

JANUARY 2024

~~~ FOOTNOTES ~~~



The 2023 Point Series is over. The calculations done. And, Janet Tree has earned the bragging rights for this year, and a very nice embroidered knee blanket too. Mike Melanson and Terry Haines came close, but could not catch Janet.

2023 results are available on the club's event web page.  
2024 events are in the process of being planned now.

## JOIN THE CLUB ~

*If you're not already a member of CRRR 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.crrr.ca/membership>*

*or*

*contact any member of our CRRR  
Executive listed in Footnotes.*



## CAPITAL CITY ROADRUNNERS Club Executive 2023

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below. Thanks! The Editor

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## ~FOOTNOTES ~CONTRIBUTORS

*Fran Robinson - Harry Drost*

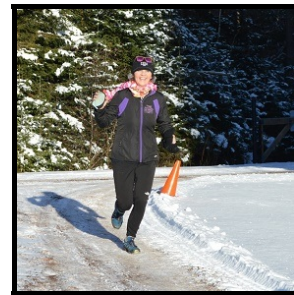
*Rob Jackson - John Cathcart*

*Paul Looker - Steve Scott*

The Not-The-Honolulu



The Not-The-Honolulu



Photos by  
Jim Ketterling

## Inspiration is Always a Surprising Visitor by the Running Rev



It was the late Irish priest, poet and Celtic theologian John O'Donohue who, with amazing spiritual insight, wrote in "Anam Cara - A Book of Celtic Wisdom" how "Inspiration is always a surprising visitor." In yet another of his books O'Donohue writes in "The Invisible Embrace" that "Beauty does not linger it only visits."

As I was out walking along the canal path (which I have dubbed the OK Canal ),it was definitely one of those grey December days with just a dusting of snow to highlight the OK Canal path. To the eye there wasn't much to see. Lots of cloud cover, the trees were looking very vulnerable without their leaves, but the canal itself had a mirror-like calmness. Way off in the distance the waning daylight could be seen reflected in the calm waters. Oh yes, there was another walker coming towards me. We waved and exchanged pleasantries as we went our separate ways.



As I sauntered along, the dark of the night was slowly overtaking the light of the day. As the sun, straining to be seen behind the clouds began to paint the sky a brilliant pinkish red.

It looked like the sky was on fire. I remember O'Donohue's saying, "Beauty does not linger, it only visits," I hurriedly got my camera out to try and capture the sky that seemed to be on fire. I got the photo and also captured my fellow walker once more.

The photo really doesn't fully capture the simply amazing and spectacular sky. It was enough to stop me in my tracks to just bathe in the beauty that was before me and to recall the words of the Psalmist, who wrote some 3,000 years ago, "That the heavens declare the glory of God." It certainly did that day. Then it was gone. Just a fleeting visit.



*ehT.*



*The heavens declare  
the glory of God, the  
skies proclaim the  
work of God's hands.*

*Day after day they  
pour forth speech;*

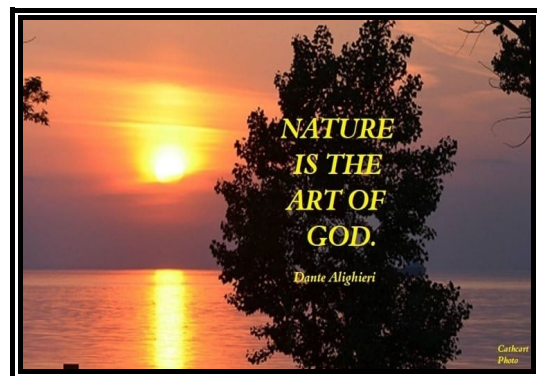
*night after night they  
display knowledge.*

*There is no speech or  
language where their  
voice is not heard.*

*Their voice goes out  
into all the earth,  
their words to the  
ends of the world.*

Psalm 19 is my favourite psalm. It's a hymn extolling the majestic "glory of God" as displayed in the heavens, especially in the brilliant summer sun as it moves across a cloudless sky from east to west.

Ah well, the winter solstice has arrived and daylight is already starting its journey to overtake the darkness. ~a Happy and Blessed New Year - the running rev!



**You're reading "Runbers", a collection of numbers related to running.  
Issue #47: A side-effect of running that is well-known to runners.  
By Rob Jackson**



It's been an open secret in the running community for decades, that running enhances not only our physical health but also our mental health. It is generally acknowledged that the term "runner's high" came into being nearly 50 years ago, in 1975. The term is defined in the Merriam-Webster dictionary as "A feeling of euphoria that is experienced by some individuals engaged in strenuous running and that is held to be associated with the release of endorphins by the brain."

