

DECEMBER 2023

~~~ FOOTNOTES ~~~



**Participants in the Tom Reddon Metric Marathon**



**Phil Booker - Runner and a Great Human Being.**



## Tom Reddon Metric Marathon



The Tom Reddon metric half marathon was Saturday, Nov 11th. Beautiful running conditions.

Big thanks to Charlotte Blakney-Reddon and her lovely family and Tom's sisters Deb and Mary Ellen Reddon for organizing and supporting the event.

Thanks to Paul Looker for the timing!

Lots of good instruction from Fran about the course prior to the event.

Good size group for running and walking. Lots of cheering by Tom's sisters by the walking bridge.

Delicious snacks at the finish line.

Oh yeah, followed by a relaxing afternoon at Picaroons Roundhouse, hosted by Charlotte and the Reddons. Great day. Great food/fundraiser for the Fredericton Food Bank! Well done crew! Should have taken more photos while running.



## RunNB Mourns the Loss of Phil Booker By Donald Wade

The New Brunswick running community is saddened by the passing of a remarkable runner and Past President of RunNB.

Phil Booker marked our sport in many ways. Most will remember him for his friendly demeanour, his omnipresent smile and his judicious advice to runners who had the pleasure to run with him.

Seven-time finisher of the Boston Marathon, an avid competitor on the Cabot Trail Relay Race, having done that race for 30 consecutive years and the recipient of the RunNB Personal Achievement award twice (2014 & 2018), Phil has acquired a well-stacked display of medals and awards but he never bragged about his running feats.

Phil is the longest standing RunNB President, having chaired the organization for nine years from 1992 to 1994 and from 2001 to 2008.

*"The most beautiful thing about running is the pure honesty of our actions." ~ Phil Booker*

"Phil was a member of our club and a great contributor to the general running community. He will be missed!" Fran Robinson



## **From the President by Fran Robinson**

Hello all. It was quite a week.

Phil Booker, whom many of you know, died this past week. It is a sad time for us and for the running community in Fredericton. Phil was an inspiration to many of us. Condolences to his family from all of us. We took a few minutes to remember Phil at our AGM on Saturday, November 25<sup>th</sup>.

We had over 30 members present for this year's AGM, so good to see. Mary Bartlett was our guest speaker after the AGM and she did a phenomenal job inspiring us to become the best we can be.

We thanked retiring members of the executive including Mike Stapenhurst (a member of the executive for the past 8 years) and Tony Tremblay (a member for the past year). We talked about our initiative with UNB or STU to get a marketing study on how to improve the numbers of our group and the age of new recruits in an effort to keep the club alive.

Greg Allan of the V Max Running Group approached our club about joining us a few weeks ago. He says "Our suggestion that "VMAX" become involved with CCRR was simply to help boost the overall membership of the club and to possibly add some extra support to help grow the club.

Vmax has somewhat of a competitive spirit, and I know that CCRR has members who also share that same spirit in their own right. Greg feels the two groups could possibly compliment one another from both a training perspective as well as moral support. It does not have to be official on any level, but I think that if everyone is in the loop regarding training and running times and places it may help runners hook up with other runners with similar goals and aspirations."

Greg suggests he would be more of a consulting coach for our members rather than an actual hands on day to day coach. As a club, we are excited to have the VMax group join ours. We hope it will encourage other like minded runners to join us.

**Club Awards were handed out this year.**

**Awards for June Challenge** - We had a Challenge based around the idea of the Comrades Marathon which is one of the oldest ultra marathons and is well known among those who run distances longer than marathon. It was established in 1921 to honour South African soldiers killed during the First World War. The primary aim was 'to celebrate man's spirit over adversity'. Of note, women also run it.

**The fastest runner was Rob Jackson** with a 4.56 pace. Sara Young was the fastest female at 5.79/km. Vicki Walsh was the only walker who finished. Draw prizes were awarded to Janet Tree and Boris Alard

**Volunteer of the Year Award went to Mary McKenna** – Mary has given a lot of herself and her house this year. She treated us all to breakfast at her place this year (with no reimbursement allowed on the part of the club) and hosted the Christmas party last year and will be doing so again this year. Mary comes running with us, always with a smile on her face and a fast pace. Jochen has offered to put studs on Mary's shoes, so she'll come out more in the winter months! Thanks Mary, for your dedication and generosity to the club. Much appreciated!

