

# ~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club  
~ June Issue 2025 ~



Fredericton Marathon sets participation record for second straight year!

UNB BOOSTERS & UNB STUDENT UNION

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## CAPITAL CITY ROADRUNNERS & WALKERS CLUB

Club Executive 2024

President - Joanne Embree

Secretary - Janet Tree

Registrar - Paul Looker

Treasurer - Joanne Embree

Member-at-large - Boris Allard

Member at Large - Jochen Schroer

Member-at-Large - Mary McKenna

Member-at-Large - Eric Hopper

Fall Classic Race Director  
- Sara Young

Footnotes Editor - John Cathcart.

### CONTRIBUTIONS FOR FOOTNOTES

Please send to the email address  
below. Thanks! The Editor  
[cathcartjohn@hotmail.com](mailto:cathcartjohn@hotmail.com)

### ~FOOTNOTES ~CONTRIBUTORS

Joanne Embree - John Cathcart

Steve Scott - Paul Looker

Harry Drost - Rob Jackson

## ~ 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  
Thursday Evenings (5:30 PM)  
and Saturday mornings (8:30 AM)

Membership is only \$35 per year  
or \$60 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.

“From the back of the pack – to the front?”



### By Harry Drost's Favourite Son

*(Well, as Footnotes Editor, I don't wish to be fired, so under duress the story below is this month's lead story.)* If this doesn't get the leading story in Footnotes this month, the editor needs to be fired and The Capital City Road Runners will need new leadership, because this is an incredible story. One that is hard to believe.

Are you sitting down? You should be sitting down. After 45 years of running it finally happened. After countless funruns in Fredericton, races in Fredericton, Oromocto, Shediac, Halifax, Massachusetts, Boston, New York, Meeple and Rotterdam without success. After raising 4 boys thinking surely with a little training and some nights at the Oromocto track and some afternoons at Nashwaaksis Middle School track one will rise up. Besides some random 2nd – 5th place ribbons by his oldest and youngest offspring, Harry's plan of raising a winning runner wasn't coming together. But after 45 years of pounding the pavement it finally happened this past Saturday at a track meet in Terra Haute Indiana.

It started this fall when Mason my son, Harry's grandson, picked up running and convinced his soccer coach to let him skip soccer practice to run with the cross country team. He never lost a race. Skip past basketball and volleyball seasons and skip ahead to track season where they entered him in the 800 and 1600. He continued winning and he started talking about the Indiana State Middle School tournament.

It was a tournament that you had to qualify for and get invited for with limited spots. 32 spots to be exact. Being one of Harry's sons the idea of a Drost qualifying for anything didn't sound possible but he met with his coach and she uploaded his fastest 1600, timed at 4:57.

On Wednesday, 4 days before the cut off for all entries his ranking was 21st and I was

getting hopeful then on Thursday he started to drop. 26th , then 28th and then came the Sunday of tears. Soul crushing Sunday where he dropped to 34th, two over 32 spots provided. Mason was crushed.

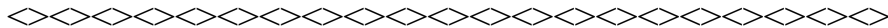
We were crushed, but we went on with life. On Monday night we got an unexpected text from his coach that he earned one of the coveted spots and he would be competing for the 1600 on Saturday.

Fast forward to race day, and the coach couldn't make it so I stepped in. Knowing very little about running and even less about track I sent him to the starting line with an inspirational quote my from inspirational movie a Disney classic "Cars" and told him to repeat these three little words – "I am speed" and our family motto "DOMINATE".

He lined up 12th and it was a bad start, straight to the back and I couldn't breathe. Last place is hard. All I could think is just beat someone, anyone, just one. The leader took off like a rocket and within a half lap he was 100 yards in front. It was amazing. He was running a different race. Mason had picked off 4 runners and was into his stride and was starting to kick. Head back and legs flying. Covering some massive ground, passing on the straights and drafting on the corners. Rounding the last corner the only one left to pass was the leader, but the track needed to be 50 yards longer to catch him. 2nd in his heat and 14th at State and PR 4:43. A proud moment for his father and his Opa.



And now a word from Harry himself, "Finally, I'm in third place, Mason, my grandson is now first, and Anthony who is second, wow!"



Bad weather always looks worse through a window.  
- Tom Lehrer -

In training, you listen to your body.  
In competition, you tell your body to shut up.  
- Rick Froning -

# CCRR&W 2025 Point Series - Event #6

## Summer Solstice Hill Climb

Thursday, June 19th , 2025,17:45

The plans for this years event are as follows;



This is an “anti-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.

