

JANUARY 2022

~ FOOTNOTES ~



The Joys of Winter Running

Merry Christmas & Happy Holidays
And a Safe and Healthy New Year!

Lots of fun-running events

- *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.*

CLUB EXECUTIVE

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~ FOOTNOTES ~
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Fran Robinson - Roy Nicholl

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President's Message - Fran Robinson



We've had a busy month with running and other activities. Since the last Footnotes, we had our Annual General Meeting, The December Challenge started, our team finished the Big Canada Run 2021, we had the "Not the Honolulu" run and we are waiting with great anticipation to do the Jingle Bell Run. A member asked me the other day if we would have our Christmas party. Unfortunately, that won't happen for the second year in a row now. Too bad!



The highlights of the AGM include the unveiling of the quilt Kay Stairs made out of blocks from old Fall Classic t-shirts. This project originally started with Liz Richard who had cut out 12" squares out of the old t-shirts people had given to her. Henny Drost contributed by making a square in honour of Tom Reddon. Great job Kay, Liz and Henny. At Christmas, the quilt will be on its way to Nova Scotia with Roy Nicholl. His mum is going to long arm quilt it. Once it returns to us, we will have to decide how to display it. It truly is a piece of history.



Other highlights from the AGM include Harry Drost stepping up as our new Treasurer. We have a change in our constitution now that has the CCRR embracing walkers as part of our mandate. Carolyn Townsend presented on Feldenkrais Technique. This was an interesting presentation for those of us that attended. We had a few members who were active participants (photos enclosed). The low light is that Mike McKendy stepped down from his Member at Large position. He will be missed.

Please thank Mike for all the work he did over the past several years and congratulate Harry on his new position, the next time you see them.

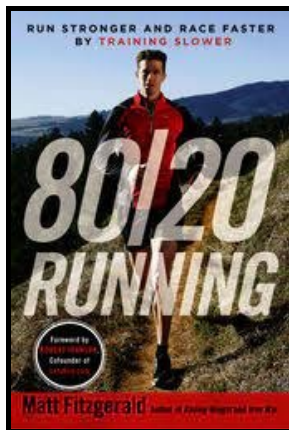
The December Challenge has started. We have 63 participants (not all are CCRR members), it's lots of fun and keeps us motivated to either run or walk. The Big Canada Run finished for our team on December 8th. We ended up coming 30th out of 352 across Canada for completion of the 8000 km. A big thank you to Roy for motivating and organizing this event.

Running on Medium by Jason Scarbro

This month's pick: "*80/20 Running*" by Matt Fitzgerald



Last Christmas, one of the items on my wish list was the Matt Fitzgerald book, *80/20 Running*. Santa was kind to me, and it didn't take me long to grab some eggnog and crack the cover. My interest in the book was purposeful.



My approach to training over the previous 12 – 18 months had been based mostly on the Maffetone or MAF (maximum aerobic function) method. Long story short, MAF training involves using your maximum aerobic heart rate to determine your running pace. Most runners (including me) use a standardized formula of 180 minus your age to figure out their MAF heart rate. I was about 45 at the time so virtually all my runs were done at a heartrate of 135 bpm or less. The theory is that over time (as your fitness improves) you will be able to increase your pace while maintaining your heartrate under your threshold. I did see some improvement, but it was minimal. My race results remained essentially the same and running at race pace felt harder than ever (because I was always running at a slower pace). I was trying to qualify for Boston, so it felt like I was going in the wrong direction. I was eager to find a different approach that might produce better results, and I was hopeful that *80/20 Running* held the answers I was looking for.



80/20 Running is more of a technical manual than a story book. It starts off with the counterintuitive argument that to improve, we need to learn to slow down most of our running. Many of us fall into one of two groups – those that run hard all the time (often leading to injury and burnout), or those that run at the same medium pace constantly (which quickly leads to a plateau in performance). Fitzgerald offers significant empirical and historical evidence for a different approach where 80% of your running is done at an easy pace and 20% is hard.

I'm not an exercise physiologist, so I'm not able to make the scientific case for what's often referred to as polarized training. Instead, I'll leave it to the experts. Here's a link to Stephen Seiler's TED Talk about how "normal people" can train like the world's best endurance athletes (which has more than a million views on YouTube) - <https://www.youtube.com/watch?v=MALsI0mJ09I>. It's worth watching for anyone looking to improve their running times.

