

~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club

~ December Issue 2025 ~



*What a day! Tuesday's Metric Marathon brought in \$315
and a whopping 115 lbs of food for Greener Village!
Huge thanks to all the participants - not only did we have a blast
out on the course, but we came together for an amazing cause!*

CAPITAL CITY ROADRUNNERS & WALKERS CLUB

Club Executive 2024-25

President - Joanne Embree

Secretary - Janet Tree

Registrar - Paul Looker

Treasurer - Joanne Embree

Member-at-large - Boris Allard

Member at Large - Jochen Schroer

Member-at-Large - Mary McKenna

Member-at-Large - Eric Hopper

Fall Classic Race Director
- Sara Young

Footnotes Editor - John Cathcart.

CONTRIBUTIONS FOR FOOTNOTES

Please send to the email address
below. Thanks! The Editor
cathcartjohn@hotmail.com

~FOOTNOTES ~CONTRIBUTORS

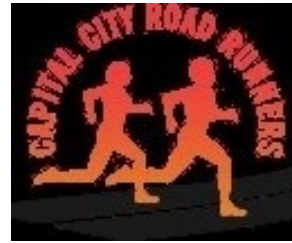
Joanne Embree - John Cathcart

Steve Scott - Paul Looker

Harry Drost - Rob Jackson

Janice Caissie

~ 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, 5k & 10k etc.
·Regular bi-weekly runs.

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

Membership is only \$35 per year
or \$60 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.

From the President by Joanne Embree



Hi Everyone,

We had the club's Annual General Meeting on the 29th. In reviewing all the Footnotes and weekly communications, it's pretty clear that it has been a good year for the CCRR and its members. The membership is stable. We are financially secure. We are financially secure. Participation in events is increasing.

A lot of personal goals have been met or exceeded. Congratulations to Christa Blizzard and Rick Grey who were awarded Most Improved Runners for 2025.

At last year's AGM, we did a SWOT exercise (reviewed the club's strengths, weaknesses, opportunities and threats) and that gave us a number of ideas to make our club better.

One of the ideas was to work to improve our communications both to club members and to the general public. I have tried to keep club members up to date with the weekly e-mails and by reserved time for announcements at the Saturday runs. Many thanks to Lauren Fraser and to Janice Caissie for getting us more involved with social media. With their expertise, we now have a definite presence on Instagram and Facebook along with our Website. Thanks also to John Cathcart who has continued to edit the Footnotes.

Thanks to all the contributors of the great stories and posts...having information to share is essential. We have certainly had a lot to share.

The 2024 Not the Honolulu occurred after the AGM last year and was so successful that this year's event, which will be held on December 13th, sold out in 6 days! Many thanks to the organizers of last year's event, particularly Ann Flynn, who after several years, has handed over the reins to Jamie Weatherbee.

Thanks to Amelia Beaney who organized the December Challenge last year and is doing so again this year. It starts December 1 and is a great way to acclimatize for winter temperatures and for snow covered streets and trails.

The Jingle Bell run and walk last December as part of the Challenge exemplified that point. Many thanks to Janet Tree and Rick Grey who organized the Jingle Bell associated tail-gate party despite a cold, windy night. This year - it's at Picaroons.

The Fall Classic remains the flagship event for the club. It is a highly popular race in the early part of the fall. Sara Young, the folks on the organizing committee and all the volunteers did a fantastic job this year despite more than a 15% increase in participants. Many thanks to them. Also, the Fall Classic was able to increase the amount of their proceeds that was donated to volunteer organizations this year, with a substantial donation made to the YMCA's Strong Communities initiative.

Many thanks as well to Paul Looker for organizing the Point Series this year and to Boris Allard who kept the series going while Paul took a really long walk through the Atlantic provinces this summer. The Point Series allows for club members to do a number of different runs rather than the usual 10K run on Thursday and Saturday . Paul works through a lot of complex scoring so walkers, volunteers and those who have innovative outfits can get points along with those who run. Without a doubt, one of the highlights of the Point Series this year was the Grave Yard run for Halloween.