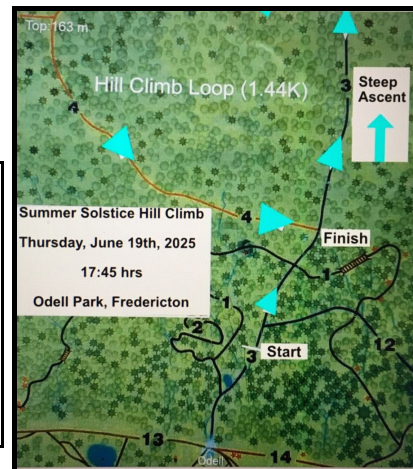
After the registration, walkers & runners will proceed a short distance up the hill, to the start area. Once at the start area walkers will start 10 minutes ahead of runners. The idea is to try to do as many loops as possible in the allotted time period. 40 minutes for walkers and 30 minutes for runners. 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

*"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit."*

~ George Sheehan ~





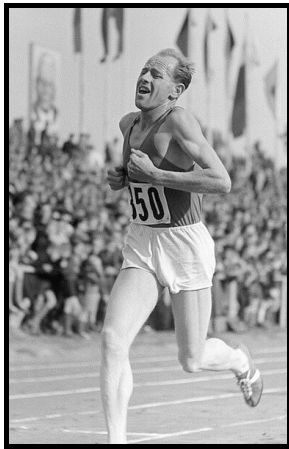
## Jogging down Memory Lane by the Running Rev.

"Great is the victory, but the friendship of all is greater,"

~ Emil Zátopek ~



I was just one year old in July of 1952 when Emil Zátopek took his place on the starting line of the first of three races he would participate in the July-August 1952 Olympics. His Olympic experiences would make him “legendary” when he won, not only the 5,000 and 10,000 meters track events, but then at the last minute decided he would run the Olympic Marathon as well. Most people said he was crazy as it was thought an impossibility. He proved them wrong. He won and that feat hasn’t been achieved since in over 70 years. That’s what made Zátopek “legendary”.



There was no doubt Zátopek was a world class competitor. He was undefeated in his first 38 races over 10,000 meters from 1948 through to 1954, and is recognized as one the greatest runners of all time ... if not the greatest.

Zátopek had a distinctive running style. He would pant and puff and wheeze and would look visibly shattered during a race. This led to him being nicknamed “The Locomotive”.

In 1954, Emil Zátopek was the first runner to break the 29-minute barrier in the 10,000 metres. He was also known for his brutally tough training method that he would eventually popularize as “interval training”. In the February 2013 edition of Runners’ World the editors named him as “The Greatest Runner of All Time”.

However, one might think Zátopek had only running and winning races on his mind, but he strongly emphasized the importance of friendship over competition, famously stating, "Great is the victory, but the friendship of all is greater".

This being a “friend to all” was apparent with his fellow athletes. He remained close with those he competed against despite his victories and growing fame. For him “human connection” was of the utmost importance. He was also known for his generosity as he would invite other competitors, often strangers, to stay at his home. It’s his focus on the importance of friendship over competition that is my focus today.

I recall vividly my first introduction, perhaps invitation is more correct, to what would lead to my becoming a member of the Capital City Roadrunners’ (Walkers) Club. Here is how it unfolded. I was out for a Sunday afternoon run all by myself.



Making my way down Smythe Street I met a group of runners on their way up. Someone in the group shouted as we passed, "Come join us!" So I did. I discovered two people in particular were responsible for this Sunday afternoon run - Dick Mawhinney and Tim Maillet - co-chairs of the CCRR Club that was officially formed and Executive elected at a meeting held in February 1983. The CCRR&W Club has been around for 42 years.

When I think of the many running friends made in my time with the club it warms my heart. I'm still in contact via *Footnotes*. The memories of many conversations over a meal and a cold one at many of the fine establishments in the Fredericton area still feeds my soul. Memories of the many breakfast gatherings at the Hill-Top or Isaac's Way after a long Saturday morning run and the stories of runs, races, and sometimes even politics and religion filled the air.

There were many competitive races all over the place. Fredericton had the Heart Marathon which used to be held in cold April. I recall one occasion when on a cold Sunday, with flurries and a gusty wind, my job was to "welcome" the last runners at the finish line. The last runner came up the little hill at the old UNB Gym. An ambulance had followed him the last few miles. He was wearing only a t-shirt and shorts - no gloves. He was tough for it was a miserable day for a 4 hour+ marathon. Putting my heart and soul into my "welcoming duties" I started to clap and shout words of encouragement. "Way to go," I shouted. He quickly told ME where to go!

After a hot shower, he came up to me at the post race meal to apologize for his use of the 'F' word. We had a brief conversation. It turned out he was from Nova Scotia, travelling by himself - no support group, just him and this was his first marathon!

When I think of all the races against James 'Mr. Boston' Tucker, Steve 'Fossil' Scott, Paul 'Race Director' Lavoie, Harry 'the Flying Dutchman' Drost, and many others, and if my memory serves me right I was always ahead of them! I could be wrong about that as my memory isn't what it used to be. I'm sure they will let me know.

