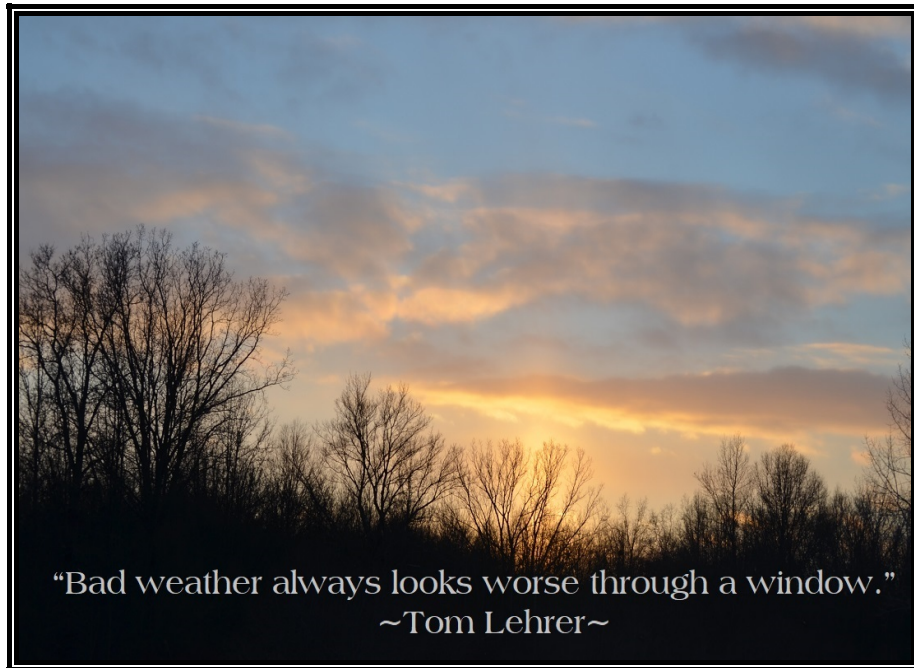


FEBRUARY 2022

~ FOOTNOTES ~



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

CLUB EXECUTIVE

CONTRIBUTIONS for FOOTNOTES

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~ FOOTNOTES ~
CONTRIBUTORS

Fran Robinson - - Rob Jackson

- Harry Drost - Jason Scarbro

John Cathcart - Steve Scott

Runbers by Rob Jackson

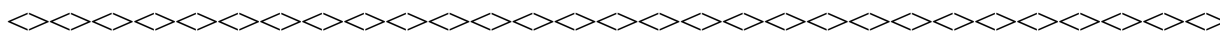
You're reading "Runbers", a collection of numbers related to running. Issue #27



Runners aged 30 and over who join Athletics Canada, automatically become members of Canadian Masters Athletics. CMA oversees all national track and field events for masters runners, as well as road races and race-walking. In 2021 there were 1433 CMA members, with 65% of them male, and 35% female. Of the 1433 members, 32 (2.2%) were from New Brunswick. Of the 13 provinces and territories, New Brunswick ranks sixth in total membership, behind Ontario, British Columbia, Quebec, Alberta, Saskatchewan and Nova Scotia. The number of members of the CMA born in various decades are as follows:

1920's – 4
1930's – 31
1940's – 144
1950's – 269
1960's – 343
1970's – 377
1980's – 241
1990's – 24

To learn more about Canadian Masters Athletics, visit <https://canadianmasters.ca>



It wasn't a great night for our Jingle bell run, but 7 brave souls ventured out last night. The streets were icy, but the lights were sure pretty! We had enough hot chocolate and cookies to sink a ship. Thanks to all who participated!! ~ Fran

Running on Medium by Jason Scarbro January 2022

This month's pick:
Mario Fraioli and the
"Morning Shakeout Newsletter and Podcast"



I only recently discovered Mario Fraioli's newsletter and podcast *The Morning Shakeout* but, much like what happens when I go trail running, I have fallen head over heels (in love) with his content. According to the bio on his website, Mario takes great pride in "helping others see what's possible for themselves through the lens of running." As a coach, he has helped athletes work toward their goals ranging from finishing their first race to competing at the Olympics.

Coach Fraioli expands his reach well beyond the athletes he coaches by publishing both a weekly newsletter and a podcast (both named *The Morning Shakeout*). You can subscribe to his free newsletter using this link - <https://mailchi.mp/themorningshakeout/the-morning-shakeout-issue-323?e=6c32c3a212>. Although the newsletter offers insightful commentary on recent running events and trends, it's so much more than that. He includes links to other running (and non-running content) such as articles, books, and music that have had an impact on him. A "workout of the week" is also included for those who want to get access to a coach-approved opportunity to push yourself a bit. Also, he always has a couple powerful quotes to share to get you thinking. In 2022, my goal is to focus more on the process (i.e., the training itself) than on the product (i.e., the race result), so I especially liked the following quote Mario shared in this week's newsletter:

"To live only for some future goal is shallow. It's the sides of the mountain which sustain life, not the top. Here's where things grow."—**Robert M. Pirsig**, *Zen and the Art of Motorcycle Maintenance: An Inquiry Into Values*



The Morning Shakeout podcast has quickly become a favourite of mine and can be found on Apple podcasts and other popular platforms. It's clear that Mario puts a significant amount of time into researching and preparing for his interviews.

