

...Footnotes...

..... June 2024



Capital City Road Runners & Walkers Club

JOIN THE CLUB ~



If you're not already a member of CCRR why not join us? It's always fun to run with others and we enjoy plenty of social events as well.

As a member you will get:

Lots of fun-running events

·Training companions for marathons, half-marathons etc.

·Regular bi-weekly runs

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

*Membership is only \$25 per year
or \$40 for a family.*

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

*To sign up online visit
<https://www.crr.ca/membership>*

or

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

CAPITAL CITY ROADRUNNERS Club Executive 2024

President - Fran Robinson
franrobinson100@gmail.com

Secretary - Jochen Schroer,
Jochen@schroer.ca;

Registrar - Paul Looker
sbrtri5059@gmail.com

Treasurer - Joanne Embree
<mailto:joanne.embree@umanitoba.ca>

Member-at-large - Harry Drost
hhdrst@gmail.com

**Member-at-Large -
Mary McKenna**

**Member-at-Large
Eric Hopper**

Fall Classic Race Director - Sara Young
sarajustinyoung@yahoo.ca

Footnotes Editor - John Cathcart.
cathcartjohn@hotmail.com

CONTRIBUTIONS for FOOTNOTES

please send to the email address
below. Thanks! The Editor

cathcartjohn@hotmail.com

~FOOTNOTES ~CONTRIBUTORS

Fran Robinson - John Cathcart

Steve Scott - Paul Looker

Harry Drost - Rob Jackson

THE FREDERICTON MARATHON



Each year, New Brunswick's Fredericton Marathon attracts hundreds of eager distance runners from all over Atlantic Canada and beyond, to run the flat and fast Boston-Marathon-qualifying course. But this year's marathon on May 12 was considerably longer than 42.2K for around a third of the finishers. The course marshal for the turnaround point at 14 km showed up more than an hour late, leading many participants to run an extra three kilometres. More than 150 runners in the marathon and the half-marathon were affected by the mistake.

On Monday, the race sent an email to participants and issued a statement. "The Fredericton Marathon volunteer organizing committee knows mistakes were made during Sunday's portion of the event and we sincerely apologize to all of the affected participants. Our committee has started reaching out to the 21.1k and 42.2k finishers to issue a formal apology and explain the mistake."

"We are just devastated," co-race director Christine Little told Canadian Running. "We understand the gravity of this error and want to fix this."

Little says the Fredericton Marathon team has been responding to emails nonstop since Sunday. "All these folks had goals in mind, and we feel for them," she said.

Race director Bruce Macfarlane says he and Little were not aware the course marshal was not present when the race began. "We got a phone call, saying that people were showing up to start the second loop turnaround way too early."

According to the race, the group of people who were affected by the mishap were not the runners at the front (who were following a cyclist) or near the back (because the marshal was now present); it was mostly the folks in the middle.

“I didn’t see a sign or pylon at the first turnaround,” one runner wrote. “I just continued, thinking it has to be just up ahead. “I had to turn at the second turnaround, with the mat. Coming back, I passed a volunteer, finally putting the sign in place.”

“I ran 15 minutes extra (around 2.6 km),” wrote another. “There was no sign indicating we were supposed to turn on loop one, and the volunteers there were silent. So, many of us went down, believing it was the right way.” Runners were not supposed to reach the second turnaround point until 33K. The finishers who went the distance ended up running 44 to 46 kilometres.

Outside of the course mishap, Macfarlane and Little said the event was a success in terms of numbers, seeing a huge increase in participants—2,800 runners in five races over two days, similar to pre-pandemic numbers in Atlantic Canada. “We saw a 75 per cent increase in the marathon distance alone,” says Macfarlane, crediting the unusually warm winter on the East Coast for the boom. “Mother Nature gave us beautiful conditions and we did not expect this many to show up.”



In the women’s race, U.S. marathoner Sarah Mulcahy of Fort Kent, Maine, ran a new Fredericton Marathon record of 2:50:07, breaking her previous record from 2023.

In the men’s race, Canadian juggler Jean-Marc Doiron came up just a minute and a half shy of the joggling (juggling while running) marathon world record, finishing in 2:52:39. Both athletes ran the correct distances, as they had officials on bikes accompanying them.

Despite the mix-up, Little and Macfarlane are committed to making sure this doesn’t happen again. “The planning for next year has already started,” says Little. “We want to make this the best race we can. Our team consists of 12 volunteers and we are proud of that—doing the best we can each year.”

