

~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club

~ March Issue 2026 ~



Saturday, February 28. Awesome crew out this morning! Most of us are deep in training mode for a half or full marathon, but you wouldn't know it by the smiles. The mild morning definitely helped — perfect running weather! And we're not done yet... some of us are lacing up again later for the Coldest Night of the Year! Miles for goals. Miles for a cause. Let's go! Thanks to Annett for taking this pic!



From Running Trails to Ski Trails!

Fran, Michele, and Jim hit the snow at the Bill Gairdner Canadian Masters Championships last weekend - proving trail legs work just fine on skis too. Meanwhile, Mary kept the good vibes flowing as a superstar volunteer. What a crew! You make us proud!

CAPITAL CITY ROADRUNNERS & WALKERS CLUB

Club Executive 2024-25

President - Joanne Embree

Secretary - Janet Tree

Social Media & Registrar
- Janice Caissie

Treasurer - Joanne Embree

Member-at-large - Boris Allard

Member at Large - Rick Grey

Member-at-Large - Mary McKenna

Fall Classic Race Director
- Sara Young

Footnotes Editor - John Cathcart.

CONTRIBUTIONS FOR FOOTNOTES

Please send to the email address
below. Thanks! The Editor

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~FOOTNOTES ~ CONTRIBUTORS

Joanne Embree

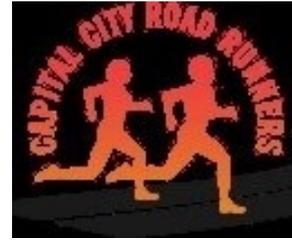
- John Cathcart

Steve Scott -

Paul Looker

Harry Drost

~ JOIN THE CLUB ~



If you're not already a member of CCRW 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.ccrw.ca/membership>

Or

contact any member of our CCRW
Executive listed in Footnotes.

MEET & GREET THE CLUB EXECUTIVE



Joanne wears two executive hats as CCRR's President and Treasurer, and she rocks them both! From leadership to numbers, she helps keep CCRR moving forward—and financially fit too. We're lucky to have her at the helm!

What got you into running? I got into running as part of a Manitoba Marathon relay team for the Department of Medical Microbiology at the University of Manitoba in the 1990s. We then decided to each run the half marathon in that event in 2001 and then we moved up to running marathons. I ran my first marathon in the fall of that year and have now completed 30.

What do you like and dislike most about running? I enjoy both running with others in the running community and those solo runs where you quietly work through problems at work, etc. I love the excitement associated with the marathons and have really enjoyed going to most of them. If I have to, I can run in almost all weathers but I am really not fond of running when there is a cold strong wind in my face.

Your favourite race: My favourite race was the classic marathon in Athens, Greece.

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Say hello to Janet our superstar Secretary, the one who keeps us all on track by capturing every meeting minute. This is her second term in the role, and it's clear—she truly loves what she does! We're so lucky to have her on the CCRR exec team!

What got you into running and how long have you been doing it? I have been running since my teens, initially to be better at my favorite sport of basketball.

What do you like the most about running? As I aged, I ran to maintain my fitness and overall wellness. I joined CCRR 15 years ago and really enjoy being part of a group of like-minded individuals in Fredericton's running community. Running with others keeps me motivated and accountable. I prefer 10 km runs; training for longer distances makes it difficult to fit into my schedule.

Favourite race: My favourite running events are the "Fredericton Fall Classic" and Moncton's "Legs for Literacy". They are well organized events and a lot of fun.



Say hello to Rick!

Our newest Member at Large, Rick brings fresh ideas, positive energy, and a good sense of humour to the table. We're thrilled to have him on the CCRR exec team—never a dull moment!

What got you into running? Two years ago, mistaking "Masters" as a euphemism for "old", I joined Fran's X-country ski clinic, met new friends, one thing led to another and "BAM" I am running with CCRR and loving it!

What do you like and dislike the most about running? A little stiffness and extra laundry is no price for the excitement and joy of running with the group.

