

~ DECEMBER 2022 ~

~~~ FOOTNOTES ~~~

The Tom Reddon Metric Marathon



*“Our family extends thanks to the runners/ walkers to took part in the Tom Reddon Metric Marathon. We filled the trunk of my car with donations for the Food Bank!” Special thanks to Paul Looker as the official time keeper.
~ Charlotte Blakney Reddon ~*



Congratulations to Mary Bartlett ! Mary won the Outstanding Contributor Award at the RUNNB banquet! Way to go Mary! Well deserved!!

~ 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

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~ FOOTNOTES ~CONTRIBUTORS

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Rob Jackson - John Cathcart

Thanks to our regular contributors.

President's Report, 2022 by Fran Robinson



We've had quite a good year in my opinion and it's been mostly business as usual. We dealt with Covid and hopefully that is behind us now. We are still in an affiliate relationship with UNB that allows our members to use the facilities on the days that we run or walk. This also enables our members to get a gym membership at the UNB gym for a reduced rate. We have had a decrease in membership numbers this year, but we do have some new members that have joined and who come out regularly. We find ourselves as one of many running clubs now, rather than just a few, and some of these other groups run at the same time as ours. Wednesday runs particularly feel the pinch with fewer members out on that evening.

We were able to return to some events this year that were not held in person since March 2020, such as the Fall Classic, breakfast hosted by Fran and Mary, and the Fulton 5K hosted by Bernie Arsenau. This year we will have a Christmas party as well. The Fall Classic was a wonderful success. We displayed our completed quilt there and had a display booth beside the registration table prior to the race.

This year we started a race series for members only with Paul Looker as our Race Director. These are monthly events and will fill in the gaps on the months where there is no organized club event. We have enjoyed a diversity of challenges from 1 mile to 5 km races. We hope to expand on this in 2023. We also held a June running challenge that many participated in with some prizes awarded after the fact. We have a weekly news article (most weeks) that I put together, we have a kudos section in the Footnotes. We post on Facebook and Twitter.

Our regular events took place this year such as the Hill Run, Run your own time, Trail clean up, Fulton 5K, Fall Classic, Tom Reddon Metric Marathon, Not the Honolulu, Jingle Bell Run, and the December Challenge. Members of the Reddon Family took over organizing the Metric Marathon. We participated in several fund raising events such as Coldest Night of the Year, The Big Canada Run 2021, (and currently 2022), December Challenge. And of course, John Cathcart continued to send out the Footnotes newsletter each month. Kudos to John!

We've had a great executive working to help out the club. I will continue to do the President's job for another year; Mike Stapenhurst is staying on as is Harry Drost, Sara Young and Paul Looker. Unfortunately, our secretary, Janet Tree is moving on. She has done a great job over the past several years. Thank you Janet!

2023 goals include the following:

- find a home for the quilt to be displayed
- continue on with our running series, form a committee to assist with the organization of this and advertise more.
- increase social outings for members with events such as breakfasts after the runs.
- improve correspondence amongst the walkers so that they know someone will be present to walk with them.
- vary our run/walk routes and the level of difficulty of our runs (ie, hill running, speed work).
- improve the inclusiveness with diverse age ranges and differing of abilities making it motivational and challenging for each level of runner/walker.
- consider holding clinics for various distances throughout the year provided we have runners to spear head them (ie, couch to 5 km, half marathon).

Please let us know if you would like to see other goals entertained this year.
Respectfully submitted,

Fran franrobinson100@gmail.com



More Photos from the Tom Reddon Metric Marathon



**You're reading "Runbers", a collection of numbers related to running
Issue #36: Football by Rob Jackson**



Yes, the World Cup of football is upon us, as various countries vie for the title of the best football nation on Earth. In Canada we call it "soccer" and we have seen the profile of soccer increase significantly with Canada being represented at the World Cup for the first time since 1986. In fact, that appearance in 1986 was the **ONLY** other time Canada competed in the World Cup, and it finished 24th out of 24 teams, not scoring a single goal.

Running is a big part of soccer. How far does the average soccer player run, in the course of a 90-minute game? Here are some comparisons to other sports, and the average amount of running in each, according to Runner's World and Canadian Running:

Baseball – 0.06 kms

American football – 2.0 kms

Basketball – 4.1 kms

Rugby – 7.0 kms

Tennis – 8.0 kms

Field Hockey – 9.0 kms

Soccer – 11 to 15 kms

In soccer, the distance run by a player will depend on the position they play in the match. The goalkeeper, for example, will run much less than 11 kms.

Over the course of the World Cup, a player could run over 70 kms in total. We are not sure if that includes the distance covered while running away from teammates after scoring a goal.

~ **Rob** rjactm@nb.aibn.com

Nurtured by Nature by the running rev



I found running many moons ago or maybe running found me. Either way I found my passion. There was something about feeling the sun or the wind on my face and being surrounded by the sights and sounds and even smells of nature.

Even today, forty eight years later, I still love to be out on a windy day. Running alongside water was especially invigorating. For me I've many memories of running along the Saint John River. It was a great head clearer and stress reliever and after running the bridges and heading back to the UNB Gym there was always a deep sense of peace.