You're reading "Runbers", a collection of numbers related to running. Issue #51: Going to the dogs.



Ok, admittedly this isn't an article about running. But it IS about exercise and doing it with a companion – an exercise companion willing to go with you at any time of the night or day, but not at all interested in conversation. If you own a dog, you know what I mean.

The online site "Dogster" reports that in 2022, approximately 7.9 million Canadians owned pet dogs, reflecting a deep bond between people and their furry friends. However, this bond can be further enriched through dog walking. Whether you walk your dog yourself or hire a professional, getting outside and walking your dog offers a multitude of benefits.

One of the key reasons to walk your dog is the abundance of accessible greenspaces in Canada. In 2019, 90% of Canadian homes had greenspace within 10 minutes of their homes, making it convenient for dog owners to enjoy the outdoors. This easy access encourages frequent walks, which is great news since Canadians with dogs walk an average of four times a day.

The physical benefits of walking your dog are clear. The average dog walker in Canada walks an impressive 300 minutes every week, contributing significantly to their daily exercise needs. This regular physical activity can improve cardiovascular health, increase stamina, and help maintain a healthy weight for both you and your dog.

Beyond the physical benefits, dog walking has a positive effect on mental health. Spending time outdoors and engaging in regular exercise are proven to reduce stress, anxiety, and depression. For many, the routine and companionship of walking a dog can provide a sense of purpose and emotional stability.

The importance of dog walking extends to the economy as well. In 2022, there were 4,691 businesses in the pet care industry in Canada, which includes dog walkers. Professional dog walkers in Canada make an average of \$29,250 per year and charge between \$10 to \$40 for each walk. The demand for these services surged during the COVID-19 pandemic, especially in Ontario, where dog walkers were considered an essential service. As people returned to work post-pandemic, the demand for dog walkers increased by 137%, highlighting the ongoing need for this vital service.



For those who may struggle to find time for regular dog walks, hiring a professional dog walker can be a practical solution. Not only does this support local businesses, but it also ensures that your dog gets the exercise and attention they need.

However, if your dog wants to get its feet off the ground, Bark Air launched its inaugural flight on May 22, 2024 with an unconventional set of passengers: dogs. The sold-out journey between New York and Los Angeles caters to canines (and their owners) looking for a luxury travel experience. Bark Air offers its passengers a “white-paw service”, with the inclusion of an in-seat button for belly rubs and a First Class dining menu that includes “doggie champagne.”

Canine customers are able to socialise with other dogs onboard as a result of its cabin configuration. Bark Air is chartering Talon Air’s Gulfstream G5 jets for its services, saying, “No dog should fly in a crate.” But with prices at \$6,000 for a one-way ticket from New York to Los Angeles or \$8,000 for the airline’s New York to London leg, these flights might be only for the most pampered of pampered dogs. ~ **Rob**



At Rob’s suggestion here are two of my running and walking buddies. “Big Ben” was a yellow lab who loved to run in the UNB woodlot with me. “Lady” (according to the vet) was a Heinz 58 and preferred walking to running and getting all sweaty.

*Ben was 11 years old when he died peacefully in his sleep. About a year before Ben died he actually found Lady, hiding in a culvert, when we were out running in the back roads of Minto. There were four pups found, someone had just abandoned them. I like to think Ben found his replacement before dying. “Lady lived to the ripe old age of 17. The young lady in the photo with Ben is my niece Sharon. She and Ben were “best buddies”. Sharon called him “Benny Boy!” Once Sharon went missing and we found her curled up beside Ben in his bed, both sound asleep. Sharon is now 39 and is the reason we moved to Ontario. ~ **Editor***

CCRR&W 2024 Point Series - Event #6

Summer Solstice Hill Climb

June 19th , 17:45



The plans for this years event are as follows;

This is a “clockwise” year. (The direction of the course loop alternates from year to year)

We will meet at, or near, Odell Park Lodge around 5:45 pm.

Registration will occur onsite with participants voluntarily making donations to the Community Kitchen or Food Bank. There will be a box for non-perishable food donations, or a “Donation Bottle” for cash.

After the registration, walkers and runners will proceed a short distance up the hill, to the start area.

Once at the start area walkers will start 10 minutes ahead of runners. The idea is to try to do as many loops as possible in the allotted time period. 40 minutes for walkers and 30 minutes for runners. A map of the course is attached below.

At stake for this event is the much coveted Hill Climb Trophy. (Last year’s winner(s), could you please bring that with you to the event. Unless, of course, you are planning to win once again.)

