

~ APRIL 2022 ~

~ FOOTNOTES ~



Ontario's historic Around the Bay Road Race

On March 27, 3,500 runners were greeted with cold, blustery and snowy conditions on Hamilton's bayfront. Kingston, Ont. native Kevin Coffey came out on top to win the 30K in 1:40:10. Victoria Coates was the first woman to cross the finish line, 1:50:01, three minutes ahead of the field.



*To sign up online visit
<https://www.crr.ca/membership>
or
contact any member of our CCRR
Executive listed in Footnotes.*

CLUB EXECUTIVE

Kudos - We have 10 contributors!!

Kudos to Jim Ketterling as He Clicks of the Kilometres



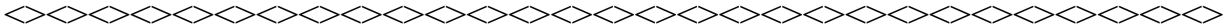
This past winter, you have likely seen Jim Ketterling logging km's on his skis, with a backpack in tow. Jim has been preparing to complete the virtual Canadian ski marathon Courier de Bois silver medal challenge. (He completed the bronze medal version the year before).



This is no easy feat. Jim was required to classic ski 120 km over 2 consecutive days while carrying a 5 kg backpack. He completed this on February 27 and 28. On the 27 February, he skied 18 kms as a warmup to the 15 km in person race that Wostawea put on and then skied the remaining 27 km to complete his 60 km. If you recall, the 28th February was a cold and windy one, but he was out there for 6 plus hours on dry snow along with the trail groomer.

Jim's watch battery gave out at 59 km on the second day, so he had to repeat the last km using his phone to record that mileage. Ouch! Great job Jim! You are an inspiration to many of us. Will you go on to do the Gold challenge next year?

~ Fran



Here is our special elite running group picture of brave strong Capital City Road Runners who were able to run my challenging 11k route around the city! Thanks for showing up on a -17c day and for the wonderful birthday card. ~ Phil Booker

Fossils Corner by Steve Scott



As I quite often do, I would like to take you back to our humble but enthusiastic beginnings. My topic is the twice a week FUN RUN which was organized by myself and John Mercer (anyone remember John); a very capable runner and motivator. As the CCRR grew, there were many new runners, and someone was appointed to look after them and make sure that all could carry on a conversation while running or walking and above all make sure they did not get lost.

This kind of “hands on approach” worked quite well for several years and many of us did our duty and ultimately many of the people became accomplished runners themselves and contributed to looking after newer runners particularly on Wednesdays. Saturday became a day for many to do their long runs and after a while the practice of helping newer runners fell by the wayside.

Finally, the role of looking after beginners and new runners was virtually abandoned and the organizer role seemed to evolve into “what route are we running tonight or today”.

The CCRR has recently changed its name to the Capital City Road Runners and Walkers Club. This is a very good start and there appears to be a decent number of walkers out on Wednesday and Saturdays. I know we are just beginning to gear up again due to Covid, but as time goes by many original members who are determined to keep their fitness no matter what their age and infirmities they have developed are still doing what they can.

Some of us take a while to get going and need to intersperse some walking into their running/jogging, while others need to go slower for a tender knee or ankle or whatever and still others find that vision impairment is making it extremely difficult to walk alone and some just need a new face to chat with.

I would like to propose that the CCRRW Club bring back the practice of helping all pursue their chosen lifestyle with folks of like minds in the interests of some of the main goals that were essentially established with our constitution many years ago (1983). The CCRRW Executive should actively pursue this.

Thank you very much for your consideration of this matter promptly.

Just remember “. . . there is no finish line . . .”

~ Fossil

PS just a reminder that the Fredericton Marathon is about 7 weeks away and current numbers are spiking due to t-shirt guarantee ending on March 30th. It would be a shame to miss getting a t-shirt due to procrastination. ~ *Steve*



Fredericton Marathon ~ May 7th & 8th 2022



FREDERICTON YOUTH FUN RUN

Presented by Trites Orthodontics and Fredericton Marathon

Sat, May 7th

1 km

Ages: 2-12 years

Start Time: 2 pm
Queen Square Park

Race kit pick-up at Delta Hotels by Marriott Fredericton

Children must be able to run without a parent

Registration Fee: \$4.00
You can pre-register at racerooster.com

Fredericton Marathon 2022

TRITES

The Fredericton Marathon is an annual marathon (42.195 km/26.219 mi) race held in Fredericton, New Brunswick, Canada.

