

JUNE 2023

~~~ FOOTNOTES ~~~



Sponsor Highlight: Fredericton Canadian Tire North.

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Runners & Racing



*Joanne Embree completed the half marathon in Greece!
Way to go Joanne!*



*Here she is wearing her club Tshirt!
Great advertising to boot!!*



And of course the medal

Runners & Racing



Congrats Frederictonians! Great race - very well organized and great prizes!



and of course the bling



Great turn out and a great race was had by all. All that hard work of training through a NB winter certainly has paid off. Kudos to those who organized, volunteered and ran. It takes many people to make it a success.

You're reading "Runbers", a collection of numbers related to running. Issue #42: Why Wheelchair Racers Outpace Olympic Distance Runners — But Not Sprinters



Wheelchair racers clock fantastic times and speeds, both on the track and on the road. In the August 23, 2021 edition of the [FiveThirtyEight.com](https://www.fiftythreeeight.com), John Loeppky provided an interesting comparison of wheelchair racers and runners. Here are some excerpts from his article:

In 2019, Eliud Kipchoge became the first non-disabled runner to complete a marathon in under two hours. But wheelchair racers have been beating that barrier for decades: The fastest official time in a wheelchair was set in 1999 by Switzerland's Heinz Frei. How many minutes did he beat the barrier by? Almost 40. Frei clocked in at 1:20:14. The fastest racer on the women's side, Manuela Schär, has also far outdone Kipchoge's mark, at 1:35:42.

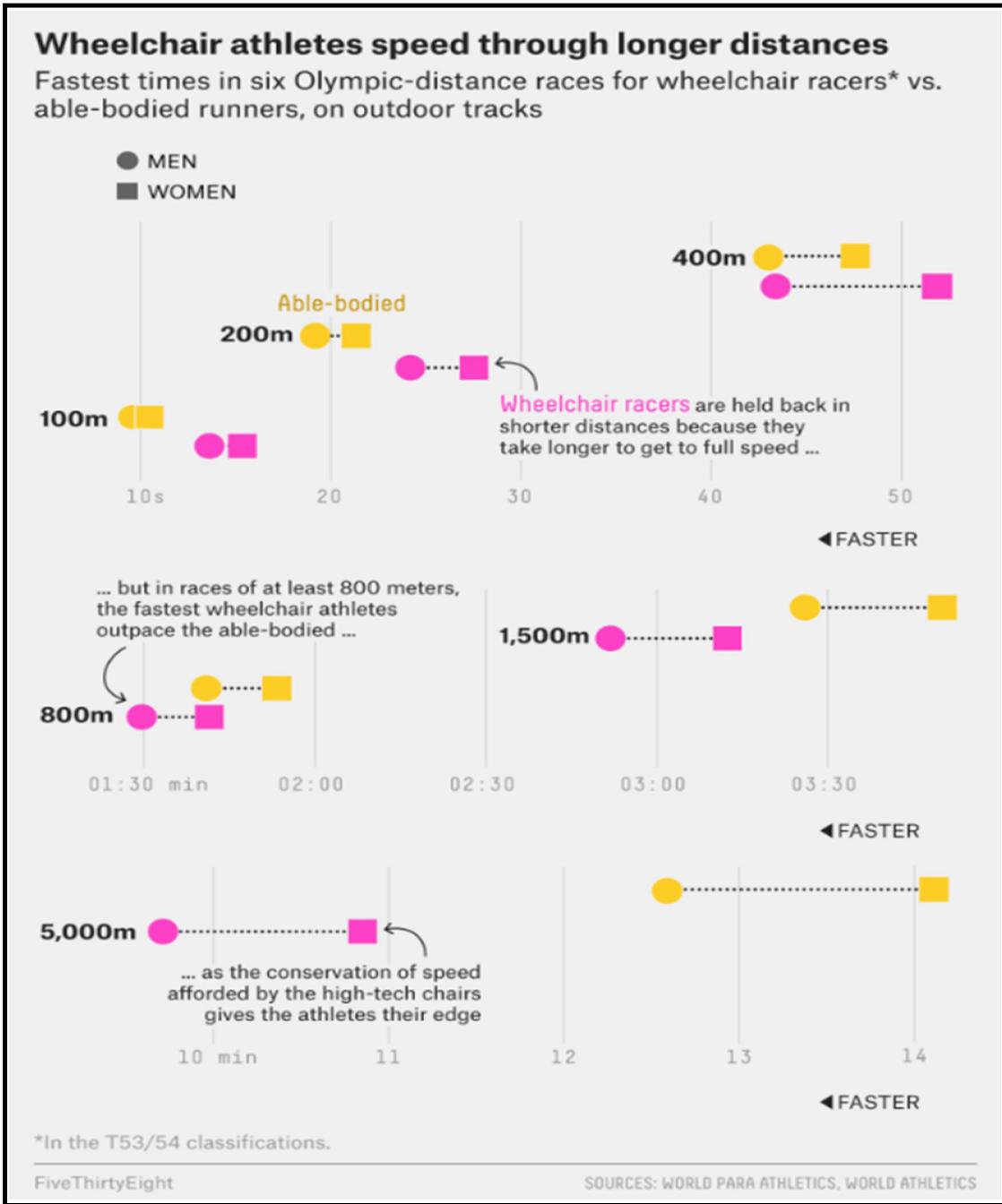
Like many para-sports, track and field runs on a classification model, attempting to place athletes with similar impairments — their word, not mine — in competition against one another. The T53 and T54 classifications, which host the two marathon record-holders, are for athletes who use wheelchairs to compete but have limited to full trunk function, allowing for a smoother transition of physical power when flying around the track or on the road. An athlete in the T52 classification, where hand function is also affected, has also broken the two-hour mark: Austria's Thomas Geierspichler.