In my opinion, he is one of the best interviewers in the running podcast space, ranking up there with the Rich Rolls of podcasting (which is high praise). His questions have substance and evoke interesting and often deep responses from his guests. However, his long format podcasts do require a serious time commitment and may be best suited for your Sunday long runs or weekend rides.



Fraioli was a strong collegiate runner and has continued to perform well over the past two decades at a variety of distances. He is approaching the tender age of 40 which will allow him to compete as a master's runner. His tentative plan is to go back to his roots on the track to see how he measures up. It should make for an exciting journey and I encourage you to jump on the Fraioli bandwagon to see how he makes out.



Next month's planned pick – *What Matters to Matt*, local Youtuber, Matthew Sprague

Enjoy your running!
Jason Scarbro



FOSSILS CORNER by Steve Scott

This topic may be of interest to those Capital City Road Runners who are interested in winter training. Here we are in the middle of a pretty significant COLD SNAP and you are trying to deal with the Half or Full Marathon training schedule you started not too long ago, but the conditions are not very easy to deal with. What should you do?

Do not give in totally to the weather that has been dealt to you; try and go with the flow so to speak as there are many ways to deal with this temporary setback. For example if you have a training group of 3 or more, you can each take turns breaking the wind and the trail. Also consider doing several loops in a more sheltered area, say in the downtown platt in Fredericton. Taking scheduled breaks and visually checking each other for signs of frostbite. Dressing in layers will help keep the warmth in and lessen the moisture impact and help keep your core temperature up.

Make sure that the pace of the group is slower than your "easy" pace normally and keep up a constant chatter about anything that will take your minds off of the unpleasant conditions you are running in. As the old saying goes, "... misery loves company ...". Make sure that you are adequately hydrated before, during and after your training run; keep your water bottle in a place where it will not freeze. Winter does not stop your body from getting dehydrated. Do not run in the dark; even with lighting for visibility you may confuse oncoming traffic and the footing really sucks especially in low light situations.

Finally, congratulate yourself for a job well done even if the pace was quite slow as the treacherous footing you have endured makes the effort you put out twice as demanding at least. When you get home head straight for the bath or shower and treat yourself to a warm drink as you rehydrate. These are just a few things I learned over the many years that I was a Marathoner, many of which I and my training partners usually learned the hard way. One thing is sure, this kind of weather is not to be trifled with, but it will make you a much better marathoner than you ever thought was possible. Take it from an old guy who has been there quite a few times from 1981 to 2007.

Just remember "... there is no finish line ...". ~ Fossil

President's Message - Fran Robinson



Hello everyone. As I write this, I need to remember that you haven't heard from us since before the end of December. We have several highlights for the last month despite currently being in Phase 3, or lockdown, for 16 days until February 1st.

We finished the December Challenge. We were a virtual group of 62 runners/walkers. 35 people sent me their distances at the end of December for a total distance walked/run of 6556.74 km.

Our distance winners were as follows: Men - 1. George Hubbard, 2. Harry Drost, 3. Steve Scott. Women - 1. Margaret VanOord, 2. Fran Robinson, 3. Kay Stairs.

The Fredericton Food Bank was the biggest winner with \$1150 sent to them, thanks to Ellen, Tony and to all of us - \$575 collected in dues and \$575 matched by Ellen and Tony. I am sure they appreciated the support they received from all of us.

Tony, back to you for next year! It was a lot of work!!

Then on January 8, we had the first of our new Capital City Running Series events. It was paired with the Park Run Event. Paul Looker is organizing this. The next event is February 12th. Check it out on our Website at <https://www.ccr.ca/events>. You can see the changes we've made to the website as well. Finally, it is functional again.

We have a team in the Coldest Night of the Year Event again this year. We are now 9 strong and have collected over half of our goal monies to date. Ann Flynn is the biggest fundraiser so far. Consider donating to our cause at <https://secure.e2rm.com/registant/TeamResults.aspx?EventID=367853&LangPref=en-CA&RegistrationID=5026206>. Monies go towards the Homeless and low income people in Fredericton with funding through the John Howard Society and Chrysallis House.

Last year our "Share Your Run" Zoom event received lots of positive feedback – thanks to your great contributions – so we're organizing another virtual sharing experience. We will hold it Thursday, February 24th at 7:30 pm for one hour. This

year, we ask you to share a memorable running experience briefly (maximum 5 minutes) accompanied if possible (but not necessary) by a maximum of 5 photos/slides.

Please let Mary McKenna, mmckenna@unb.ca, know if you wish to present at this year's "Share Your Run" event as soon as possible, sending a brief summary of the running memory story(ies) and photos you wish to share. I'll send out more information about this in our general emails.