Taking a jog down memory lane, the CCRR & W Club has been a huge part of my life. The friends and conversations, the long runs and short races, marathon training and running clinics, and of course the Club Executive who have always worked hard over the years to promote, not only the joy of running, but of life-long friendships.

As Emil Zátopek once noted, "Great is the victory, but the friendship of all is greater,"

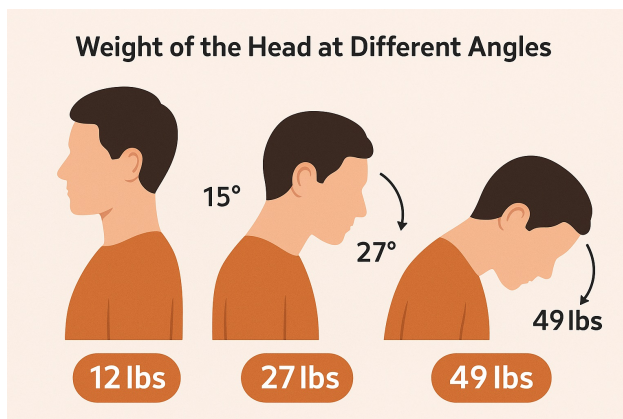
## You're reading "Runbers", a collection of numbers related to running. Issue #60: Heads-up! By Rob Jackson



We spend hours tracking our pace, logging distances, and comparing gear. But there's one performance factor most runners overlook: posture. Specifically, how the angle of your head can either support your stride—or slowly sabotage it.

In a recent Wall Street Journal article, journalist Kate Murphy highlights the surprising physics behind our posture. Here's what she found:

In a neutral, upright position, your head weighs about 10 to 12 pounds—like a bowling ball balanced perfectly on your spine. But tilt it just 15 degrees forward, and that force increases to 27 pounds. Tilt it 45 degrees—as many of us do while scrolling phones—and the pressure on your neck skyrockets to 49 pounds. That's like having a four-year-old clinging to your neck.



It's not just your neck that suffers. When your head shifts forward, it disrupts your entire kinetic chain. That's the interconnected system of muscles, joints, and bones that move you along the road during your run. Here's what poor posture does:

Limits lung expansion: A hunched spine compresses your chest cavity, reducing oxygen intake — meaning less fuel for your muscles.

- Creates imbalances: Your body compensates for poor head position by shifting load to your shoulders, lower back, and hips — increasing injury risk.

Saps efficiency: Forward head posture throws off your center of gravity, forcing your legs to work harder just to maintain balance and momentum.



Here are some things that can help:

Check your head position mid-run: Your ears should align with your shoulders, and your chin should stay parallel to the ground.

Do posture drills: Incorporate wall stands, chin tucks, and thoracic extensions into your warmup or cooldown.

Limit phone time pre-run: Scrolling before you run encourages “tech neck.” Swap in music, voice memos, or posture cues to avoid that slump.

Strengthen your upper back: Exercises like rows, YTWs, and band pull-aparts can help reset your posture.

Posture isn't just about looking confident — it's about running efficiently, breathing fully, and avoiding preventable injury. So before your next run, do a quick check: Is your head helping or hurting your stride?

Run tall, breathe deeply, and leave the tech neck behind.

~ Rob



## From the President's Desk - by Joanne Embree



Hi everyone,

The high point of the past month was the Fredericton Marathon weekend. It was fantastic to be able to see the elite runners in the 5K event. It was equally fantastic to see the members of the half and full marathon training groups complete their events.

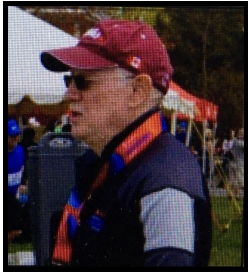
Congratulations to everyone in the club who completed one (or two) of the events. There was the option to enter both the 5K on Saturday and then one of the events on Sunday.

A thank you also to all the club members who volunteered at the club's booth at the EXPO and for those who volunteered in various roles at the runs.

It has definitely been a wet May but hopefully drier weather is on its way. That should make for good trail conditions for the Odell Park Solstice Hill Run on June 19th. Hope to see most of our club members there.

~ Joanne

## FOSSILS CORNER by Steve Scott



I think it's fitting that for this month coming, I make note of what a great 47th Fredericton Marathon event we had this past May. The number of participants this year were way over the top from previous years. Total numbers for the weekend were more than 3000. This was all made possible I feel by the hard work put in by the Fredericton Marathon committee and all the dedicated volunteers that helped us through difficult conditions caused by rain on Saturday and pretty stiff winds on Sunday.

