

AUGUST 2021

~ FOOTNOTES ~



The Fun Running Club

As a member you will get:

- Training companions for marathons, half-marathons etc.

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

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

CAPITAL CITY ROADRUNNERS

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You're reading "Runbers", a collection of numbers related to running. Issue #21



If all of that daylight is too much for you, check out the six-day running event in Milwaukee, Wisconsin “Six Days In The Dome” where runners compete to see who can run the greatest number of laps of a 443-metre indoor track, over a period of six consecutive days starting on June 20. The records for this event are 857 kms for men, and 676 kms for women. Remember that all runners will change directions every four hours, and with an ambient temperature of 13C, you can be assured there is no wind chill.

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<https://multidays.com/6-days-in-the-dome-2021-results/>

News from the President by Fran Robinson



Hello everyone. I hope you are enjoying the fine summer weather we've been having. Lots of good running weather. People are out and about finally being able to travel in and out of the province. You never know what you have until it's taken away from you!!

We have lots going on, in addition to our weekly runs every Wednesday evening and Saturday morning. Lots of people coming out, except when it's really hot. We have both walkers and runners out regularly. It's a great chance to get caught up with one another. The Hill Run was a success, and the preparations are underway for the Fall Classic (October 17) thanks to Sara and her crew of dedicated volunteers. Roy has us participating in a few endeavours and he'll talk about those in his write up. We will be starting our Saturday morning breakfast outings once we are in the Green phase.

Come out and run with us. We'd love to meet you, or get caught up on your news.

~ *Fran*



October 17th, 2021

The 38th annual Fall Classic, with returning event sponsor, Canadian Tire North, will be held on Sunday, October 17th. Start / finish will be from Government House. Routes are still being finalized. Stay tuned for more info!

- Fossil's Corner by Steve Scott -



The first Covid CCRR Hill Climb was held in Odell Park in June on a very “buggy” evening with yours truly as the Race Director and volunteer. Registrations were processed by myself with a list procured from Mie Staphenurst along with a map of the course and a Covid Procedures document. Many thanks for this Mike. Some names were written in by me along with telephone numbers for all participants.

We all proceeded to the start area maintaining social distance and the event began at the count of 3-2-1-go. And away they went uphill with me jogging to the loop counting vantage point at the beginning of the loop heading in the direction of the water tower and along the top of the course and down the main trail where I offered a candy wrapped in plastic from my camping chair for each loop completed. They each picked up their candy and then scampered back up the hill again in a socially distant order.

For a full 30 minutes this went on with some close races and some not so close while others were contemplating stopping, the candy became a motivator and I eventually had to open another bag. Then it was over and all were happy that they had participated.



We all agreed to meet in the Odell Parking Lot and the Hill Climb Trophy was presented to Amelia Beaney and Jerry Pugh whereupon they agreed that Amelia would keep said Trophy for 6 months and then hand it over to Jerry. Photos were taken of the entire group of 16 or so runners and the winners with the Trophy.

As part of our community spirit, donations were collected for the Food Bank in the amount of \$50.00 and Carol and I made arrangements to get the funds to the Food Bank. Thanks to all who donated.

Finally, I took the Trophy to Bens on the Northside and had a new plaque done and I officially made the presentation of the Trophy to Amelia Beaney, our Ladies Champion for 2021 at the Wednesday Fun Run last week.

In closing, it has been a hard road to run these last few years due to Covid, but I really feel that we all have proven that there is more than one way to run a Marathon and that proverbial light at the end of the tunnel is getting larger each and every day.



Jerry Pugh and Amelia Beaney with Steve Scott

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

~ *Fossil*

CCRR Big Canada Run Team Update by Roy Nicholl



Hello Road Runners: This is the first of, hopefully, several monthly dispatches from the {virtual} road as the CCRR Big Canada Run Team makes its way from St. John's to Victoria.

On Canada Day, twelve intrepid Road Runners, {virtually} dipped their toes into the Atlantic at Mile-0, waived to Terry, and started running. As I write this dispatch fifteen days later, we are just outside of Port-aux-Basques (~900km travelled); by the time you are reading it, we should be on the mainland and well into Nova Scotia.

At the moment, Mike Melanson has contributed the most distance for the team (165km), Amelia (our reigning Hill Run Champ) is only 9km back. Just a little further behind we find Eric and Marc each with more than 120km. The rest of us are pulling our weight (some of us more weight than others), but saving the big efforts for when the current horses tire ;-)

On that note, we have two team members who have yet to report their mileage - including Phil "Forrest" Booker who I see running off in the distance almost every day. Once everyone's numbers are logged, we may suddenly find ourselves in New Brunswick {virtually speaking}.

There is always room on the Team for more runners! The "early bird" rate for the event has passed, and registration is now \$99.00 - though you would still receive 15% with the TEAMS15 discount code making it only \$85.15 :-). Each runner gets a finishers medal and swag. Proceeds from the vent go to charity (Charities are presented on event website).

To register for this event, go here:

<https://raceroster.com/registration/48398/entry?teamEntryToken=GMP2Q3UM2C&year=2021&slug=the-big-canada-run-2021>

To join the "Capital City Road Runners (Fredericton)" team while you are registering, you will need the "secret" code: RunGentlyOutThere

If you have any questions about the Capital City Road Runners Big Canada Race team, reach out to me at BigCanadaRace@UltraRunner.ca.

Likewise, any current team members experiencing issues with the event App/website and logging their runs, I would like to hear from you. Run gently, ~ **Roy**.