The Fredericton Marathon is the oldest annual marathon race in the province of New Brunswick, starting with only a few hundred runners in 1979, it has grown into one of the most well known marathons in the province.



Currently, the race is sponsored by Scotiabank and hosted by The Capital City Road Runners.

Troy Sandwith and His Ultra Training Program



In order to stay motivated, Troy needs to have a race (or two) on the horizon. This year, he is training for two significant races. The first one is on June 18th in Perce, QC and is a 100 km trail race during the Ultra Trail Gaspesia 100. He has been told that the course is quite technical with a lot of elevation gain. For training, he is trying to get in a lot of weekly kms with lots of long weekend runs and a lot of elevation gain.

Next up, he has an 88km trail race on August 13th in Cape Breton during Capes100. This race will be very similar to the first one, so his plan will be to continue on with the same kind of training.

If all goes well with those two races, he will be looking to do a 100 mile race in 2023.

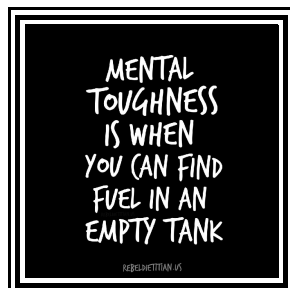
Troy tries to get out running at least 5 days a week. During the winter, he may switch out 1 or 2 runs for skiing. Once the snow is gone, he adds in some biking. He also tries to swim 2 or 3 days a week.

A few weeks before a race, he plans to run about 80 percent of his race distance over the course of 2.5 days. For the 100km race, his longest run over the weekend will be 40 to 45 kms at one time.

He supplements his training with other races, but his primary focus will be on the races above. Troy uses Strava to keep track of his runs and mileage. He has been participating in Jos' monthly hill challenges and these will help him with the elevation gains he experiences in the ultra runs he is registered for.

All the best Troy! You are an inspiration to us all. We'll be routing for you.

~ Fran



Ukrainian refugee wins Jerusalem Marathon

Veretska competed in the race after fleeing Ukraine in late February with her 11-year-old daughter

A Ukrainian refugee who fled her country with her daughter after Russia invaded, has won the 2022 Jerusalem Marathon. Valentyna Veretska, 31, of Mykolaiv, Ukraine, was the first woman across the finish line in 2:45:54.



Veretska competed in the race after fleeing Ukraine in late February with her 11-year-old daughter. She was invited to the Jerusalem Marathon after her third-place finish at the Riyadh Half Marathon in Saudi Arabia in early March. Her husband stayed behind in Ukraine, since men of fighting age (18-60) are not allowed to leave. Veretska is currently living in Israel with her daughter seeking refuge.

Her time was six minutes shy of her personal best of 2:38:51, which she ran last fall in Albania. Ageze Guadie, 33, from Israel, finished first in the men's category, with a time of 2:37:17. Veretska was third overall.

Jerusalem's hilly terrain makes the marathon particularly challenging, as runners run upwards of 400 metres of elevation gain over the 42.2 kilometres.

Ahead of the Jerusalem race, Veretska told reporters that she would "run for peace." She is currently ranked 444th among female marathoners by World Athletics.

Race organizers estimated around 40 Ukrainian immigrants and refugees took part in the race, among thousands of others. On March 25, Israeli immigration reported that over 5,000 Ukrainian Jews have fled to the country to escape their homeland since the start of the war. ~ Marley Dickinson - Canadian Running Magazine

Giant mural on Canada Steamship Lines' Welland showcases Niagara 2022 Canada Summer Games



There was an air of mystery surrounding the first upbound vessel on the Welland Canal in St. Catharines Thursday, March 24th. When visitors showed up at St. Catharines Museum and Welland Canals Centre at Lock 3 for the annual top hat ceremony to open the waterway, they were greeted with a vessel already in the locks — Canadian Shipping Lines Welland or simply CSL Welland.

The mystery was what was under a giant white tarp covering the accommodation block of the Trillium Class bulk carrier as it sat there en route to Lake Erie. Crew members stood on the port (left) and starboard (right) sides of the vessel waiting for a signal from CSL president and chief executive officer Louis Martel, who was in the centre speaking. When they received that signal, they unveiled a colossal 16-by-14-metre mural depicting four runners in motion, striving together toward a common goal.