Favourite race: My favourite race so far was at the Hopewell Rocks. I was only a few months into running; fell twice, inhaled a fly (all the way down) and tore my Achilles, but it was fun!



Meet Mary! One of our awesome Members at Large, Mary brings great ideas and thoughtful suggestions to our exec. meetings. And as if that wasn't enough, she's also the go-to for catering delicious food at some of our social events. We're lucky to have her!

What got you into running?

A friend at work encouraged me and we started running together at noon.

How long have you been running?

It's been over 25 years now - and I have been a member of CCRR for almost 20 years.

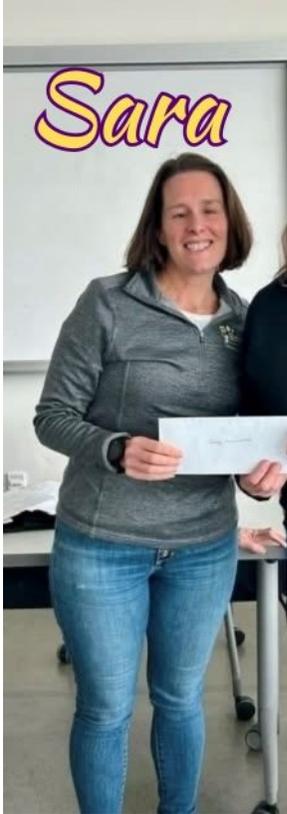
What do you like and dislike about running?

Like: It's simple for me, I enjoy the sensation of running, as well as the camaraderie.

Dislike: I tend not to run if it's cold, dark, or the footing is poor.

Your favourite race:

In 2004, my daughter Kathleen and I were living in Atlanta, Georgia and we ran our first half marathon on American Thanksgiving Day, her idea. It was a day to remember!



Say hello to Sara!

As CCRR's Fall Classic Race Director, Sara plays a huge role in bringing one of Fredericton's biggest races to life. She's super organized, great with numbers, and always on top of the details—basically, the perfect person for the job! ♀

What got you into running?

My then boyfriend Justin was a runner. I started walk/running on my own but never thought I'd enter a race because all of the university races I watched him do were so competitive. I went with him to a 10K in Moncton and saw people running, walking, pushing strollers and thought, "Maybe I can do this!"

How long have you been running? About 22 years. I joined CCRR in 2014 or 2015 when we moved back to Fredericton. Justin ran with the club a bit when he was in high school and I used to like to show up to their runs the odd time we'd be in town visiting family.

What do you like and dislike about running?

I love that you can do it anywhere, with little equipment. I also love running with others - hearing all about their experiences and having people to help push me through long or difficult runs.

I do not love the cold, dark, and icy bits of winter running.

Favourite race: That's a tough one! My top pick for a team event is hands down the Cabot Trail Relay. I love cheering on others, running with a team, and seeing all levels of competition come together. My best race would have to be the Baystate Marathon in Lowell, MA — I was so well prepared and had a perfect day. Chicago would also be right up there. It was my first major and my first time in the city. The crowds were incredible, and I was surprised by how relatively easy it was to run despite the number of runners.

Boston is also a race I'll never forget, of course. I'm so grateful to have been part of such a historic marathon, especially in the same year one of my favourite runners, Des Linden, announced it would be her last professional marathon.



Meet Janice! I've been behind CCRR & W'S social media since last summer, and now I'm also the new Registrar. Posting, organizing, and doing my best to keep everything running smoothly!

What got you into running?

In 2016, one of my friends from back home (who also lives in Fredericton) started to develop an interest in it and encouraged me to join her. I did and after participating in a few races, I got hooked!

How long have you been running? I've been running off and on for about 20 years, but only taking it more seriously in late 2016.

What do you like and dislike about running?

Like: That adrenaline rush you get while running, it's therapeutic. I also enjoy the social side of it; I've been a CCRR member for the last few years, but only physically joined the group a year ago. I regret not doing it sooner, because I can't ask for better people to go running twice a week with.