The other ones were the Hill Climb organized by Steve Scott and thanks to Michele Coleman for organizing the Picnic for the Hill Climb. Also the Metric Marathon, this year hosted by the club. Together, those two events raised more than \$400 and close to 200 pounds of food for the Greener Village Food Bank.

One of the ideas for this year was for members to get together to participate in running events in addition to the CRR runs. Groups ran and walked in events for various charities this year in Fredericton. As well, a small group headed off to PEI for the marathon weekend this fall.

We had a very active social schedule of non-running events this year. We have had a lot of conversations over brunch on most Saturdays. Many thanks to Pierre El-Khoury and Mary McKenna for organizing bowling, snooker, dance nights, pool parties and opening each of their homes for breakfast and dinner parties. Last year's Christmas party at Pierre's was stellar. He has kindly offered his house for the Christmas party this year. Many thanks from the Club to Pierre who was named Volunteer of the Year for 2025.

The collective running expertise was identified as a strength of the club. We started The Rundown where we take 10 to 15 minutes to share advice on specific topics before the Saturday run once every 4-5 weeks. Steve Scott has helped newer runners prepare for races in previous years. This year, he and Mike Stapenhurst , put together training programs for those doing the 10K at the Fall classic and provided advice as needed for runners doing other distances.

Mona McLachlan, Janet Tree and Boris Allard led the training program over the winter for those doing the full and half marathon on the Fredericton Marathon weekend.

Finally, the major effort this summer was the Couch to 5K clinic that we did with the YMCA. The Couch to 5 K was an initiative initiated by Fran Robinson last year. This year we were fortunate to work with Natalie Parent and Erin Whitman from the Y. They were fantastic and the clinic was excellent. It was good that a number of club members joined the clinic group for a number of their training runs.

I would specifically like to thank Christa Blizzard, Mona McLachlan, and Dave Weir for regularly running with the clinic group on those very warm Tuesday and nights. It meant that every clinic attendee had someone running with them. Hopefully, we will be able to do this again next year. Our AGM ended with a fantastic talk by Kris Murphy who has recently published a book entitled Mindful Minds.

Merry Christmas and Happy Holidays to everyone.

Joanne

.....
May your Christmas Season be filled with the gifts that adorn the tree below.

The staff here at Footnotes wish you and yours a happy, healthy and blessed happy holiday season and may all your troubles be little ones.

Special Thanks to all of our most faithful monthly contributors.

The Running Rev.

*

I

O

V

E

JOY

PEACE

PATIENCE

KINDNESS

GOODNESS

GENTLENESS

FAITHFULNESS

AND

SELF

.....CONTROL.....

**You're reading "Runbers", a collection of numbers related to running.
Issue #63: What the 2025 NYC Marathon Demographics Tell Us**



When the 2025 NYC Marathon took place on Sunday, November 2, it set a new benchmark: a record number of finishers — 59,226 runners completed the race, making it the largest marathon ever held. This global field offers us some interesting insights and inspiration as the Capital City Road Runners consider our own goals and demographics here in Fredericton.

Key numbers & trends

- Total finishers: ~59,226.
- Gender breakdown:
 - * Men: 31,927 finishers (~53.9%)
 - * Women: 27,156 finishers (~45.9%)
 - * Non-binary: 143 finishers (~0.24%)
- International diversity: finishers represented 132 countries. – The average finishing time: overall 4:32:25 (men ~4:18:55, women ~4:48:11) in 2025.

Why this matters for us:

Gender participation is nearly balanced — While men still marginally outnumber women in NYC, the margin isn't huge (~54% men vs ~46% women). This suggests that any efforts to boost female participation (and retention) would be very much aligned with broader trends.