**Corporate Sponsor Award went to Kevin Soehner** with the Northside Canadian Tire. Kevin has been very generous with his support for our club.

- Sponsored the half at the Fall Classic in 2017 and 2018
- Became title sponsor in 2019
- Provides financial support, including extra funds when asked (ex. to purchase Yankys)
- Provides water for water stops and finish line
- He and Lisa are active volunteers on race weekend (Lisa helps out with registration and they're both around at the finish line)
- Brings "Old Red" (old fashioned farm truck), adding to the Fall / community atmosphere.
- Has been a club member for many years now.
- Has also sponsored other events such as Coldest Night of the Year .
- This fall, our quilt is hanging in the entrance of the Northside Canadian Tire.
- Thanks for all you do Kevin for our club.

**Most Improved Female Award went to Sara Young:**

- Ran first (and second) ever track races, setting two NB outdoor age group records:
  - o 3:01.75 for 800m ..... 12:09.55 for 3,000m
- Set new PBs in every distance run this year:
  - o 5K in 21:03 (by 2:23) .....10K in 43:12 (by 5:23)
  - o 15K in 1:08:32 (by 11:24) ..... 21.1K in 1:38:26 (by about 12.5 mins)
  - o Marathon in 3:25:48 (by almost 55 mins)
  - o Cabot Trail Relay leg 17 in 1:31:04 (by nearly 14 mins)
- Qualified for Boston by over 14 mins, Chicago by 24 mins, and NY by 12 seconds
- Ran as part of 3rd place women's team "Where's the Fire?" at Rum Runners
- Race directed the Fall Classic Road Race
- Organized spring half marathon clinic

**Most Improved Male Award** went to Jamie Weatherbee – Jamie entered and completed 7 run nb events this year, 10 parkrun events, two 5 k and ipa events and 6 crr series events. He set an official time for events in the 5k (15 completed); 5 mile (1 completed); 10 k (1 completed) and 2 half marathon distances. Jamie feels his biggest accomplishment this year has been to drop his pace from the high 6 minutes/km to the high 5 minute/km range. He’s happy to be as active and fit as he is now. Way to go Jamie!

We've had a great year, despite a decline in membership numbers. We have so many activities going on. Our club is a going concern in my opinion.

**The last CCRR running/walking series event** for this year will be the Not the Honolulu on December 9th. Following that event, the award for the top runner/walker to have accumulated the most points will be awarded. Can't wait to see who wins that one!

**Lastly, here is the New CCRR Executive**

|               |                          |                |                 |
|---------------|--------------------------|----------------|-----------------|
| Fran Robinson | President                | Joanne Embree  | Treasurer       |
| Sara Young    | Fall Classic<br>Director | Paul Looker    | Registrar       |
| Harry Drost   | Member at Large          | Jochen Schroer | Secretary       |
| Mary McKenna  | Member at Large          | Eric Hopper    | Member at Large |

All the best for another great month ahead. ~ **Fran**



## The Seasons of the Heart by the Running Rev



While out for my Monday morning saunter, walking in a slow, relaxed manner, a leisurely stroll you might say, or as they say back home “Out for a bit o’ a wee dander.” A friend of my Dad’s used to go for a “wee dander” every Sunday afternoon. He would go for walks of 15-20 miles - and then get a bus home.

As I set out on my “wee dander” this morning the sky was thick with clouds, the trees were bare and looking vulnerable. Everything looked drab, indeed a gray November day. But then as I looked behind me, the clouds were giving way to blue sky and by the time I finished my “wee dander” the sun was shining brightly. As we await for Old Man Winter’s arrival, the words of John O’Donohue ring true:

*“When it is winter in the world of nature, all the colours have vanished; everything is reduced to gray, black, or white. All the visions and beautiful rich colouring of nature thin out completely. In wintertime, nature withdraws.”*

When in active parish ministry, November was the most difficult month for those who were in mourning. It didn’t matter what time of the year their loved one died. When November showed up on the calendar, the month of remembrance, the greyness of the month, usually dark, damp, wet, windy, and always the possibility of snow, seemed to add to the grief of missing loved ones. Of course, Christmas was just weeks away and with it came the sad experience of the “empty chair” which heightens our sorrow.

