

~ FEBRUARY 2023 ~

~~~ FOOTNOTES ~~~



This intrepid group of CCRRs has been meeting at the Red Lantern Pub every year since 2000 to make predictions about the year ahead. Though their success rate is normally under 5%, their fellowship over the years has been unbroken and sustaining.



~ JOIN THE CLUB ~



If you're not already a member of CRR 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 CRR
Executive listed in Footnotes.*

Capital City Roadrunners Club Executive 2023

President - Fran Robinson
franrobinson100@gmail.com

Secretary - Jochen Schroer,
Jochen@schroer.ca;

Registrar - Paul Looker
sbtri5059@gmail.com

Treasurer - Joanne Embree
<mailto:joanne.embree@umanitoba.ca>

Member-at-large - Harry Drost
hhdrst@gmail.com

Member-at-large - Tony Tremblay
tremblay@stu.ca

**Director at Large & Past President
Mike Stapenhurst**
mikesdebp@yahoo.co

Fall Classic Race Director - Sara Young
sarajustinyoung@yahoo.ca

Footnotes Editor - John Cathcart

cathcartjohn@hotmail.com

CONTRIBUTIONS for FOOTNOTES

please send to the email address
below. Thanks! The Editor

Cathcartjohn@hotmail.com

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~ FOOTNOTES ~CONTRIBUTORS

Rob Jackson - Steve Scott

Fran Robinson - Harry Drost

- John Cathcart

CCRR CHRISTMAS PARTY



The Red Lantern Gang

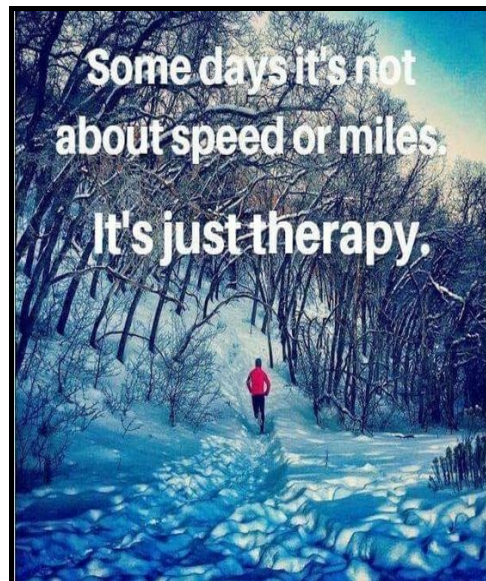


 Canadian Blood Services / Société canadienne du sang

Upcoming blood donation event
UNB - WU Conference Centre
6 Duffy Drive
Fredericton
Monday & Tuesday, February 6 & 7, 2023
1 - 4 & 5:30 - 8:30 p.m.
Join Canada's Lifeline
Book now to donate at blood.ca

Collecte de sang
UNB - WU Conference Centre
6, route Duffy
Fredericton
Lundi et mardi, 6 et 7 février 2023
13 h à 16 h et 17 h 30 à 20 h 30
Rejoignez la chaîne de vie du Canada Prenez rendez-vous maintenant à sang.ca

Scan now to book 



For Ukrainian Runners, a Brutal Race Made Sense When Little Else Did ~ By Jared Beasley - October 24, 2022

Backyard Ultra-Marathons are gruelling hours long races.

The international team competition, held October 15, included runners from dozens of nations racing on their home turf, including Ukraine.



On Oct. 11, under the sound of air raid sirens, a scraped-together band of 15 Ukrainian ultrarunners met on Telegram with a decision to make.

The question was posed on Day 230 of the war, as Ukraine reeled from a barrage of cruise missiles: to run or not to run?

On Oct. 15, there would be a race like no other: Big Dog's Backyard Ultra Satellite Team Championships, a grueling last-nation-standing competition with no set finish line or time limit — no definitive end to the pain. To run in such a race would be to mirror the trauma the Ukrainians had been enduring since February.

The meeting was short. All 15 athletes were adamant, defiant; no man, no missile was going to take away their freedom to choose. They would run.

Backyard ultramarathons are medieval in concept. Entrants have an hour to run a 4.167-mile loop. At the top of the next hour, they begin again. A winner is declared when all have faltered but one, and these sleepless brawls can last days.