80/20 Running does a great job of describing the research of Seiler and several other experts in a way that a layperson can understand. I found it convincing, so the decision was made – I needed to give this approach a try.

Although the book includes training plans ranging from the 5K to the marathon, I decided to purchase an online plan through 80/20 Endurance. This enabled my runs to be synced with my watch, which was particularly helpful for workouts (especially intervals and fartleks).

I started an 18-week marathon training program in January 2020 in preparation for the Fredericton Marathon which at that time was scheduled for its normal date in May. When the marathon was moved to the fall because of COVID, I decided to finish the program and do a half marathon time trial to gauge whether the new approach was working. I was pleasantly surprised when I finished with a personal best of more than 3 minutes.



This result was all the evidence I needed that this new approach might have potential. I continued training using the 80/20 method over the summer and fall which led to personal bests in a variety of distances. Most importantly, it paved

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Runbers by Rob Jackson

You're reading "Runbers", a collection of numbers related to running. Issue #26



The beginning of a new year is typically a time in which people make resolutions, hoping to find motivation to accomplish something in the coming year. A recent survey of Canadians found that 29% planned to make New Year's resolutions. The most common resolutions among those who planned to do so, are to exercise more (51%), save money (49%), eat healthier (48%), lose weight (42%), stick to a budget (33%) and get more sleep (29%). Interestingly, 87% said some or all of their resolutions are the same as the resolutions made last year! I'm not sure if this is a sign of persistence or procrastination.

As you contemplate your New Year's resolutions, or contemplate whether to make any at all, here are some words of wisdom from Mark Twain, first published in the January 1, 1863 edition of the Territorial Enterprise, the Virginia City, Nevada newspaper where the young Twain worked for a time:

"Now is the accepted time to make your regular annual good resolutions. Next week you can begin paving hell with them as usual. Yesterday, everybody smoked his last cigar, took his last drink, and swore his last oath. To-day, we are a pious and exemplary community. Thirty days from now, we shall have cast our reformation to the winds and gone to cutting our ancient short comings considerably shorter than ever. We shall also reflect pleasantly upon how we did the same old thing last year about this time. However, go in, community. New Year's is a harmless annual institution, of no particular use to anybody save as a scapegoat for promiscuous drunks, and friendly calls, and humbug resolutions, and we wish you to enjoy it with a looseness suited to the greatness of the occasion."

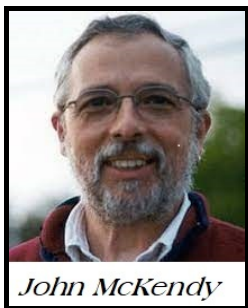
Happy New Year and happy running to all!

~ Rob

FOSSILS CORNER by Steve Scott



Welcome to another “Covid Little Christmas” as many of us pursue 31 days of running/walking once again. If you like the constant wind that has been with us except for the Not The Honolulu Marathon last Saturday, then forge on my friends for there is more to come. Being persistent through all kinds of weather is mandatory if you are to slay the “beast” so to speak.



During one of our walking sections recently, Mike McKendy suggested that it would be nice to remind all current CCRRers that since our emergence in 1983 we have witnessed the passing of some very good running friends and buddies. Of course Mike’s brother John McKendy, an avid hiker, peace activist, and runner, was foremost in our memories as was rugby, soccer player and runner Pat Lee.



Another name to come up was Gerald True who always volunteered to help no matter what as long as he could run whatever event was coming up. Gerry was a large man and quite often promoted what he called a “CLYDESDALE DIVISION” whenever anyone would listen. I believe that weight was the determining factor. Gerry True was a “true” Clydesdale for sure and fun to be around. Gerry died in a vehicle accident.




Dan Rearick was another good runner and longtime member who contributed so much to the CCRR and my running and anyone else who would listen. Dan and his wife Nancy were born in the USA and adopted Canada as their home.

Not only was Dan a great runner in the day but he could sing about running, specifically the Marathon. At Xmas Parties and other places he would grab his Ukalele and belt out his very favourite “IM a MARATHON MAN”.

