a little more coherent now, I started to notice all the indoor track and field, and running videos in my "YouTube" feed. Ariane grumbled as I watched numerous videos of people running in circles. She really is a good sport for enduring all that.

As I watched all the running events, I could feel a familiar "pang" as a thought 'wormed' its way into my head. "I should go for a run". It is a feeling that I am sure all runners experience when they haven't run for a while or have missed a run in their training plan. Guilt? I don't know. But, it triggered something. I tried to sit up. Well, that wasn't going to happen. Reality versus fantasy. Sometimes living (barely surviving) in the real world sucks. I could enjoy the running events and stories as much as I wanted on the couch, but I knew where "that thought" was being catalogued from that point forward. Were the running videos helping to motivate me to find where I had left my running shoes? Or, was I developing a facility for finding excuses to not go for a run? I would need to escape from the effects of my illness someday. But, I first needed to somehow pull myself from the now "moulded to my body shape" couch cushions to learn the answer to those questions for certain.

On my more frequent trips into town now, I notice all the people running as I drive by. I was seeing the change of season being reflected in their running attire. I could see groups happily chatting as they ran along. There were individuals lost in thought and others with determined looks chiseled on their faces. And, as I was watching all these runners, the "brain worm", once again, made its presence felt. "I should be out there running", I found myself thinking. "I should be out there running with all these people". The thing with this "brain worm", is that it is annoyingly repetitive.

Another guilt trip? Once again? The feeling of guilt is bad enough, but soon I started noticing that this feeling was warping itself ever so subtly in my thoughts. "Wow, they all look so fast!" "They run so smoothly." "They are making it look way too easy." Unknowingly, and not maliciously, my thoughts were becoming tainted with the emotions of jealousy and envy.

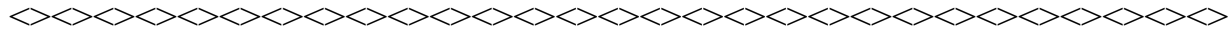
Back on the couch I started to reflect on the negativity that was encroaching on my thoughts. I needed to change how I perceived others that are running while I'm not. Guilt, envy, anger or negative emotions won't help motivate me back to running. Positivity, is what I need to focus on. All those other runners are doing what I love doing. I need to celebrate that fact. Running has a lot of "positive" to offer and I need share in that once again.

It is going to be a while before I am 100% recovered from my perennial bout of influenza. And, as I had actually not been running very much before this bout of the flu my return to running will be a slow process. But, as I get back onto my feet, I hope to take the fact that I was thinking of running during these last several weeks as positive. I will continue to think about the good that I have experienced with running over the years. And, how it has brought me great enjoyment and friendship too. It will be a challenge. A journey. But, I will eventually be back.

After all, I am really looking forward to enjoying the feeling of effortlessly running along the waterfront trail, with the wind blowing through my hair.... (Okay, I am dreaming again) ~ **Paul**

N.B.

I would like to acknowledge Ariane for having suffered through this bout of the flu with me. It must have been doubly hard for her having to experience a "man cold/flu."



## The Run Walk Run™ Method



Jeff Galloway, (1945-2026), whose innovative Run-Walk-Run method, developed in 1974, has set Jeff apart and opened up running to millions worldwide. Jeff designed this method in 1973 to help beginners start running. Strategic walk breaks allow each runner to control fatigue, virtually eliminating significant running injuries.

Today, Jeff's commitment to making running accessible and enjoyable for people of all ages and abilities continues to inspire. Through his e-coaching services, training programs, and running retreats, Jeff shares his wealth of knowledge and experience with runners worldwide. The Run-Walk-Run method remains a cornerstone of his philosophy, empowering individuals to achieve their running goals while minimizing the risk of injury. Jeff Galloway died in February of this year.

## FOSSILS CORNER BY STEVE SCOTT



Spring is here, my friends, but winter still persists; What the heck is going on? The Capital City Roadrunners/Walkers club are beginning to finish up their half and full marathon training programs, plus some 5K and 10K M as well. They are, of course mainly under the watchful eyes of Boris Allard.

Every week he plans a detailed map driven route for the various groups. Boris and several other trusted helpers are there to guide and encourage those folks who are training for the 48th Fredericton Marathon and beyond. We should really appreciate the camaraderie they create for our fun running club. Their dedication to their charges is notable as the hardy Walkers of our club recently encountered them during our own outing time and time again. Weather sure is a hard

taskmaster, but we manage as always.

Please be careful. Out there when you train as there are many “perils a foot”, so to speak. This final phase of your training will lead you to your longest run and highest weekly distance” Peak”, followed by a period of “Tapering” where you should work on your planned pace as the kilometers decrease to below half of peak pace. (100kms down to 45 or fewer kms). The week of the marathon these distances should be 25 kilometers or less. Take one or two days off (short walks of three to five KM. Finally have a decent warm up race day; then go out there and “get it done.

Just remember “. . .there is no finish line . . .” Cheers, Fossil

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### JOAN SAMUELSON BENOIT



Joan Samuelson Benoit took to long-distance running to help recover from a broken leg suffered while slalom skiing. She entered the 1979 Boston Marathon as a relative unknown. She won the race in 2:35:15, knocking 8 minutes off the record.

In 1981, she captured the U.S. 10,000 meter championship, posting a time of 33:37.50. Despite having surgery on her Achilles tendons two years earlier, she repeated her marathon success with a victory in 1983, setting a course record of 2:22:43. Her Boston record was not broken for another 11 years.

You're reading "Runbers", a collection of numbers related to running. Issue #66 "Running For Big Money" by Rob Jackson

Let's celebrate the continued advancements in public appreciation of women's sports! We have a flourishing Professional Women's Hockey League, selling out venues in Canada and in the USA. But, as runners, perhaps we can more readily appreciate the effort of running up and down a 28.65-metre basketball court.

The Women's National Basketball Association has been in operation since 1996. In 2026 it expanded to 15 teams, including the Toronto Tempo, which became the first and only Canadian franchise. And now, women professional basketball players are starting to draw salaries that are more than token payments.

On March 20, 2026 the Wall Street Journal reported that WNBA players recently made a record salary leap, with a nearly 400% raise. The players and the league were on the verge of a labour impasse. But the final agreement pushes the average player salary to \$584,000 USD for the upcoming season. The minimum WNBA salary is now \$270,000. Admittedly, this is a mere pittance of the salaries paid in the NBA, where the median salary is \$5.7 million – notably ten times the WNBA average salary. However, it's a step in the right direction for women's sports.

Speaking of steps, I know you're wondering about that 28.65-metre basketball court and your running. You would need to run just 349 lengths of the court to complete 10kms. For the marathon, you would need to run 1,473 lengths of the court. That's a lot of 180-degree turns! ~Rob

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### STEVE ROLAND PREFONTAINE



Steve Prefontaine was an American long-distance runner who set American records at every distance from 2,000 to 10,000 meters from a period of 1973 to 1975. He competed in the 1972 Summer Olympics, and he was preparing for the 1976 Olympics with the Oregon Track Club at the time of his death in 1975. Steve Prefontaine is likely the most legendary American distance runner, not just for his feats on the track, but his manner of winning, and his early, tragic death. He came to the fore as a high school distance runner in Coos Bay, Oregon, where he broke the 2-mile high school record with 8:41.5.



Harry's On Vacation!

