

~JULY 2022 ~

~~~ FOOTNOTES ~~~



Thanks everyone for a great event last evening. We had 20 runners out doing the Hill Climb, hosted by Steve Scott and Mike Stapenhurst. Harry helped too at the start. We had a great group of volunteers cooking for us all.

Many thanks to Charlotte Blakney-Reddon , Deb Reddon and her husband and Vicki Ross and Debbie Prosser. Couldn't have done it without you!

*Winners for this year are Ian Young and Schelly MacKinnon.
Great job everyone! ~ Fran*

Thanks to our regular contributors.

Running on Medium by Jason Scarbro June 2022

This month's pick:
Dr. Stacy Sims



One of my goals with this monthly article was to recommend a variety of content. Everything from roads to trails, books to videos, new and old. For the most part, I think I have accomplished that goal. However, what I recently realized is that virtually all my chosen content creators have been white males. I need and want to improve in this area and expose both myself and you to a greater *diversity* of content. This month is a move in that direction.

Doing so will often take me outside my comfort zone – this month is no exception. Dr. Stacy Sims is a strong advocate for the uniqueness of the female athlete, and is often associated with the quote that, “women are not small men”. Her personal mission (as outlined on her website – <https://www.drstacysims.com/>) is:

My vision is a world of healthy women who understand their bodies, know how to work with their unique physiology, know their periods are ergogenic aids and create positivity around being a woman in sport.

Together we can shift the destructive narrative and elevate women in research, science, and sport.

I strongly encourage everyone to explore the informational and educational resources Dr. Sims has on her website, including her 2019 TED Talk, “Women are not small men – A paradigm shift in the science of nutrition” (<https://youtu.be/e5LYGzKUPIE>). Her 2016 book *Roar* has sold over 80,000 copies and her new book *Next Level* (both of which were co-written with Selene Yeager) was just released.



I have had the chance to hear Dr. Sims speak on several podcasts. Her opinions are driven by research data . . . when that's possible. That's been one of the most significant challenges for female athletes and those looking to support them – most of the research is conducted on college-aged males. Due to important differences between the physiology of females and males, results from research done on males often does not translate well to female athletes.



Dr. Sims' work has led to an increased focus on female athlete sports physiology. In fact, most recently, some are suggesting that Dr. Sims' work is too generic by focusing on all women instead of recognizing the important differences among female athletes. Researchers are now looking at age differences among women including changes due to peri- and post-menopause, as well as the impact of ethnicity. I expect that Dr. Sims welcomes this feedback, knowing that this type of evolution had to start at a high level and become more specific over time. Let's hope this starts a new era of informed decisions for female runners of all types.

The Extra Mile – Some final thoughts

Just by coincidence, the question of “why we run” has come up in multiple podcasts that I've listened to the past month. It's not as though I haven't thought about this before, but admittedly I have put more thought into this question the past week.

Many people seem to have one main reason why they run, which certainly makes sense. Maybe it's to get fit, for their mental health, or to feed a competitive hunger. For me, I have found the reason why I run seems to have changed over time, and often it changes from day to day. I started running to get fit, and I want to remain fit, but I don't think that's what gets me out the door day in and out.

When I look back on the past week, there were a couple days that running helped me cope with some personal challenges, a day I got to compete against others (and myself), and a couple days that I ran because I'm following a training plan and I had a scheduled run (translation – there was no big “why” on that day other than “because that's what I do”).

For whatever reason you run, I do hope you're finding answers to your own “why” question. Next month's planned pick – *Tommie Runz*

Enjoy your running!