The Currie Centre still gives us a discount for a general membership there if we are a member of CCRR. Remember to ask for the discount, since they won't necessarily automatically give it to you.

Please remember each month to send in your Kudos about events that have happened to you or others. They don't need to be running events at all.

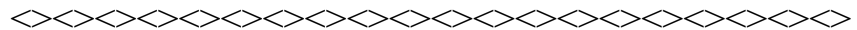


The quilt Kay pieced together is now in Nova Scotia being made into a quilt by Roy Nicholl's mother. We are looking forward to seeing the final product.

Finally, please rejoin our club. Our modest fee of \$25/member does help with expenses we have and other incentives to keep you going.

<https://www.crr.ca/membership>

Thanks everyone for sharing your stories on Facebook. It helps keep us motivated to continue running/walking/skiing, etc. Until next month! ~ Fran



KUDOS CORNER ~ KUDOS CORNER - KUDOS CORNER ~ KUDOS CORNER

"Good morning friends, looks like the worst of the bitter cold streak is over (for now). Despite the unfavourable conditions I feel that my daily walk or run/walk is an important way to cope with level 3 cabin fever." Kudos to Mike McKendy.

Also Kudos to Phil Booker, starting to train for his next marathon. Way to go Phil.

And Kudos to our regular contributors, Steve, Fran, Jason, Harry, Paul, John & Rob

The Spirituality of the Seasons - The Running Rev

“Within the grip of winter, it is almost impossible to imagine the spring. The gray perished landscape is shorn of colour. Only bleakness meets the eye; everything seems severe and edged. Winter is the oldest season; it has some quality of the absolute. Yet beneath the surface of winter, the miracle of spring is already in preparation; the cold is relenting; seeds are waking up. Colours are beginning to imagine how they will return. Then, imperceptibly, somewhere one bud opens and the symphony of renewal is no longer reversible. From the black heart of winter a miraculous, breathing plenitude of colour emerges. ~ John O’Donohue

Well, what a shock! I awakened last Monday morning to the biggest snowfall since moving here almost 8 years ago. Here in Welland, we got 40 cms. I had forgotten what 40 cms looked like, as we might get 10-15 cms. Usually the driveway can be cleared in maybe 20 minutes, that includes our neighbour’s driveway also. Not this time however. The snow had blown in around the garage doors and was packed in pretty good. My trusty snow-shovel wasn’t up to the task. Thankfully, my neighbour’s friend showed up with a snow-blower, but even then it was quite a job, as the temperature had dropped and the wind picked up, but he got it done.



The snow sure changed the look of the landscape as the snow banks grew and everywhere was covered in a carpet of white. Yet, against a blue cloudless sky, there is something deeply pleasing and spiritual about the day after such a snow storm.

As John O'Donohue observes, "Yet beneath the surface of winter, the miracle of spring is already in preparation; the cold is relenting; seeds are wakening up."

We are a long way from Spring, but already there is a significant noticeable change as the daylight slowly overcomes the darkness and underneath all the snow Nature is busy as John O'Donohue notes, "... *the miracle of spring is already in preparation.*"



For me, one of the things I look for, as a sure sign of spring, is the richness of the yellow dandelions that are dotted through a carpet of green and as John O'Donohue notes, "*Then, imperceptibly, somewhere one bud opens and the symphony of renewal is no longer reversible.*"



Along where I usually run/walk, and as the wildflowers pop out everywhere in abundance, the trees slowly but surely put on their summer dresses. I'm always amazed at how exuberant nature truly is and always think of Dante Alighieri's quote, "Nature is the art of God."



As John O'Donohue reminds us, "Yet beneath the surface of winter, the miracle of spring is already in preparation; the cold is relenting; seeds are wakening up. Colours are beginning to imagine how they will return." Yes, there's a lot going on under all that snow. Enjoy the changing seasons my friends.

~ the running rev



From the Back of the Pack

Happy CoFit in January!



Just sick and tired of the other Co so I started a running/walking/skiing group. Do something everyday during this 16 day lock-down. The idea is to get to Edmundston and that is just about 300 km. Five people are participating and YOU can still join. Maybe we can get to Montreal if we are really mad about the other Co!



If you don't know it, I have a big problem! In December I participated in the December Challenge, walking and or running 3km everyday and raising donations for the Foodbank. On the first day I ran exactly 3 km. The second day I bumped it up to 9 km. By the end of the month my average was almost 10 km a day. Even in my marathon days I did not run that many kilometers.



For January I was planning to spin at the Curry Center 3 or 4 times a week and once or twice a short run. Then on January 15, CoFit started, see above. So running again. Started with a bang, 8 km right off the bag. The roads and temperature are a lot worse now than a month ago. If Phil Booker can do it, I can do it too!

I expect lots of calls from people who want to sign up for the.....".I hate running club". Up to now it has only 1 member.

From The Back Of The Pack, ~ *Harry*