

JULY 2021

~ FOOTNOTES ~



Volunteers gathered to collect and sort the shoes which had been strung across the "Bridge to Nowhere" in tribute to Fredericton's Mark Kirby. From left, Corena Walby, Dawn Chisholm, Nicola Cassidy, Christ Murphy and Kris Murphy helped sort the running shoes, which were donated to schools and the homeless in memory of Mark, not only a runner but also a great organizer and coach to many people who were new to running. (Daily Gleaner)



The Fun Running Club

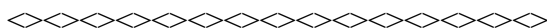
CCRR Hill Climb 2021 - The Covid Edition



June 23rd, 2021,
17:45 hours, Odell Park

just a little heads up about an upcoming running event. It is the return of an infamous, dreaded, but yet you can't wait for the next year's edition style of event.

A running event that will inspire story-telling and where legends will be born.



A Jog Down Memory Lane



CAPITAL CITY ROADRUNNERS

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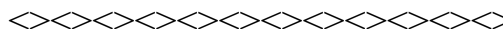
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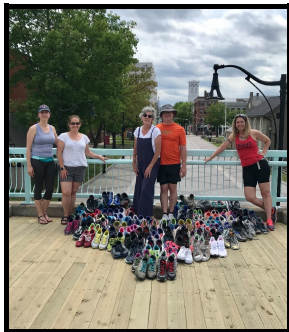
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Many Thanks to all our contributors:
Jason Scarbro, Roy Nichols, Steve
Scott, Fran Robinson, Janet Tree,
John Cathcart, Corena Walby

A Tribute to Mark Kirby



There are many people, especially in the Fredericton running community, who at some time met Mark Kirby. To know him was to know an absolute one-of-a-kind amazing wonderful individual who had a passion for running. He always displayed enthusiasm and positivity, while encouraging others along the way.



Being such a caring and compassionate individual, he always thought of others. He raised thousands of dollars for cancer in memory of his dear sister, with his run events in her honour. Even after he had to stop running due to his illness, he still would be at races cheering on others and acting as the race photographer.

During the past few days there have been a massive amount of Facebook posts about Mark from so many people. Mark was an amazing human being- the kind of person who leaves a lasting impression from his wonderful spirit.

On behalf of Capital City Road Runners, we send our deepest condolences to all of his family and friends. You certainly left your legacy on all of us runners, Mark. Rest In Peace dear soul. Thanks, Janet Tree

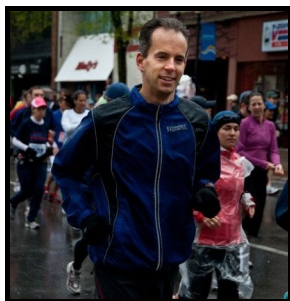
A Tribute to Mark Kirby



I've been trying to think of how to honour Mark Kirby's legacy over the past few days. Several times I've said to myself 'what would Mark do?' The answer is everything. He would have organized the shoe display and donations; he would have arranged for us all to wear race shirts at the funeral home; he would schedule a race in someone's memory. And then I realized that we are all going to do what Mark would do. And that's pretty amazing - he really is a part of all of us, and he always will be. Thanks Mark - for bringing out the best in all of us.
~ Corena Walby



Mark Running across the Confederation Bridge on September 18, 2010 for the 30th Annual Terry Fox Run.



~ THE BIG CANADA RUN ~

Dear Road Runners & Friends:



2021 is a year of virtual events: {virtual} Boston Marathon; {virtual} Cabot Trail Relay; virtual this & that...

This Saturday past, while Amelia, Terry, Eric & Brian (Scott) drug my butt around town, I was infected with the runner's version of an ear-worm (thank-you, Amelia). After a few days of shuffling around in my head, I thought this worm too good to keep to myself and have to share it with the rest of the Club (and a few others). It is the ultimate {virtual} team run!

Called The Big Canada Run (<https://thebigcanadarun.ca>), this team event offers two routes (distances) and three possible options to {virtually} run across the country:

Leg 1 (8,000km) - The classic east-to-west crossing (from St John's to Victoria).

Leg 2 (10,000km) - This is a west-to-east crossing which starts with a side-trip trip north to Whitehorse.

Maple Team Challenge (18,000km) - This is an out (Leg 1) and back (Leg 2) course.

The Capital City Road Runner's team, has been registered for the classic east-to-west crossing. At 8,000km, this route has a couple of side-trips and is slightly longer than Al Howie's 1991 Trans-Canada record solo-run of 7,295.5km in 72 days, 10 hours and 23 minutes. Fortunately, we will be running {or walking, or hiking} as a team (everyone's mileage counts), and have a year - from July 01, 2021 to June 30, 2022 - to cover the distance.

There is a \$60 registration fee per runner - prior to July 01, 2021; after which it increases to \$99.00 - (there is also 15% discount for teams of 10 or more runners). As outlined on the event website, each runner gets a finishers medal and swag. All proceeds and donations go to one of two charities.