~ Jason

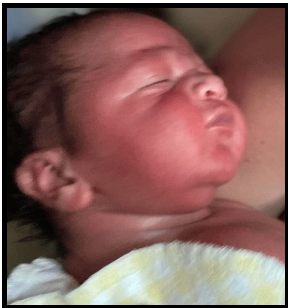
President's Update by Fran Robinson



Happy July everyone! The temperatures so far have been lovely for running, but that may change this month and next. Personally, I've taken a hiatus from lots of mileage for a variety of reasons. For one thing, I've been enjoying my bike too much and for the other, I've got Terry Haines in the back of my head telling me when I need to start training for the Fall Classic half marathon that I'm signed up for and it's not right now. The other thing is that I have a new grandson! He's a healthy looking, robust little guy who lives in Guelph. I'm going to visit him soon for a few weeks. I'm so excited.



We've had lots going on this past month with the most recent event the hill run, thanks to Steve Scott and Mike Staphenurst for their organizing of this event. We had lots of volunteers and a good group of 18 participants running. We've had some new younger members join us including Ian Young, Paul Sanford and Luke Hoel. We also have a young gal named Abi running with us this month. She is here from England helping out with starting soccer for the multicultural association youth. Welcome to you all!



We had our trail clean up earlier with lots of participation and lots of garbage collected. Good job everyone.

We have a virtual distance Challenge going on for the month of June and as of the date of this writing Paul Sanford is in first place and Troy Sandwith second. Go guys! Prizes will be awarded in July. (*Photo on the left Fran's Grandson*)

Roy Nichol has once again organized the Great Canadian walk/run challenge. Currently we are 4 members. It would be great if you would sign up. We are scheduled to run 10,000 km during the year. That's a lot of mileage for 4 people!

I'll be away alot this summer, and I'm sure things will roll smoothly along in my absence. Enjoy the summer folks! ~ **Fran**

You're reading "Runbers", a collection of numbers related to running. Issue #32: World Masters Athletics Championships



The World Masters Athletics Championships is underway in Tampere, Finland from June 29 to July 10, 2022. This is the major outdoor event of World Masters Athletics, taking place in years alternate to the indoor championships. WMA is the masters version of World Athletics, formerly known as the IAAF.

Events in Tampere range from 100m to 5000m on the track, hurdles, steeplechase, pentathlon, field events, race-walk, cross-country, 10k road race and half-marathon. There are no qualification standards. Athletes aged 35 and over are welcome from all over the world.

There are 75 athletes from Canada registered to compete, among the approximately 4,000 total number of competitors. Finland leads the list with the greatest number of competitors at 1,135 followed by USA (342) Great Britain and Northern Ireland (336), Germany (321), Spain (214), Italy (188), Sweden (180), France (178), Poland (95) and Ireland (94).

The 2023 World Masters Indoor Championships were to have been hosted by Edmonton, Alberta in March 2023 but were cancelled in April 2022 due to ongoing uncertainty regarding the pandemic and travel. Those championships will now take place in Torun, Poland early in 2023.

Here's hoping Team Canada can harvest a few world championship medals!

<https://wmatampere2022.com/>

~ Rob



Fossils Corner by Steve Scott - July 2022



Hey gang thank you all for coming to this year's version of the CCRR Hill Climb at Odell Park. It was held on a warm and humid buggy evening, but no one was deterred by this especially if they were moving at a steady pace. On this evening after the run was completed there was also a barbeque which was enjoyed by many with hot dogs, veggie burgers, chips and fruit drinks and cookies plus other snacks.

The princely price for the run and the eats and some good conversation was a donation of non-perishable food items or a monetary donation. We have a good-sized Tote box nearly full of food and \$28 in cash from the 17 hill climbers and assorted volunteers/runners.

I would like to mention the bang-up job the executive did in promoting the Hill Climb because it is a bit of a hard sell for some to commit to. President Fran, Mike and Deb Staphenurst, Charlotte Redden and family, Harry Drost (the Candy Man) and several others who helped by lugging stuff to the start/finish line for me are also to be commended for pitching in when needed.