But the dominance doesn't end there. In every Olympic distance of at least 800 meters, the fastest wheelchair athletes outpace the able-bodied.

So why are athletes in wheelchairs faster than their able-bodied counterparts over longer distances but not shorter ones? Over shorter distances, a wheelchair is held back by just how slow it is to get out of the proverbial gate. It takes longer to get up to full speed than does a runner who explodes off the blocks.

But over longer distances, the conservation of speed afforded by the high-tech chairs gives the para-athletes their edge. And the amount of conservation gained is affected by the equipment being used and the regimens being followed. In the early years of

most para-sports, including track and field, there was little specialized equipment. Since then, wheelchairs have gotten lighter; athletes have gotten bigger, faster and stronger; and the training methods used by para-sport athletes, much like their abled counterparts, have gotten more sophisticated.”



~ Rob

CCRR Point Series Event # 5: May 13/14, 2023. Fredericton Marathon Events

Marathon

1.	Troy Sandwith	3:15:32	M1	50 points
2.	Matt Sprague	3:32:49	M2	45 points
3.	Michel Melanson	3:44:52	M3	42 points
4.	Terry Haines	3:51:52	M4	40 points

1/2 Marathon

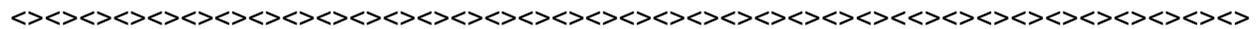
1.	Sara Young	1:38:26	F1	50 points
2.	Paul Sanford	1:38:51	M1	50 points
3.	Amelia Beaney	2:00:26	F2	45 points
4.	Cindy MacDonald	2:00:39	F3	42 points
5.	Janet Tree	2:01:14	F4	40 points
6.	Michelle Coleman	2:05:01	F5	39 points
7.	Mary McKenna	2:05:04	F6	38 points
8.	Kevin Soehner	2:19:54	M2	45 points
9.	Lisa Soehner	2:26:10	F7	37 points
10.	Joanne Embree	2:38:00	F8	36 points

10 km

1.	Justin Young	38:14	M1	50 points
2.	Ian Young	38:25	M2	45 points
3.	David Huelin	1:25:44	M3	42 points
4.	Leyla Lougheed	1:31:45	F1	50 points
5.	Wendy Rogers	1:42:56	F2	45 points

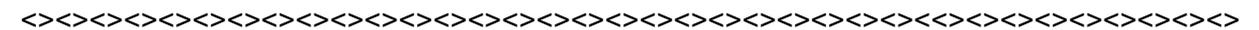
5 km

1.	Mary Bartlett	20:10	F1	50 points
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*“From the moment you become a spectator, everything is downhill.
It is a life that ends before the cheering and the shouting die.”
