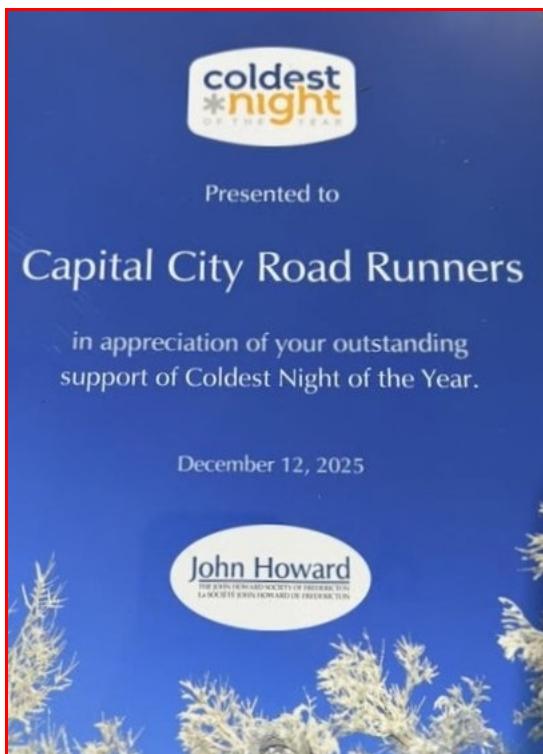


~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club

~ January Issue 2026 ~



The Not the Honolulu Run delivered again! No wind, sunshine, and perfect winter temps - icy, crunchy trails included, haha. We finished it off with a delicious group breakfast at the Mactaquac Baptist Church. Huge thanks to the awesome volunteers who served us! Also, big thanks to Jamie for organizing this year's event, Jim & Stacey for all their help, and Michele & Janet for capturing the fun in photos. And finally, thank you to the volunteers and to everyone who came running!



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 - Rick Grey

Member-at-Large - Mary McKenna

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

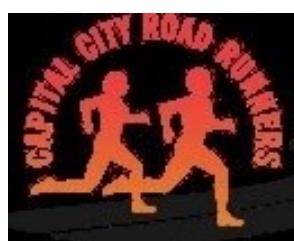
~FOOTNOTES ~CONTRIBUTORS

Joanne Embree - John Cathcart

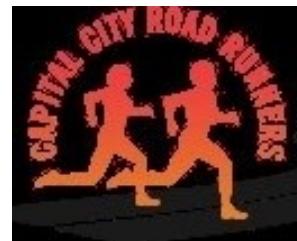
Steve Scott - Paul Looker

Harry Drost - Rob Jackson

Janice Caissie - Kris Murphy



~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.ccrr.ca/membership>

Or

contact any member of our CCRR
Executive listed in Footnotes.

From the President by Joanne Embree

Hi Everyone,



It's almost a wrap for 2025 and time to consider plans and goals for 2026. A lot has happened this last month of 2025.

The club was honoured on December 12th by the John Howard Society for the support the members have given them at The Coldest Night of the Year event since its inception in 2015. Over the 10 years of the event, the CCRR has raised \$22,537 in donations. Thank you to everyone who has taken part over the years.

We had a fabulous time at the Not The Honolulu event on December 13th. It was cool, with some hills and the footing was 'interesting' in places. The course was different this year due to construction at the Mactaquac Lodge. That resulted in the major downhill portion being near the end rather than at the beginning. Personally, I appreciated that fact. The brunch at the Mactaquac Baptist Church Hall was as good as usual and we had a great time. Congrats to Jamie and the NTH organizing team for another stellar event.

The Jingle Bells run/jog/walk happened on December 18th, just before the rains cleared the ice off all the trails. We went to the North side this year to look at the lights and finished at Picaroons. Many thanks to Rick and Janet for organizing it.

The December Challenge is ongoing with 34 folks registered and committed to running or walking at least 3 K OUTSIDE every day in December. Thus far, the weather gods have certainly made every day a distinct experience with the temperatures varying from +13 degrees to -25 degrees C (with the wind chill) and occasional wind gusts topping 70 K per hour. The trails have been totally clear, snow covered or icy. But..... we are doing it. Thanks to Amelia for organizing the challenge again this year.

