

~JUNE 2022~

~~~ FOOTNOTES ~~~



Pictured with co-race directors Christine Little and Bruce Macfarlane are: 5k men's Donald Evans, of Oromocto, 5k women's Julia Reid, of Fredericton, 8k women's Dr. Paula Keating, of Miramichi and Steve Dohaney, of Fredericton, 21.1k men's Michael Bergeron, of Stanley Bridge PEI, 42.2k men's Stanley Chaisson, of

Charlottetown, PEI and 42.2 k women's Jennie Orr, of Stanley Bridge, PEI., Missing are 10k winners Mustafa Izzeldin, of Halifax, N.S., and Paula James, of Windsor N.S. and 21k women's Catherine Thompson, of Blenheim, On.

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

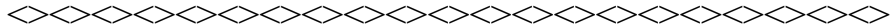
Kay Stairs - Liz Richard

~ KUDOS CORNER ~



*Terry Haines is a runner from New Maryland
who had a quest to run Boston one more time
His recent race time will stand
to allow him to run on the big city land
His 51st marathon result was a good sign.*

~ Michele Coleman



FREDERICTON MARATHON 2022 FINAL TALLY AND 2023 DATE SET!



Thank you to all participants, volunteers, sponsors and supporters who made the 44th annual Stewart McKelvey Fredericton Marathon such a huge success.

The volunteer organizing committee is proud to share that:

- A total of \$13,850 dollars was granted to several organizations from the race weekend event;
- A new race record was crushed by Stanley Chaisson, of Charlottetown, PEI (men's marathon), and Dr. Paula Keating, of Miramichi, N.B set a new Canadian Masters record in the inaugural 8k event;
- 31 per cent of marathoners got their BQ (Boston qualifier)

2023 Fredericton Marathon ~ May 12th-14th - 45th Anniversary.



Here are the official names of the members who participated in this year's Fredericton Marathon, Half Marathon, 10 km, 8 km, and 5 km races.

8 km - Ian Cordner, Leyla Morales

10km - Jochen Schroer, David Huelin

21.1 km - Mary Bartlett, Amelia Beaney, Fran Robinson, Cindy MacDonald, Janet Tree, Michele Coleman, Jason Scarbro, Paul Sanford, Boris Alard, and Brian Scott.

42.2 km - Kay Stairs, Troy Sandwith, Mike Melanson, Terry Haines

What a great turnout from our club. Congratulations everyone! Well done. Special thanks to those that cheered us on at the sidelines including Bernie Arsenault, Lloyd Sutherland, Mary McKenna, Tony Tremblay and others. It was great to get cheered along the way.

Hill Run 2022

Wednesday June 22nd in Odell Park (meet in the main Parking Lot)

Start: 5:45PM

The event has one running a specified loop of about 1.5K on the Odell park trails as many times as you can in 30 minutes. The uphill climb is fairly strenuous but the downhill part should help get you ready for the next climb! We will have a BBQ following this event. This is the 6th event in our first annual Running Series. Points will be awarded to club members only, but the run is open to the public.

From the President by Fran Robinson



It's been a great month. We've had really variable weather, that's for sure, but it's been great running weather. The Fredericton Marathon day was a wonderful temperature for running. So much fun. I hope the organizers were pleased. The organizers and volunteers did a great job, as did all those cheering us on at the side. Then, we had some time off. That was nice too!

We had our trail clean up on May 18th. Thanks to everyone who showed up to help. We had a great turnout. Janet made her signature cookies and they were pretty much devoured. Thanks Janet. Roy collected our garbage and took it away for us. Thanks Roy!



Roy Nicholl brought the quilt Kay pieced together back to New Brunswick from his mother who lives in Nova Scotia. She had quilted it with her machine. It is absolutely beautiful. Liz Richard is going to bind it. What a team effort by 3 so very talented women. Thanks Kay Stairs, Donna Hazelton and Liz Richard. Pictures will be showed off when it is fully done. We would love ideas on where to display it.

We have our hill climb on June 22 at Odell Park. Steve Scott will officiate this. It is the 6th of our running series events.

