

JULY 2023

# ~~~ FOOTNOTES ~~~



The Organizing Committee is proud to announce the Sponsors of our 40th Fall Classic Road Race, to take place in September.

Canadian Tire - Title Sponsor

McInnes Cooper - Half Marathon Sponsor

Range in Motion - 10 KM Sponsor

Fox Subaru - 5KM Sponsor

Gemtec - 3 KM Sponsor

NB Eggs - Kid's Race Sponsor

*As a member you will get:*

- *Training companions for marathons, half-marathons etc.*

*We meet at the Currie Centre  
Wednesday evenings (5:30 PM)  
and Saturday mornings (8:30 AM)*

*All running levels are welcome – we have a growing ‘back of the pack’ group who like to take it easy!*

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

*Contact any Member of our CCRR  
Executive listed in Footnotes.*

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*Rob Jackson - Steve Scott*

*Fran Robinson - Harry Drost*

John Cathcart

## Wandering Among Wildflowers by the running Rev



The other day a friend who lives in New Brunswick sent me a photo of the Lupins. The photograph was taken down around Grand Lake and a sure sign June has arrived and the dog days of summer are here. Today, is the first day of summer, and the Canal Path is dotted along with displays of wonderful, colourful wildflowers.

Their marvellous displays are found everywhere and for me I love to see the daisies dancing in the gentle breeze and Blooms from the trees being carried on the wind.



I am reminded of those challenging words of someone who goes simply by the initials E.V. who wrote *“Like wildflowers you must allow yourself to grow in all the places people thought you never would.”* Being thankful, I often cannot believe the many different ways I have grown over the years and accomplished things at one time I thought impossible.



When out for my morning saunter, taking time to sit at what I have named my “prayer bench” which is found under the huge old Maple Tree that is situated in an Old Loyalist Cemetery. Watching the leaves blowing in the breeze, and pondering how quickly the cemetery grounds that were once covered in a carpet of yellow dandelions now is only green. Like the wildflowers life is fleeting.



American Essayist Ralph Waldo Emerson once wrote, "*The earth laughs in flowers.*"



It always causes me to pause and ponder when I come across leaves that are heart-shaped. Perhaps God is giving a sign to us of God's love as we wander through God's amazing creation.

This morning on my soggy Saturday morning saunter I came across the Northern Catalpa Tree in full bloom. It has big heart-shaped leaves and white beautiful bell-shape flowers that just simply demand your attention. Some of the flowers had already fallen from the tree as Irish poet John O'Donohue noted, "Beauty never lingers, it only visits." When picking one up I was amazed at the delicate design inside the

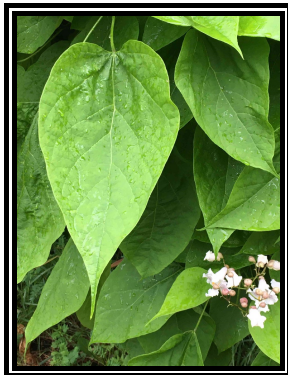
blossom. As Dante Alighieri once declared, "Nature is the art of God."



As I sauntered along the canal was calm, and the pathway was quiet. Tranquil might best describe the moment. Free from disturbance and sitting on my prayer bench, I gave thanks for being surrounded such beauty.

However, that tranquillity was soon to be broken by the scolding I received from a red-winged blackbird. I must have been close to the nest and Papa bird was letting me know that I was encroaching on his

territory. He was making quite a racket but I sat my ground until having finished my prayers. Luckily he didn't dive-bomb me, but he did take off and chase off a large American Robin who had the audacity to encroach on his territory. It's hard work building the nest, guarding the nest and feeding the young'uns when they come along. I suspect Mama was sitting on the nest waiting for her young'uns make their entrance.



Soon it will be July 1<sup>st</sup>, and across this great country we call "home" people will be celebrating how we live in freedom and enjoy peace. May you have a blessed and peaceful Canada Day. ~ *the running rev.*

## FROM THE PRESIDENT By Fran Robinson



Hello fellow runners. Wow, the month went by quickly! We had some fun this past month with some good and some bad news.