The race was created by Gary Cantrell — known to most as Lazarus Lake — in his own backyard, hence the name. In its first year, in 2011, the winner completed just 18 loops. The individual contest evolved into a semi-annual team competition in

2020, with participants across the globe. Each country forms a team of 15 runners and chooses courses in its homeland. A country's score is the sum of each runner's completed loops. In two years, this international battle royale erupted from 25 countries to 37 and now features qualifiers, hype videos and a livestream broadcast.



This year, the Ukrainian backyard record-holder, Viktoriia Nikolaienko, was planning to do great things with her nation's team. Then war came, and the best runners went to the front lines. She vowed that Ukraine would still compete, and she recruited a team that included three runners over 50 and one 66-year-old. They were the least experienced nation on the roster. Winning wasn't their goal, though; showing up was.

Training for most Ukrainian team members was nearly impossible between curfews, work and volunteering. "Every day we ask ourselves, what did I do today to win?" said Oleksandr Slipets of Kyiv, a bank manager. On Feb. 24, he was awakened by a call from his brother. The war had begun. "My brain couldn't accept it," he said. "To sort out my thoughts, I went out training." As he ran, he watched thousands of cars leave the city. He debated whether to flee. The next morning at 5 a.m., a rocket flew into the residential quarter near his house, and more people left. But he resolved to stay and helped build fortifications in residential areas. "We unloaded tons of sand," he said. "And I forgot what running was."

Ramina Dadasheva, 37, tried to ignore the air raid sirens. A run always relieved her stress. Now, it created it. In Stryiskyi Park near her home, a missile flew overhead and exploded into a residential building in front of her. As she sprinted home, all she could think of was her two children.

In Odesa, Dmytro Voytko, 47, sat in his running clothes at home. "It felt dangerous to even go to a grocery or drugstore," he said. "I saw a rocket in the air hit the airport." Still, he didn't give up on his training. He would wait for the air raid sirens to stop, then dart out to run.

They would all join the team. But Nikolaienko, the team's organizer, wouldn't be there after all. Twice, Russian soldiers came to her parents' home in Kherson, a port city in Ukraine occupied since March. The second time, they arrived with long guns in dark-colored cars, and her father was taken. He was released, but the war was relentless. The bombs and stress exacerbated her husband's epilepsy, and the mother of two injured her Achilles' tendon. Nikolaienko pulled out three weeks before the race but continued to manage the team.



When race day finally arrived on Oct. 15, nerves and expectations were high around the world. In Vietnam, runners digested big dinners in a large pavilion near the start — the mood festive with Christmas lights and dancing.

In New Zealand, they were having midnight snacks, while the U.S. team had a small breakfast before gathering in a corral in Bell Buckle, Tenn. In Germany, the rain was falling and “Hells Bells” by AC/DC was blaring over the sound system.

At exactly 7 a.m. Central time, Lake rang a cowbell and yelled out “happy time,” and teams representing 37 nations from Malta to Mauritius to Mexico jogged simultaneously across starting lines and onto their first loops.

Ukraine started under a bright fall sky at 3 p.m. near a fortification of concrete blocks and sandbags in the Zhytomyr region. To not draw attention, the crew captain, Polina Melnyk, merely said, “One, two, three, start,” and the team, wearing uniforms hand-sewn in Kharkiv, ran out from under a camouflage tent lined with Tibetan prayer flags. An hour later, the police arrived, and the race was ordered to halt. But they kept running.

Oleksandr Olivson, one of the runners and the local organizer of the course, pleaded with the authorities as runners continued. It was safe, he said, and he had the paperwork cleared with the Territorial Defense Forces to run after the curfew. The debate went on for hours until a compromise was reached, and base camp was moved deeper into the forest away from the eyes of self-destructing drones — the time clock covered with a tent.

Elsewhere in the Backyard World Championships, runners plodded along too. Japan would run into darkness as daylight greeted Ecuador. In Mexico, members of the Indigenous Rarámuri tribe, considered to be some of the greatest ultrarunners in the world, lined up alongside their fellow countrymen. There were windswept courses in Malta and Morocco and dogged runners in India and Iceland crossing the line and regrouping.

