

MARCH 2023

~~~ FOOTNOTES ~~~



COLDEST NIGHT OF THE YEAR

Coldest Night of the Year was a success! Over \$81,000 was raised for the John Howard Society. Our team raised over \$4,000 - well done for a great cause.



~ 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.*

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~ FOOTNOTES ~CONTRIBUTORS

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Phil Booker

THE INSPIRATIONAL PHIL BOOKER



My Cancer story started 10 years ago when I got Prostrate Cancer. Got the operation, a year later it came back and I received 44 hits of radiation!

Then 4 days before the Fredericton Marathon, which I dearly wanted to run in 2021, I got Colon Cancer. Got an operation, then they glued me back together and I have been taking Chemo every two weeks ever since. Hopefully I will be going to Toronto in a couple weeks for a special 8 hour operation to prolong this terminal Cancer!?

Currently the Prostrate Cancer is seeping into my lungs and the Colon Cancer has totally seeped into my liver which I now must get the T. O. operation for if I am to eak out a few more months above the grass.

But I am 80 in a month & one half from now. So what can one expect other than I agree with you that these older years do have the challenges the younger would not even believe existed.

Unlike yourself I am extremely fortunate through these past few years that to date I have not had one ounce of pain as my Cancers are totally internal. Should I be so lucky !!!

In reflection, I can say I have lived a charmed life on so many fronts as I sit here and think of my current situation! Should I be so lucky to live to this ripe old age of 80.

My 4 children have all grown up and netted me 10 of the most beautiful grandchildren one could ever imagine !!! Yes, I am a little prejudice!!! Lol.

Having travelled all over the world in my hunting, skiing, karate and running I am totally filled with life & can not think of one thing I would desire to do that I haven't already done !? I have lived a wonderful life and am so thankful to all the people whom have helped me enjoy my journey!!! I have been so blessed !!!

My last words to the young would be; " As you walk through your journey of life maintain a Positive Mental Attitude hour by hour and day by day !!! ~ **Phil**

**You're reading "Runbers", a collection of numbers related to running.
Issue #39: Metric or Imperial? By Rob Jackson**



Do you track your runs in miles or in kilometres? Or do you do a bit of each? Canada converted to the metric system of measurement more than 50 years ago. The Liberal federal government of Pierre Trudeau first began implementing metrication in Canada in 1970 with a government agency dedicated to implementing the project, the Metric Commission, being established in 1971. By the mid-1970s, metric product labelling was introduced. In 1972, the provinces agreed to make all road signs metric by 1977. April 1, 1975 was the first day weather reports gave temperatures in degrees Celsius, rather than Fahrenheit. During the Labour Day weekend in 1977, every speed limit sign in the country was changed from mph to km/h.

Many Canadian runners, even those born after metrication, measure their runs in miles, not kilometres. Others measure long runs in miles, but do their speedwork in kilometres. A runner who converted to metric running said: "It's easier to pace more accurately, since the splits are more frequent."

Three non-metric, non-runners were stumped by a clue about running, on the Jeopardy! game show. The clue was: "Hicham El Guerrouj holds the world records in the mile and this metric track distance that's just a bit shorter." The first contestant, Brett, tried: "What is 10,000 metres?" The second, Lucy, seemed confident with "What is 10 metres?" Liz got a bit closer with "What is 500 metres?" I'm sure you know the answer, but if you're uncertain, here's a link to that excerpt from the show:

https://twitter.com/FloTrack/status/1349894997869555713?ref_src=twsrc%5Etfw%7Ctwcamp%5Etweetembed%7Ctwterm%5E1349894997869555713%7Ctwgr%5Eaaadff66fbee53a1aa1d99f59d988450a2f7e261%7Ctwcon%5Es1_&ref_url=http%3A%2F%2Frunningmagazine.ca%2Fthe-scene%2Fjeopardy-contestants-stumped-by-running-question%2F (*You will have to cut and paste into your browser.*)

~ Rob

Getting There... by Paul Looker

Chapter 3 - Best Laid Plans...



As I continue to reflect back upon my hiking adventure from the summer of 2022, the year 2023 has already commenced. I don't know about you, but for me the beginning of a new year has always been the time to set new goals. Last year my goal was to complete the Great Divide Trail. This year, it will be to participate in a long distance triathlon.