Jackie Poole, wife of Jim Alard, died on June 2nd. Jim was a past member of our club with Jackie his beloved and very well suited partner. She will be missed. She was such a positive and happy individual.

We had our Summer Solstice Hill run on June 21st. Steve Scott officiated, as usual, with Debbie and Mike Staphenurst cooking burgers up a storm. David Tree helped out with the course. Paul Looker recorded the times for our point series. Thanks all. Mike Melanson came in first, Amelia Beaney first female, and Joanne Embree the first walker. Congratulations to all of us that participated. This is one event that I don't think I'll ever have my name on the trophy, but it's fun to participate in, although it is certainly a challenge. (I told David Tree each time I ran by him, that I hated the hills - don't tell anyone though! :))

The June Challenge will wrap up at the end of this month. All but 4 have completed this so far. Results in the next issue! It was fun. Joanne Embree, who is training for a full marathon in the fall, reported that this has really inspired her to run faster and more often, a positive thing for her. Vicki Walsh walked up a storm. I ran the most hills over the 90 km (25, to be exact), so my time wasn't too swift.

So many of our club have really excelled in running events this spring/summer. Mary Bartlett, Sara Young and Rob Jackson continue to set records and/or personal bests. Others, such as Janet Tree, Jamie Weatherbee, Mike Melanson, Troy Sandwith and Amelia Beaney are racking up the racing miles in other events throughout the province. Troy Sandwith and Paul Looker have some serious events coming up in the next week (ultras of one shape or another). Michele Coleman and her husband Dan are off on another long distance trek on the West Coast of the US. Harry and Henny are back on their bikes while travelling the states. I'm sure I've missed some of you. Great job everyone. We are so very fortunate to be able to keep as active as we can and to be an inspiration for those around us.

As Roy would say, Run gently.

~ *Fran*



## FOSSILS CORNER BY STEVE SCOTT



Last week a determined group of Capital City Road Runners and Walkers set out on a warmish but not too, too buggy Wednesday evening for our Annual Hill Climb event followed by a very nice BBQ afterwards, hosted by Master Chef Mike Stapenhurst and his trusty assistant Debbie. It was enjoyed by all with the Club providing the eats. I had several helpers on course: Paul Looker and David Tree while Vicky and Liz as well as several others assisted with the BBQ. In other words, we had plenty of help from those who chose not to run or walk.



As for the event, I changed it up and sent both runners and walker on a counter-clockwise loop which seemed to help because it eliminated the somewhat dangerous downgrade on the main trail even though the initial climb was a bit longer. Most folks enjoyed the change. As usual, candy was doled out after the completion of every lap and some other folks walking or running were also offered a candy treat.

The other change I incorporated this year was a specific walking category with an extra 10 minutes making a total of 40 minutes for the walker who started early and finished at the same time as the runners. This worked quite well except that we only had one dedicated walker Joanne Embree. Joanne will have her name on the trophy for 2023 as the 1st WALKER winner. Perhaps our walkers will not pass up the HILL CLIMB in future years.

The RUNNING winners for 2023 were Amelia Beaney and Mike Melanson. They have won before in years past. Congratulations to all who participated this year and Volunteers too. I will be updating the Hill Climb Trophy soon and the Winners can decide who goes first to keep said trophy for 4 months before passing it on.

The biggest plus for the Hill Climb this year and in recent times has been the addition of donations to the FOOD BANK as the entry fee. Not only did these folks donate a lot of non-perishable items but they also raised \$120.00 in cash. Pretty darned good I'd say. Your Community thanks you so much for your kindness.



All in all, the 15 or so people who showed up had an enjoyable evening. You could have been there too.

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

Cheers!

~ Fossil

## You're reading "Runbers", a collection of numbers related to running. Issue #43: At A Snail's Pace by Rob Jackson



We sometimes hear that highway traffic is moving “at a snail’s pace.” And other times we hear of runners who, due to fatigue, are running “at a snail's pace.” Snails are not known for their speed. But lately, one species of snails has been in the news because of two things they do very well – eat and reproduce. Luckily, this news from the world of snails is far south of us.