There is already a core group of 5 committed Road Runners {read that as you may} . ready to {virtually} dip our toes at Mile-0 on July 1. The more the merrier.

To register for this event, go here:

<http://raceroster.com/registration/48398/entry?teamEntryToken=GMP2Q3UM2C&year=2021&slug=the-big-canada-run-2021>

To join the Capital City Road Runners team while you are registering, you will need the "secret" code: RunGentlyOutThere!

If you have any questions about the Capital City Road Runner's Big Canada Race . team, reach out to me at BigCanadaRace@UltraRunner.ca

Run gently, ~Roy Nichols

From the President - Fran Robinson



For a small club, we sure have lots going on. It's good to see some renewed interest in putting on club activities. Several of us are getting together to train for the Fredericton Marathon for one distance or another. Others, like myself, are able to run again (yeh!!!) and are participating in virtual running events.

We've got our CCRR Hill Climb 2021 - Covid Edition, Odell Park on Wednesday, June 23, 2021 (kudos go to Steve Scott for putting this together). Start time is 5:45pm. We will gather near Odell Park Lodge.

There is a 15% discount for those wanting to join the CCRR team in the Big Canada Run. Go to the events page on our website for more information. Some of the money raised from registrations is going towards charity. If you register by July 1st, you get the early bird fee. Roy Nichols is looking after the organization of this one.

Sara Young is our new Race Director for the Fall Classic this October. She and her team are working away at putting this together. You'll hear more news about this event as the time goes on, but get training now!!

Go to our website's events page for more information about all these events.
<https://www.crr.ca/events>

Another piece of news that I discovered last Saturday at the weekly run was that at the Currie Centre, UNB, we can now change our clothes, but we still can't use the shower. Hopefully the use of the shower will come sometime soon!

We're still masking up before and during our runs, but hopefully that might change in the near future (fingers crossed). I think a lot of us might have mask burning parties. I am considering it!

We are still looking for a Treasurer. For such a small club, this is not an onerous task. Please consider helping out. You can email us at info@crr.ca.

Anyhow, enjoy your running. Be vigilant and above all else, enjoy yourself. Thanks to all of you that come out regularly. We wouldn't have a club if we didn't have a membership! Take care everyone. ~ Fran

Running on Medium by Jason Scarbro

This month's pick:

The Shakeout Podcast (Canadian Running Magazine)

Hosted by Kate Van Buskirk and Maddy Kelly



If you are looking for a weekly update on the Canadian running scene, the Shakeout Podcast is the perfect source. The podcast, which is co-hosted each week by Kate Van Buskirk and Maddy Kelly, provides a comprehensive rundown of recent results from the track, roads, and trails. The content is Canadian-centric but also provides running highlights from around the globe. A typically podcast is around 45 minutes which is perfect for your daily run or walk.

One of my favourite aspects of the podcast is the diverse group of guests that are interviewed. This has included athletes (both professional and amateur), race directors, coaches, authors, community activists, and health and fitness experts (physiotherapists, dieticians, physicians).

Another unique feature of the podcast is that both Kate and Maddy are currently trying to qualify for the Tokyo Olympics. This is giving the listener an insider perspective on what it takes for someone to achieve their Olympic dream. I'm sure it comes as no surprise that an incredible level of commitment and sacrifice is required from the athlete and their support network to help make their dreams a reality.



If you want to learn more about the podcast including how best to subscribe, check out this link - <https://runningmagazine.ca/category/shakeout-podcast/>

Next month's planned pick – Training for Ultra by Rob Steger.

Enjoy your running! ~ Jason Scarbro

FOSSILS CORNER by Steve Scott



Sorry I missed last month, but I am back with a few fractured thoughts that may or may not amuse the reader.

The first thought involves one of my very favourite running routes; the very scenic Valley Trail. What with the Covid situation over the last 2 seasons, many folks have dusted off their bikes or bought new ones and are on the trails regularly.

The issue I bring up relates to their almost complete lack of “trail etiquette”. Many come zooming quietly up behind walkers and runners and never give a warning before they pass with many ignoring the 15 km/hr maximum posted by the City. Also, if you the runner/walker remind them of their discourtesy you will be ignored or told to mind your own business.

The point I make is that it is quite a dangerous practice as people, children, dogs may get injured and possibly the cyclist as well. Finally, on my Saturday morning run/walk I encountered a Jeep Cherokee driving towards me further up the trail than the boat landing area. Needless to say the occupants were not driving a City of Fredericton vehicle. Please stay alert as you run and/or walk our trails system as the Valley Trail is not the only one where this is happening.

My second topic for this issue involves my current running/walking regime these days as my capacity to run only has diminished over time. I would like to offer up a new sport which I shall call the Hybrid Runner/Walker. As you may have noticed there are many elderly runners and walkers with our CCRr these days still trying to keep fit and be happy. Hybrid running and or walking may be the perfect way to deal with “father/mother time” and a good fit for failing body parts. This type of regime may lead you back down the road to running only or walking only, but for sure it should keep you moving.