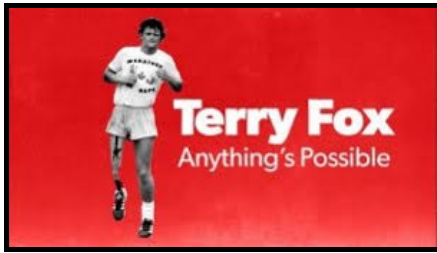
The Hill Climb route alone kept all who entered busy managing their energy over the 30 minutes allowed and it was notable that a former double male winner had a small energy issue or was it just a wee cramp that prevented him from winning his third title or was it the upstart 19 year old Ian Young and his younger legs (pun intended) that propelled the lad to victory?

On the female side, Schelley MacKinnon seemed very comfortable as she coasted to victory in a fairly close 2nd place overall. Just as importantly, 4 plus laps on a very warm evening were completed by several more athletes. Also, the bulk of the remaining participants finished 3 laps. All who started finished what they had set out to do. Good job everyone.

Out of respect for a great runner I sponsored a wee toast for a group of CCRRs from the North Side fondly (or something else) called the North Side Rat Pack which incorporated his (Tom's) favourite beer called YIPEE. This thought evolved during Tom's last Hill Climb several years ago; he and a small group were within sight of the finish and a final sprint ensued on the steep downhill and down he went and just as quickly up he got with a gleam in his eye and blood and gravel here and there on his body and a smirk on his face as he crossed the finish line. YIPEEE to you all.

Fossil signing off. (Just remember "there is no finish line")

Terry Fox - A True Canadian Hero



On June 28, 1981 cancer claimed the life of a Canadian hero, a man whose legacy is still felt to this day.

Terry Fox was a month shy of his 23rd birthday when he died in New Westminster B.C. days after being re-admitted to hospital.

Fox was a talented athlete playing various sports in his youth but life changed in his first year of university when he developed pain in his right knee, waking up one morning to discover he couldn't stand. A week later Fox learned he had a malignant tumour but his chances of survival were between 50 and 70 per cent.

The night before his right leg was amputated he read an article in a running magazine about amputee Dick Traum who ran the New York City Marathon, and Fox was inspired to do one across Canada to raise money for cancer research.

His Marathon of Hope started April 12, 1980 when he dipped his artificial right leg into the Atlantic Ocean at St. John's, Newfoundland where he began his quest to cross the country on foot one marathon at a time.

On Sept. 1, 1980, near Thunder Bay in Northwestern Ontario, Fox's journey came to a sudden end. After chest pains and a coughing fit he was taken to hospital and the next day, Fox announced his cancer had returned and spread to his lungs.



During the Marathon of Hope that lasted 143 days, Fox ran 5,373 kilometres. By Feb. 1, 1981, the Marathon of Hope had raised \$24.17 million, reaching Fox's goal of a dollar for each Canadian.

Al Beeber – Lethbridge Herald

(I'm not one for having "heroes" but Terry Fox is a very special and determined athlete. - The running rev.)



From the Back of the Pack

Hi everybody,

Anybody know what the record is for distance running in 24 hours?

I looked it up and here are the results: The world records for the event on all surfaces are 270.116 km (167.842 miles) for women, set by Camille Herron of USA in 2019, and 309.399 km (192.252 miles) for men, set by Aleksandr Sorokin of Lithuania in 2021.



It took me 31 days last December to cover a little over 300 km! Troy, what can you do?

Our son Anthony did a 213 miles gravel bike ride Saturday and he almost made it but somebody in his team got lost and they had to find him in the pitch dark. They walked, fell and cycled over 191 miles.

Maybe Henny and I will try it next year! NOT!

Guess what the distance is for 24 hours of cycling? A guy by the name of Chris Strasser cycled a staggering 1,026.215 km. It is unbelievable because his average speed was 42.75 km per hour. I can only go that fast going downhill.

Now I am going to break a record or a leg in getting a beer from the fridge, previous record was 6 minutes and 6 seconds and Henny beat me! And you know what? This record will not be broken but I am stubborn and will keep trying, day after day! Have a great summer and see you in August,

~ Harry (From The Back Of The Couch.)