“The Runners” was created by Canadian artists Bryan Beyung, Emmanuel Jarus, Andrea Wan and K.C. Hall to celebrate the spirit of the Niagara 2022 Canada Summer Games taking place throughout the region from Aug. 6 to 21.

In a release, Canada Steamship Lines said each artist painted a runner according to their distinct style, vision and tradition. “Together, the four runners create a collective and harmonious work that reflects the broad mix of people, cultures, backgrounds and abilities in amateur sport today,” the release said.

“As the primary sponsor of the Canada Games Torch Relay, we were very excited to work with these young artists,” said Martel. “They were able to capture the

spirit of athleticism and the common values we share with the Games — collaboration, inclusion, diversity, integrity, responsibility and perseverance.”

Doug Hamilton, board chair of the Niagara 2022 Host Society, said the original work of art will serve as a lasting legacy to the Games and the ideals they represent.”

It was announced at the top hat ceremony the vessel will be the Games’ torch bearer for its leg from Montreal to Niagara. The torch will first be lit in Ottawa in July before heading to Montreal on the CSL Welland.

Once on the Welland Canal, it will be taken ashore and make its way across the Niagara Region before a lighting ceremony at the opening ceremony of the Games.

“We can’t wait to watch CSL Welland and this wonderful mural build energy and excitement for the Games — and we look forward to seeing a CSL ship carry the Canada Games torch for the first time in the event’s history,” said Hamilton.

Choosing the CSL Welland to be a marine torch bearer and carry the mural was a way for the company to honour the communities of the region with whom it has close ties. It was also chosen because of the vessel’s distinction as a pioneer in supporting sustainable shipping in the Great Lakes as the company strives for a zero-carbon future.

The vessel is an active participant in CSL’s biofuel program and logged the most engine hours on B100 biodiesel of any vessel in the world.

“The success of using biofuel on CSL Welland and other CSL ships demonstrates the viability and practicality of this green alternative in supporting the decarbonization of marine transportation,” the release said. ~ *By Dave Johnson, Welland Tribune Reporter*



"Give yourself a gift of five minutes of contemplation in awe of everything you see around you. Go outside and turn your attention to the many miracles around you. This five-minute-a-day regimen of appreciation and gratitude will help you to focus your life in awe." ~ Wayne Dyer ~



When going for a run or a walk, we runners and walkers are out and about in nature and will spend much more time than the five minutes suggested by that American self-help and spiritual author Wayne Dyer. It is in his words "give yourself a gift" that first captured my attention. It reminded me that all of the 48 years I have spent running and walking continue to be a gift to myself. It is a time of self-care.



Most of my running/walking excursions these days are spent in the company of me, myself, and I. My preferred running/walking routes takes me down along the quiet Welland Canal. Some days I will find myself down on Merrit Island, (a popular spot for people to walk, run or bike). Many people also come there to walk their dogs or just sit on one of the many benches placed along the 8km out and back Merrit Island pathway. There are also many trees that have been planted and placed in memory of departed loved ones. Some families decorate "their" memorial tree at Christmas time, Valentine's Day and Easter and some even on birthdays. These memorial trees serve to remind me that running is not only a gift to be cherished, but that each new day is also a gift.



Wayne Dyer also suggests spending that 5 minutes "in contemplation in awe of everything you see around you." Well this morning, having returned home from a walk and sitting on the bench outside my study window, I could see and hear a Mourning Dove's sad lament. Then there was a busy Robin inspecting every inch of my front lawn that is slowly turning green.

It was then that I noticed the new growth that seems to be growing by leaps and bounds each day. The Daffodils and Tulips are now wide awake and are putting all their energy into the great show of colour that's drawing nearer with each passing day. Spring is here and with it comes the great awakening of Nature. Sometimes you don't have to leave your own garden to find lots of awesome things to contemplate and reflect on as there are many "miracles" to be found around home. Take 5 minutes to contemplate. ~ *the running rev.*

I Love Marathon Training by Kay Stairs.



It's that time of year again when "Hope Springs Eternal" for the tortoise variety of marathon runners... I'm training again for the Fredericton Marathon in May.