Paul will have a lot of calculations to do to determine the Point Series winners for 2025. The results will be announced and prized presented in mid January.

I trust everyone had a good Christmas holiday. All the best for 2026.

~Joanne



Because nothing motivates you to burn off post-Christmas calories like -20-ish windchills. A few brave souls didn't hesitate and hit the pavement anyway. Way to go, guys!
(Photo - Janice Caissie)



**NTHM- 2025 Results
Mactaquac Provincial Park
December 13, 2025**

Good turn out on a clear crisp morning. The sun was climbing over the horizon, across the water, as the first runners started out on the course. Mother nature appeared to be cooperating. And, judging by the faces of the finishers of both the 1/2 and 1/4 distance events everyone appeared to be having fun and enjoyed the run. The running attire of many of the participants definitely added a festive spirit to the morning. And, though I personally did not attend the breakfast, I am sure good food and good company just topped everything off. Thank you all who participated in this event. Runners, walkers, and especially the volunteers.

1/2 Marathon Distance.

Person	Lap 1	Finish	Position	Series Points
Justin Young	46:30	1:33:48	M1	50
Melanie Millie	Time Not Recorded	1:48:55	F1	
James Hoyt	55:15	1:54:03	M2	
Eric Arsenault	1:02:15	2:15:56	M3	
Leanne Doughty	1:09:31	2:17:52	F2	50
Cathie Ryan	1:09:35	2:17:52	F3	

Person	Lap 1	Finish	Position	Series Points
Cynthia Jamieson	1:09:30	2:17:52	F4	
Yeonoo Noh	1:09:10	2:18:52	F5	
Allyson MacDonald	Time Not Recorded	2:25:38	F6	

1/4 Marathon Distance.

Person	Finish	Position	Series Points
Walkers (Any distance)			
Henny Drost	1:00:45	W1	50
Harry Drost	1:03:32	W2	45
Dan Coleman	1:14:24	W3	42
Michele Fullerton	1:21:24	W4	40
Patricia Ketterling	No Time	W5	39
Cindy MacDonald	No Time	W6	38
Carol Scott	No Time	W7	37
Runners			
Westley Arbeau	0:57:23	M1	50
Gregory Mackay	0:57:33	M2	
Danielle Upshall	0:58:02	F1	

Person	Finish	Position	Series Points
Stephen Standing	0:58:03	M3	
Boris Allard	0:58:49	M4	45
Jennifer Seguin	1:00:16	F2	
David Weir	1:01:09	M5	42
Dawn Derbyshire	1:02:41	F3	
Carrie Peach	1:03:32	F4	
Natalie Parent	1:03:59	F5	50
Sara Young	1:04:06	F6	45
Fran Robinson	1:04:57	F7	42
Marilyn Rath	1:05:28	F8	
Janet Tree	1:07:16	F9	40
Amelia Beaney	1:08:00	F10	39
Terry Haines	1:08:01	M6	40
Michele Coleman	1:09:43	F11	38
Sheryl Johnstone	1:10:25	F12	
Sarah McRae	1:10:48	F13	
Robert Harrison	1:12:55	M7	

Person	Finish	Position	Series Points
Elaine Chisholm	1:13:20	F14	
Mary McKenna	1:14:10	F15	37
Marlene McVicar	1:14:14	F16	36
Roy Nicholl	1:14:42	M8	39
Jennifer Dineen	1:16:42	F17	
Dan Dienen	1:16:43	M9	
Gail Bourque	1:18:52	F18	
Maureen Daigle	1:18:52	F19	
Carolyn Leblanc	1:18:52	F20	
Jillian Wójcicki	1:18:52	F21	
Samantha Anderson	1:18:58	F22	
Nicola Cassidy	1:19:39	F23	
Janice Caissie	1:21:16	F24	35
Krista Murphy	1:22:04	F25	
Rick Grey	1:27:08	M10	38
Shawna Reid	1:27:13	F26	
Christa Blizzard	1:27:40	F27	34

Person	Finish	Position	Series Points
Robert Boucher	1:28:44	M11	
Joanne Embree	1:29:04	F28	33
Mona McLachlan	1:29:05	F29	32
Chris Murphy	1:29:31	M12	
Greg Jamieson	1:34:24	M13	

Volunteers	Position	Series Points
Jamie Weatherbee	V1	50
Stacey Weatherbee	V3	42
Brayden Weatherbee	V4	40
Jim Ketterling	V2	45
Michel Melanson	V4	40
Jochen Schroer	V4	40
Steve Scott	V4	40
Vicky Walsh	V4	40
Paul Looker	V5	35

As always, if there are any errors or omissions in the results above, please let me know.