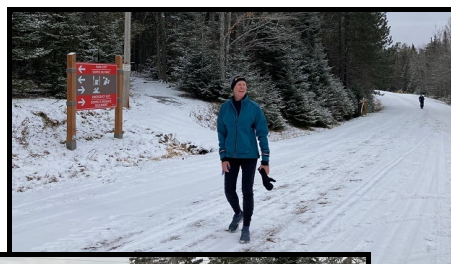


Phil Cleghorn



Tom Reddon

I hope that all will appreciate what these individuals and many others still in our midst have done and are doing to make our lives a bit more meaningful as we wander through another Christmas like no other once again. And to quote Roy Nicholl . . .”run gently”my friends.



Thanks to Ann Flynn

2022 CCRR Run/Walk Series by Paul Looker

As I mentioned in the October edition of Footnotes we were thinking of developing a series of running and walking events for club members. And, I would like to present to you here the inaugural series.

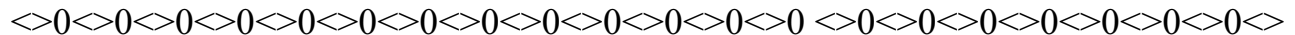
The premise of this series is to stimulate friendly competition. But, this is not its sole purpose. It will be a means to help in your training by creating “benchmarks” that can be used in the development of personal training plans. The series events can also be used to measure your progress through your training plan and to help you evaluate its effectiveness. But, if you are not the fastest runner/walker out there, don’t worry! Each event may not necessarily go to the fastest runner or walker, as there will also be “guess your time” and “most improved time” events”.

Our series will incorporate standard club events such as the Fall Classic, Fulton 5, Tom Reddon Metric Marathon and NTHM, as well as other runs in the Fredericton area. We hope that by doing this that we will help to promote our club events and to sustain local running events. Our presence at the different running events in the area may also help our club, by encouraging others to join the Capital City Road Runners and Walkers.

A point valuation system will be used to measure the events. It will be similar to the point system used by the Miramichi River Runners in their yearly running series. Each club member participating in a series event is included in the point scoring system. The more you participate, the more points you can accumulate. For club recognition, a minimum of 6 events will be required, but the points total will be based on the points earned in your top 10 results. So, if you complete only six events, four events of 0 points will be added to your total.

The point system is as follows: 1) 50 pts 2) 45 pts 3) 42 pts 4) 40 pts 5) 39 pts 6) 38 pts ... Everyone gets at least 1 point if the event has more than 50 participants. There will be categories based on gender, walking and running. There will also be points awarded for organizers and volunteers at the series running/walking events. (The point valuation system for volunteers is still being developed).

Safe running/walking over the Holidays. PSL



“The first half hour of my run is for my body. The last half hour, for my soul. In the beginning the road is a miracle of solitude and escape. In the end it is a miracle of discovery and joy. Throughout, it brings an understanding of what Blake meant when he said, “Energy is eternal delight.” Dr. George Sheehan

The Ramblings of a Running Reverend by John Cathcart

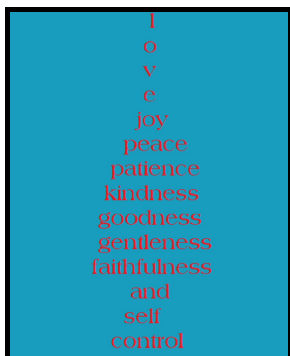


In 1979 when we emigrated to Fredericton, New Brunswick, (wow! Where did those 43 years go), we were excited to spend our first Christmas in Canada. Boy, were we disappointed! We had been invited by friends to spend Christmas Day with them at their home, and to enjoy a Canadian Christmas Dinner including moose meat alongside the turkey and veggies. We were excited in the weeks before expecting to enjoy a white Christmas but the weather wasn't cooperating. On Christmas Day it rained heavy. It was, without a doubt, a green Christmas. However, the turkey tasted good and the moose meat was delicious and the table filled with desserts helped take my mind off the rain and the green grass.

Like me, I am sure many of you grew up listening to that ol' crooner Bing Crosby or watching that classic movie White Christmas. After moving to New Brunswick, it only took a few snowy winters to stop me dreaming of a White Christmas and never again turn my nose up to a Green Christmas.

As you know, red and green are the "official" colours of Christmas and there is some discussion as to why red and green is associated with Christmas. We know Santa's suit is red as is Rudolf's nose and the Christmas tree and mistletoe are green. Some suggest that it is more to do with the Christian faith as the green represents the eternal life of Jesus Christ and the red represents His blood shed during his crucifixion.