The May 15, 2023 edition of the Journal of Affective Disorders included the results of research by authors Verhoeven and others, on the health effects that running brought to patients with depression and anxiety disorders. The article is entitled: "Antidepressants or running therapy: Comparing effects on mental and physical health in patients with depression and anxiety disorders." The full article can be found here:

<https://www.sciencedirect.com/science/article/pii/S0165032723002239?via%3Dihub>

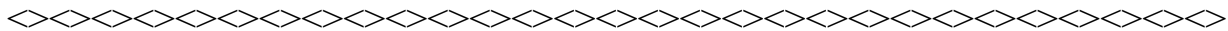
In the study, 141 patients with depression and/or anxiety disorder were randomized or offered preferred 16-week treatment: antidepressant medication (escitalopram or sertraline) or group-based running therapy, at least twice per week. Forty-five participants received antidepressant medication and 96 underwent running therapy. The results showed no significant difference in mental health outcomes between the two groups. In other words, running therapy was as effective as antidepressant medication.

However, the groups differed significantly on various changes in physical health: weight, waist circumference, systolic and diastolic blood pressure, heart rate and heart rate variability. The concluding paragraph of the study sums it up nicely:

“While antidepressant medication and running therapy did not statistically significantly differ on mental health outcomes in a sample of depression and anxiety disorder patients, the interventions had a significantly different and often contrasting impact on several physical health outcomes, with more favorable outcomes for those in the exercise intervention. Taken together, antidepressant users showed a decrease in heart rate variability and increases in waist circumference, blood pressure and triglyceride levels, suggestive of an increasing incidence of metabolic syndrome, and higher cardiovascular risk.

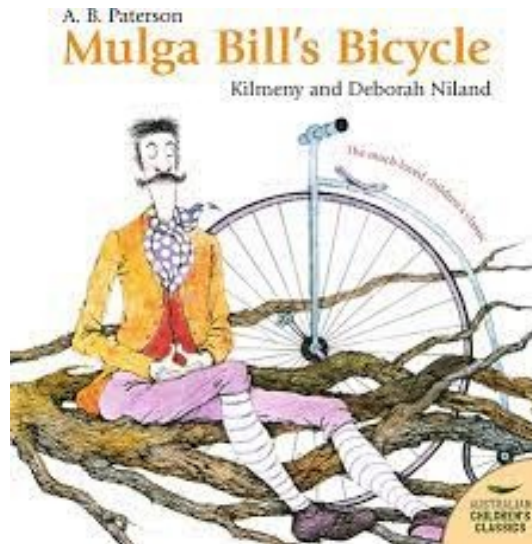
The running group showed a decrease in both metabolic syndrome components and heart rate which indicated, in turn, protective effects on cardiovascular incidents. Overall, this study showed the importance of exercise in the depressed and anxious population and caution of antidepressant use in physically unhealthy patients.

Exercise therapy is therefore a valuable option in mental health care with respect to both mental and physical health and should be considered standard practice for those with depression and/or anxiety disorders.” ~**Rob**



Great turnout for our jingle bells run Wednesday night!

## Life's like that. (By Paul Looker)



I recently found myself sitting in front of the computer trying to type another chapter of my Great Divide Trail hiking saga in 2022. I was trying to answer John Cathcart's poetic call for submissions to the next edition of Footnotes. "Creative, simple, yet effective" I thought. Okay, so why did I find myself procrastinating once again? Maybe I just needed to review some of my previous submissions to footnotes. Quite a bit later... Okay, a few days later. I hit upon the chapter that I wrote in relation to poetry. There was something about it that was tugging at me. There was an idea in there somewhere for a story. I just needed to... Hey. Wasn't I supposed to do a bike ride on my stationary trainer earlier? I had put that off, using the excuse that I had better get to work on writing something for Footnotes.

As I was clipping my cycling shoes into the pedals of my bike the opening stanza of a book that I had received from my favourite(only) Australian Aunt when I was a child came to mind. "*Twas Mulga Bill from Eagle Rock that caught the cycling craze...*" I couldn't remember any more lines of the poem, or even the whole story at this time. So, before I started my indoor bike session, I did a quick search on the internet hoping to find the poem/story, but I couldn't find anything at that time. Not finding what I was looking for I resigned myself to doing the training session for the day. But, a seed, an idea, had been planted. And, as I was sweating profusely on my bike, lost memories were slowly being revived and thoughts were germinating into the beginning of a story.

