

...Footnotes...

.....April 2024



Capital City Road Runners & Walkers Club

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 etc.

·Regular bi-weekly runs

*We meet at the Currie Centre
Wednesday evenings (5:30 PM)
and Saturday mornings (8:30 AM)*

*Membership is only \$25 per year
or \$40 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.*

CAPITAL CITY ROADRUNNERS Club Executive 2024

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~FOOTNOTES ~CONTRIBUTORS

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Steve Scott - Paul Looker

The President's Report by Fran Robinson



Hi all, Another month has gone by. It's pretty white out today with snow on the ground despite the fact that spring is officially here. By the end of the month I imagine we'll be running/walking in our shorts again. Many of you were away this past winter, to warmer climates no doubt. It will be good to convene again, especially now that the days are longer and we can once again run in the daylight on Wednesday nights!

Lots of us have set running/walking goals for ourselves to accomplish this spring/summer. Some of these goals are pretty lofty. Several of us are doing spring marathons (Terry Haines, Mike Melanson), 13+ km swims across Northumberland Strait, (Troy Sandwith), Ironmen (Paul Looker) to name just a few. Many of us are training for the Fredericton Marathon in one distance or another. Some of us have completed our winter goals (Jim Ketterling and I). Jim competed in the US Nationals in the Biathlon and came away with a bronze and a silver. I competed in the Canadian Masters Cross Country ski championship for 2 golds and a bronze.

Paul Looker is diligently organizing the Point series run/walk events and it becomes more popular with our members each year. Thanks Paul! Coming up is the Queen's Square 1 miler on April 10th. The last run (pre St. Paddy's Day) was a hoot. We had so much green out there plus a quick beer after at Dolans Pub. Lots of fun.

Mary McKenna seems to have become our social organizer on the Executive. She organized a bowling night last month and has plans to organize a curling night in the fall.

The Fall Classic registration is now open. This is our signature event and we hope many of you will either run in it, or help out by volunteering somehow. It's such a great event, under the direction of Sara Young. Here's the link:

<https://raceroster.com/events/2024/84733/41st-fredericton-fall-classic-sponsored-by-canadian-tire-fredericton-north>

Have a great month. Stay active - keep running or walking!

~ *Fran*

**You're reading "Runners", a collection of numbers related to running.
Issue #50: So close, and yet so far - By Rob Jackson**



Roly McSorley is one of New Brunswick's most accomplished runners. Athletics New Brunswick lists him as a record-holder in 14 different categories, at distances from 800m to 5000m. Twenty-three years ago, on February 24, 2001 at age 50, Roly ran an indoor mile in Brunswick, New Jersey in a time of 4:36.65. His result is equivalent to a 4:02 mile for an athlete in the open age category, and it put him in the record book of Canadian Masters Athletics as the fastest all-time indoor mile by a Canadian man between the ages of 50 and 54.

On March 23, 2024 Craig Maclean, a Canadian living in Seattle, Washington, competed in the USA Masters Indoor Track and Field Championships in Chicago, Illinois and, at age 52 bettered Roly's record. By how much did Craig Maclean lower the Canadian record? Craig's time was 4:36.61, just four one-hundredths of a second faster than Roly.

If Roly and Craig had been running head-to-head, it would have been a very close race. Each athlete would have been running at a pace of approximately 13 miles per hour or 20.94 kilometres per hour. They would each have been travelling 5.818 metres per second. At the finish line Craig would have crossed just 23.27 centimetres (9.16 inches) ahead of Roly. That's the length of a standard house brick or the height of a hardcover book.

So close, and yet so far.

~ **Rob**



FOSSIL'S CORNER BY STEVE SCOTT



With the racing season already underway, (those of us who do race), there may be some interest in the "art of pacing" during your upcoming races. Knowing when to put the "HAMMER" down is very important as the finish line looms before you.

Having a "pacer" around to guide you is a great way to get introduced to the "art of pacing". They are usually called "Pace Bunnies" or some other such term. Their role is to get you to the finish line in the time that they advertise (i.e. 4 mins. per km or whatever). They are mostly used for Half or Full Marathons.

In the professional world of running, on the track in particular, a pacer or two set the pace early, so the athletes can decide what they will employ in their strategy to break the Track or World Record. These events pacers are paid well and will leave the track before the finishing lap.

Finally, there is another form of pacing that ultimately becomes the "boss" of how you continue to keep running and/or walking to stay fit. You guessed it right if you thought, "Good heavens is he talking about a device called a "PACEMAKER?"

We have several older folk in the club who depend on our own personal pacemaker device. I have had a pacemaker since 2018 and Mike Stapenhurst has just become a member of this illustrious Club. We have several others in our CCRRW, but it should be their story to tell when they wish to tell it. Have a great running season.

Just remember " ... there is no finish line ... "

Cheers,

Fossil.



The Heavens Declare the Glory of God by the Running Rev



On Monday, April 8, 2024, we will witness the total solar eclipse in Niagara Falls. “The moon is expected to completely cover the sun in the direct path of totality, making this a rare opportunity to observe this phenomenon.” Law enforcement and first responders and restaurants and hotels are all preparing for this event that has captured the people’s imagination.