Many historians believe the practice of using red and green goes even farther back in history. They point to the ancient Roman celebration of Saturnalia, which honored the god Saturn and occurred each year between December 17 and December 23. During the celebration, Romans would decorate their homes with holly and place small figurines called sigillaria on the boughs of evergreen trees. Over time, the evergreen leaves and red berries came to symbolize the festive and merry season.



One of the things I miss since moving to Ontario is the Christmas Lights Run around the First Nation's Reserve. The number of houses full of Christmas lights of every colour and the creativity from neighbour to neighbour was a delight to see for sure. The colourful displays of lights were inspiring and uplifting and the run itself a pretty good workout on a cold December night. It is always comforting knowing that the Light Shines in the Darkness.

Another colour often identified with the Christmas season is the colour blue. Blue lights on outdoor trees touch my soul at a level that gives me reason to ponder and remember those whom I love but see no longer as yet another Christmas without them rolls on. No-one can sing Blue, Blue Christmas like Elvis Presley & Martina McBride.

<https://www.youtube.com/watch?v=3KK6sMo8NBY>

I just received an e-mail from my Bishop's office notifying clergy that "out of an abundance of caution" all in-person Christmas worship services have been cancelled as this fifth wave of Covid has escalated quickly and is now a cause for concern among the most vulnerable. So this indeed is going to be a blue Christmas for many, as Church offers friendship and fellowship, and especially to those who are perhaps alone at this time of year. Sharing in the Christmas Services helps to bring Christmas joy through the singing of traditional favourite carols that bring the light into the darkness.

As I reflect on the many different colours of Christmas, the lights of our green Christmas Tree shine brightly. As I write these words today, Tuesday December 21st, is the first day of winter. However, today also sees the beginning of the daylight lengthening and the darkness receding.

As a running rev, I take this opportunity to wish you a merry Christmas, and as the lights on my Christmas tree serve to remind me I live in a multi-faith wonderful country, and that those of many other faiths also celebrate "holy days" during this month of December, so my wish for them, for you, is to have "happy holy days."

~ the running rev!



Hello RoadRunners,

Your Big Canada Run Team is {virtually} back home. Our 8000km trek ended on the Royal Roads University campus just outside Colwood, BC the evening of December 08. It's been 35 years since I was last here – in those “navy” days my attire was more formal and my hair somewhat less – but Hately Castle is still a sight to see.

Amy ran the anchor leg into the scenic gardens of Royal Roads – managing to avoid the peacocks and giant slugs along the way – closing the final chapter of our odyssey. From a field of 350 teams that left St. John's on July 01, the Capital City Road Runners team finished in 30th place. A very respectable performance, considering our small compliment and that we were out for an adventure rather than a race. Well done, all!

For those who just need to know, the workhorses of the team remained Amelia (1138kms), Fran, Paul and Mike Melanson (just over 1000kms each). The remaining seven of us (Marc, Cindy, Anne, Janet, Amy, Eric and myself) shared the balance of the mileage. Phil Booker, though unable to run with us, was along in spirit the entire trip.

I enjoyed running with all of you – if, perhaps behind many of you – and look forward to our next adventure. Here's wishing each and all of you Happy Holidays and a New Year of good health and new adventures as we reset our odometers for 2022.

Run gently,
Roy



From the Back of the Pack

Hi everybody,



It's December already and it is for sure a very long month, I guess you know what I am talking about. I did not know that this month has a total of 31 days and we are only on day 20 of the December Challenge 2021. I blame it all on TT who started this a few years ago. He got many runners and walkers roped in and all of them are suffering.

Getting up in the morning is no fun anymore because you have to get ready to do your daily run/walk. Now I understand why TT handed the reins over to Fran, he could not handle all the emails and phone calls from participants who came up with all kinds of excuses why they could not run or walk on a certain day! Now for me it is not too bad "I hate running already" but what about the other 60 plus ones?



I tell you what, you have to be a professor to dream up something awful like this!

Believe it or not but I am looking forward to Day 21 and so on!

Henny and I argue a lot in the first 11 months of the year but not in December because we are running and walking all the time and too tired to argue! Another problem is now when I go for a one hour run and get back in 2 hours!

I have begged Henny multiple times to send you guys a Christmas letter, I hope she did! Merry Christmas and God bless to all the Capital City Road Runners and Walkers!

FROM THE BACK OF THE COUCH - ~Harry.