I love marathon training almost more than the race. I love the long and steady progression of long runs, the test of determination and grit, the need for discipline, the honour and wonder of completing the same distance as my marathon heroes, (Kathrine Switzer, Meb Keflezighi, and Terry Haines) and the amazing feeling of shaping my mind and body to participate in such an epic event. If you've never done a marathon, get in your car and drive 26 miles. Its quite a long way....



As someone who was never good at athletics, I have little natural talent or ability, but a lot of determination and endurance. Marathon running is great training for life, both physically and mentally. Life has thrown some curveballs at me and I can always sit down, regroup, and tell myself "you ran a marathon and kept going when it got tough". Marathons are great adventures ... a lot more is seen and done in 26 miles than in other races. Marathons can be fun, like when you run one with Rick wearing a dollar store wig.

I always use a standard marathon training plan as a framework. There are lots of them out there... I'm using a Running Room plan for a 4:30 marathon at present. It spans 19 weeks, with a minimum mileage of 38 km per week and maximum of 66 km. The longest runs are 32 km. It includes weekly and progressive tempo, long runs, hills, fartlek and steady runs. The only thing I miss in this plan is the middle distance (10 miles) runs that I used to do every week... after recovering from a stress fracture in my heel I just like to avoid too many runs that aggravate my feet.

It's a framework... I ran my previous nine marathons while working "crazy nurse shifts" so had to adjust the schedule a lot. Even without shiftwork everyone has life events, illness, injuries and important commitments that are always going to require adjustments to the plan. I mostly stick to Steve Scott's philosophy of doing what you can when conditions are against you. I currently have a wonky hamstring on my right leg so have been replacing one steady run with swimming.

As well as taping, massaging, stretching, applying biofreeze and praying, I do strength training twice a week. Ballroom dancing, a bit of skiing, spinning, Odell Obliteration, hiking and a “winter triathlon” also get squeezed into “the plan”.

I am mostly motivated internally (see above). Rick is always at the finish line for me. I haven’t found anyone to run with at my pace so I do my long runs alone. I stop every 10 km to eat and drink because yes, I learned the hard way what happens when you don’t. I consider problems, write letters, paint, design sewing projects, and figure out dance steps in my head while enjoying the day and whatever is in it. I compare notes with my “Femmes Fatales” friend and fantastic runner Ange Hill who is also training for this marathon... with two small children but the same “I CAN DO IT” attitude that I have. A “way to go” text from Ange after I moan about my long run and my sore leg goes a long way in making me want to do my tempo run the next day, and I hope she feels the same way when I encourage her. We are gonna getter done. ~ **Kay**



Kudos Corner

Kudos to Paul Looker for organizing the Run Your Own Time Event

and

Kudos to Brian Scott for coming within one second (!) of his predicted time.

From the President - Fran Robinson



Hello folks. It's nice to see warmer temperatures and running routes that are not icy. It's nice to see many of you returning to our running club for our weekly runs. We have some new faces as well.

Despite the signs of spring everywhere, I'm finding it difficult to be cheery. So much strife, misery and war in the world. Let us pray for World Peace.

Thanks to an article that Peter McCluskey sent my way, we had a run to recognize the senseless war in Ukraine. No doubt everyone is doing what they can to help the Ukrainian people.

Paul Looker hosted the second running series run, a 5 km event. It was a big success and comments were that it was great to have a group competition again. Thanks Paul!

Roy Nichol's mum has finished our quilt and it will be returning to New Brunswick from Nova Scotia when Roy makes his next visit there. Kay Stairs has said she will bind it. We will display it at the expo for the Fall Classic. It may not get done in time for the Fredericton Marathon booth we will likely have.

I've asked a few of the members to give us their training tips on their marathon training so you'll find a few of these stories in this edition. Thanks to those of you that contributed.

I am finished skiing for the winter and now starting back into half marathon training. I'm finding running uses very different muscles than skiing and it's tough on my body! Thankfully, it's getting easier the more I do. My feet and shoulders hurt the most. Cardio is not the problem. Getting outside is so good for the soul.

Soldier on folks!