- George Sheehan -*

*“If you don’t have a challenge, find one,”
~ George Sheehan ~*



Getting There by Paul Looker

Chapter 5 - Higher Education



Before starting my hike of the Great Divide Trail last year, I believed that there would be times where I might be bored, that I would need a distraction of sorts, or even something to motivate me. After all, I was going to have to walk kilometer after kilometer, one step after the other, up and down steep hills, day in and day out. Weeks on end, even! How many mountains, rivers, and lakes can one look at before they all start to look alike? Could it actually get boring?

I knew deep down that would not be the case, but I also wanted to prepare for those instances and particularly the long hours of “down time” at camp each night. Especially, as I was originally planning to do this trip solo.

After my coronary events in 2018 I had noticed that my memory and ability to focus had been greatly affected. So, I thought that this trip would be a perfect time to work on those issues and to expand my literary horizons at the same time. I figured I could read poetry and maybe even try to memorize and recite some of them. I would also try to use the opportunity to further develop my foreign language skills. And my electronic library was already full of books (gathering dust?) that I had put off reading over the past several years.

I spent numerous hours toiling away on the computer, searching the internet for whatever I thought might be interesting. I downloaded to my phone several foreign language podcasts and movies. Poems by William Wordsworth, Dylan Thomas, Lewis Carol, John Keats, Pablo Neruda, Alfred Tennyson, Edgar Allen Poe, Eva Ström, Johanna Ekström, Carol Berg, John McCrae and John Gillespie Magee. And, as I have already mentioned I had a fair-sized selection of novels too. It sure is a good thing that “bits and bytes” don’t weigh that much or my backpack would have been super heavy. But my “entertainment” for the trip was ready.

I never was a great student in school so I felt that my intentions were actually quite noble. On this adventure I was not only going to challenge myself physically but also try to expand my knowledge through various “educational” learning experiences.

The intentions were there. Throughout my hiking adventure I would read and try to memorize many different poems. And, by the end of my GDT hike I had gone through a lot of my downloaded material. But, it definitely was not due to my being bored. You may have noticed that during the first part of my hike each day presented me with many new and exciting challenges.

On day 2 of the hike as I was hiking up and approaching the Carthew Summit Pass I was thinking of the poem “**High Flight**” by John Gillespie Magee... *Sunward I’ve climbed, and joined the tumbling mirth of sun-split clouds, - and done a hundred things you have not dreamed of...* No truer words, I thought to myself. And, as I reached the summit pass I recited to myself... *high in the sunlit silence... and with silent, lifting mind I’ve trod the high unsurpassed sanctity of space...* This poem was nailing it for me that day. I couldn’t help but think how I had lucked out in the choice I had made that morning. And, I am by no means a religious person, but I could not help myself when at the summit that I mimicked the last line of the poem and... *put out my hand, and touched the face of God.* I am sure that it would have been quite a sight to see me, bathed in sweat, standing on a summit ridge, reciting a poem quietly and reaching up into the sky. My wife always knew I was weird. Now, you know too.

Day 3 and 4 of my hike were done to the poem “**The Charge of the Light Brigade**” by Alfred Tennyson. As I beat a hasty retreat from the Lineham Ridge Summit and made the long road walk back to Waterton, Alberta, I kept repeating to myself the opening stanza of the poem. It almost became a mantra of sorts as I marched along the roadway, the pavement mercilessly reflecting back the heat of the afternoon sun. **Half a league, half a league, half a league onward ...**

Day 4, the day of my long detour and another long road walk in hot conditions fit perfectly with stanza two... **“Forward, the Light Brigade!” Was there a man dismayed? Not though the soldier knew someone had blundered. Theirs not to make reply, theirs not to reason why, theirs but to do or die...** The “do or die” part may have been a little extreme in my circumstance, but I had to do something and I did it. And, when I finally got into my tent that night I thought of a line from the sixth stanza... **O the wild charge they made!...** a rather fitting summation of my fourth day on the trail I thought.

Day 5 Jun 29, 2022 29.68 km Valley between Castle Mountain Resort and Barnaby Ridge to Lynx Creek.

Cows

Cows everywhere
Walking amongst all the cows
Missed my turn, darn cows.

Day 6 Jun 30, 2022 32.05 km Lynx Creek, Castle Provincial Park to Coleman, Alberta. End of Section A.

Flowers

Colourful petals
A pallet that’s so vibrant
Delicate beauty.