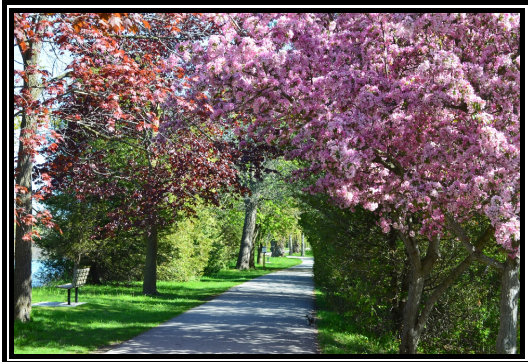
Again, quoting O’Donohue, who writes, *“At such times it is wise to follow the instinct of nature and withdraw into yourself. When it is winter in your soul it is unwise to pursue any new adventures. You have to lie low and shelter until this bleak, emptying time passes on. This is nature’s remedy, It minds itself in hibernation. When there is great pain in your life, you, too, need sanctuary in the shelter of your own soul.”* (Anam Cara - A Book of Celtic Wisdom by John O’Donohue)



When my Dad died on December 8<sup>th</sup>, 1978, 45 years go, I would go on long runs, sometimes shouting at God, and often swearing at God. Dad was 53 years old. On one particular run, I found myself standing at a favourite spot that overlooked the valley below and vented my anger of Dad's death on God, and on the world which went about its business as if nothing had happened. Shouting to the world "My Dad's Dead!" It made no difference, the world went on about its daily business totally oblivious.

Now, I don't know about you, but after the long challenging winters of New Brunswick, and agreeing with O'Donohue: *"One of the most beautiful transitions in nature is the transition from winter to spring. When the first innocent, infant-like flower appears on the earth, one senses nature stirring beneath the frozen surface. The wonderful colours and the new life earth receives make spring a time of great exuberance and hope."*

While out for a run or a saunter, there is one place that is a must-see for me. It's on the Welland canal trail and every spring it shouts "Winter is past! Spring is here!"



John O'Donohue perhaps says it much better: *"At the heart of spring, there is a great inner longing. It is the time when desire and memory stir toward each other. Consequently, springtime in your soul is a wonderful time to undertake some new adventure, some new project, or to make some important changes in your life."*

There is something mystical and healing when the springtime colourful blooms make themselves known to the world. Like great advertisements, the trees especially seem to shout, "It's over! Its over! Winter is behind us and the exuberance of spring is here!"

Again John O'Donohue reminds us, *"Spring blossoms and grows into summertime. In summertime, nature is bedecked with colour. You feel that the secret life of the year, hidden in winter and coming out in the spring has really blossomed into summertime. Thus summertime in your soul is a time of great balance."*



Who among us is not stirred to the depths of our very soul when summertime grows into Autumn? It is for me, without a doubt, the most wonderful time of the year.

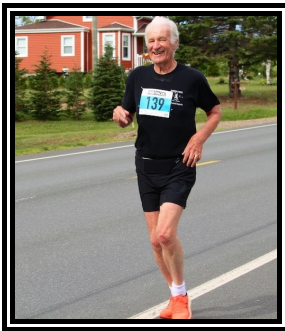


Once more turning to John O'Donohue, *"Seeds sown in the spring and nurtured by by the summer now yield their fruit in Autumn. It is harvest, the homecoming of the seeds long and lonely journey through darkness and silence under the earth's surface. Autumntime in a person's life can be a time of great regathering. It is time for harvesting the fruits of your experience."*

Those wonderful sights of the trees exchanging their summer dresses for their colourful Autumn robes is certainly a feast for the eyes.

These days, struggling to get back into running, after a battle with medication and taking a year off to saunter along the quiet canal path there is no doubt I am getting older. What once was easy is now a challenge. At one time hills went by unnoticed and now the least incline calls for grit and determination. However, at my age, I am thankful I can saunter and go, not so much for a run, but more of a slow run and walk.