Since that day I have often found myself repeating this poem's opening line. I would for some reason change the word "cycling" for the activity that I was doing or



thinking about at the time. And, as I was thinking more and more about this, I realized that in the past I had often repeated the opening line from this poem. Without even thinking about it. There must be some significance to all this. What was it? The memories were starting to become clearer as I tried searching deeper and deeper within the recesses and corners of my brain. Then, I heard once again my Aunt's Australian accent as she read the book to my brothers and I. I was proudly wearing the cool "I'm a fair dinkum Aussie" t-shirt she had bought me. We all marvelled and laughed at the exploits of Mulga Bill as the story unfolded before our eyes. It was a great story. A story and an experience that left its mark on me.

The take away from the poem changed over the years as the book first disappeared and then my recollection of poem slowly faded too. But, I never forgot the opening line and I have often recanted it during different periods of my life. Especially when I undertook new challenges or when I found myself in the middle of some amazing adventure.

I have always been confident in my physical abilities and my endurance. And this confidence has always been compounded by my stubbornness. These two characteristics have helped me in many endurance endeavours. As, inwardly, I know that I can overcome just about any challenge. But sometimes it is not always enough to do things well. Character strength can not make up for lack of proper training or preparation. My recent marathon experience highlighted this for me. It showed me that I can do the distance, no matter how little training I do. But it definitely wasn't pretty. There was a point in the run when I felt almost like I was running... no shuffling or staggering backwards. It was at this time that I actually thought to myself "Twas Mulga Bill from Eagle Rock..." I hadn't remembered that line of poetry in a long time.

After the run, while driving home, I thought about that one line. What was the name of the poem? What was the rest of the story? I had an idea of the story outline, and I knew what it meant to me at different points in my life. It had for me been a mental check, a reminder, to slow down and do things properly. But It also served as an admonishment when things didn't always go to plan. As I continued the drive home, I stored my thoughts about the poem away, mixed in with all the other "to do" items jumbled into the recesses of my brain. I started to think about other more relevant things. Such as how sore I was going to be when I got out of the car.

"Twas Mulga Bill from Eagle Rock that caught the cycling craze" I said to Ariane. We were in the car, driving to Quebec. It was a couple of weeks since my marathon

experience and shortly after the poetic call for submissions for Footnotes. I explained that I needed to find the book and reread this poem once again. The problem was I didn't even remember the title, just the opening line of the poem. Of course, I hadn't even finished telling her about the poem, and she had already found it on the internet and sent me several links to my phone. How did she do that? I would probably have spent hours looking for it and probably have even drawn a blank. But there it was. The children's book I had was called *Mulga Bill's Bicycle* and the poem was by Andrew Barton (Banjo) Paterson. When I read the poem that night I found myself smiling and laughing once again at the story.

50+ years later I realize that I was, in some ways, Mulga Bill. Mulga Paul? I've had my share of incredible exploits, some close calls and even some terrifying experiences. I've continually challenged myself and strived to reach new goals. And, when I look back on them, all I can do is marvel and laugh.

A simple story, a moment shared, a lifetime's influence.

### **Mulga Bill's Bicycle (by A.B. Banjo Paterson)**

*'Twas Mulga Bill, from Eaglehawk, that caught the cycling craze;  
He turned away the good old horse that served him many days;  
He dressed himself in cycling clothes, resplendent to be seen;  
He hurried off to town and bought a shining new machine;  
And as he wheeled it through the door, with air of lordly pride,  
The grinning shop assistant said, "Excuse me, can you ride?"  
"See here, young man," said Mulga Bill, "from Walgett to the sea,  
From Conroy's Gap to Castlereagh, there's none can ride like me.*

*I'm good all round at everything, as everybody knows,  
Although I'm not the one to talk - I hate a man that blows.  
But riding is my special gift, my chiefest, sole delight;  
Just ask a wild duck can it swim, a wildcat can it fight.*

*There's nothing clothed in hair or hide, or built of flesh or steel,  
There's nothing walks or jumps, or runs, on axle, hoof, or wheel,  
But what I'll sit, while hide will hold and girths and straps are tight:  
I'll ride this here two-wheeled concern right straight away at sight."*

*'Twas Mulga Bill, from Eaglehawk, that sought his own abode,  
That perched above the Dead Man's Creek, beside the mountain road.  
He turned the cycle down the hill and mounted for the fray,  
But ere he'd gone a dozen yards it bolted clean away.*



**Fran Robinson:**

National Masters Cross Country Ski Races, March 2024, Labrador City

**Wendy Rogers:**

walk 2024 km in 2024 and do a Half Marathon walk again.