When I set a new goal for myself I first undergo a mental exercise of trying to determine how I will achieve it. I think about what elements I will need to have in place to support this process. Are there

certain physical benchmarks that I can use to assess my progress towards this goal? Continuing this process, I mentally rough out the framework of a plan to approach my training. Then depending on what the goal is, I may do some further research on-line to look at examples of what other people have done. And eventually, I will end up with some semblance of a plan on how to approach my training and reach my goal. It is not always easy, but no matter what effort I have put into the development of any training plan, I have found that it is a process that I quite enjoy.

There was a time in my running life when I felt that I absolutely needed a detailed training program in order to run a decent marathon. The "latest" and "greatest" training plan would be found in one of the many running magazines that I used to read. I would rely on the expertise of running "gurus" who were much more knowledgeable in training methodologies than I was. Often I would try to follow their training plans to the letter. But, trying to follow these plans in this manner did not always work for me. Things such as shift work, family commitments, personal health and even the weather would get in the way. I would miss a workout here and there. Or, I would strain a muscle and have to ease up a bit. There was always something that could get in the way and then even the most intricate plan would fall to pieces. I would stress over this at first. But, what could I do? "Life" happens.



As the years passed I came to realize that with running training plans that “one size does not fit all”. So I started to “cherry pick” information from all the different sources that were available to me. And, I began to apply all that knowledge in a manner that best suited me. My training plans are now a reflection of my developing experience.

They also reflect the importance that I attach to the goal and the work that I need to accomplish to achieve it. Training plans though, are just that, plans, a guide. The implantation of any training plan is a different matter and I have found that two words have become paramount to the successful attainment of any of my goals: adaptability and flexibility.

In preparation for last year’s hike I really got into researching about the Great Divide Trail and developing a plan for my hike. An itinerary if you wish. You would think that this would have been a running nerd’s paradise. But, no, there were many factors that you don’t encounter when preparing running programs and these made this planning exercise a rather difficult process. For one, I was not just planning distances to hike each day but also where I was going to stay each night. On some parts of the trail this would not be a problem as random camping was allowed. But in most of the parks that I was going to hike through, there were regulations and restrictions on where you could camp. Park entry passes and campsite permits had to be obtained months in advance.

Food and equipment resupply drops also had to be arranged. Taking into consideration all the limiting factors and applying a rather optimistic evaluation of my physical capabilities, I eventually ended up creating a rather detailed 48 page itinerary. Did I say nerd? It looks like I had forgotten all about what I had learned from my years of running. Doesn't it?

So, Summer of 22. Day Three of my summer adventure. The morning sun was starting to peek over the mountains to the east and making its way down the slopes of the mountains to my West. I was looking admiringly at my itinerary and the day's map. Oh yeah, Baby! What a pretty looking plan. With a mug of coffee in my hand, I contemplated the 29.3 km route I had planned. Hold on, 29.3 km? Had I been drinking when I planned this?

I shook my head, refocused, and looked again. The numbers didn't change. I shivered and took another sip of coffee, trying to stave off the sudden chill of the cool morning. I looked towards the mountain tops, a plethora of questions racing through my mind. How much snow would I actually encounter today? How was the sun and predicted heat going to affect the snow higher up? Would I be able to reach the summit of Lineham Ridge?

This point would be 200 meters higher than the high point from the day before. And, that had definitely been an eye opening experience. There also had been no social media postings this year advising of anyone having gotten past this point yet. Oh well, nothing to do but go for it. I would have to go see for myself. My coffee was finished, everything was packed and I had already checked the campsite to ensure that I had left no trace, so I headed off in the direction of the Rowe Lakes Trailhead.

It was a pleasant walk to the trail head. And as evidenced by all the fresh bear scat that I saw along the way I wasn't the only one enjoying a morning saunter along this route. When I got to the trailhead the sun was out in full force. Great! Just in time for the first real climb of the day. To my left I noticed a big sign warning about the avalanche risks in the mountains. I stopped and looked at it briefly and then took a picture of it, for reference later, just in case.

I started the long climb, moving steadily upwards. It was hot, but as I passed over the 1800 meter altitude level I could suddenly feel coolness in the air. I was going to encounter snow. And then around the 1900 meter mark it started for real. I continued up the trail with my 15 kilogram load on my back, walking as gingerly as I could across the snow, trying not to sink too deeply.