~ Paul)



On Friday, December 12th, 2025, the Capital City Road Runners and Walkers were recognized for its participation in this annual fund raising event. At the launch and sponsor recognition party for the 2026 event, club members Mary McKenna and Paul Looker received a plaque presented by the John Howard Society in appreciation of the club's continued support over many years. It appears that during this time we

have raised over \$22,000.00 for this charity. Let's keep up the good work.

And, from the CNOY website: The Coldest Night of the Year is a winterrific family-friendly fundraising walk in support of local charities serving people experiencing hurt, hunger, and homelessness... because it's cold out there. Join us on February 28, 2026 - across the country, close to home!

For more information: <https://cnoy.org/location/fredericton> Stay tuned for further information on how to get involved, via our weekly emails, and our social media accounts.



Capital City Road Runners and Walkers members Justin Young, Mary McKenna and Paul Looker with the Plaque of Appreciation from the John Howard Society)



Getting ready for the NTHM on a bright sunny Saturday Morning. Good turnout!

~ PAUL

*A Sentimental Longing and Wistful Affection for the Past
By the running rev*



*I heard the bells on Christmas Day Their old familiar carols play;
In music sweet the tones repeat, "There's peace on earth, good will to all."*

*I thought how, as the day had come, The belfries of all Christendom
Had rolled along th' unbroken song Of peace on earth, good will to all.*

*And in despair I bowed my head: "There is no peace on earth," I said,
"For hate is strong, and mocks the song Of peace on earth, good will to all."*

*Then pealed the bells more loud and deep: "God is not dead, nor does He sleep,
For Christ is here; His Spirit near Brings peace on earth, good will to all."*

*Then happy, singing on your way, Your world will change from night to day;
Your heart will feel the message real, Of peace on earth, good will to all.*



The Christmas Season continues for 12 days after Christmas Day. As a teenager, who hated to get out of bed in the morning, especially a Sunday morning, I recall being awakened by the peeling of the bells from Saint Patrick's Church, in my hometown of Ballymena, in Northern Ireland. The bells would play out their lovely hymns as they called the people to "Come to Church!"

December is a significant month for me. Especially December 8th, 1978, a Friday morning. It was the day my Father died. He was fifty-one years old. The Christmas season is difficult for many for just as many different reasons. It can be a time of loneliness, despair and deep sadness.

The days leading up to Christmas Day, for us all, are filled with memories of Christmases past, especially in those innocent days of our childhood. However, as time passes, as we grow older, we realize that the world around us can be a dangerous place, and with visions of sugar-plums dancing in our heads, we realize that good ol' Santa Claus competes, if not replaced, by dictators and demagogues.

The wonderful Christmas carol above, written by Henry Wordsworth Longfellow, captures for me that first encounter with death of a loved one, a husband and father of eight, four boys and four girls.

He lost his battle with cancer even before it began. In less than a month after diagnosis, he died. Being so close to Christmas made the grief of loss all the more difficult to manage. Mum was a strong woman.

She had to be. There was no choice. With four children still under 15, Mum, now a widow and single mother, finding herself in a whirlwind of chaotic change, especially having two children still under ten, and who perhaps still believed in Santa Claus. They faced the reality of life at a very tender young age and in a different way than those of us who were older. It was a quiet, solemn Christmas that year.

Each of us carries deep inside us, in the depths of our soul, and where others seldom are permitted to see, that deep profound place of the pain of loss. It was no different for Henry Wordsworth Longfellow, the beloved American Poet, who was searching for hope amidst deep personal tragedy, and national turmoil, especially in the midst of deep personal grief. He heard the Church Bells ringing out their message of hope and victory against the backdrop of the American Civil War, and thus captured the senseless loss of life, and especially the loss of his dear wife who died in a fire, and he himself was badly burned trying to save her, but his efforts were to no avail. His son was wounded in war.