June is distance challenge month. Fill in your own distances on Google Sheets. Prizes are awarded to the top runner/walker for the month plus 2 random draw prizes. Prizes will be selected following the event. Here is the link to sign up:

https://docs.google.com/spreadsheets/d/1vsLjnTTRhs_mBpZ4RZRy4RJ-7xSAfUZH2ZrDs27Bf94/edit?usp=sharing

Enjoy your month everyone.

Fran

franrobinson100@gmail.com

The Kilted Run (Fredericton Highland Games) by Kay Stairs



John C. recently sent me some photos from his archives of CCRR members participating in the Kilted Run at the Fredericton Highland Games. Such great memories of a fun event that was organized by Peter McDougall, a Fredericton runner/bagpiper (who is now retired and living in PEI pursuing MANY other interests !) with Nicola Cassidy who gave me some more photos of the event. Peter gave me some details about how the race came to be. Here's a summary of what he told me:



"The inspiration for the kilted run came from a run that takes place in Ontario each year with hundreds taking part. I was involved with the Highland Games as a Piper and thought it would be a fun addition. The games committee agreed and so we scheduled it for Friday evening when the only other activity was the opening ceremonies and the beer tent. The games committee agreed to give runners free admission to the beer tent. It was a break-even event so the cost was low, free tshirt and then a few door prizes for best costume, first and last finisher, youngest participants etc."

We had roughly 50 runners the first year and it grew to around 70 or 80 in the next couple of years. Mostly local runners but a few out-of-towners who came for the Highland Games and decided to take part.



We would have a piper to lead the runners to the start and some pipers and drummers along the route. The route was an out and back along the southside trail with the finish behind the Lieutenant Governor's residence. Often there was a VIP reception going on there and they would come out on the balcony and cheer on the runners. (Note: I remember this, it seemed like the VIPs were rather envious of the fun we were having and were quite reluctant to head back into their reception).

The Highland Games committee loved it and the runners always seemed to have fun. The post-race beer tent with entertainment was a big hit! (Another note: yup, I remember that too, especially after working two 12 hour night shifts, sleeping for 4 hours and running 5 km in 30 deg C temperatures !) I think we did it for about 5 years, but I got busier with the pipe band and so it became a little too much to try and do both."



The photos do the best job of describing the atmosphere. At the first event Noortje and a friend did a two person Loch Ness Monster, and there was another Nessie wearing a big sign "I'd rather be swimming." Jos, Rick and Peter K. were fearsome Bravehearts, and there was an amazing collection of kilts ranging from pure wool family heirlooms to thrift shop finds.

I tried to slow Rick down by devising more outlandish costumes each year, but nothing worked. He was dressed as a set of bagpipes the year there was a sudden thunderstorm and the pipes made of cardboard got shredded in the wind and rain. He ran as Robbie Burns one year with waistcoat and a book of poetry.



At one of the events, I made the mistake of asking a runner what it felt like to run in a skirt. He replied "I love it! But don't tell my wife!" I also learned that there are actual "Running Kilts" designed in lightweight moisture wicking fabrics specifically for running. If you are looking for expanding your running wardrobe, you might want to check them out. And for those of you who are curious about what to wear under your running kilt why, socks and running shoes, of course

~ Kay pgiggie@nbnet.nb.ca

You're reading "Runbers", a collection of numbers related to running. Issue #31: Running is not always about the numbers

by Rob Jackson



Canadian Krista Duchene placed 3rd at the 2018 Boston Marathon, 35th at the 2016 Olympic Games, and is the Canadian 50km Record Holder. She is a mom of three, Registered Dietitian, Public Speaker, and the fifth fastest Canadian marathoner in history. Her marathon PB is 2:28:32, accomplished in October 2013.

In a 2018 interview with Alex Cyr of CanadaRunningSeries.com Krista talked about numbers: "The more I practice as a registered dietitian and train for and compete in marathons, the less I rely on numbers. We can get far too bogged down by the fine details and miss the importance of what's in front of us. When runners ask me about how much they should eat, how fast or slow they should run, how much sleep they should get, or how much they should weigh, I respond by encouraging them to focus on being mindful, sensible, patient, trustful and intuitive."