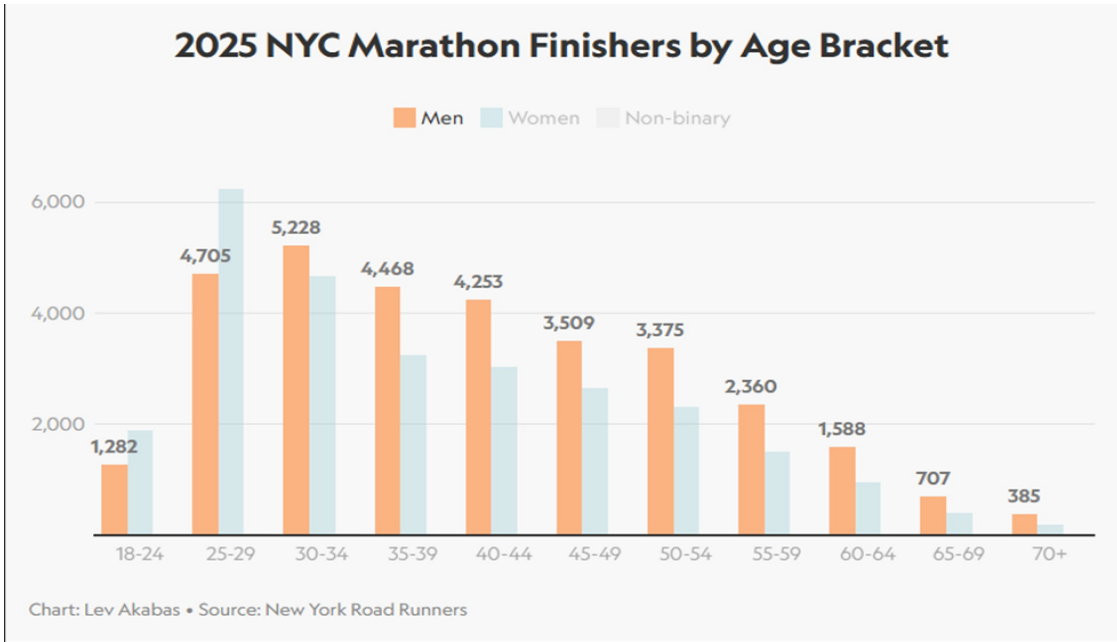
Inclusivity matters — The presence of a non-binary category (143 finishers) shows large events are evolving to reflect broader gender identities. Being mindful of inclusive language, categories, and welcoming culture is forward-looking.

Performance expectations — With the average finishing time at ~4½ hours, many of the participants in NYC are recreational runners — not just elites. This is encouraging: we're in good company.

Global participation vs. local community — With 132 countries represented, NYC is intensely global. Running brings people together from diverse backgrounds. We should celebrate our local diversity (age, experience, pace) as part of that connection.

Setting aspirational goals — Seeing that a mega marathon still has average times around 4:30 gives many of our members a realistic benchmark if they aim for a full marathon someday.

The 2025 NYC Marathon’s demographics reveal a sport that is steadily broadening: in gender balance, in pace diversity, in global representation. We too can embrace inclusivity, welcome all paces, and set meaningful goals that reflect where real runners are — not just elites. Let’s use these stats to motivate. Running is for the many. Whether you’re chasing a sub-4 hour, a 5-hour, or just crossing your first finish line, you’re part of the story.



I forgot today’s workout. Could you jog my memory?	You are what you eat, so I eat fast food.
---	--



From the CCRR&W Club's Facebook by Janice Caisse



Big shout-out to everyone who made it to this morning's AGM! What a great meeting — and a huge thank you to our president, Joanne, for absolutely nailing the presentation. We've also got some well-deserved congratulations to hand out!

- Volunteer of the Year: Pierre El-Khoury — bravo!
- Most Improved Female Runner: Christa Blizzard — amazing progress!
- Most Improved Male Runner: Rick Grey — fantastic work!