The sound of the Church Bells ringing loud and clear helped shift his despair of what was happening around him, to faith in the ultimate good with the lyrics of his carol reflecting both his profound grief, from, “There is no peace on earth,” but also great triumph, quickly adding, “God is not dead, nor doth He sleep, For Christ is Here; His Spirit near Brings Peace on Earth, Good Will to all.” This carol was written Christmas 1863 and transforms Longfellow’s carol into a message of hope, peace and victory.

As the bells continue to ring out, their old familiar carols playing, the poem, at first seems gloomy and filled with despair, but it then becomes that great hymn of hope and victory. It is one man’s personal journey of finding faith in the midst of hopelessness and despair.

When I hear this hymn, it brings tears to my eyes and joy to my heart. When one looks around this world in which we live it seems to make clear, and as the Book of Common Prayer has it, “that in the midst of life we are in death.” We seem to seek to do death very well. The Pandemic for one. Millions died. Then there is the wars between Russia and Ukraine, where the casualties on both sides keep climbing; the horrific deaths of innocent people in Palestine and Israel; mass murder in “safe” Australia; and the deaths of school children that climb every day in America. The world today for us, as it was for Wordsworth, seems hell-bent on self-destruction. Such is the ambitions of the powers that be.

The other great hymn “O Come All Ye Faithful” written in 1744, by John Wade, and set to music by him is sung around the world on Christmas Morning and is translated into more than one hundred languages. The vivid imagery of this wonderful, rousing carol seems to have meaning and appeal for all ages in every culture. The first stanza calls us to visualize anew the infant Jesus in Bethlehem’s stable. The second stanza reminds us that the Christ-Child is very God himself. The third stanza pictures for us the exalted song of the angels heard by the lowly shepherds. The fourth stanza offers praise and adoration to the Word, our Lord who was with God the Father from the beginning of time.

Yea, Lord, we greet Thee, born this happy morning; Jesus, to Thee be all glory giv'n!

*Word of the Father, now in flesh appearing! 'O come, let us adore Him;
O come, let us adore Him; O come, let us adore Him, Christ, the Lord!*

The running rev!

Life After the Challenge: Choosing Balance Over the Streak

by
Kris Murphy



This year, I made the tough but necessary decision to tap out of the December streak challenge. What began as a fun commitment quickly became a burden. Between work, teaching Yoga, constant travel to my daughter's country home, and trying to squeeze in YMCA classes, the challenge felt less like a joy and more like a sacrifice—certainly not a commitment to my own well-being.

After using three wildcards, I reached a tipping point. I found myself distraught, debating between using my final wildcard or forcing a late-night run at 11 p.m. It was then that I realized a deeper truth. As a lifelong people-pleaser, I was internally crafting a convoluted story—a laundry list of reasons including busy schedules and family struggles—just to justify tapping out. Why the conflict? I've been running 2-3 times per week for thirty years! It's a charity challenge designed to inspire exercise, something I already incorporate naturally, whether it's through my yoga practice, helping my daughter with chores on her homestead, or chasing my granddaughter.

The truth is, there is no issue here. I completed the challenge successfully last year. This year, however, has been profoundly different, marked by significant family struggles. What is more important? My inner balance is far more important than any external streak.

I am embracing a new set of sustainable commitments: a daily practice of gratitude, meditation or prayer, intentional movement (hello, Yoga!), and consistent healthy eating. I know that after the holidays, when life settles, I'll return to my usual running routine. For now, I give myself the grace and space needed to help my family heal.

To those of you who reach your December challenge goals, I'm cheering for you! To those of you who try hard and fall short, remember this: You still absolutely rock!

~ **Kris.**

December Challenge Update - 2025 by Amelia Beaney

We sure have a dedicated group in this challenge, braving all the winter elements without complaints. Footing has been one of the biggest challenges. A few people have used their wild cards, some are skiing their way (Michele), a lot of dogs walkers Roy, Boris, Brayden and more, and others just trudging along 'happily'.