The U.S. team would end up winning the team competition with a score of 860 combined loops. But as the race seemed to wind down, all eyes were on Western Europe. When Merijn Geerts and Ivo Steyaert of Belgium outlasted a stubborn Japanese team and surpassed the individual world record of 90 loops, it seemed the pair would run forever.

The hashtag “break100” began to spring up on social media, and soon they reached it. In the starting corral as the clock ticked down for Loop 102, the two men turned and embraced each other, letting time expire. A round of applause erupted. “This,” said Lake, the mastermind of the toughest races on the planet, “is the first time the runners defeated me.”

Both Belgian runners would officially be listed as DNF (did not finish). In a befitting twist of solidarity, there would be no individual winner, but both men would hold the world record. In Lake’s backyard races, there is no second place. You either win or you DNF. There are no ties.

Yet there is a common belief among backyarders that the runner who comes up a loop short of the winner deserves equal, if not more, respect. This they call “the assist.” The winner can run only as far as the next best runner, plus one loop. While he or she may be able to go farther, the second runner has truly spent everything. For Ukraine, this runner was Slipets, 38.

He finished the 27th loop with a smile that never seemed to leave his face. There was less than a minute to recover when he turned to his friend Nazar Hnat, the only other remaining runner. “Nazar,” he said, “you still need to run one more lap with me.” The sun seemed to fall at that moment, and he put on a headlamp before lumbering forward. They ran together initially, on the same trail they had shared for over a day, a leaf-covered footpath dotted with evacuation trenches of timber. Soon, Slipets began to fall back, and time became his enemy. But he had pushed his teammate forward for the win.

In March, Slipets had given his trail runners, thermal gear, socks and gloves to Territorial Defense. In May, he donated more running shoes, shorts and T-shirts to the displaced people increasingly arriving from liberated and occupied cities.



It became clear to him, after the atrocities seen in Bucha and Irpin, that the war was an ultramarathon with no end in sight. In that respect, the Backyard World Championships made sense when not much else did. The more it hurt, the more he wanted to run. But the idea that Ukrainians are to be pitied is repugnant to him. “We are strong,” he said. “We chose our way. We chose freedom.”

From the President by Fran Robinson



"Sometimes the strength within you is not a big fiery flame for all to see, it is just a tiny spark that whispers softly 'you got this, keep going.'" For me, I need to remember that little mantra in my head. Last weekend, we had our first race of the 2023 running series, thanks to Paul Looker for organizing, and I bet all the runners out there, were thinking something along those lines as they were running their 5 k in conjunction with the Park Run. I was classic skiing a 10 km, very hilly course for the Maritime Cup in Fredericton. That day, I needed to remind myself why I do these things and I imagine we could all say that about ourselves at some point.



We know how to party! Thanks to Mary McKenna for hosting a lovely post Christmas/Bring on the 2023 party. There were a great group of musicians who joined in for the merriment. Thanks to all those that attended and helped out.

We will have events for the running series monthly. These are posted on the events page of the Website www.ccr.ca. The results from last year's run series are also posted there. The list of breakfast locations after our Saturday run is posted on the Home Page of the website (thanks Paul Lavoie). You can also register for the club on the Members page of the website. A club can't be such without its members. Thanks to all of you that rejoin the club.



We've been having a wild few weeks of weather around here. The running conditions have not been stellar, to say the least. Thankfully the December challenge was in December and not in January, is all I can say!

This month, we're raising money for the John Howard Society in Fredericton to help provide for the homeless population. The Coldest Night of the Year Event is the culmination of this fundraiser on February 25, 2023. Henny Drost is our team captain this year. Thanks Henny for agreeing to wear this cap this year! You can get in touch with Henny if you want to join the team or donate. hhdrst@gmail.com

In February, Sara Young is leading a group of us in half marathon training for the Fredericton Marathon. She will be leading the runs on Wednesday evening and Saturday morning for those of us participating as well as giving us a plan for the

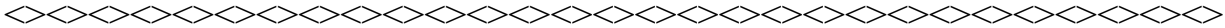
remainder of the week. Thanks Sara for this. Get in touch with her if you are interested. sarajustinyoung@yahoo.ca.



We've started a running/walking time of 3 pm on Wednesdays as well as the regular time of 530, both starting from the Currie Centre at UNB. This is to accommodate people who would rather run or walk in daylight instead of the dark. Once the time changes again, all events on Wednesday will return to 530.