The weekend began early on Saturday morning as we set up for the 5K Elite and the regular 5K. These two events alone had an excess of 700 registrants. Elite runners went out at a furious pace with the winner being in the low 14-minute range. All the 5 kms, elite and otherwise, declared that this event was very flat and fast due to the streets being totally absent of traffic except for the lead Biker. The cool conditions didn't seem to deter the majority of athletes that morning. It should be noted these conditions caused most people to seek shelter and warmth as soon as they possibly could.

That afternoon on Saturday, the Youth Fun Run was held at the Nashwaaksis Field House outdoor Track. For a short period of time, the rain stopped and several hundred children, their parents and grandparents gathered for the various distances from 200 meters to 1600 meters.

As the events began, the skies started opening up again and the track itself got wetter and wetter. The little ones were not about to give in until they finished their event and stopped in for snacks and their medal. It was not long before the young ones were drenched and the medal presenters too. The snacks and water were under the cover due to the tents that we had erected previously. It was hilarious as Eunice Phillips and Diane Sharp plus Brenda and David Tree and me, and a few other helpers became totally soaked. Water slowly gathered underneath the tents and all sneakers were also soaked. Everyone took it in stride and cheered each other on as the races finished. It sure was wet but also, it sure was fun.

The next morning broke cloudy, cool and windy. The morning events consisted of a Half marathon and a full marathon at 7:30 AM, Followed by the 10K at 7:45 AM. More than 2000 athletes Ran the Sunday morning events. The weather began to clear, and the sun came out, but the wind never ceased. A large number of athletes participating that morning, said they absolutely loved the course and the attitude of the course marshalls and water stoppers was very upbeat and friendly.

As the Run NB 10 km Event came to its conclusion (the Fredericton Marathon was awarded this event for 2025) the Top Male and Female were each given Run NB Medals for their achievement; First Place in this Provincial Championship.

All participants in the Fredericton Marathon receive a finishers medal for completion in each event. Each First-Place male and female in the Half Marathon are recognized for their efforts and Course records were established for the Full Marathon. I believe that there was a monetary prize as well.

In summary, our Marathon Committee, not only overcame the adversity from 2024, but created a positive atmosphere that laid the foundation for success this year. My kudos to all Committee members.

I would be remiss, if I did not mention the continuing role the Capital City Road Runners have played since the beginning of our involvement in 1983. This event was nurtured by us during the lean years due to our commitment and subsequently to our foresight through a LIFE MEMBER (Mike McKendy) with proposals for growth that lead to the FREDERICTON MARATHON COMMITTEE we have today. There are still 2 Life Members of the Capital City Road Runners/Walkers on the FMC today.

As I always say just remember “. . .there is no finish line . . .”

Cheers,

FOSSIL



2025 CCRR Run/Walk Series - Event #7



2025 CCRR Run/Walk Series - Event #8

## Fredericton Marathon Weekend by Paul Looker

### May 10-11, 2025 – Point Series Event #5 Results

The club was well represented during this weekend of running events in Fredericton. Club members participated in many of the running events and were also seen volunteering in many different roles. Our booth at the expo, to promote the club and the Fall Classic Running event in September, had a lot of traffic as it was placed just after the registration desk. Good job everyone. I have put together this table of results from what I was able to gather online. If I have missed anyone, please let me know. The “running” points tally will be available on our club’s event page. You will also be able to see other upcoming events on this web page.





<b>EVENT / NAME FULL MARATHON</b>	<b>TIME</b>	<b>POINT SERIES POSITION</b>	<b>POINTS AWARDED</b>
Jason Scarbo	3:25:18	M1	50
Boris Allard	3:49:24	M2	45
Leanne Doughty	4:08:14	F1	50
Paul Looker	4:36:38	M3	42
Michele Coleman	5:09:10	F2	45
Jamie Weatherbee	5:20:04	M4	40
<b>HALF MARATHON</b>	<b>TIME</b>	<b>POINT SERIES POSITION</b>	<b>POINTS AWARDED</b>
Clayton Goodine	1:20:14	M1	50
Murray Lowery	1:28:02	M2	45
Mary Bartlett	1:30:56	F1	50
David Weir	1:58:56	M3	42
Amelia Beaney	2:01:32	F2	45
Janet Tree	2:02:04	F3	42
Fran Robinson	2:04:36	F4	40
Cindy McDonald	2:05:07	F5	39
Kevin Soher	2:05:07	M4	40
Janice Caissie	2:24:41	F6	38
..... Joanne Embree	..... 2:38:23	..... F7	..... 37
Faith Abel	2:43:52	F7	36

*Please note there will be no Footnotes for July and August. The Editor and Staff will be taking a summer break. So special thanks to Joanne Embree, Rob Jackson, Steve Scott, Paul Looker and Harry Drost for their continuing faithfulness as monthly Footnotes contributors. Have a safe summer, enjoy your runs and walks and we will be back in September. Blessings & Peace - John*