And, if all goes to plan, the event shall be followed with a club sponsored BBQ (Details still to be finalized). Should be a lot of fun.

If you can’t participate in the event, but would still like to help out. Let me know. Help is always appreciated.

~ *Paul*

THE BELFAST CITY MARATHON



Thousands of runners have taken part in the 2024 Belfast City Marathon. This year had a record number of entrants aiming to complete the 26.2-mile course. There were numerous road closures and traffic disruption as the route made its way across the city.

Kenyan Mathew Kiplimo Kembo and Beatrice Jepkemei won the men's and women's races respectively. Jepkemei's winning time of 2:35:03 cut one minute and 47 seconds off the previous women's Belfast mark. The winning time in the men's race was 2:14:44.

More than 5,000 marathon participants and 12,500 relay runners each running one of the route's five legs were registered to take part. More than 1,000 participants took part in an eight-mile walk.



Among those who took part in the 8mile event were sisters Jenny and Karen Keery from Bangor who are running for Transplant Sport Northern Ireland.

"Twelve years ago Karen had a kidney transplant and she had my left kidney," Jenny said.

"Ever since the operation we have had a main focus on staying fit and healthy - as a living donor I am prone to high blood pressure."

She added: "I have walked a marathon, but I have never physically run 26.2 miles.

"I will feel absolutely delighted, maybe a little bit emotional, if I actually get to the finish line."

The highest placed runner from Northern Ireland was Eskander Turki Osman of Annadale Striders who was running his first ever marathon.

"It was great, I can run faster than this one, my time, but it's OK for now," he said.

The winner of the wheelchair race was Paul Hannan.

"I found the course very good, it's better than the last course, it's a lot flatter," he said.

"Great support the whole way round," he added.

The rain held off this morning as thousands of runners gathered at Stormont for the Belfast City Marathon.

Many runners just about made it to the finish line before the claxon, but the atmosphere was jubilant - and competitors remarked that it was lovely to be there

Stormont Park was filled with spectators who had all got up early to see friends and family take part, many of whom were running the race for the first time.

The clean up operation at Stormont began just as soon as the runners had passed - as the bulk of competitors made their way to Victoria Street in the centre of the city.

Pat Miller was planning to run the full marathon on Sunday.

He's a seasoned runner having completed last year's event and also the London Marathon several years ago.

"I'm still trying to get under four hours and this year my son's joining me," he told BBC News NI.

When asked if he was hoping to beat his father, first-time runner Jack answered confidently: "I know I am."

(Taken from the Belfast Telegraph)

2024 Fredericton Marathon, May 10-12 by Paul Looker

The Fredericton Marathon weekend, which has become an important fixture in our local running calendar, was Event #5 of the club's point series. Congratulations to all the club members that participated in this weekend full of running events. And, a special thank you to all those who volunteered and helped to bring it about.

I trolled through the official results pages of the event to compile this table. I realize that certain runners had to run a little extra distance in the 1/2 marathon, due to a marshalling error, and that the time reflected in the results does not account for this extra distance run. I used final position to order the points tally. I also used your chip time result, not the gun time. So if you took longer to get across the start line, you may actually have run faster than some people ahead of you, but still finished behind them in the race. Also, I did not have access to the event's volunteer list, so I may have missed some people there too. Let me know if I have omitted anyone or made any other mistakes. ~ *Paul*

**Event #6 will be the Summer Solstice Hill Climb
on June 19th at 17:45 hours, in O'Dell Park.**

Name	Time	Age Category Position	Points Awarded
MARATHON			
Kevin Bourke	3:17:46	13/46	M1 50pts
Jason Scarbro	3:23:06	10/33	M2 45pts
Michel Melanson	3:37:26	10/33	M3 43pts
Paul Looker	4:28:26	15/20	M4 41pts
1/2 MARATHON			
Julia Reid-Howell	1:48:25	9/110	F1 51pts
Sarah Cleveland	1:52:58	7/90	F2 45pts
Dianne Sharpe	1:52:50	1/26	F3 43pts
Boris Allard	1:59:03	14/41	M1 50pts
Jamie Weatherbee	2:17:46	33/41	M2 46pts
Joanne Embree	2:33:45	5/5	F4 42pts

FOSSILS CORNER By Steve Scott



Carol and I went to a musical presentation recently put on by the Stepping Stones Seniors Group. Our Club has some very talented musicians including Terry Haines who has added a great singing voice to his guitar playing. We were very impressed with Terry. (from someone who can't carry a tune except in my head); Next up for us was Richard (Rick) Stairs with his jet black guitar and a hauntingly deep baritone voice, pretty heavy stuff; then Jim Ketterling did his selection with mouth organ, his rendition of Stan Rogers Marco Polo was very powerful. Enjoyed the high quality music they provided. Keep up the great playing along with your great running guys.