We'd love to know what your running/walking goals are for 2023. Can you let us know? You could email me at franrobinson100@gmail.com or info@ccrr.ca.

Run safely. It hurts to fall. ~ **Fran**



2022 CCRR(&W) Points Series

Congratulations Mike and Fran
1st Annual Point Series Winners

Male:	Female:
1. Mike Melanson: 368 pts	1. Fran Robinson: 316 pts
2. Jochen Schroer: 285 pts	2. Janet Tree: 298 pts
3. Terry Haines: 248 pts	3. Amy Wood: 213 pts

Capital City Roadrunners & Walkers Club Point Series # 1			
Event #1	Bill Thorpe Walking Bridge	Bridge ParkRun	5km
January 21 st , 2023			
NAME	TIME	POSITION	POINTS
Eric Hopper	26.32	M 1	50
Sarah Young	26.46	F 1	50
Matthew Sprague	26.46	M 2	45
Terry Haines	27.07	M 3	42
Paul Sanford	29.32	M 4	40
Roy Nicholl	29.49	M 5	39
Janet Tree	30.01	F 2	45
Jochen Schroer	31.58	M 6	38
Rick Stairs	31.58	M 7	37
Janice Caissie	35.03	F 3	42
Mike Stapenhurst	42.06	M.8	36
Deborah Prosser	46.49	F 4	40
Brenda Tree	52.38	F 5	39
Dave Tree	52.39	M 9	35
Volunteer(s)			
Paul Looker		V 1	35

Congratulations to all club members that participated in the Bill Thorpe Walking Bridge Park Run. Event # 1 of the club's 2023 Point Series. It was a great day for a walk or run. Please feel free to let me know if I have made any errors or have overlooked your results. I can amend the above list at any time.

~ Paul Looker.

sbrtri5059@gmail.com

It's time ...to sign up for the Coldest Night of the Year event!



It's happening Saturday February 25th and we'd love for you to join our team (CAPITAL ROAD RUNNERS COLD RUNNERS) and/or donate to this important cause.

Coldest Night of the Year <https://cnoy.org/home> raises funds for local charities serving people experiencing hurt, hunger and homelessness. In Fredericton, the charity is the *JOHN HOWARD SOCIETY*.

The John Howard Society of Fredericton <https://www.johnhowardfredericton.ca/> has a commitment to end homelessness and runs several effective programs to meet that goal, including the Supportive Housing Program and Housing First Outreach. Their Facebook page <https://www.facebook.com/JHSFredericton> has lots of updates on the amazing work they do.

The event (yes, it's in person not virtual this year !!) is a 2 or 5 km walk or run (your choice, and we can guarantee you will have someone to walk or run with) in the downtown area that starts at 5 pm from St. Dunstons Church on Regent St. Afterwards, you can warm up and enjoy wonderful soups and homemade rolls at the church.

There is no cost to participate. You can donate or fundraise. Just go to <https://cnoy.org/register> and hit the REGISTER button to register and select the team CAPITAL ROAD RUNNERS COLD RUNNERS. You can make a donation in any amount you like by hitting the DONATE button on the same page. If you have a company or employer who would like to be a sponsor, you can contact Fredericton@cnoy.org.

The stylish toques in the photo below are iconic and different each year, you can get one if you fundraise more than \$150.00.

Thanks for your support for this important cause. Got toques from previous events ? Post photos !

~ *Kay Stairs*

You're reading "Runbers", a collection of numbers related to running. Issue #38: Running nose by Rob Jackson



Don't panic! This is not a piece about people with runny noses in the winter! When you run, do you breathe through your nose or through your mouth? Maybe you do a bit of both, depending on your intensity level. Much research has gone into attempts to answer the question as to which is better for athletic performance – mouth breathing or nasal breathing.

A 2015 study "Oral vs. Nasal Breathing during Submaximal Aerobic Exercise" tested 9 males and 10 females, each in a four-minute run on a treadmill. The conclusion was that: "With greater respiratory and metabolic demands met in oral breathing it provided the more suitable breathing mode for intensities

greater than 50% VO₂ max." Nasal breathing was more suitable for lower intensities.