My progress though slowed by the snow was steady, so I was still able to make it up to Rowe Meadow in relatively good time. It was beautiful! The trail meandered across a nice clearing and across a small meltwater creek but, just past the clearing, there was a demi-circle of steep rock and snow. According to the map, the trail I was following went up this face and then across. What would have normally been a steep scree covered slope in summer time was now an impressively large and somewhat worrying field of snow.

Once again, I found myself trudging upwards through snow. The trail, imaginary at this point, apparently led up and across several avalanche fields. I scanned the ridge above me looking for any imminent avalanche risks. I skirted along the edge of the steep slope, freaking myself out more than once when I looked down.

If I was to slip and fall today it would be a lot longer slide/fall to the bottom. The going was slow. I eventually reached a part of the trail where I had to cross under what I believed to be a rather sketchy snow overhang.

There was evidence of past avalanches over a wide swath of the snow slope ahead of me. Do I keep trying to angle my way up slowly and closer to that? Or do I make a quick dash across this slope? I chose the latter. Bounding across and down the slope. Whoa! Keep it under control. A stumble, catch myself. A slip, dig in with the poles and my other foot. Phew! I made it across in one piece.

But in doing so I found that I had dropped down a fair bit in altitude and the climb back up to the trail was not going to be easy. The snow on this part of the slope was different and I was sinking deeper with each step. The two or three minute scoot across the avalanche route earned me a good 45 minute steep climb back up to the trail through deep snow.

Drenched in sweat I made it back onto the trail. I had to layer up as the wind was picking up near the ridge top. It was beautiful and sunny, but while it had been stifling hot down below, I was now getting chilled. The snow had given way to wet sloppy scree slope near the highest point as this was where the most sunlight was received. It was discomforting to walk across this slope and to feel the ground move underneath. As I approached the final ascent to reach the summit of Lineham Ridge I could see the steep drop off to my right hand side and the Lineham lakes were visible far below. But, before me now was a steep climb up what looked like ice covered rock.

I could also see overhanging snow in several places along the ridge. Looking at the map I could see that the trail followed this ridge, but I could not tell how close it was to this ledge. Or, how much snow was there going to be for the rest of the trail. What was I getting myself into? I felt this would be a challenging ascent in the best of conditions, but in icy and windy conditions, all by myself?

I had to continue, right? I mean, I had created this beautiful and intricate hiking plan. My itinerary said I needed to make it to Lone Lake. I had, after all, even made a reservation to camp at this back country site. What should I do? Do I continue? No. The decision, though agonizing, was quite simple. I had to turn back. I beat a hasty retreat along the soft, wet and muddy slope. I got out of the wind and dropped down a bit into a snow covered meadow. I decided that I wasn't going to go back the way I came. It had been too slow and harrowing. So, I skied, figuratively speaking, sliding down over the snow, through the woods and back to the trail that led to Rowe Meadow. A quick descent compared to the long slog up.

As I walked back down towards the trailhead, my mind was racing. Suddenly, it felt like my whole hike was about to end. That it was over before I had even really got started. But, in reality I knew it wasn't. I would find a way to get back on track. I had built in alternative routes into the itinerary I had made, but I had already assessed and ruled them out earlier in the day as I had passed them on the way to Lineham Ridge. These routes were less travelled and there was just as much, if not more, snow. I kept walking down the trail, trying to come up with options to save my hike. My 29 km day turned into 31 km. And, at the end of the third day I found myself back in Waterton exactly where I had started. This "roadblock" was not going to stop me. I knew I could work around this and eventually get my hike back "on course".

As with any training plan that has gone off the rails before, I needed to assess where I was at and what had gone wrong. In this case it was quite straight forward I was up against Mother Nature and the limitations of my mountaineering skills. What were my options? I had already ruled out two possible alternate routes. And, I had not expected to be back at the start line. But, being where I was, created a new possibility for me. I could now make my way around the mountain instead of going up and over. So Day 4 would be the start of a 110 km detour to get myself back into a good position on the trail and to be able to continue my hiking adventure.