Dislike: Winter running in general. I dislike running in very cold weather, snow-packed, icy and uneven trails/routes!

Your favourite race: The 2017 Fredericton Marathon when I did my first half!



Meet John - aka - the running rev - who started his joy of running back in 1974, after being introduced to it by his brother-in-law who lived in Boston. Brian was "in training" for the great Boston Marathon. Totally out of shape and unable to keep up with him, John set about over the 5 years to quit smoking, and become a runner. His 1981 New Year's resolution was to quit smoking and take up running in a more serious way running 10 miles a day. John's brother-in-law got injured just before the Boston Marathon. There was no possible way he could run 26:2 miles. John was going to be in Boston for Easter that year, 1981, so it was decided he'd run in Brian's place so Brian wouldn't lose his registration fee. John's finish time was 3:40 and change. The entry fee was \$2 plus \$1 if you wished to use the bus to the starting line. This was John's very first marathon. Qualifying, he ran it again in 1984 with an entry time of 2:44 and finish time of 3:11. American funds! The entry fee for 2025 was \$250!!

(The Photo is of the running rev and his great nephew & future runner Cameron)

From the president - Joanne Embree

Hi everyone,



Well, February did not give us as many warm days as hoped and it certainly was windy! Fortunately, the footing on the trails has not been bad. Could not claim that for several of the sidewalks on many days though.

Great news - the club members have raised more than the targeted \$3,000 in donations for the Coldest Night of the Year event held on February 28th.

We had a good time bowling this month. This is the third year we have done this and it is getting more popular. Thanks to Mary for organizing the event and for hosting us at her house afterwards. A shout out also to Pierre for his help.

Club members who are training for the Fredericton marathon and half marathon have started their programs. Boris has kindly organized the training programs which now include sending out the proposed routes for the Saturday runs on the Friday before. The training plans for those getting back to running after a winter “off” and who want to run in the 5K or 10K at the Fredericton Marathon have been circulated. As well, Steve’s training plans for those who want to improve their 10K times have also been distributed.

Those training plans for the 5K, 10K and the Half Marathon will also be useful for those who will be running in the Fall Classic scheduled for September 27th. Sara and her team have already started planning for that event which continues to get better and better every year.

Looking forward to warmer days in March to run, walk and ski.

Joanne



COLDEST NIGHT

- Capital City Road Runners & Walkers -

\$3,445.00

The Running Rev Remembers 1983



Let's take a wee jog down the wonderful path of memories. Some of you may recognize the name, others won't, as you probably weren't yet born. The name is James Fixx, one of many running guru's of the late 1970's early 1980's.

I have in my possession a prized James Fixx's 1983 edition of his Runners' Day By Day Log and Calendar. It is where I kept my daily mileage, recording each day's distance, and for added discipline each day, I added a quote, most of the quotes coming by way of The Reader's Digest.

It was Paul Looker's e-mail that got me thinking. Paul is down with a dose of the flu and it has knocked him for six. He also sent me an photograph of his running shoes, looking cold and almost buried with snow. The shoes look quite sad and neglected.

I brought out Fixx's Logbook and Calender and turned to the month of February and the first day of February where I ran 10 miles through the UNB Woodlot. It was +1C, with light snow falling. Oh, to be young!

The quote for that day was from a S.M. Parker who lives on the coast of Maine with her husband and sons. As a young adult, restlessness drove her to backpack throughout dozens of countries, adventures she found less intimidating than high school. She has since devoted her life to education and holds degrees from three New England universities. She writes:

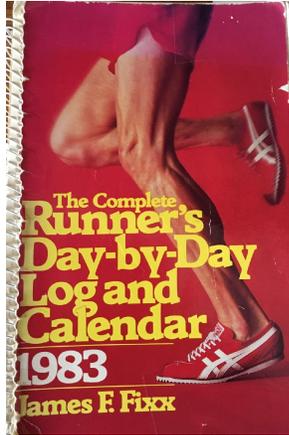
"People have a way of becoming what you encourage them to be - not what you nag them to be.