*"There are the four seasons of the heart," and I can hear O'Donohue, Irish poet and theologian, demand our attention. "Several seasons can be present simultaneously in the heart, though usually, at any one time, one season is dominant in your life. It is customary to understand Autumn as synchronous with old age. In the Autumntime of your life, your experience is harvested."*



To you younger runners take note. Those of us who have been running since our twenties or thirties have had experiences of injury, sickness, some have gone through the tragic loss of a loved one, and each experience has served to make us stronger.

In particular, I am thinking of Phil Booker. Phil is a legend among all runners, both the young and the elders of the Capital City Roadrunners & Walkers Club. We have watched Phil courageously and publically battle his cancer, and we witnessed how he fought, refusing to go quietly into that dark night. Phil Booker is an example of someone who learned over his many years to enjoy and celebrate each season as it came along. He is a fine example of how to live life .... to the fullest.

***Happy Holydays and a Blessed Christmas Season - The running rev!***

**You're reading "Runbers", a collection of numbers related to running. Issue #46: To treadmill or not to treadmill – that is the question. By Rob Jackson**



Some of us are beginning to turn voluntarily or involuntarily to doing some runs on the dreaded treadmill instead of outdoors. Let's look at the advantages and drawbacks of each.

### **1. Calorie Burn:**

**Treadmill:** Treadmills offer a controlled environment where you can set the speed and incline. On average, a person weighing around 155 pounds can burn approximately 314 calories during a 30-minute treadmill run at 5 mph.

**Outdoor:** Running outside involves variable terrain, wind resistance, and changes in elevation. This results in a higher calorie burn. The same person running at a similar pace may burn around 372 calories in the same time frame.

**Conclusion:** If calorie burn is a primary goal, outdoor running may provide a slight edge.

### **2. Impact on Joints:**

**Treadmill:** Treadmills have a more forgiving surface compared to concrete or asphalt, reducing the impact on joints. This is particularly beneficial for individuals with joint concerns or those recovering from injuries.

**Outdoor:** The harder surface of outdoor terrains can lead to increased impact on joints, potentially causing more strain. However, the variability in surfaces can also engage stabilizing muscles, contributing to overall strength.

**Conclusion:** Treadmills are generally gentler on joints, making them a safer option for some individuals.

### **3. Psychological Impact:**

**Treadmill:** Some people find treadmill running monotonous, as the scenery remains unchanged. However, modern treadmills often come equipped with entertainment options to combat boredom.

**Outdoor:** The ever-changing scenery, fresh air, and exposure to nature contribute to a more engaging and mentally stimulating experience. Outdoor running has been linked to reduced stress and improved mood.

**Conclusion:** Outdoor running may offer more mental benefits due to the dynamic environment.

#### 4. Weather Considerations:

**Treadmill:** Treadmills provide a climate-controlled setting, allowing for consistent workouts regardless of external weather conditions.

**Outdoor:** Weather can be a significant factor. Running in varying conditions, such as rain, snow, or extreme heat, can add an extra layer of challenge and adaptability.

**Conclusion:** Treadmills offer consistency, while outdoor running demands adaptability.

The choice between treadmill and outdoor running ultimately depends on personal preferences, fitness goals, and individual health considerations. The most important choice is the one you make to embrace physical activity on a regular basis, to enhance both physical and mental health. ~ **Rob**



(1) Recognition of the inspirational presentation made by club member Mary Bartlett at the AGM.

(2) graphic used to design the prize for the overall winner of the 2023 Points Series.

(3) Advertisement promoting the CCRR running club for the Fredericton Area Multicultural association.

## FOSSILS CORNER by Steve Scott



This month we need to remember another well-liked runner who has left us before he should have. I have compiled a few remembrances of my association with Phil Booker over the years since we first met. His legacy includes a lot of service to the running community and New Brunswick. This list should give the reader a better understanding of his dedication to his passion for running plus other interests.