A bit on training programs is good topic considering the racing scene available in our great Province these days. Just to review, success of any sort is dependent on your running/walking base. If you have no appreciable base then get out there on a regular basis (3 to 5 times a week) with some thought as to what your ultimate goal is. Eight weeks should be enough to be semi comfortable in events from 3 to 10 km in length. From that point on it is probably time to increase the intensity a bit by bringing your weekly mileage up by introducing a longer run (LSD long slow distance). This will help increase your endurance and stamina as well as promote your confidence level. There is much more, but this should give you an idea of how your body adjusts to an increased workload and you still feel good.

Finally, my Hill Climb will take place on Wednesday June 19th at Odell Park. Please feel free to join me and all the mosquitoes. We traditionally give to the Kitchen or Food Bank with non-perishable food products or cash as part of our commitment of helping out the community we live in. Thanks! Just remember ". . . there is no finish line . . ." ~ Fossil



THE PRESIDENT'S REPORT BY FRAN ROBINSON



Hi everyone!

In keeping with our June distance challenge, here are some thoughts of the day for you. Stepping outside and embracing the open air is more than just a physical activity—it's a celebration of life and vitality. Whether you choose to walk or run, each step you take is a testament to your commitment to health, well-being, and personal growth. The journey might begin with small strides, but with each passing day, you'll find strength and resilience blossoming within you. As you move through your neighbourhood, park, or trail, let the rhythm of your footsteps be a reminder of your potential and the endless possibilities that lie ahead.

Imagine the crisp morning air filling your lungs, the invigorating sensation of your muscles awakening, and the serene beauty of the world around you. Running and walking aren't just exercises; they're opportunities to reconnect with nature, clear your mind, and rejuvenate your spirit. Every step is a chance to push beyond your limits, to discover new paths, and to achieve goals you once thought impossible. So, lace up your shoes, step outside, and let the adventure begin. Your journey to a healthier, happier you starts now—one step at a time.

So, here you go. Here's the June Distance Challenge. We've done this one for a few years now. Here is the link to sign in on Google Sheets:

https://docs.google.com/spreadsheets/d/1KLrRDSNguWzg4s7pAtDed7bbUGHT_H_t4SbHlpRDA60/edit?usp=sharing

For the runners, for each day of each week, add one km of running, then go back to the start on the second week ie, one could start at 1 km on day 1 and progress to 7 km by day 7. Or, they start at 5 km day 1 (for example), and progress to 12 km by day 7. Runners can start each week at the distance they want but they must add a km to each of the progressive days. Participants can do more running but not less than required. You get two days off in the month, your choice of where to put them.

For the walkers (or for those that want to run/walk), first day walk 100 meters, second day walk 200 meters; third day walk 400 m; day 4 walk 800 meters; day 5 walk 1600 meters; day 6 walk 3200 meters and day 7, 6.4 km ,repeat for 3 weeks. Walkers can take two days off in the month, your choice of where to put them.

Prizes are random draw for finishers. Participants keep track of their own results on Google sheets. Have a great one! ~ Fran

After The Storm by the Running & Walking Rev



The other night, as I set out for a bit of a saunter, the black clouds overhead sure carried an ominous menacing message. I had taken maybe 10 or 15 steps away for my car when there was a great, extremely long loud roll of thunder which caught my attention immediately and so I promptly decided to return to my car post haste. As I opened the car door, the first big drops of rain began to fall, and as I closed the car door, there was a great flash of lightening followed by another loud crack of thunder!

The rain came, the thunder rolled and the lightning flashed and soon the canal path became a flowing river and through the window I saw a young guy running a pretty good pace, but he was soaked, although he was wearing shorts and a sleeveless t-shirt. I thought and hoped he didn't have far to go although he was only halfway into a favoured loop and he would be running into a really strong wind for most of the second half and I could see on my car the temperature had dropped 4 degrees. I hope he made it home but experience tells me he would be very cold and wet when he finished what is a good 10km loop. There was no sign that the storm was going to pass anytime soon, the thunder and lightning seemed directly overhead and the rain was so heavy the windshield wipers were working overtime. After about 10 minutes of waiting to see if the storm would pass, and there was no sign that it would, a decision to abort my saunter was reluctantly made and I made my way back home.