This sport could be categorized as follows:

1. Hybrid Runner/Walker - using 10 min. blocks; you run 6-9 minutes each time
2. Hybrid Walker / Runner - using 10 min. blocks you walk 6-9 minutes time
3. Full Hybrid - using 10 min. blocks' you walk & run 5 minutes each time

This idea may need a bit more fleshing out. Let me me know what you think and we can discuss it over a beer. You buy.

Just remember . . . “there is no finish line” . . . ~ *Fossil*

The Art of Spiritual Sauntering - The Running Rev

*If you are ready to leave father and mother, and brother and sister,
and wife and child and friends, and never see them again —
if you have paid your debts, and made your will, and settled all
your affairs, and are a free man — then you are ready for a walk.
~ Henry David Thoreau ~*

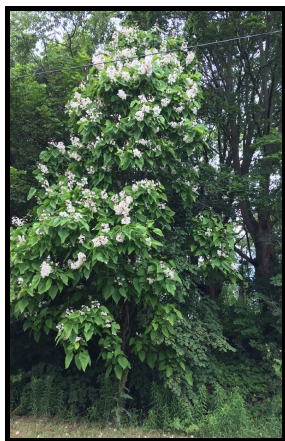


Now that might be a bit extreme, and as Mary Popova observes in her essay on “The Spirit of Sauntering: Thoreau on the Art of Walking and the Perils of a Sedentary Lifestyle” that “Thoreau’s prescription, to be sure, is not for the faint of heart nor for those gainfully entrapped in the nine-to-five hamster wheel.”

The Art of Sauntering, to walk in a slow, relaxed manner, to embark on a leisurely stroll, to just amble along, is something which I have enjoyed doing recently. It is the complete opposite of what we runners usually do. Sauntering enables me to relax and take in the beauty of nature that surrounds me, whereas, when running, things just kind of whizz by or not even seen at all.



When out for this morning’s saunter, a spider crossed my path. It kind of zig-zagged along the canal path. I watched it for a moment, wondering what it was up to and where it might be going. A great spiritual exercise is to watch a spider spin its web. The intricate design of the web as it unfolds is indeed a great wonder of nature and is actually art - for as Dante Alighieri once said, “Nature is the art of God.”



Then, as I ambled along, the wind had picked up, and up ahead it looked like it was snowing. What looked like white “blobs” were falling from a tree and carried away on the wind lining the path alongside the canal. On getting closer, I could see they were blossoms and that the tree was just simply laden with them. However, I expect that by day’s end they’ll have blown away as the wind is to be stronger later in the afternoon. I paused to take some photos as these blossoms were just simply beautiful - the detail spectacular. I spent quite some time just looking at these exquisite blossoms and once again Dante Alighieri’s quote came to mind ... “Nature is the art of God.”

These days I'm doing a combination of run/walk, the walking part of which "pace" was always an important aspect. However, since the pandemic, I would walk in the morning, and do my runs in the late afternoon. Even when walking though, "pace" was always a consideration, getting from point A to point B as quickly as possible.



On Sunday mornings, when there was no "in-person" worship services happening, going for slower walks became my "spiritual-time". My goal was to simply slow down and enjoy the sights and sounds as I experienced nature through the changing seasons. It was an opportunity to give a slow thank-you to the Creator and to celebrate the day. It may seem a little odd, but as a life-long runner I've had to teach myself to saunter. Over the years, much of my exercising has been to get it done as fast as my legs could carry me - time and distance being the highest importance.

As I came to the tree, (a fast growing tree with huge heart-shaped leaves known as the Northern Catalpam) which was seriously shedding its blossoms. I picked up one of the blossoms as it blew across my path. It was beautiful. Delicate on the outside and magnificent on the inside. The fragile blossom, its time of flowering now over, once again brought to mind Dante Alighieri's quote ... "Nature is the art of God."

The blossoms demanded attention. As I stood there, taking in the scene, and picking up some of the now abandoned blossoms, I wondered just how many blossoms there might be on one tree? Nature is extravagant and exuberant. Nature has such beauty.



As I stood there, taking in the beauty that was blowing in the wind, another thought came to mind. It was a favourite quote from Irish poet and philosopher John O'Donohue, who wrote "Beauty does not linger, it only visits." Very true that.

Be sure to enjoy the wonders of nature as they visit! ~ *the running rev!*



The Fredericton Fall Classic is back for 2021 with a later date and a change in events. On October 17th, 2021, we will offer a 10k and 5k, also with a Kid's Run to ease into the running scene post-Covid.

We are still working on exact location and times of the events.

Registration for the Fall Classic events starts Thursday, June 24th with extended early bird pricing and student prices for the 10k and 5k.

If you're interested in volunteering, or have any questions, please contact Sara at sarajustinyoung@yahoo.ca, or check out our Facebook page: <https://www.facebook.com/FrederictonFallClassic>

See you in October!

- Sara & the Fall Classic Committee