My hiking plan would be tested and altered on numerous occasions during the next six weeks as there were many more challenges and exciting moments to come. Though, as a hiking plan it still served its purpose, it provided me with the framework and a guide that allowed me, in the end, to reach my ultimate goal. ~ *Paul*

Motivation List... CCRR Club Executive



We, your club's executive, would like to put together a list of the aspirations and goals of our club members. Walking or running. Even if it is simple as to just stay healthy and active, achieve a new PB or if you are training for a special event.

We understand, for some, these may be private. But, sometimes by sharing these with other club members we hope it could be beneficial too. You never know, there may be someone else out there that shares the same reason(s) for training or has the same goals. You may find someone trying to increase their physical activity like you or they may be hoping to do the same race. You also may be training for an event that others are not aware of and that they might find interesting too. By sharing with each other we can then support each other in reaching our goals. Sometimes, by just stating to others what it is that we are aiming for, it adds another level of accountability for those days when we just don't feel like going out the door.

What are your goals for 2023? What are you training for?

Are there any events that you are planning to participate in this year?

If you feel like sharing with the other club members please send us an e-mail at: info@ccrr.ca

To get the ball rolling:

Paul Looker

Sub-25 minute, 5km.

Canadaman/woman Triathlon, Lac Megantic, Quebec, July 02, 2023.

Fall Classic, 10km

Fossils Corner by Steve Scott



Good Day fellow Capital City Road Runners and Walkers; Winter is still here and it is and has been one of the longest Februarys I can remember. It has thrown everything, including the kitchen sink at us. How is your training going by the way? Probably not like you had originally planned for sure. Well maybe a few reminders are in order to help you all to muddle through until it gets better.

With all the ice on the trails and streets in Fredericton, a good pair of ice grippers will really help keep you on your feet. I recommend a Costco Product that has recently been on sale for 20 bucks and tax for two (2) pairs; they are high quality. Just a reminder for those going out early in the morning when the temperature is real low, dress in layers and make sure all extremities are covered. Wear a good heavy toque as a bare head invites a significant heat loss and mittens over gloves is a good idea. When it warms up you can put your excess items inside your windproof jacket. For the men an extra covering will keep the boys warm and comfy. Train according to the conditions at all times; go fast when it is safe; back off when it is not safe. Running inside when you should not be outside, is OK; Spinning on a bike inside is good too as is a nice swim or maybe some Cross-Country Skiing.

Also when planning your route on a cold windy day, run into the wind at the start as you are still fresh and the push from behind on the way back makes it seem faster as you head to the finish. You can also alter your route by running in a sheltered area and loop back and around to keep the wind at bay. If you have 4 or 5 others with you sharing the lead is helpful and running single file can work as well. Finally, when traffic is present do your best to be respectful and remember it is very slippery out there and you and your buddies are no match for anything heavier than you, especially 4000 lbs of metal and plastic and glass.

As the weather warms up also remember on a warmish day when the sun gets down later the water and slush you are encountering now will turn to ice rapidly especially in March and April. Enjoy your runs as you train for various early spring events. It would be a shame if after all the winter training, you pick up an injury due to a lapse in attention and miss your planned event. Take it from Fossil who saw it all over 25 years of winter running to get ready for an early spring marathon.

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

Cheers, Fossil

Pondering the Power of Photography - The Running Rev



I'm taking things much easier these days. I've been doing more walking and haven't run since last November. It's amazing what one misses when out for a run. But then that is the purpose of a run to get exercise and not be on a sight-seeing endeavour.

As I saunter along, it is wonderful to hear the birds in the trees. They aren't singing yet, but the geese sure make up for that as they gather on the canal to settle down for the night. The geese fly in from every direction and to watch them land on the water is a spectacle to behold. What a commotion as they honk, bark and cackle.



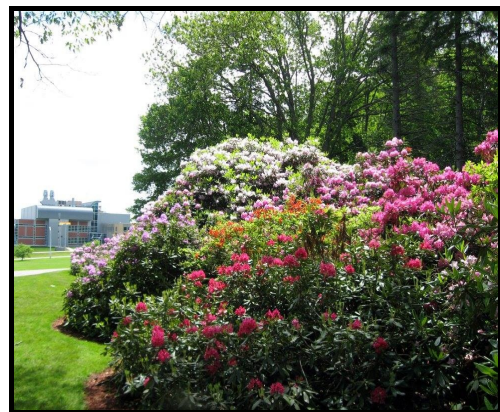
Someone asked me the other day what I missed about New Brunswick. I was able to tell him what I didn't miss and that was the continuous snowstorms. He challenged me again and I quickly replied, the Lupins. I recall many a drive from Minto to Fredericton and both sides of the road would be covered in Lupins of ever size and colour. It made for a "spiritual" journey simply appreciating the beauty that was everywhere. It was June and everything was bursting out and putting on a show that only Mother Nature can. The photo above was taken down at Grand Lake.