On Thursday, February 3rd, another 10 miles, zig-zagging through city streets and again making my way to the UNB Woodlot. It was a cloudy and mild morning, warm even, +3C, as I made my way back along the Vanier Highway for a bit of a hill.

The quote for that day comes from Helga Bergold Gross a spiritual leader and author known for her teachings on prayer and divinity. Her famous quote is

"What we usually pray to God is not his will be done, but that He approves ours."

Friday's back then was my day off from the barbershop. I'd use it for my long runs. On this particular Friday, February 4th, as I was preparing for the Heart Marathon, at this time it was held in early April, my 18 mile run took me all over the city.



With the temps being so mild that week in February, the roads were full of big puddles, and on that morning, according to my Foxx's Logbook, it was wet and foggy. The quote came from a Giovannino Guareschi who was an Italian journalist, cartoonist, and humorist whose best known creation is the priest Don Camillo.

As an aside, Don Camillo is a fictional, hot-tempered yet beloved Italian parish priest created by Giovannino Guareschi in 1948. Set in a post-WWII Po Valley village, the stories follow his humorous ideological battles with the communist mayor.

Known for speaking directly with Jesus on the cross, he represents a blend of faith and humanity. Here is the quote for that first Friday of the 4th of February:

*"The man who offers an insult, writes it in sand,
but to the man who receives it, it is chiseled in bronze.*

On Saturday morning, February 5th, by myself, (I had not yet made the acquaintance of the CCRR) and again out in the UNB Woodlot, this time going behind Regent Mall and into the Woodlot from there, doing a loop that again brought me back up the Vanier Highway. It was slow going, there were flurries overnight hiding icy spots. I took a fall, nothing broken, but I was feeling tired but dragged my butt around and got in a 10 miler. It was minus 8C, overcast, windy, it was more snow than flurries. I hadn't met Harry Drost yet, but I would have concurred with him, "I Hate Running."

Sunday morning, I was feeling really draggy. We went to Church, my throat was sore, and by the time I got home coughing and sneezing were constant companions.

The worst had happened. I was sick! Not just a man-cold I mean the works. By mid-afternoon I was shivering one minute and too hot the next. The washroom and I became very acquainted and by suppertime I was in bed, down and out for the count.

Saturday's quote come from Andre Maurois who was a writer of considerable versatility and who achieved success as a biographer, historian, and novelist wrote:

*The difficult part in an argument is not to defend one's opinion,
but rather to know it.*

On Sunday, February 6th, I spent the day in bed with thoughts of eternity dancing in my head. Seriously, I thought it was a casket for me. It was a sunny bright day with the temperature minus 6C. Absolutely no running that day. Sniffling and coughing and blowing my nose there's be no running for the next four days. I'd look at my old running shoes and apologize to them because I couldn't take them for their usual run.

Slowly things got better. By Saturday, February 11th, I was back out in the UNB Woodlot for a slow ten-miler. Where's Harry 'I Hate Running' Drost when needed?

The next quote comes from an anonymous author:
Motivation is when your dreams put on work clothes.

Moving on to the month of April, and a week away from the Fredericton Marathon which made its way down to the turnaround point in Oromocto. On that Sunday it was another 10 miler, all over the city, from Priestman Street (where I lived at the time) doing some hills, the toughest being up the Golf Club Road. It was a mild +5C, cloudy with a light wind and the snow disappearing. The quote for that Sunday comes by way of Dorothy Frances Gurney who was a British hymn writer and poet. The quote for that Sunday comes by way of a poem called "A Gardener's Blessing."