Florida is attempting to eradicate invasive giant African land snails. This variety is threatening the agriculture and ecosystem in that state. The massive mollusks grow up to eight inches long and almost five inches in diameter, about the size of an adult fist. They have a brownish shell that covers about half their body. They have shown up in Lee County, Pasco County and Broward County. The snails eat 500 different plants, do not need to mate to reproduce, and they lay 500 eggs at a time. They have been known to attach to houses and eat stucco walls. Yes, they seem to be nasty creatures. But I’m sure you’re wondering: “How fast can they move?”



To find out, head to the Snail Racing World Championships taking place on July 8, 2023 at Grimston Cricket Ground on Lynn Road, in Norfolk, UK, just a one-hour drive west of Norwich. The most recent championships were held in 2019, when the winner was a snail called Sammy owned by Maria Welby from Grantham, Lincolnshire. Sammy covered the 13-inch course in 2 mins 38 secs. Let’s see how Sammy would fare at various distances, assuming he could maintain that speed:

One kilometre: 133 hours, i.e. 5.5 days

Marathon: 5,612 hours, i.e. 233 days

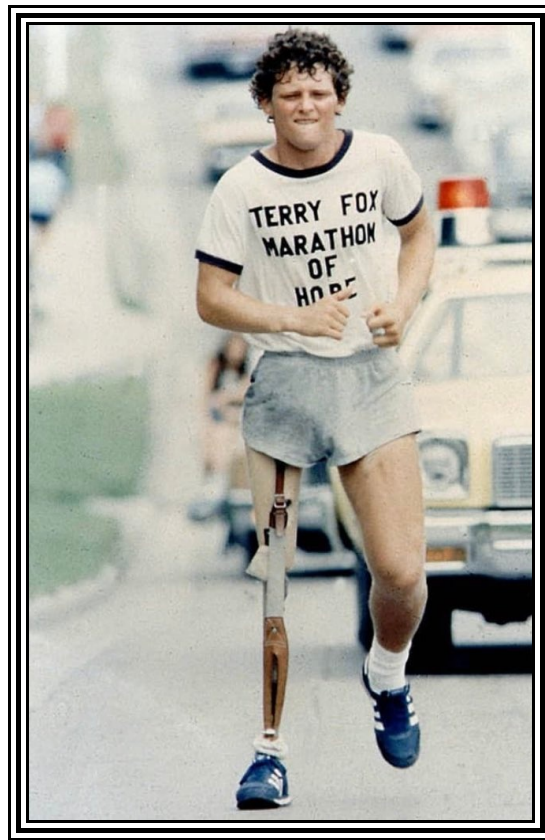
100 kilometre ultra marathon: 13,300 hours, i.e. 554 days

Giant African land snails have an average life expectancy of five to ten years. It is therefore unlikely that any one snail would be able to properly train for, compete in, and complete more than three or four ultra marathons during its lifetime.

~ *Rob*



## Canada's Hero - Terry Fox



Here is a picture of mental toughness, determination and discipline. Terry Fox died 42 years ago on June 28<sup>th</sup>, 1981. Terry had cancer. He set out to raise money for cancer research by running a marathon-a-day .... he had lost a leg to cancer, but that didn't stop him setting out in all weathers to fulfill his dream. Terry started the Marathon of Hope when he was 22 years old. He ran with an artificial leg over 5,000 km in 143 days - and that works out as a marathon a day.

I wonder how many of you reading this took part in the First Terry Fox Run that was held on the racetrack of the Exhibition Grounds? I think it was September 1981. There were lots of people who showed up and we ran a 5km around the track. It's hard to process that it took place some forty two years ago.

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## ***From the Back of the Pack***

Hi all the way  
from Big Star Lake, Baldwin, Michigan population 900. Henny  
and I arrived here a day ago and are planning to run bike and swim for a week.  
I'm trying to become an all around athlete in about eight days!  
I have gotten the round part already but all round is the problem!

It is June 29<sup>th</sup> and I am 6.4 km short of the 90 km challenge.



Our son Peter and his brother in law have all the toys you need for an enjoyable  
holiday. There is even a triathlon arranged in the next few days !  
What do you think, will I be From The Back Of The Pack?



Have a great summer! ~ *Harry & Henny*