It was the right decision. The storm, the thunder, lightning and heavy rain lasted a good two hours here in Welland as it slowly made its way following the canal and heading towards Hamilton and eventually to Lake Ontario.

The lightning show, although still daylight, but against those ominous black clouds was something to see. It reminded me of something Swedish pastor, Carl Boberg, wrote in 1886 when out for a saunter he was caught in a sudden thunderstorm.

He remarked how the “awesome and violent lightning and thunderstorm ended just as quickly as began, leaving clear brilliant sunshine and the calm, sweet singing of birds in the trees.” Boberg writes that he “fell on his knees in awe and adoration of Almighty God.” In response to his experience, Boberg wrote his famous hymn.

I was safely home, and just as soon as the storm slowly died away and we no longer could hear the rumblings of thunder, the sun came out and the Robins that have nested in the trees around our backyard began to sing.

I too give thanks, remembering that many people have lost their homes and livelihood to violent storms. I thought of the young runner and prayed he made it home. Here are the words of Boberg’s inspiring hymn written in 1886 - “How Great Thou Art”.

*Oh Lord, my God
When I, in awesome wonder
Consider all the worlds Thy hands have made
I see the stars, I hear the rolling thunder
Thy power throughout the universe displayed*



*Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art
Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art*

*And when I think that God, His Son not sparing
Sent Him to die, I scarce can take it in
That on the cross, my burden gladly bearing
He bled and died to take away my sin*



*When Christ shall come, with shout of acclamation
And take me home, what joy shall fill my heart
Then I shall bow, in humble adoration
And then proclaim, my God, how great Thou art*



*Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art
Then sings my soul, my Saviour God to Thee
How great Thou art, how great Thou art*



From the Back of the Pack

**From the Back of the Pack, A New Generation,
but really more of the same"**

By the son of the original - Anthony Drost



December I challenged the old man and my younger brother to a Christmas half marathon. You may remember it, 'The Very Merry Harry Christmas Half'. The race started with 20 minutes of shovelling the driveway, then transitioned into just under two hours of running in circles on ice pack and ended up with 10 minutes of complete pandemonium as my youngest was lost and running somewhere on Sunset Drive. This year I left it up to the professional race planners, and "The I Hate Running Club" has decided to run the December Challenge, 3km everyday, no excuses!

As I run the NW Indiana roads trying to get my miles in I am forced to contemplate and ask myself why I am running? My knees are screaming at me to stop, my feet are pleading with me to take a 5 minute break and my mind is telling me 'you are running so slow you might as well walk.' I think to myself, 'why is a 38 year old, 6 foot even (measurements taken in the morning and north of 220 pounds running? Why did the old man teach us Drost boys to grave cardio, everything we did was cardio, (running, hiking, biking, windsurfing, cross country skiing), the closest muscle building and toning training we received was 'donut curls, (think Mrs Dunster's Doughnuts). So why does a man who had written a column, (for as long as I can remember), with a defeated title want to encourage his kids to run and bike?

You see us Drost boys are better physically suited for curling, bowling or air hockey? So I run and think, think and run, and at the halfway mark I'm 5 seconds off of pace. I think, "If I push it and my heart doesn't explode I'm sure I can make up that time." Then when I finish my run guess what? I made up that tie difference and then some.

The endorphins are flowing, my heart is still pumping, my muscles ache but I FEEL GOOD! I did it! I finished! Maybe that's what the wise old man wanted to teach me, that I don't have to compete against everyone else but I have to run my own race. Maybe he wanted to teach me that I can always compete with myself, that I can always do a little better even if I suffer some set backs.

So be like Harry and run your own race this month. And if you see Harry trudging away on the roads give him a high five and know that he is probably isn't racing against you but rather he is competing against himself; but on the other hand if you are having a bad day and he's have a great day he will fight tooth and nail to beat you! But don't let him! Please don't let him! I'm begging you NOT TO LET HIM beat you because you will never forget it, he won't let you!

Merry Christmas Dad, you are thirty years older and wiser and you are still out there competing. (Thanks for setting this up Tony T. Have fun and keep safe.)

P.S. If you would like to join "The I Hate Running Club" just talk to our founding member HD, but don't talk to him when he's running, he gets a little cranky.

“Remember I'm pulling for ya, we're all in this together.” ~ Red Green.



The Drost Family