*"THE KISS OF THE SUN FOR PARDON,
THE SONG OF THE BIRDS FOR MIRTH,
ONE IS NEARER GOD'S HEART IN A GARDEN
THAN ANYWHERE ELSE ON EARTH."*

In my Day by Day James Fixx's Log Book those words are written in bold uppercase, perhaps showing a longing desire for Spring to come early. On the day before the Marathon, I went for an easy 3 mile run. It was 10C and sunny and that day's quote:

"Life is for one generation; a good name is forever." ~ A Japanese Proverb.

Next, I turn to the BIG DAY! Sunday, April 10th, the running of the Fredericton Heart Marathon. As noted earlier, it was an out and back and very flat course, but one had to be mindful of the Sunday afternoon drivers. It's hard to believe there were no trails to run on back then! How we take those safe and scenic trails for granted, eh? It was +9C with sunshine at race start time but it cooled off as the race progressed.

I had a good marathon. Everything worked as it should except the sub three hour goal eluded me. My finishing time was 3:04: 10. I didn't have a quote for that Sunday in April for some strange reason. Maybe I was just too tired after my 26:2 marathon.

So to finish this look-back at the year 1983 in my Fixx's Log Book, the last quote goes to Barbara W. Tuchman who was a renowned first-class historian and writer. She received the Pulitzer Prize for *The Guns of August*, a masterful account of the outbreak of World War I. But for many, her most important book was *The March of Folly: From Troy to Vietnam*, published in 1984. The quote attributed to her is perhaps very apt in today's worrisome environment of dictators being deposed.

"Every successful revolution puts on in time the robes of the tyrant it has deposed."

FOSSILS CORNER BY STEVE SCOTT



Mountain Climbing TWO is my topic for this month. Needless to say, we also did several climbs in Mount Carleton Provincial Park in North Central New Brunswick (Restigouche County). The Capital City Road Runners reserved an open area suitable for camping overnight at Armstrong Brook. Campground and took advantage of the facilities and the trails in the area.

The two major climbs were Mount Carlton itself which was longer, but easier for folks with children. The other more spectacular climb was to the peak of Mount Sagamook, which in spots, was quite challenging, but the reward was absolutely astounding. At the peak, one could look at least 180° and the Fire Tower at Mount Carlton was the only man-made object.

During our stay at the peak of Sagamook we watched intently as a large and quite rare Golden eagle flew by. Just magnificent and the view of the mountains and wilderness was in the range of 20 to 25 miles.

There were two ways back down to the campground; straight down the trail we came up, or across to Mount Carlton and down the Fire Road and a gentler walk back down to our camping area.

This area is the furthest East that the Appalachian Trail extends that is definable enough to follow. Back in the day, the CCRR did a lot of Group Trips to many different areas of New Brunswick and beyond. The other frequent mountain climbing area was of course, Mount Katahdin in North Central Maine. There were many routes from beginners to the proverbial heavy duty climb across the Knifes Edge. The only issues were that this Maine Favourite was citizens of Maine first for overnight camping, followed by Americans and lastly Canadians. As you may realize in today's caustic climate (political) Canadians have an even lower status at this point in time.

Just remember" . . .there is no finish line

*To live well, we must have a faith to live by, a self to live with,
and a work to live for - something to which we can give ourselves
and thus get ourselves of our hands." Joseph Fort Newton*



Good morning all you runners and walkers!

I am not sure why I still write something for the CCRR club. In the past year I have not run very much and in January and February of this year zero km!

So what am I doing? I will give you a hint, I'm not using my running shoes at all but I have trouble sitting. So far this month I have been spinning at the Curry Centre and covered a distance of over 430 km with 2 days to go. Try to type and doing that laying on your stomach.

In a few weeks Henny and I are going to visit The Dominican Republic and see and feel if the weather is better there. I have been told that sitting in the sun for a week is not good either.

Henny signed me up for taking a course in cooling down! Two or three Heinekens everyday will take care of that! A few members of our club have been taking this course already for years but I am a late bloomer!

In preparation for our vacation I am starting the course today.

Henny just brought me coffee ah well it is 10:30 AM.

From the back of the pack

Harry.