<file:///C:/Users/Admin/Downloads/5f20c66e84f01ec1ac8b483a.pdf>

A 2018 study from Colorado concluded that: "A nasally restricted breathing pattern may be successfully utilized by recreational runners as means of improving health, without sacrificing performance ability, following an extended period of time spent adapting to this practice. These findings suggest that it may be beneficial to advocate that exercisers, and particularly endurance athletes, attempt to adapt to a nasally restricted breathing pattern as a means of maintaining respiratory health and improving performance."

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A 2019 report from St. Joseph's College in New York examined "mouth breathing syndrome" (MBS), which is "characterized by inhaling and exhaling primarily through the mouth and is considered to be an abnormal respiratory function." The report states:

"Many healthcare professionals are unaware of the negative effects of MBS and that MBS leads to changes in tongue and head position. With MBS, the location of tongue is down and backwards instead of up and forward in the palate. The tongue position influences the palatal development, which if not properly positioned, can result in a deep vaulted hard palate and a deviated septum contributing to MBS, instead of a domed formation and properly formed septum. The tongue resting in the lower jaw can cause a forward head position. Every inch of forward head posture increases the weight of the head on the spine by approximately 10 pounds creating an adverse load on the cervical joints, induced by poor spinal, cervical, and scapular postures.

Additionally, the forward head position may strain the deep postural-stabilizing muscles of the spine, reducing the performance of their functional postural-supporting role.” <file:///C:/Users/Admin/Downloads/5f20c67184f01e64c68b46c3.pdf>

- Finally, a 2022 compilation of information by Oxygen Advantage provides an easy-to-read summary of these topics: (*To view the topics below you will have to cut and past the address*) .

<https://oxygenadvantage.com/science/how-to-breathe-while-running> (cut & paste)

Nasal Breathing for Running: What’s the Background?

Breathing Tips for Running: Balancing Your Blood Gases

How Does Nasal Breathing Keep You Healthier?

How to Maintain Nasal Breathing 24/7

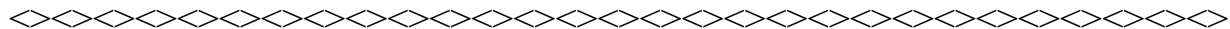
How to Breathe While Running: What the Research Says

Breathing Exercises for Running

What’s the Best Way to Integrate Nasal Breathing into Your Training?

The bottom line is that nasal breathing for runners is not the best thing to do in all situations at all intensity levels. However, your breath and the way in which you breathe, should not be ignored. As with many things we focus on to improve performance, our breath is one aspect that deserves attention.

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



Quotable Quotes	Quotable Quotes
<p>There are as many reasons for running as there are days in the year, years in my life. But mostly I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the person you are meant to be.</p> <p>~ Dr. George A. Sheehan ~</p>	<p>The more I run, the more I want to run, and the more I live a life conditioned and influenced and fashioned by my running. And the more I run, the more certain I am that I am heading for my real goal: to become the person I am.</p> <p>~ Dr. George A. Sheehan ~</p>

THE 11th EDITION OF THE DECEMBER CHALLENGE 2022



Well, the 11th edition of the December Challenge 2022 is over, and as they say, it is now in the history books. As you know, Tony T. had to take a step back this year because of health issues. However, the running rev couldn't let it not happen after 10 years of December Challenges already in the bag and well supported by many runners and walkers..

The December Challenge first began as a personal challenge by Tony and as others joined him the numbers increased each year. As the DC grew, it also became a fundraiser for the Local Food Bank. This year **\$1329.20** was raised and given the fact we had only 24 participants this year that's a healthy amount of money.

Many interesting stories were shared by many of the participants as they set about their personal challenge. Thankfully December was a mild month enabling the runners and walkers with little or no excuse to get out there and "get 'er done!"



Perhaps the most unusual story comes from the founder of the December Challenge himself. While Team Tremblay were out walking they took the opportunity to stop into a junk shop. Tony describes it this way: "We came across a ratty old Lazy-Boy that we realized could be turned into a Morris chair with a bit of work. Attached is the half-way-through photo of the start of refinishing. Some more elbow grease, discarding the fabric and mechanism, and adding a new oak backrest and leather cushions will make this a comfortable reading chair. An unanticipated benefit of this year's DC."

Thanks again to all the participants listed below for your participation and generosity.