That question that asked what I missed about New Brunswick, well the answer would fill a book. Of course I miss the CCRR running and walking club, the Saturday morning breakfasts, the Wednesday night runs took us all around the city before we had the running trails. What I miss most of all is being ahead of Harry (aka The Flying Dutchman) Drost! You had to work hard to stay ahead of Harry!

There is another place that was just ablaze of colour during the month of June. They shouted loudly that winter was over. The variety of colours and the scent of Rhododendron bushes at the Experimental Farm were just another sign of seasons changing, each bringing their own personality. The sights and smells and even sounds of spring lift the soul. Take the time to have a look around you.



“The winter is past; the rains are over and gone. Flowers appear on the earth; the season of singing has come, the cooing of doves is heard in our land. The fig tree forms its early fruit; the blossoming vines spread their fragrance.” Song of Solomon



*“There are always two people in every picture: the photographer and the viewer.”
~ Ansel Adams ~*

Event #2			10km
February 11 th , 2023			
Name	Time	Position	Points
Ann Flynn	49:30	W1 (5km)	50
Sarah Young	53:57	F1	50
Terry Haines	54:17	M1	50
Janet Tree	1:01:04	F2	45
Paul Sanford	1:01:05	M2	45
Amelia Beany	1:01:20	F3	42
Cindy MacDonald	1:01:21	F4	40
Fran Robinson	1:01:39	F5	39
Amy Wood	1:03:12	F6	38
Jochen Schroer	1:02:12	M3	42
Harry Drost (Virtual)	1:16:20	M4	40
Volunteer(s)			
Paul Looker		V1	34

Congratulations to all club members that participated Event #2 of the club's 2023 Point Series. The footing wasn't the best but it was still a great day for a walk or run. Please feel free to let me know if I have made any errors or have overlooked your results. Virtual Results are accepted too. I can amend the above list at any time. ~ **Paul Looker**

CCRR Point Series – Event # 3

“Guess your time - 5Km”

Saturday, March 11th, 2023 @ 09:00

Bill Thorpe Walking Bridge ParkRun

Start: North side of bridge near Picaroons




FROM THE PRESIDENT



Hi all. I'm still in winter ski mode at the moment, so running is not on my radar. We are in Canmore. The past few days were bitterly cold with temperatures of -24 or so. Despite the temperature, we saw a number of people out running on the snow covered trails we were hiking. Canmore is known as the place with the most Olympians or most past Olympians per Capita in Canada. Very fit people here! I find it quite inspiring really. The biathlon world cup is going on here at the moment.

Sara has really embraced the training of aspiring half marathoners. I'll be one of those when I return. Looking forward to it too!

Our team has done a great job with the "Coldest night of the year" campaign. At least \$4000 raised. Great job everyone! Thanks too, for all the donations.

I tried Rob Jackson's breathing suggestions from last month's Footnotes. In through the nose, out through the mouth. It's not something I generally do. My mouth wags open most of the time I find. Try it.

Yours in sport, and especially in running.

~ Fran



From the Back of the Pack

Hi all,

Guess what I am doing till the beginning of May 2023 ?

At the age of 73 I decided that I needed another challenge. Training for a half marathon looks like a good idea. But the weather is not all that great here in January and February .

Since I don't like to "run" on snow and ice I have to do laps in the Curry Centre. 75 loops this morning and I am still dizzy now.

Kudos to Sarah who is in charge of training for the half marathon!

Also kudos to all the members who participated in raising money for the John Howard Society.

Our group raised over \$ 4,000!

I am saving my beer money for next week because I am dizzy already,

Also a big kudo for John Cathcart who puts out a very good FOOTNOTES month after month,

From The Back Of The Pack,

Harry ,