I also loved the solitude of the UNB woodlot. Ben, a yellow lab and my running buddy for 11 years, and I would go there for our morning run. We often encountered deer and other wildlife there.

On one occasion it had snowed heavily overnight and while out running in the woodlot I came across a patch where the UNB forestry students had been "clear-cutting" and left the branches of the trees on the ground. They were covered in snow with all kinds of magical shapes and designs.



The beautiful sight stopped me in my tracks, and of course there weren't any camera-phones back then to capture such a moment of nature's beauty. Mesmerized by this wonderful winter wonderland sight, suddenly deer started jumping in every direction. They were making quite a noise and their sudden movements gave me quite a scare and even my dog stayed close to me as I was afraid he would take off and chase them. I had to sit down on a log as my

legs were shaking as the sudden deer activity was totally unexpected. A moment to remember for sure. There are many moments while out running where nature was nurturing me. There is a mystical healing power to be found when out in nature.



These days most of my runs and walks are along the Welland Canal pathway. It offers solitude. The quietness of the morning or the magical evening shadows nurtures my soul. What I particularly find most pleasing are those days when the canal is perfectly still and the reflections of the trees and ships are reflected back to them. A satisfying sight nurturing my soul.

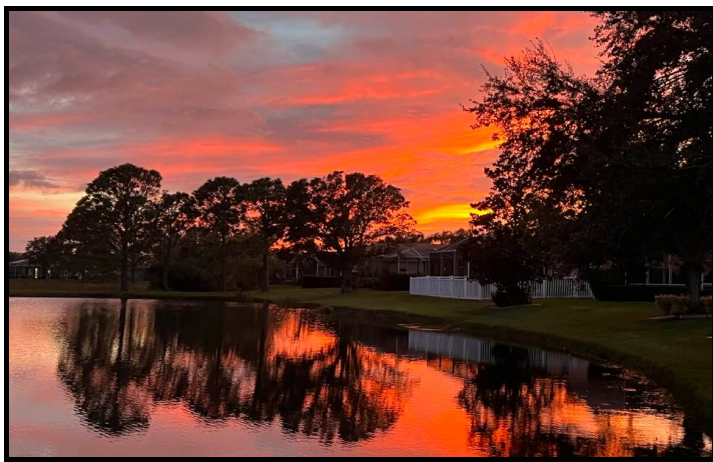


I would hope that in your training runs or walks, you might take the time to allow nature to nurture your soul.

We just got back from a trip to Sarasota, Florida, known as “the sunshine state”.

There is a pond of sorts behind my brother-in-law’s

house and on this particular night, after a day of rain, the sunset was spectacular, which might even be a bit of an understatement. I thought of the Psalmist, writing over 3,000 year ago, and remarking how “The heavens declare the glory of God.”



Being competitive over the years, running all kinds of road races, has brought me a lot of joy and lots of wonderful memories and I have made many lifelong friends. Now, growing older and slower, Dr. George Sheehan’s words speak to me: “Running is just such a monastery - a retreat, a place to commune with God and yourself, a place for psychological and spiritual renewal.” ~ **John**

THE STORY BEHIND CANADA'S FIRST WORLD CUP GOAL SCORER



In March 2021, Alphonso Davies became the first footballer and first Canadian to be appointed as a Global Goodwill Ambassador for UNHCR. Alphonso Davies is a left-back for FC Bayern Munich and Canada Men's National Football Team.

Accepting his role as UNHCR Goodwill Ambassador, Davies said: "I am proud to join the UN Refugee Agency, as a Goodwill Ambassador. My own experiences make me want to speak up for refugees, to share their stories and to help make a difference."



Born in a refugee camp in Ghana, to Liberian parents who fled the civil war in their home country, Davies knows first-hand what it means to be a refugee: "Whilst the refugee camp provided a safe place for my family when they fled war, I often wonder where I would have been if I had stayed there and not benefited from the opportunities I got thanks to resettlement. I don't think I would have made it to where I am today."

Davies and his family were resettled to Canada when he was five. At 15, Davies began playing professional football and only a year later he had his national team debut, making him the youngest player ever on Canada's Men's National Team. Now Alphonso is keen to support the work of UNHCR and harness the power of sport to help those forced to flee to build a better future:

"I want people to know about the importance of helping refugees, wherever they are, in camps or cities, in neighboring countries or countries of resettlement such as Canada. Refugees need our support to survive, but also access to education and sports, so they can fulfil their potential and truly thrive."

Alphonso Davies started supporting UNHCR in 2020, including through a livestream tournament for refugees. In February 2021, Davies helped launch a Canadian Government campaign, called Together for Learning, to promote access to quality education for refugees around the world. In March 2021, UNHCR launched a video together with football community 433, in which Davies connects to three young refugees in Liberia, Canada and Germany.

(Taken from United Nations High Commission for Refugees (UNHCR))

Fossils Corner by Steve Scott

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As mentioned in my last article regarding awards for the Fredericton Marathon in October of this year, I was informed that the marathon was up for a nomination for The Event of the Year in the upcoming Awards and Hall of Fame Banquet being held by Run New Brunswick at the Delta in Fredericton recently.