Krista offered these five alternatives to numbers:

- 1. Be mindful** - Take your time when eating a sweet or savoury treat. Chew slowly and enjoy the taste. Eating too quickly can take the joy out of eating.
- 2. Be sensible** - If you find yourself eating or wanting to eat the entire bag of chips, you likely lack balance in your diet. Enjoy sweets and fatty foods, in moderation. Depriving yourself only increases the chances of overconsumption. Eating a cookie every day is sensible. Eating an entire bag of cookies in one sitting is not sensible.
- 3. Be patient** - Steadily and consistently work toward your marathon goal. Persevere. Wait for it. It can and will happen.
- 4. Be trustful** - Believe in your program and those who are helping you accomplish your goal. Believe in those who know what's best for you. Avoid comparing yourself to others.
- 5. Be intuitive** - Be in tune with your feelings, trusting them to direct your actions. Ditch the watch and run as you feel. While apps can be handy for several reasons, please do not forget to listen to your body! If you're yawning and your stomach is grumbling, sleep and eat! Don't wait for your smart phone to tell you.

~ Rob rjactm@nb.aibn.com

Fall Classic Quilt by Liz Richard



I'd like to share a bit of the backstory on the origins of that beautiful fall classic quilt. Back in 2010, I put out a request to CCRR runners for donations of their old running shirts. I needed cotton T-shirts for... you guessed it... I was part of a project using T-shirts to make cotton diapers for babies in Haiti!

Club members responded very enthusiastically and brought in their old T-shirts, by the boxes, and by the hundreds! I'm sure some of you remember decluttering those shirts!



Using a very clever pattern, electric scissors, and assembly line sewing methods the T-shirts were transformed into much needed cloth diapers for these little babies. There was a group in NB who arranged for the diapers to be sent with other supplies to the Dominican Republic, where they were then sent on to a mission in Haiti to be distributed.

I remember that as I sorted and looked at all the well earned cotton shirts that had generously been donated, I was impressed with the variety, logos, and uniqueness of the shirts - from events held across Canada and the USA.



I was also struck by the number of beautiful Fall Classic shirts and how unique each year's design was. At that time I set aside one shirt from each year thinking how lovely it would be to someday make a fall classic quilt for the club, in celebration of this event.

Well, I got so far as to cut the 12 inch blocks from the front of those T shirts, to capture the logo and design of that year, and in 2020 the blocks were handed over to Kay Stairs. She was able to collect more shirts to fill in some of the missing years, and went on to create this amazing quilt.



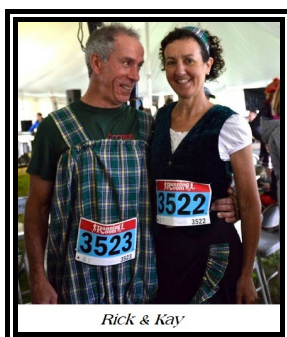
I would like to send out a huge thank you to Kay for taking this project on and running with it, and to Roy's mom for doing the quilting!

Way to go!

~ Liz richard_elizabeth@hotmail.com

In Memory of Tom Reddon

PHOTO ROUND-UP



Some More photos of the Kilted Run!

Running on Medium by Jason Scarbro June 2022

This month's pick:

Unbreakable:

The Western States 100



We love to put things into categories. Although it helps us make sense of a complicated world, the reality is that most of us don't fit squarely into a specific category (at least not in the long term). Using runners as an example, we are often labelled (by others or by ourselves) based on where we spend most of our miles (road, track, or trail). I have no doubt that some runners are exclusive to one venue, but I'm certainly not one of them. I enjoy both paved and dirt roads (hey, it's New Brunswick, some of our roads are a bit of both) and getting out on buffed out trails and technical trails, and everything in between. Variety is the spice of life, and fortunately for us, New Brunswick has plenty of options to pick from.

Many runners from the Fredericton area have participated in some of the best-known marathons around the world such as Boston, New York, and London. But how many also aspire to run in the Western States 100, which is arguably the most prestigious ultrarunning trail race in the world (UTMB being its main competitor). Perhaps it's time to leave the roads behind for a bit and try a new adventure.