How many people are expected in Niagara Falls for the eclipse? Some say a million star gazers are expected to “throng” to Niagara Falls with hotel rooms listed at \$1,600 a night. As businesses around the majestic Niagara Falls prepare to cash in on the April 8 total solar eclipse parking will surely be a problem. If you are planning to come bring lots of cash or cards AND patience with you.

As a running rev I am always fascinated by the beauty of a sunrise or a sunset. Also clouds slowly making their way down the canal here captures my imagination and reminds me of a favourite quote by American architect and writer Norton Juster:

“Every sunrise gives you a new beginning and a new ending. Let this morning be a new beginning to a better relationship and a new ending to the bad memories. It’s an opportunity to enjoy life, breathe freely, think and love. Be grateful for this beautiful day.”

As one who loves to read the Bible, especially the Book of Psalms, written well over three thousand years ago, I am always reminded of Psalm 19 when I see a sunrise or sunset, or even when the sky is heavy with dark clouds. The psalmist writes:

*The heavens declare the glory of God!
The skies proclaim the work of God’s hands. Day after day they pour forth speech, night after night they display knowledge. There is no speech or language where their voice is not heard. Their voice goes out into all the earth, their words to the ends of the world.*

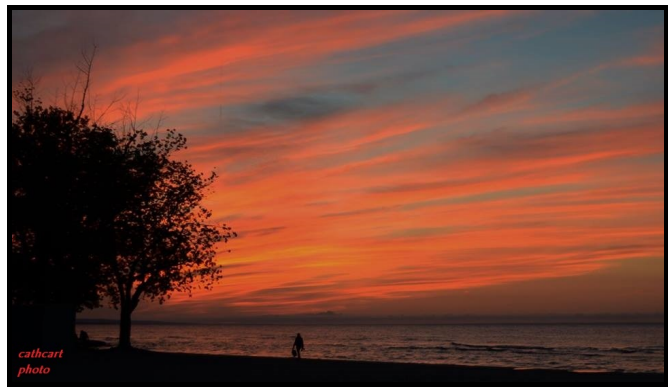


I picture the psalmist sitting at day’s end watching the setting sun. This particularly show stopping sunset started the psalmist’s creative juices flowing. “Inspiration is always a surprising visitor,” writes John O’Donohue. For the psalmist the silent heavens speak declaring the glory of their Maker to all who are on the earth.



As the psalmist quietly sits, perhaps he is a shepherd having calmed his flock for the night ahead, he is used to being surrounded by sheep and the wonders of the seasons, of sunrises, full moons and spectacular sunsets and fluffy or dark clouds. On this particular day he watches as the sun, at the end of a brilliant summer's day, moving across a cloudless sky, from east to west, and for him, the heavens declare the glory of their Maker.

Breaking News! This just in. With a million or more people expected to descend on the Niagara region on April 8th, a state of emergency is effective immediately. Schools are closing or getting out early as the eclipse is expected to happen when school buses would be on the roads carrying their precious cargo of children.



Millions of people world wide will be witnesses to this event. As Google declares, "In fact, totality occurs about every 18 months or so. But if you're not willing to travel, then you're going to have a bit of a wait. On average, any particular spot on Earth sees a total solar eclipse only once every 375 years!"

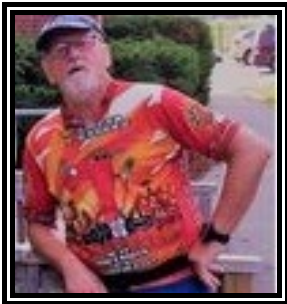


For the psalmist, as a shepherd, he has seen all kinds of sunrises, sunsets, all kinds of clouds floating effortlessly overhead while his sheep graze knowing their master, the good shepherd, will keep them safe. For the psalmist the heavenly lights, the sun, moon and stars are not divine, nor do they control or disclose anyone's destiny. They simply and quietly declare the Glory of God and their

glory testifies to the righteousness and faithfulness of the Lord who created them. For the psalmist, there is a deep devotion in his heart. To all who have seen the glory of the heavens have also seen the glory of the Creator with their own eyes. God's glory is on display in creation, day and night, and even in the total eclipse of the sun.



From the Back of the Pack



Hi all,

I had no idea what to write about today! While I was couch surfing I woke up and thought to myself if only I could find something of interest from the past. I went into my office and found a whole bunch of old Footnotes.

I started reading Nr. 81, August, 1990, editor Brenda Tree. Did you know that we had a walking group back then that met 3 times a week?

IT HAD A FULL PAGE WITH STRETCHING EXERCISES! Stretching the truth is my exercise! A 24 hour relay at The Exhibition Grounds, 86 teams of 20 runners/walkers. Also guess your 5 km fun run time and Mike McKendy was the winner with only 1 second off and Karen Haines was off by 9 seconds. I did beat John Cathcart, he wasn't there! Aren't memories great? FTBOTP - Harry



Aye! The wearing o' the green!