Our top male distances to date go to Justin Young (273 km) and John Cathcart (198 km). And for the females, it's Annette Comeau (204 km), and Michele Coleman (171km). Well done!

~**Amelia**

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

Issue #64: "Animal mascots in sport" by Rob Jackson



Ok. Admittedly this issue of Runbers drifts slightly away from running, into the general realm of sport. But it's filled with plenty of numbers, and animals!

A study published on December 22, 2025 in BioScience analyzed professional sports teams in 50 countries across five continents. "From stadium to the wild: Sports clubs as new champions of biodiversity" found that 25 percent of pro sports teams had a wild animal in their name, logo or nickname. The study looked at more than 700 men's and women's teams across ten major team sports: football (soccer), basketball, American football, baseball, rugby union and league, volleyball, handball, cricket, and ice hockey.

The most commonly represented beasts are lions, tigers, wolves, leopards and brown bears. It's not just the popular animals, either, as the study identified 160 different types of animals.

"While large mammals dominate this ranking, there is in fact remarkable taxonomic diversity overall: more than 160 different types of animals. Squid, crabs, frogs, and hornets sit alongside crocodiles, cobras, and pelicans – a rich sporting bestiary reflecting very specific socio-ecological contexts. We have listed them on an interactive map <https://ugoarbieu.shinyapps.io/TheWildLeagueMap> available online." The map shows more than 700 team sports organizations in 50 countries, using wild animals in their name, logo or fans' nicknames.

The study also shows that 27% of the animal species used in sports identities face risks of extinction in the near or medium term. This concerns 59% of professional teams. Six species are endangered or critically endangered: the black rhinoceros (*Diceros bicornis*), blue whale (*Balaenoptera musculus*), African elephant (*Loxodonta africana*), Asian elephant (*Elephas maximus*), tiger, and Puerto Rican blackbird (*Agelaius xanthomus*). Lions and leopards – two of the most represented species – are classified as vulnerable.

Hopefully, sport can help promote biodiversity conservation in an inspiring way, with iconic clubs and athletes, whose identities are based on often charismatic but endangered species, bringing together millions of enthusiasts.

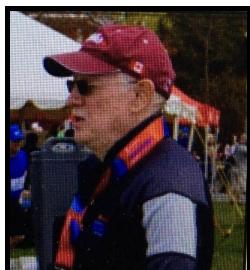
~ Rob



FOSSILS CORNER

By

Steve Scott



As 2026 looms closer and closer, this winter is evolving into a cold, windy, sunny, white world. A little bit daunting if most of your runs are in the morning. It does not matter when you run, but if the sun is shining it is uncomfortably bright and low Angle wise, right?? Enjoy it the best you can, as footing is treacherous at best and downright slippery mostly.

This brings me to the point of this article; Stretching regularly will keep you on the road to your goal. Regularity regarding stretching is your best friend, just ask Harry Drost; he can almost touch his toes these days. Ha ha ha. Harry is now a regular stretcher, like every day. WOW

A variety of different stretches work well for me, so begin with loosening up your core, meaning your spine is central ONE. Clearly you should not ever overstretch. When you FEEL the stretch, you are probably OVER stretching. VERY EASY is better period. Also, there is a need for weight bearing Stretches, do some Planks and incorporate some Yoga into it all. More flexibility will be noticeable overtime. You can thank me in the Spring. Need more detail, ask me,

Enjoy your winter Training but take it slower until the footing is better and that's a fact for sure.

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

CHEERS,

~ Fossil

Why Stretching Daily Is The Key To Your Fitness? - Benefits of Full Body Stretches





FROM THE BACK OF THE PACK BY HARRY DROST

Hello fellow runners and walkers,

John C. always makes a poem
Mostly all I can do is roam
It is the end of December
And If I do remember
And to be very bold
It's been very cold
I've to go out and go walking
But my old body is balking
Maybe next year I can start running
And wouldn't that be just stunning!
We have a lot of people here
And they drink beer after beer
I don't know what to write more
So Before going to the store
Happy New Year to one and all
And make sure that you don't fall !

From the back of the couch, ~ **Harry**



We had some people over for the Drost December Challenge! Great turnout!