Day 5 and day 6 were quite uneventful by my newly acquired standards. I was quickly “dialing in” the use of my gear and my legs were adapting well to the daily abuse on trail. I was enjoying myself, just meandering along. Around every other corner along the trail I would have to come to a stop. I could not stop marveling at all the views. I found myself often thinking, or even saying aloud, “Wow!” I would use this expression a lot over the next six weeks. And, no matter how hard I

tried to find the right adjectives to better describe and do justice to the magnificent sights that I was seeing, I continually found myself just saying “Wow!”



When I wasn’t looking at the mountainous relief I would keep myself occupied trying to identify trees, plants and flowers that I encountered along the trail. Animal

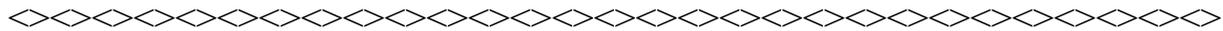
footprints seen in mud were also cool. Was that a wolf's footprint? How fresh How fresh is that? It is a good thing that I am easily distracted, because the concern would disappear with the revelation of the next wonder.

Day 7 July 01, 2022 Rest day Coleman, Alberta

My first week was over. I had completed the first section; Section A, of the GDT and I now had 170 km of trail experience under my belt. It was a good introduction to the trail and I was feeling pretty confident in my ability to continue on with my quest. I had decided in advance that I would spend Canada Day in Coleman, Alberta. This would be a day to rest and to replenish my food supply. I had sent a resupply box to the B&B ahead of time. Laundry was done and a few beers were shared with my hosts in celebration of my accomplishment so far. I was the first "through" hiker of the year to arrive from Waterton. My hosts explained that they had been getting reports from a lot of people that the snow conditions were hampering most people's plans. My B&B host, Alannah was truly concerned about the trail conditions that I would encounter as I continued north. She communicated with all her contacts, and in particular some people who were out on the trail doing maintenance in order to provide me with the latest information on the trail conditions. And, she was really adamant about my learning all the bailout options possible because of the snow conditions.

The Great Divide Trail, like many long distance hiking trails, is sectioned into smaller parts. This is no doubt due to administrative, ease of access, volunteer base in the area (hiking clubs) and jurisdictional issues relating to the location of the trail (Provincial/territorial boundaries, parks, public vs. private land). For Section B, the next section for me, I would travel north bound for seven (7) days to the Peter Loughheed Provincial Park in Alberta, but this is material for another story... until then.

~ Paul



"Nature is the art of God." - Dante Alighieri

"The mountains are calling and I must go."

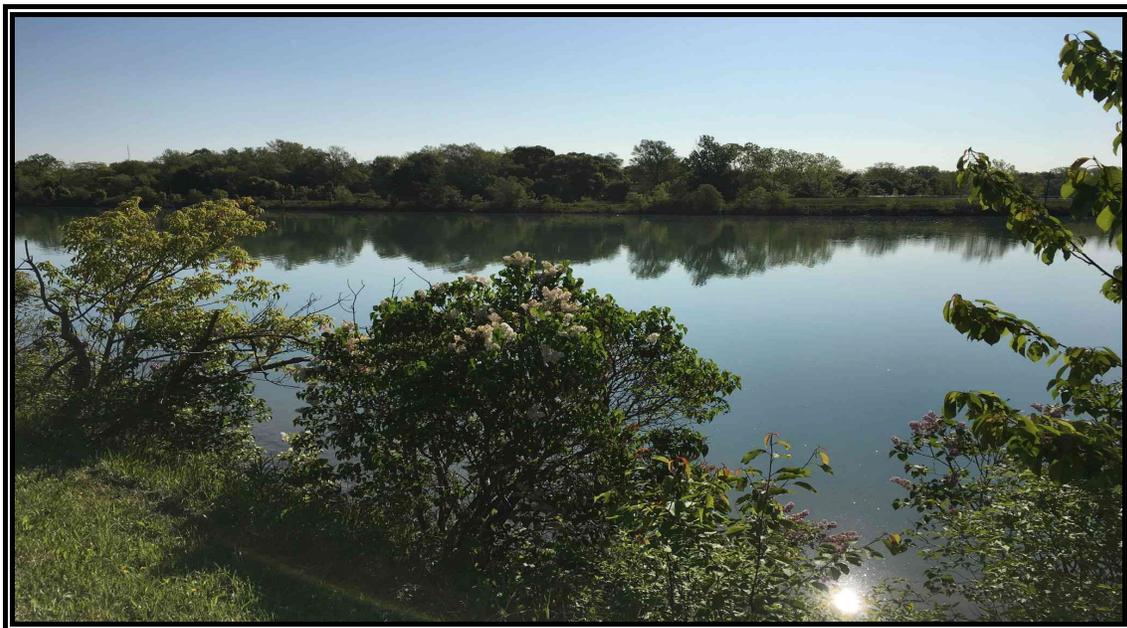
~ John Muir ~



A PERSONAL REFLECTION BY THE RUNNING REVEREND



Having just returned from my trip back to my homeland (Ballymena, Northern Ireland) and after a good night's sleep, I went for my usual Saturday morning saunter to shake those cobwebs that seem to linger when travelling across the pond. The canal path was unusually quiet. There weren't many people about for a Saturday. Usually there's lots of cyclists, people walking their dogs and even runners. Today, only one cyclist, one walker and little ol' me. The canal was so calm and reflective it called on me to stop at the prayer bench under the great old Maple Tree and offer prayers of thanksgiving for family, friends and safe travel.