do some 10 km events (Possible events: Banff, Fredericton Fall Classic, Legs for Literacy, Santa Shuffle, NTHM)

**Jos Eijkelestam:**

Madeira Island Ultra Trail (plus another 60+km trail race)

**Jamie Weatherbee:**

- Steps goal - over 5.5 million    ooooooo - Walking goal - over 1000 km
- Running goal - over 1500 km    ooooooo - Biking goal - over 2000 km
- 5k - under 25 min                    ooooooo - 5 miler - under 45 min
- 10k - under 55 min                    ooooooo Half marathon - under 2 hour

Marathon - completion    Other (Possible events: St-Andrews Father’s day 5 miler, The Grand Digue 15 km, Not since Moses, Joe Maguire)

When we are running together on the trails in 2024, share your goals and interests with each other. But most of all, no matter your reason for being out there, enjoy what you are doing.

~ *Paul*

**CCRR&W Point Series Is Entering It’s Third Year:**

Over the last couple of years a new element has been added to the club’s event schedule. A series of club events that are linked together to promote participation and a little friendly competition. The point series is continually developing and hopefully will become something that the club members appreciate and look forward to.

At the end of the first year of the series the bragging rights for top male and female participants went to Michel Melanson and Sara Young. At the end of the 2nd year the bragging rights for top male participant went again to Michel Melanson. But the top female participant and the overall points leader went to Janet Tree.

2023 Point Series Results: <https://www.crr.ca/events/PointSeriesDecember2023.xlsx>

The tentative schedule for the third year of the series (2024) will include a lot of the staple events of our club, a few events hosted by other local running groups, and possibly one or two road trips. The point series is open to both walkers and runners. If you are walking make sure to tell the time keeper that you are walking so that he

doesn't lump you in with the runners. Also, for most of the events, virtual results are accepted too. So if you can't make the scheduled event submit your GPS data or old school time to me electronically.

I have reduced the number of our events that piggyback off of the ParkRun events, but there are still a few. To participate in a ParkRun event you need to be registered with them. It is a simple online process. If you haven't registered with ParkRun before one of our events please let me know as I may have a work around in place.

The 2024 schedule will be posted to our club website shortly along with any pertinent details about the event. You may also find included on our event schedule this year several events from other local running clubs. These will be posted as I learn of them or when the details become available.

CCRR&W Event Page: <https://www.crr.ca/events/>

Happy New Year everyone. Hope to see you all at one of our club events. **Paul**



The image is a graphic titled "2024" in large, bold, black numbers. It lists the following events in yellow text on a dark background:

- Saturday, January 13th - Guess Your Time 5 km
- Saturday, February 10th - Stagger Start Event
- Saturday, March (TBD) - Odell Gazelle Event
- Wednesday, April 10th - Queen Square Mile
- Sunday, May 12th - Fredericton Marathon
- Wednesday, June (TBD) - Hill Challenge
- Saturday, July (TBD) - Joe Maguire 10k
- Monday, August (TBD) - 5K & IPA
- Sunday, September 22nd - Fall Classic
- Saturday, October 12th - Your Event Here... (Run For Renee?)
- Monday, November 11th - Tom Reddon Metric Marathon
- Saturday, December 14th - Not The Honolulu Marathon

On the right side of the graphic, there is a logo for "CAPITAL DISTRICTS RUNNING & WALKERS" featuring two stylized figures running. Below the logo is the text "Point Series Events (tentative schedule)".

## FOSSILS CORNER by Steve Scott



Roughly thirty or more hardy runner/walkers have taken up the ultimate daily challenge of moving their bodies at least 3 kms per day every day of the month no matter what the weather is. For some, a 14 day challenge is also available. This event is essentially a fund raiser for those in need in and about our fair city. There are many different fund raiser groups available, and people are encouraged to choose their favourite and indicate the amounts raised and the name of the charity they support or use the one organizer Amelia Beaney has chosen.

This year Carol and I are both participating with me doing the 31 day challenge as I have done in the past when the original organizer Tony Tremblay was in charge and Carol is working on the new 14 day challenge. This is a real good way to help out folks who are in need and get your daily dose of running/walking too. A Win Win situation for sure.

Right now I have just walked and /or run for 28 days in a row in all sorts of weather. I have used one indoor walk at the Grant/Harvey walking/jogging track on a very wet, windy, warm day. Got soaked running into the building and running back to the car. It could have been worse but I guess I will have to wait for tomorrow and Saturday to find out. Have Fun out there all of you hardy souls.