A round of applause to all of you - you earned it!

A big thank-you goes out to Paul Looker for all the effort he put into organizing this year's Point Series events — we appreciate you!

And we can't forget the dynamic duo, Erin Whitman and Natalie Parent, for the awesome job coaching the Couch to 5K clinic this summer — you two rock!

Finally, thank you to Kris Murphy for sharing your new book and giving such an inspiring talk. For anyone interested, Mindful Miles is available on Amazon and at the Radical Edge!

And thank you, Mary, for taking these pictures!

Now, even though December is sneaking up on us way too quickly, we've still got a fun-filled lineup ahead!

- December 1: The December Challenge kicks off
- December 13: Not the Honolulu Marathon
- December 18: The Jingle Bells run/walk — bring your sparkle and your jingles!

Plenty to look forward to as we finish the year strong!

A Passion for Life & Nature & Running

By the running rev



Well, when you read this it will be December and with it the club's "December Challenge" - which means overcoming the elements of rain, hail, ice, snow and a warm cozy bed. I well remember my first Christmas here in Canada. It was actually a green Christmas. The year was 1979 and I thought people were stringing me along about the challenges of a New Brunswick winter. The second winter here was a whole different ball game. There were snow banks that my wife couldn't see over, it was like walking down great white walled trenches - a sight these Irish eyes had never seen before. If our second winter had been our first winter we might not have stayed.

It is a rare person who remains unmoved by their very first snowfall. Certainly there is something magical as snowflakes beyond measure fall from the sky. Even yet, all these 46 years later, the first snowfall of the season is still magical, as for a short time anyway, the landscape becomes covered in a great carpet of purity and solitude.

In her wonderful little book, *"Exuberance - The Passion for Life,"* Professor of Psychiatry Kay Redfield Jamison writes eloquently about Nature's exuberance. She is an expert on bipolar disorder and someone who has been diagnosed with the same. She does not specialize in eco-therapy as a primary field, but advocates for the inclusion of nature, along with other non-traditional methods like art and music, as a complementary part of a comprehensive healing process for mental illness.*

Her book introduces us to such notable types as John Muir, Richard Feynman, as well as Winston Churchill, dancing porcupines, and Charles Schultz's Snoopy. It explores whether exuberance can be inherited, and investigates its origins in brain chemistry

“In the exuberance of nature begins our own. Exuberance manifests itself everywhere from child’s play to scientific breakthrough and is crucially important to learning, risk-taking, social cohesiveness, and survival itself. And nature is self-evidently exuberant. One pair of poppies, given seven years and the right conditions, will produce 820 thousand million million million descendants. A single pair of spiders over the same time period and under ideal circumstances will give rise to 427 thousand million million more spiders. The fertility and diversity of nature is staggering. In a sliver of Brazilian forest only a few kilometers square, scientists have counted 1,500 species of butterfly. Lichens, among nature’s oldest and slowest of living things, grow nearly everywhere - together with blueberries under the snow, on stained-glass windows of churches and cathedrals, and in deserts and in birch woodlands and on the backs of tortoises - and an individual community of lichen may survive longer than most human civilizations. The 13,500 known species of lichen are as exuberant on colour as they are diverse in form and habitat showing themselves in scarlets, snow whites, emerald greens, black, and sulphur yellow.”



We already have had our first snowfall here in Welland, the season arriving in early November which hasn’t happened for at least a decade. When the first snowfall arrives I cannot help but think about Wilson ‘Snowflake’ Bentley, a New England Farmer, who was enthralled by the mystery of a snowflake. Bentley is famous for the comment that “no two snowflakes are alike.” He had proof. He was the first to photograph a single snowflake and would spend a lifetime photographing individual snow-flakes again and again to be enthralled and delighted by their singular beauty.