For me, this was an even more meaningful nomination than the Award we received in October because it involved runners and walkers in New Brunswick making a choice (our peers so to speak) about how worthy the Fredericton Marathon compared to other New Brunswick Super Series Races. So it came to pass that we won this great honour and I would be remiss if I did not mention all the hard work over many years that The Capital City Road Runners have put into this event and I would like to congratulate our current Executive for their continuing support of Paul and I and other Fredericton Marathon Committee members.

Fran and Sarah and the Fall Classic Committee recently hosted a high quality event that got pretty decent reviews from all I talked with and it was noted that Mary Bartlett was at her Volunteer best as she welcomed every runner and walker coming in to the Finish Line. Thanks again Mary.

A final note about Mary Bartlett and her volunteering over the last many years because due to her diligence in all things running and walking, she was given an award by RunNB for her efforts entitled OUTSTANDING CONTRIBUTOR for 2022. This award exemplifies contributions not only for her running club but for all New Brunswick runners and walkers as well. We all know Mary by her very warm personality. That's the way I see it.

Fossil signing ! And just remember, “. . . there is no finish line . . .”



Getting there: Chapter 1 – Anticipation by Paul Looker



I was sitting in the back seat of my daughter's car watching the hills of the prairie in South West Saskatchewan and Southern Alberta roll by. It's rare that I am the passenger in my life, but my daughter offered to drive, and I was fortunate to have her and the rest of the family with me on my way to Waterton National Park, in Alberta. It was June 24th, 2022. The day before my Great Divide Trail hiking adventure was about to begin.

It was a beautiful day. The blue sky, the white clouds, the green and gold fields were all slowly melting into each other on the horizon. The sun was beating down on the back window, giving off soothing warmth, which combined with the rolling motion of the vehicle, was making me quite drowsy. I should take advantage of this, and rest, I thought. But, just like before many of my past running adventures, my mind was racing. I was thinking about what had led me to this point and about what was to come. Had I done the right preparation? Did I have the right gear? Would I be able to finish?

I kept going over and over the enormity of what I was about to undertake. 1100 plus kilometers. 40 plus days. What were the trail conditions and the weather really going to be like? There were numerous social media posts about the abundance of snow still in the mountains and the heightened avalanche risk due to the delayed spring melt. There were posts about some parts of the trail being closed because of these risks and the trail maintenance crews not being able to access them. How would I be able to work around these issues? Also, would this endeavour be beyond the capacity of my weakened heart? Would this exceed its limitations?

Was I nervous? A little. Was I excited? Definitely. Actually, my mind was going a mile a minute. Both literally and figuratively. (My daughter's vehicle was travelling at approximately 100km/h.) But outwardly nobody could really tell as I looked quite relaxed.

So, why did I appear so relaxed? Well, this was really a familiar mix of emotions that I was experiencing. The anticipation of the unknown and what was about to come resembled in many ways the "pre-race jitters". After years of running and having "toed the starting line" at numerous marathons, long distance triathlons and orienteering competitions I have developed a mental and physical skillset to deal with this pre-race anxiety. A personal toolbox, so to speak, which including all my past adventures had provided me with the confidence in my ability to overcome any obstacle that may arise. I appeared calm and relaxed because I just knew that I could do it. My past experience had proven to me that I could succeed.

Through running I have had to learn to be flexible in order to fit training into a busy schedule. Plans were continually being adapted to suit the reality of life. Work, family, injury, etc.... I learned about goal setting and about how to progress incrementally towards these goals. I learned to measure and analyze my progress. And by continuously assessing my progress I have come to realize that I am able to realign my goals as required and to suit any situation that I may encounter. I learned about perseverance by having to "push through" on long runs when I was tired, or just felt like quitting. I learned about my perceived limitations and how they could often be exceeded through sheer willpower. I learned to trust in myself, that the training and preparation that I had done would get me to the finish line of the event that I was competing in. But, I guess what I learned the most from running was just how stubborn I actually was. I knew, for that reason alone, that I would complete this hike.

Suddenly, the mountains were visible in the distance. Hmm...Maybe I had fallen asleep after all.

Wow!

Are they ever tall!

I have to hike over those?

I took a deep breath and smiled. I thought to myself. "No problem. You've got this. Remember, one step at a time." And, I knew right then that I was ready and that I would eventually... get there.

~ *Paul*

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From the Back of the Pack

It is almost the end of November and almost the end of 2022! Normally, like the last few years I would be getting ready to do the December Challenge. You know ,run/walk every day do 3 km and no breaks. What does one do if this year it is not organized? What do I do with all that extra time now that I have on my hands?

After several intense meetings with my wife she decided she doesn't want me around the house that much! Except for some dishes and sweeping the floor...

We came to an agreement that I would either walk or spin or run everyday in December! She might even join me here and there.

What crazy ideas do you have for the month of December?

Happy Holidays and whatever you do, do it with a smile!

From The Back Of the Couch watching soccer when I am not exercising!

~ *Harry* hhdrst@gmail.com