It was good to see my family after six years as Covid scuttled our plans as we planned a trip home in 2020. As you know a world wide pandemic was declared by the World Health Organization. We have all aged as the years roll by, but there can be no substitute for being in the presence of loved ones enjoying the banter and give and take of siblings who all have stories to share and the younger generation get to know their “elder” aunts and uncles just a little bit better.

It was good for the soul to wander among places where once upon a time in childhood, we played among the hills and green glens and learned to swim the River Braid that winds its way through the town. The trees were fully clothed in their green summer dresses, the Rhododendron bushes were everywhere and in full bloom, their beauty breathtaking and the grass greener that I remembered it. It brought to mind that great quote from Irish poet and writer John O’Donohue:

“May you experience each day as a sacred gift woven around the heart of wonder.”



As I sauntered along the canal path marveling at the tranquility that was all around me, one of the things that really stood out was how just about every garden had a Rhododendron bush in full bloom, and out along the country roads it grew wild among the Hawthorn bushes. There is no question they produce beautiful blooms. I also discovered they were very invasive (a harmful alien species) that costs about one million pounds per year to try and control its invasive nature which forms direct competition with native wildlife and plants, can alter habitats and introduces parasites and pathogens that native species are not immune too. The photo above and the story below shows just how invasive the Rhododendron truly is. It is number one on Ireland’s harmful invasive alien species list. And there is this:

“A couple in their 50s had to be rescued from a dense rhododendron forest after they became trapped in a "treacherous area" on an Irish mountainside. The five-hour rescue operation took place in the Knockmealdowns Mountains, which straddle the border between County Waterford and County Tipperary.

..
The couple, who are experienced hill walkers, got into difficulty on steep ground overlooking Bay Lough on Sunday. One of the rescuers said the plants were "like an impenetrable jungle". Jimmy Barry from the South Eastern Mountain Rescue Association said the rhododendron forest was so thick and deep that people could not hear each other.

..
"It was horrendous - I have been a member of mountain rescue for 15 years and it was probably one of the most dangerous exercises or rescues I've been on," Mr Barry told BBC Radio Ulster."



Well, I didn't get lost! This morning was just a beautiful beginning to the gift of this new day filled with both blessing and challenge. And so, as I sat under the great old Maple Tree, that has become a friend, the green lush leaves hardly moved, I was comfortable in the serenity and peace that surrounded me, and no big ships to disturb the mirror-like water so I began to offer my prayers of thanksgiving, praise and petition.

..
Gracious God, we thank you for all your many blessings, for life and health, for laughter and fun, for all our powers of mind and body, for our homes and the love of dear ones, for everything that is beautiful, good and true. But above all we thank you for giving your Son to be our Saviour and Friend. May we always find true happiness in pleasing you and helping others to know and to love you, for Jesus Christ's sake. Amen.

FOSSILS CORNER BY STEVE SCOTT



This month coming very shortly, is one of those months that generally speaking, when your hard winter runs kind of float into the past as your ability start climbing due to all your hard work way back when. With that in mind, it is time to climb on the first evening of the Summer Solstice, June 21st. See you there.

There will be at Odell Park near the Lodge about 5:45 pm. The entry fee is as usual, a few cans or so of non-perishable food products or a monetary donation if you forget your food products at home. It will be donated to the Food Bank or the Community Kitchen.

There will be a signup sheet and we shall proceed to the Start area along the main trail where final instructions will be given. Hopefully the MOSQUITOS won't eat us alive.