Snowflake Bentley, who I discovered many years ago, through Kay Redfield Jamison’s little book, helped me to appreciate the work of the Creator expressed in a simple snowflake. As Dante once noted, “Nature is the art of God.”



In the early morning of winter of 1980, when a running through the UNB woodlot it had snowed heavily the night before. I came across a spot where clearing had taken place. The discarded branches, heavy with snow, looked as if they were bowing in reverence to the Creator. Stopping to catch my breath, I was in awe of the beauty spread before me. Standing there, the next I knew, and too many to count, deer jumped and ran in every direction. I needed to sit down as my legs were shaking following the shock. Still, it was a marvelous moment! ~ **John**

A man wearing a red baseball cap and a dark jacket with a red and blue scarf, looking to the left.

Just a gentle reminder to those interested, we have training programs created this past spring that all members have access to. Furthermore, I am willing to help those half and full

I have a wealth of experience and knowledge that I can share at all levels due to my extensive Marathon experience which saw me with a 3:05:10 in 1987 at the Moncton Marathon and six more in the 3:05s up to October 1990 at the Halifax Marathon. My total number of marathons in the 3:30 or less range was 25 by 1996. I also qualified and ran 4 Boston Marathons from 1989 to 1997. I finished up my marathon career in Moncton with my 59th Marathon in October of 2007.

[illegible]

You may have noticed on our Website a directory with the title of “Newsletter”. I created this page (<https://www.crr.ca/newsletter/>) a few years back with the intention of storing, for all to access, past issues of our newsletter. I have been adding each new edition of our newsletter since then.

I populated the list with all the issues that I had, and had intended to see what others I would be able to find. You will note in our “Newsletter” directory that I have made links to issues going back to April of 2021. But, the research, the digging for other past newsletters just kept being put off for another day.

Well today is that day. I have touched base with some club members and have possibly found a source for many of the past issues but not all. I will also have to see what format the newsletters have been stored in, and if that information can even be accessed with my computer.

In the interim, while I make arrangements to see this information, I am also going to “throw the net out a little further”.

Do any of you have copies of past issues (pre-April 2021) of our newsletter “Footnotes”?

If so, please contact me at: info@ccrr.ca . Please use "Footnotes Library Project" as the subject of your email. Thank you for your help with this. ~ **Paul**

The Burst Dam by Kris Murphy



I woke and left before the light,
a shadow slipping through the night.
Not planning much, just jogging the
street—
a small escape before I returned
to the familiar, stifling round
where self and spirit are bound.

But on the asphalt, something broke—
molten power, fire and smoke,
a lava dam that held the flow
deep beneath the surface, long ago.

Then, without reason, struck by grace,
a lightning bolt erupted into space.
The wall gave way; the heat poured out,
screaming freedom, ending doubt.

I ran through the manicured gate,
ignoring traffic, defying fate.
I did not turn; I did not slow.
I only knew I must go
where the path would lead
I did not know.

Now here I stand, far up the hill,
a forest clearing, hushed and still.
My lungs are rags, my vision wide,
watching the valley's sleeping tide.

I pick out rooftops, sharp and small—
the bourgeois prison, holding all
the dreams I suppressed with life on pause,
captive beneath unspoken laws.

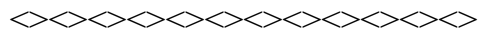
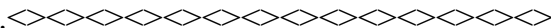
But calm is shattered; strength ascends,
a seismic feeling, the urge to hit the ground.
Yet I stand here tall and proud
My years of fighting, drill, and pain
were not to submit, not to bend,
but to meet the world again and again.

I threw my arms to the morning air,
a primal shout to cleanse despair.
The longest, loudest yell I owned,
as silent rage was overthrown.

A murder of crows took sudden flight,
winged darkness toward golden light.
I watched them go, but did not yearn;
the fight was spent, the lesson learned.

The silence broken, the fire cooled,
I jog back down, no longer fooled.
The path is clear, the way defined:
I return to face the world aligned.