~ Fran



Running on Medium by Jason Scarbro

This month's pick:

Jeff Pelletier's

"Racing Namibia" series on YouTube



Jeff Pelletier is a runner and filmmaker who is originally from Quebec but currently calls British Columbia home. He has been posting great long format videos on YouTube for several years (you can easily find him by searching his name on YouTube). The focus of his content is often epic adventures throughout Canada and abroad, but he also creates videos for people on the other side of the camera – the “gear heads” and the filmmakers who contribute so significantly to the art of running.



I had been casually following Jeff's work on YouTube for a year or two when one of his videos grabbed my attention – the 100 mile Quebec Mega Trail race. This is a bucket list race for me for many reasons, but most of all because it summits Mont-Sainte-Anne. I have skied at Sainte-Anne several times for races and family ski trips, so it's a place that holds many happy childhood memories for me. As I hoped, the video was nostalgic, but more importantly it gives the viewer a comprehensive review of the full race experience. The film only increased my interest in running the race in the future.



So, when Jeff released his 9-part series on the Namib race in Namibia, I was quick to check it out. According to the Racing the Planet website (the group that organizes the race):

The Namib Race is a 7-day, 250 km / 155 mile footrace that takes place within the oldest desert and the largest dunes in the world. Through the seven days, competitors experience some of the most stunning and iconic desert landscape. The course takes you through amazing desert scenery including wide-open red plains, scattered mountain outcrops, huge expanses of dramatic sand dunes, moon-like landscape, Atlantic waves crashing against the sandy desert shore-line, and a fascinating array of plants and animals.



The organizer's race description does not appear to be an exaggeration. The scenery and the African wildlife were incredible, and the back stories of some of the runners in the race were nothing short of inspiring. I'm also a big fan of Jeff's filmmaking style. I find a lot of videos/films on YouTube are guilty of clickbait titles and manufacturing drama that doesn't really exist, but Jeff doesn't do that. His matter of fact, straight forward approach really appeals to me, and I think if you check him out it may be the same for you.

Next month's planned pick – *The Rambling Runner* by Matt Chittim

Enjoy your running (and congratulations to Canada's National Soccer/Football Team)!

~ Jason

Runbers by Rob Jackson

You're reading Runbers, a collection of numbers related to running. Issue #29:



Two things that might make you think of spring.

1. As you cross the finish line of a marathon, you've just run the equivalent in baseball of the distance needed to run around the bases for 384.54 home runs. Dwight Evans of the Boston Red Sox is the only major-league player to hit exactly 385 home runs in his career. With 762 home runs, the all-time leader Barry Bonds was just seven home runs shy of completing TWO marathons around the bases.

2. Steve Jeffs of Great Britain is the world record holder for the fastest hole of golf. He completed a 500-yard (457 metres) par-five hole in just one minute and 50.6 seconds in August 2017. That is an average speed of 4:02 per km.

[illegible]

Rob Jackson Sets New N.B. Record for Indoor 5k



“The new 5 km National Record Holder and four gold medals (Mens 65-69)! So proud of Rob! Saint John did an amazing job hosting the National Masters Track and Field Championship. Well done!” Nadine Cj

“This would not have been remotely possible without Nadine Cj there to guide my nutrition, attend to my injuries and cheer me on. Not to mention her enduring the annoying treadmill noise, early in the morning on EVERY weekend.” Rob Jackson



From the Back of the Pack



Hi everyone,

Henny made a picture of some of the face masks laying around the Drost place. Over the past 2 years we must have bought over a 100 masks and for sure have gotten another 200 when we forgot to bring them! Multiply that by 18,000,000 and the total is 5.4 billion, isn't that a staggering number for Canada?



Go for a run, walk or bike ride and what do you see lying on the ground? I would say you see a face mask every 5 minutes at least.

From now on when Henny and I go for a walk in the neighbourhood we take an empty bag and gloves and clean up on the Face Masks we find.

Make sure that after the clean up you count the masks and put the number on the Capital City Road Runners Facebook.

Again make sure that you wash your hands.

The person who has the highest number of Face Masks collected will receive a \$ 25 gift certificate. We will have also a gift certificate for couples. Or if you can find a creative way to use your old not used masks send us a picture. Hopefully our club will pay for the prizes otherwise I'll have to take it out of Henny's allowance.!

From The Back Of The Pack with a coming up sore back!

~ Harry & Henny