The Western States Endurance Run, known commonly as the Western States 100, is a 100-mile long (161 km) ultramarathon that takes place on trails in California's Sierra Nevada annually, on the last weekend of June. The race starts at the base of the Olympic Valley ski resort and finishes at the Placer High School track in Auburn, California. Runners climb a cumulative total of 18000 feet (5500 m) and descend a total of 23000 feet (7000 m) on mountain trails before reaching the finish. Because of the length of the race, the race begins at 5:00 A.M. and continues through the day and into the night. Runners finishing before the 30 hour overall time limit for the race receive a bronze belt buckle, while runners finishing in under 24 hours receive a silver belt buckle (Source - Wikipedia).

If you are looking for some added motivation to give a trail run (or race) a try, watching *Unbreakable* may just do the trick. The film focuses on four ultrarunners who were at the top of their sport in 2010 – Hal Koerner, Geoff Roes, Anton Krupicka, and Kilian Jornet. Amazingly, all four came into the race undefeated, which only added to the drama. The film explores the background of each runner before transitioning to the race highlights. I will stop there – you'll need to watch the film to see how it ends!



This full-length movie can be found on YouTube. Many runners (especially those who prefer the trails) say this is their favourite running movie. Why not give it a watch and let me know if you agree! If you disagree, send me a note (jscarbro@stu.ca) and let me know what your favourite running movie of all time is.

Next month's planned pick – *Dr. Stacy Sims – Female Athlete Sports Physiologist*

Enjoy your running!

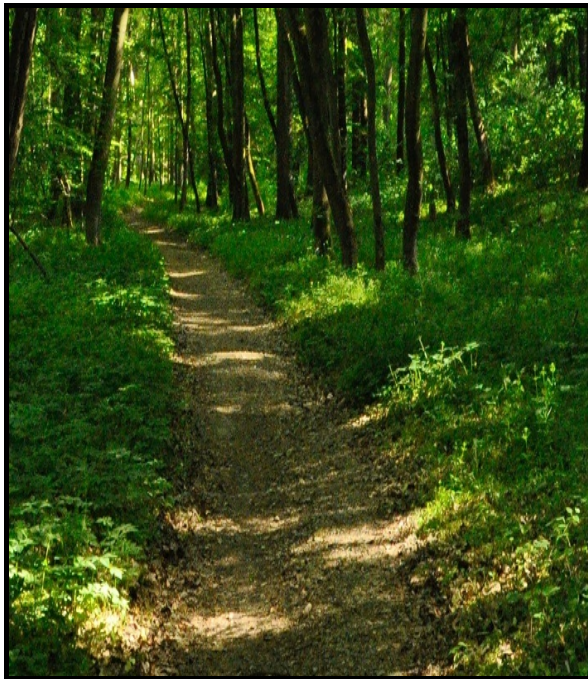
~ Jason

FOSSILS CORNER by Steve Scott



Fellow Capital City Road Runners and Walkers you are to be commended for your great performances at the 44th edition of the Fredericton Marathon whether you ran or walked or volunteered or both. You made us all proud with your efforts. You helped make a great event even better. Many folks from away commented on how much they enjoyed their experiences both on the run or walk and the friendliness of everyone they spoke to.

I enjoy discovering how people feel about the hospitality we present during this big weekend event. Overall the vast majority are quite stunned by our friendliness and willingness to make everything comfortable for them. I went home after three very full days of activity fully satiated with what we Fredericton volunteers had accomplished and a bit wasted too as I covered just over 13 kilometers fulfilling my duties on Sunday alone. Thanks for this Gang.



Now on to bigger (er hillier things) on June 22nd. You guessed it, the one and only CCRRW HILL CLIMB. Hope to see many of you there especially the NORTHSIDE RAT PACK guys. There could be a treat for you if you show up.

Just a wee bit of nostalgia; bring an extra sock or maybe a coffee cup. The rest should bring some fly dope because it is Mosquito territory in Odell Park at this time of year. I hope everyone remembers that this is a Fun event and all are welcome. We would welcome donations for the less fortunate as this has been a recent custom that we have adopted. Bless you all as Father John would say.