For those of you who are in the midst of training for a Spring 2024 Marathon it is high time that you start the next phase of your training. You can do that by stretching out your LSD (long Slow Distance); start working on a hills day; do some interval type training indoors; Introduce a spinning component on a bike trainer or at the Gym; also an activity such as aquacise in the pool and anything that will give your legs a break from the pounding they take on the roads. Or one day off per week totally.

All of the above will help build the stamina and a positive mind set that is essential for success at long distance running. That's it from Fossil this month.

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

~ *Steve*

## For the President's Report by Fran Robinson



Happy New Year Everyone! I hope you've challenged yourselves this past year and been pleased with your successes. In terms of goal setting, I hope you have set some lofty goals for yourself, not just in running, but in life in general. Here in New Brunswick and in Canada, we have so much to be thankful for. We are safe, have a roof over our heads and we are generally well fed. As a runner or walker, we have our bodies to be thankful for, with the ability to put one foot in front of the other.

Running will keep us grounded, give us a chance to think about our challenges, what we can be thankful for, and generally, allow us to live a healthy life. Running with a club gives us friends and people to solve problems with. We are all so fortunate and so blessed. Let that always be so.

Our club has had a good year and I'm hoping 2024 will be even better with more participation by the membership and higher numbers of members. In order to keep thriving with participation at events, we need to keep growing.

### **President's Report from the AGM**

(for the benefit of those who were unable to attend.)

We saw an increase in the numbers of walkers in our club this year. Identifying the club as both a walking and running group has made the club a more inclusive group. We continue to use the Currie Centre, UNB, as our meeting centre and for the most part, it seems to work well for us.

### **We have had many accomplishments this year including the following:**

- We held a running/walking series event every month for the membership, either as a stand alone event, or in conjunction with other existing events.
- Footnotes has been published monthly with the exception of two months in the summer, thanks to the tenacity, hard work and support of John Cathcart. Thanks, too, to the monthly regular contributors.
- Weekly news is sent out most weeks to keep the membership up to date on successes of the members and advise re upcoming events.
- Our Quilt (shown at last year's AGM) is on display at the Northside Canadian Tire with a write up about the Fall Classic, the club and the quilt.
- We have held run/walks twice a week as per our normal routine, from the Currie Centre.

Wednesday night attendance remains low, particularly at the 5:30 time slot in the winter. We have two time slots for running/walking in the winter months. Saturday attendance remains good, for the most part.

- Our regular running events were held with good participation: Fulton 5, Tom Reddon Metric Marathon, Not the Honolulu, June Distance Challenge, December Challenge, The Hill Run, Run your own Time, Jingle Bell Run. We put together a team for the Coldest Night of the Year.
- The Fall Classic was very successful this year with lots of positive feedback.
- Mary McKenna hosted a breakfast at her place this past fall that was quite well attended. She is hosting the Christmas party as well on December 2, as she did last year.
- A membership survey was completed this year thanks to Tony Tremblay – the results were sent out to the membership in the November issue of Footnotes.
- Jochen has approached both the Business Department at UNB and STU for help with conducting a marketing survey in the hopes of increasing membership.
- This year, the Fall Classic, Sara Young and Mary Bartlett were all nominated for awards with Run NB.
- We had our logo put on drinking glasses, to give out as prizes.
- As we did last year, we gave complementary memberships to the members of the Fall Classic Committee.
- Paul Looker is promoting the CCRR to the Multicultural Association.
- We have had a full slate of 8 officers for the club.
- We are attempting to communicate about our club events with the Striders.
- We were approached by the V Maxers in November, who wish to join our club as a sub group.

### **Challenges:**

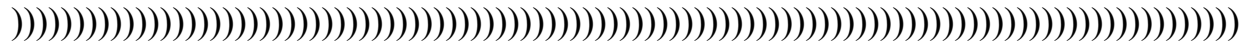
- Declining memberships numbers overall are a cause of concern. Some people sign up, come out for a few times and then don't return. Others sign up and we don't see them at all.
- Declining numbers for Wednesday night runs. The earlier time in the winter seems to attract more members. A small group comes out for the 530 pm runs.

### **Goals for 2024:**



1. Reverse the membership trend and increase the membership by 10 members
2. Increase the participation of the existing membership
3. Incorporate destination events in NB as part of the running series.
4. Continue with the good work that our club does.

We have a wonderful club with lots of events and activities.



## *From the Back of the Pack*



Harry & Henny Drost have cycled many miles but never seem to get lost. And They know how to play by running or biking at the gift of each day. Now as they relax enjoying life with a glass of wine and a bottle of beer They wish each of you and yours a Happy and Healthy New Year.