Paul Looker
Mike Stapenhurst
Harry & Henny Drost
Joanne Embree
Deborah Prosser
John Cathcart

Ariane Looker
Tony Tremblay
Diane Boonstopple
Alex Embree
Janet Tree
Roy Nichol

Michele Coleman,
Ellen Rose
Amelia Beaney
Boris Allard
Rob Drost
George Hubbard

Michele Fullerton,
Fran Robinson
Justin Young
Elizabeth Richard
Mary McKenna
Steve Scott

Special thanks to Harry & Henny for looking after the financial side of the Challenge, and once again thanks for your physical and financial support. ~ *the running rev*

\$1329.20

FOSSILS CORNER by Steve Scott



It is time for more reflections from a running life; would like to talk about CRRers who like racing and running so much that not only did they train for the shorter events like the one mile, the 5 and 10 kms, the half Marathon but they started to train for Marathons too and eventually Ultra Marathons and Triathlons. Also Track events were on the agenda as they helped sharpen the pace and help you hold a quicker pace for longer and longer periods of time.

The above sort of illustrates the extremes that we went to in order to be prepared for the “holy grail” of road running etc. The Marathon, specifically the Boston Marathon, but you had to qualify for all age groups. The gauntlet was thrown down; meet or better your age group qualification time and pay your money and you were in.

Many of us did the work and qualified; Boston here we come. In 1989 James Tucker and I went to the great event. It was the 93rd Annual Boston Marathon. For the record we both finished and qualified for the 1990 event to boot. That year we took some other CRRers with us like life member Mike McKendy, and original life member and Hall of Famer Paul Lavoie. It was an interesting long weekend for sure.

What this did back in the day was to galvanize others because if we could do it anyone could. Just ask Terry Haines and Tony Tremblay and many others. Some of those Marathoners like John Cathcart, Mike Stapenhurst, Tom Redden, George Hubbard, Mike Melanson, Eunice Phillips, Phil Booker, Mary Bartlett as well as countless others (cannot remember anyone else right now) become very good age group marathoners.

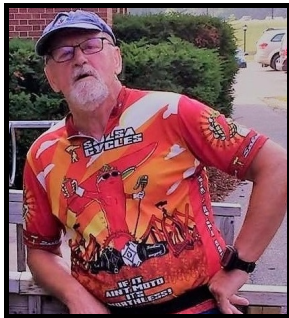
From this group of runners emerged a few who enjoyed marathoning so much that they kept on running marathons; the group I am referring to all belong to the 50 marathons and more under their belts. Terry Haines is still actively marathoning well into his 70s, James Tucker retired many years ago; Tony Tremblay is retired at this time I believe and Fossil ran his 59th in 2007. In closing, I may have missed some 50 plus marathoners. If so, please forgive me and let me know. That is enough reflecting for this month.

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

~ *Fossil* scottie46@hotmail.com



From the Back of the Pack



Hi everyone, I have been running for a long time now and believe it or not I am breaking records every time I go out! In the beginning it was 5 km and going up to the marathon and for a long time I was running longer and faster. Guess what? Now the distance is shorter and it takes me longer. What about a 5 km in 40 minutes?

And now I think about Terry Haines who is still running a 5 km in 28 minutes! He must be scared from his wife or so.

Henny lets me do the dishes and laundry so that she can have more time to go for a trip to the hospital. And my favourite saying is? ~ **Harry**

And Harry takes a trip down memory lane!

October 1990 - Profile of a shuffler - Age: 39 going on 40 and that is the truth!
Weight: 200, I wish I could write this in very small letters. Religion : Christian
Years of dragging my feet without a purpose : 34.

And here comes my story about jogging , running or whatever you may call it. Back in 1984 I was a real couch potato and one evening I decided to get up from watching t.v. and run around the block. After a 100 yards (90 meters) I started to sweat already and by the time I was finished my face was red and I had to sit on a chair for half an hour to catch my breath. And that is the way it started ! Every time my runs were getting a little bit longer and my times faster.

In the past 2 years I have participated in a few races and I have finished them all. To go in runners jargon , my PB in the 10 K is 45.21. Here are my goals for 1990: 10 km in 45 minutes and get my weight down to 180 pounds! If it is possible I'd like an experienced runner to go over my training schedule and give me some advice how to reach my goals.

~ **Harry**