Dawn spreads soft across the street,
shadows retreat beneath my feet.
The night has passed, the air renewed,
I carry flame and peace within.



Point Series Report by Paul Looker



11 of 12 events are completed. The accumulated points leader is presently Harry Drost, with Janet Tree, Leanne Doughty Joanne Embree, Boris Allard and David Weir all chasing him towards the coveted “Point Series” title.

(<https://www.ccr.ca/eventresults/PointsSeriesNovember2025.xlsx>)

The race for the top positions will be contested to the very end. The results of the 12th club event of the year, the NTHM, will be part of the decision process. The NTHM sold out quickly this year. If you were not one of the fortunate ones to get an entry spot then remember that in the point series you can always submit virtual results. If you are volunteering, let me know too, as there are always volunteer points awarded.

The run series this year includes two special opportunities to earn bonus points. The first opportunity was, and still is, for those that bring new people into the club. I have heard that there are some “membership drive” points to be awarded , but I am still awaiting messages from these people. A second opportunity to earn extra points will be for those participating in the annual December Challenge.

This year, there will be prizes for the top three participants in the point series.

The schedule of events for 2026 is still to be created. If you have any suggestions for new or different events please let me know. Any ideas or help would also be appreciated. I advertise the events through our website and through social media. Point Series and other events are included on the “Events” page of our website.

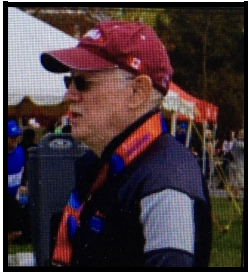
<https://www.ccr.ca/events/>

Paul

“In the first half of the race, don’t be an idiot.
In the second half, don’t be a wimp!”
~Scott Douglas, on running marathons ~

“If you see me running, you better run too because something is chasing me.”

Fossils Corner by Steve Scott - December 2024



As many may know by now, Mike Stapenhurst has reached lifetime member status with the Capital City Road Runners/Walking Club. His induction makes him the 5th individual who, through continuous dedication to our principles and mandate, has become honored by the group since it began in 1983. I will be writing more about Mike in an upcoming issue of Fossils Corner in collaboration with another Life member. Stay tuned.

With your blessings, I would like to profile two other original members in 1983. They are Brenda and David Tree. I remember an early Sunday run from the original YM/YWCA on Saunders Street (Multicultural centre now) in February or March; the Trees showed up early, ready to Race and were told that this is a Fun Run, but race if you want to. From that time on, Brenda and David continue to be active members. They contributed to our fledgling newsletter and probably suggested that we should call it Footnotes (Pun intended).

That first year Brenda usually had an article in footnotes and also took on the task of getting CCRW results from races they attended. It is noteworthy that Brenda's April article morphed into a title called Shorts and Singlets (another pun).

Their energy and enthusiasm for the Capital City Road Runners was a Hallmark for our overall success in those days, as by December 1983 Brenda and David became the editors for Footnotes and it grew in stature by leaps and bounds. This communication tool became vital to the membership. They remained editors until June of 1991.

Brenda retained her Shorts and Singlets every issue for quite a number of years thereafter, even with a growing family and work commitments.

I am not sure that their dedication in the early years has been adequately addressed in the past, and that is good enough reason in my opinion, to remind folks that they have withstood the passage of time and still run and or walk with us today, nearly 42 years later. See you at the next Saturday Fun Run /Walk and just remember “. . . there is no finish line. . .” Cheers!

~ Fossil

From the Back of the Pack by Harry Drost



Hi everyone,

Our grandson, Mason Drost, age 14, won a 10 km race with 570 runners. Anthony, his Dad, ran a full hour to cover the distance. At 76 I only could run a 4 mile “race” in 48:12. Yes, my future is behind me!

The best thing for me is that I can still move from one place (couch) to another!

Cheers!

From The Back Of The Pack and proud of it! ~ **Harry**