Phil Bookers contributions to the Running Community in Fredericton and Running in New Brunswick (RUN NB)

- served on Fredericton Marathon Committee aka NB Heart & Stroke Marathon
- served on NB Lung Run Committee in Fredericton 1993
- Capital City Road Runner for many years
- President of Run NB in 1993 and several other years “keep smiling”
- 2nd in 1993 NB Race series age group 50+ Probably won in other years
- participated in several Triathlons and Duathlons
- Ran the Boston Marathon 7 times for a total of 43 or so Marathons
- much more too- just not enough time to find in my records
- began running later in life but became a force due to his dedication to the sport
- Very positive and appreciative man; understated his ability and overstated others abilities
- Very happy outlook on everything in life and so much more

A few Phil Booker anecdotes related to running

Saw Phil in UNB Gym Locker Room; he came in from a run to shower and change. Noticed that he was black, blue and purple on legs, back, shoulder, etc. What happened? Answer: On Smythe Street in the turning lane to my street on my Road bike. Lady in vehicle came up behind and hit me. Bike was in better shape than me.

Conquer the Canuck 50 km event in 1992. Organizer determined that Phil was at least an hour or more behind everyone else. Took ATV out on course, found him about 8 km from the Finish. Offered Phil a Ride to finish. He replied” no thanks, think I will finish” and he did just before dark. Estimated 60km for the day. Greeted him with a beer and a water. He took the water. You have the beer.

New Years Eve Phil ran twice that day/night (est. total 50 to 60 km) He finished near 1 am New Years Day the next year. He reached the goal he had set for himself for that year 3200 km. It was pointed out that he technically did not meet his goal. No Problem I will try harder this year.

### **Non-Running Memories (Steve Scott)**

Hunting- Phil loved to hunt deer with his dad out back of Durham near the Nashwaak River. My friends and I had a camp on the St. Croix River in Charlotte County. He joined us; drove down in his Van. Took his Van on an overgrown road and got stuck. It took almost 2 days to get it back on a real dirt road. No problem “keep smiling” was his attitude.



Canoeing-We invited Phil to canoe the St. Croix River the next Spring. We stopped for lunch at the bottom of Little Falls a class 2 difficulty level rapids. We made it down OK, but Phil had so much fun that he wanted to do it again, so up we trudged and came back down again. Of course, Phil wanted to go some more and I said find someone else. He did, at least 5 more times including the last one standing up, but at the end of the run his canoe partner deliberately flipped the canoe. Phil came out of the water smiling. No problem. His outlook on life was that you should enjoy your time here on this planet.

That’s it for this edition.

Just remember “There is no finish line ...” Steve



## Metric Marathon – Cuban style by Mike Stapenhurst

Only mad dogs and Englishmen go out in the noonday sun – Rudyard Kipling

I've always enjoyed the Metric Marathon but this year we were away so we decided to do a virtual version of this popular club event. To avoid the midday heat Deb and I started out at 7:30am under cloudy skies in Cayo Guillermo, Cuba. My goal was the half, 13.1k. Deb decided to walk while I did the run.

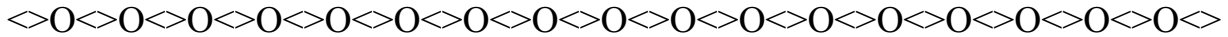


As I was running along my thoughts turned to Tom. I never ran much with him because he was always ahead of me. On occasion though, he would slow down, I'd speed up and we'd run along together for a few kilometers.

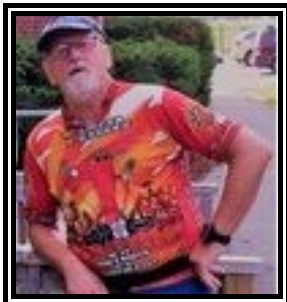
By now it was 8:30am, the clouds were long gone and the temperature was over 26 degrees Celsius. I decided to turn at 5k. But now the sun was right in my face! I had to walk a while and struggled along in the rising temperature. I was staring to blame my poor performance on all the free beer at our resort...

Never mind 13k, could I even manage 10? The kilometers were going by slower and slower until we finally made the turn back into the resort area. This was turning into the longest 10k I had ever ran. It took me 1 hour 31 minutes, hardly faster than a quick walk!

Oh well, I'd rather be warm and wiped out than cold and tired. ~ *Mike*



## *From the Back of the Pack*



Hi all,

Phil Booker ran his last race almost a week ago and he finished with a smile! Rest in peace ! God's blessings and I'm happy to have known you! From The Back Of The Pack, Harry.