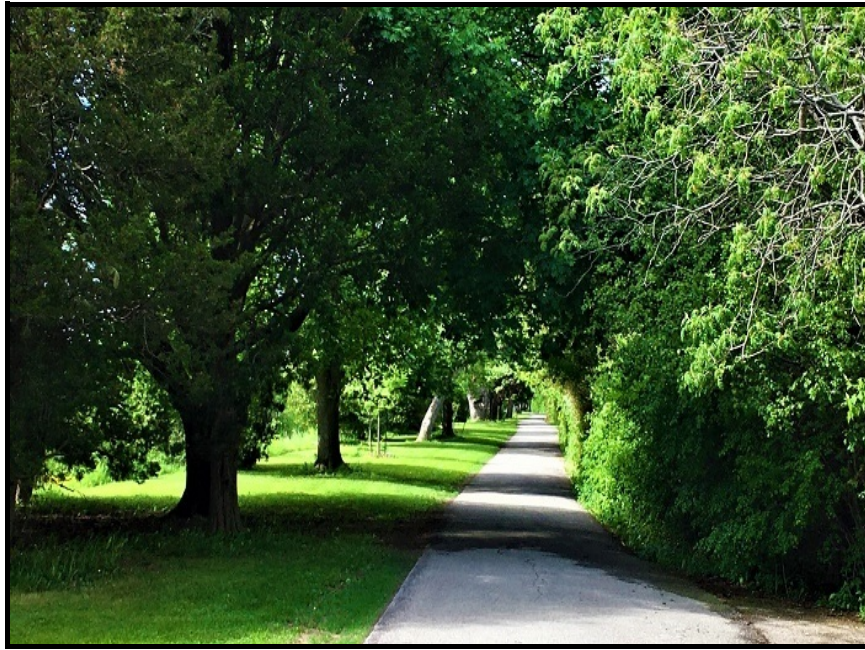
Fossil signing off.

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

The Invisible Embrace by John Cathcart

Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time.

~ John Lubbock ~



While out for my Friday morning saunter under cloudy skies and a gentle rain the grass was just a bit too wet to lie on. However, seated on my “prayer bench” my gaze fell on the canal pathway where there was a lush carpet of green on both sides of the pathway as far as the eye could see. Sitting there, with birds singing in the trees, I couldn’t help but notice how the trees were well and truly dressed in their exuberant green summer dresses. What a difference a few hot days make to the landscape.

Earlier, sauntering along, after noticing some grass growing out of a crack in the paved pathway, it immediately brought to mind the words of Irish poet and writer John O'Donohue when in his little book *Beauty - The Invisible Embrace* - he wrote, "You can find the green blade anywhere - on top of ancient ruins way above the ground or growing in little indentations on top of massive rocks."

Again, as John O'Donohue writes, "Green is the colour of growth, the colour of hope. Green is the colour of youthfulness: it is full of spring energy."



One of my favourite memories from childhood back in Ireland was to play along the green banks of the River Braid (we knew it as the Moat River and it's the place where I learned to swim). It seemed back then that the grass was always green the year around, however during spring there would be an explosion of colour as dandelions and buttercups and the bright yellow wild Whin Bushes dotted the green landscape making for a fantastic contrast.

"While Yellow," writes O'Donohue, "reveals the outer joy and kindness of light, the workings of light have entered more deeply into the colour green."

Sitting on the prayer bench under the great Maple Tree, some cyclists went sailing past and a few minutes later a man and his dog walked briskly by. I could hear the whistle of the train off in the distance which goes along the other side of the canal. The clouds began to clear and the sun was breaking through just as Shelly said it would on last evening's weather forecast. Sitting there on that prayer bench certainly isn't a waste of time.



The last word goes to John O'Donohue when he wrote, "Green is the colour of relentless desire. Even from under earth smothered over with concrete or tarmacadam, the green blade will rise. It rests the eye and still remains the colour of the day's desire." Peace! ~ *John*

cathcartjohn@hotmail.com



From the Back of the Pack



As you can see the Fall Classic Quilt is beautiful and huge. Henny made the Tom Reddon section.

Harry
&
Henny



hhdrst@gmail.com