As in the past, there will be a token of some sort given as you begin your next Loop each time. It is supposed to assist you with counting your laps.

Do your loops for a full 30 minutes and you are done. There may or may not be some Draw prizes. We will all meet near the Lodge to present the newly refurbished trophy to the winner. First Woman First Man. All are welcome walkers, runners, joggers and whatever.

PS I have always been a fan of the Fulton 5 km; you know clockwise one year and counter-clockwise the next year. Guess which way we go this year? By Gum your right COUNTERCLOCKWISE.

Double your pleasure and of course, double your pain. PLEASE DO THIS SENSIBLY. Not all of us are young anymore.

For another slight change all walkers will be given a 10-minute head start (no running cheaters only cheat themselves) and thus have a total of 40 minutes. This just might even things up a little bit and make it a nightmare for me and my staff. Just remember" . . . there is no finish line. . ."

~ Fossil

FROM THE PRESIDENT By Fran Robinson

Hi all. Time seems to be running by even faster these days. Lots happened this past month.



Sara and her crew of half marathoners, and all the others who were training on their own or with other groups, and who did other distances, did their last training runs prior to the Fredericton Marathon on May 12th. What a lot of Hoopla! Jochen Schroer put up the quilt that was created a few years ago in the expo at the Delta for the Marathon. It looked great and there were lots of questions from the visitors about it.

The Expo was fun this year and well attended. No doubt the Fredericton Marathon was pleased with their event. They had high numbers of runners registered. We had a total of 20 members of our club who ran. Great job everyone. We had 4 marathoners with 2 who qualified for Boston - Terry Haines and Troy Sandwith, 10 half marathoners with several who did personal bests including Sara Young and Paul Sandwith; 5 -10 km runners and Justin Young won the 10 km outright, plus 1- 5 km runner - Mary Bartlett who won her category (of course!!). Joanne Embree completed two back to back half marathons - one in Greece and then the other in Fredericton. Way to go Joanne!

Several Frederictonians completed the 15 km event in Grand Digue this year. Sara Young had a personal best and I bet Janet Tree did too!

This coming weekend is the Cabot Trail relay - May 27 and 28th. Lots of club members attending this iconic event as well. Enjoy folks and take lots of photos!

We had our trail clean up and had a great crew of people who showed up. We had at least 19 people (some spouses came along to help) join our group. We even had one of our runners bring along their date and they had a date activity of picking up garbage! Now, that's special, don't ya think?

I've got to hunker down and get the June distance challenge created before June 1st. Sorry, the report on that will have to wait until July.

Have a great month everyone! Fran

June Challenge Based on the idea of the Comrades Marathon



We are having a June Challenge based around the idea of the Comrades Marathon. The Comrades Marathon is one of the oldest ultra marathons. It was established in 1921 to honour South African soldiers killed during the First World War. The primary aim was 'to celebrate the human spirit over adversity'.

The course length is very hilly and is quoted as approximately 90 kilometres. There is a strict 12 hour finish time limit. The fastest runners to date have done it in less than 6 hours. Most finish between 11:30 and 12 hours."

We created a spreadsheet on Google Sheets for both walkers and runners. We'll allow walkers 20 hours to complete the 90km over the course of the month. Runners will get 12 hours to complete 90 km. You will get bonus points for running hills.

Please input your name, whether you're walking or running, and log your mileage and time as you complete them on the dates mentioned. Please stop inputting time/distance as close to 90 km as you can and stop adding your hills at this time as well. Prizes will be awarded, and not just for the winners! If you cannot input your time and distance for some reason, please forward your information to me as you complete it and I'll input it for you. ~ Fran

franrobinson100@gmail.com

<https://99percentinvisible.org/episode/the-comrades>



From the Back of the Pack

Hello fellow runners and walkers!



We had a really nice crew to clean up the trail. It looked already pretty good and maybe somebody was cleaning already before us.

Maybe next year we can use empty banana boxes instead of plastic bags. I like the June challenge and will try to run 90 km before Henny and I leave to travel across the USA and Canada.

Congrats to Terry Haines who ran marathon 52 I believe!

Who is the oldest CCRR member to run a marathon?

Have a great summer!

Harry.



A Wee Jog Down Memory Lane

Group photo of the Fredericton Trail Masters and the Femmes Fatales 2018 (some people missing).