The Weather Always Looks Worse Through a Window



Thomas Andrew Lehrer is a retired American musician, singer-songwriter, satirist, and mathematician, having lectured on mathematics and musical theater. Now in his 90's, he is best known for the pithy and humorous songs that he recorded in the 1950s and 1960s. One example of his many pithy songs is "Poisoning Pigeons in the Park" - enough said about that!

Thomas Lehrer, for me, from a running point of view, is best remembered for a quote that really sums up running through the four seasons when he wrote, "Bad weather always looks worse through a window."



Just this past week, we have had a lot of rain here in Welland, and heavy rain at that. Unusual for here, especially in July. Usually the grass is burned out by mid July and the necessity to cut the grass diminishes as the heat and humidity increases. The grass out front of our home is very green and will a trim by week's end.

However, back to the weather. The other morning, as I looked out the window the rain was just bouncing off the newly stained deck and on the street out front of the house had gathered into puddles of every size and shape. I had planned to go for a walk, but looking at the heavy rain and the dark clouds, I figured that I would have been soaked before even getting out of my driveway. It was then that I recalled Lehrer's quote. I don't know if he was ever a runner but he was right on when it came to the "weather always looks worse through a window" observation.



How many times have you looked out the window in mid-January, or even during those cold days of the December Challenge and thought to yourself - "It's back to bed for me!" The hot dog days of summer make running a lot easier even when the temperature gets up in the 30's. I always say you can add layers in winter but there's only so much one can shed in the way of clothes in the summer heat and not get arrested.

Anyway, as I looked out the window, I saw someone jog past. He looked pretty wet, but there he was, rain beating down as his feet made sizeable splashes as the water ran down the street. So I laced up and with my Dollar Store two dollar raincoat, I set off. It wasn't that bad and halfway into my walk the rain slacked off, but the wind was still blowing but my two dollar

Dollar Store raincoat did it's job and kept me dry at least from the ankles up. There was quite a run off from the two dollar Dollar Store raincoat as my feet and socks were the recipients of the run-off. I thought to myself, maybe if the bottom of the two dollar Dollar Store raincoat had like a "hoop" along the bottom, then the run-off would be all around me and my shoes and ankles would stay dry. Maybe I just may patent that idea. I did get to use the two dollar Dollar Store on another earlier occasion, but alas, the button type snap on buttons are very hard to open, easy to snap closed, but trying to open them after my second use resulted in serious damage. I did think about returning it to the Dollar Store but what can one expect from a two-dollar raincoat for the Dollar Store!

Today, we are back to bright sunshine so I will be seeking the shaded part of the Canal Trail as I head out for my afternoon run. As I look out the window, the weather seems nice as there's a breeze blowing, and blue skies and fluffy clouds and the temperature is a doable 26c. Ah, summer and the going is easy! ~ ***the running rev!***



Running on Medium by Jason Scarbro

This month's pick:

Training for Ultra

Hosted/Produced/Written by Rob Steger



This month I wanted to show some love to the trail and/or ultra runners in our group by sharing my experience with the Training for Ultra content created by Rob Steger.

Some content creators focus on one medium with the mindset of quality over quantity. Others have a presence on every medium out there but their content often lacks substance. Rob offers the best of both worlds – he puts out plenty of high-quality content on multiple platforms that appeals to a diverse audience. This includes podcasts, YouTube videos, and Amazon Prime/Vimeo films. He has also authored a book – *Ultrarunning Stories From the Middle of the Pack* (Note – I haven't read his book yet but it's on my list of "must reads").



His podcast interviewing style may not be for everyone. He admittedly (and intentionally) doesn't prepare questions in advance to avoid a cold and structured interview style, and he has a dry sense of humour that is lost on some of his guests. However, he is clearly well liked and respected in the ultrarunning community and overall I find his interviews to be informative and easy to listen to while out for a run of my own.

Rob is a prolific ultrarunner himself which is saying something given the exploits of his peer group. He has run multiple 200 milers and recently completed the Triple Crown of 200's – Big Foot, Tahoe, and Moab (all put on by Candice Burt of Destination Trail Races). His experience running the Triple Crown was documented in a mini-series (of the same name) by

Ryan Clayton. When I watched it several months ago it was only available in Canada on Vimeo. It's possible it may now be available on Amazon Prime. I highly recommend it for the storytelling and the scenery (here's a link to the trailer - <https://www.youtube.com/watch?v=EDvmSi8C1iM>).

I wanted to close with one last recommendation related to Rob. He recently produced a short film called "The Funny Runner" featuring Brittany Charboneau (here's the link to the YouTube video - <https://www.youtube.com/watch?v=j5P8iYUEnBw>). For those of us who sometimes take our running a bit too seriously (which includes me), this film helps to put things in perspective and encourages us to have more fun on our runs!

Next month's planned pick – The book *"Running the Dream: One Summer Living, Training, and Racing with a Team of World-Class Runners Half my Age"*.



Enjoy your running! - Jason



Or more to the point, from Harry's better half, Henny,



Harry and I spent four days on the east coast of New Brunswick. We enjoyed Murray beach which was quiet, nice breeze while exploring the surroundings. The last night was spent with the chickens at a vineyard/campground, near Bouctouche.

Time was well spent reading and with my feet in the ocean. We enjoyed some beautiful scenery while biking. Hope you all too were able to enjoy nature in some form.

~ Henny (for Harry!)



