

~ MAY 2022 ~

~ FOOTNOTES ~



Volunteers play an important role in the annual Fredericton Marathon. In fact, the event wouldn't be possible without them. The organizing committee, who work year-round on the event, is completely volunteer driven, with many more people donating their time, energy and enthusiasm race weekend to ensure that participants have the best experience possible.

Want to Know More or Become a Volunteer

<https://frederictonmarathon.com/volunteer>



*To sign up online visit
<https://www.crr.ca/membership>
or
contact any member of our CCRR
Executive listed in Footnotes.*

Terry Haines

TRYING SOMETHING DIFFERENT

The CCRR Executive have suggested making *Footnotes* more interactive.

At the bottom of each contribution you will find the e-mail address of our regular contributors.

It is the willingness and faithfulness of the contributors that makes *Footnotes* what it is.

Take a moment and send a note of thanks, or perhaps a word of encouragement, and possibly you might be inspired to send your own contribution to next month's issue of *Footnotes*.



INSPIRATION IS ALWAYS A SURPRISING VISITOR - The Running Rev

*I wandered lonely as a cloud
That floats on high o'er vales and hills,
When all at once I saw a crowd,
A host, of golden daffodils;
Beside the lake, beneath the trees,
Fluttering and dancing in the breeze.*



*Continuous as the stars that shine
And twinkle on the milky way,
They stretched in never-ending line
Along the margin of a bay:
Ten thousand saw I at a glance,
Tossing their heads in sprightly dance.*



*The waves beside them danced; but they
Out-did the sparkling waves in glee:
A poet could not but be gay,
In such a jocund company:
I gazed—and gazed—but little thought
What wealth the show to me had brought:*



*For oft, when on my couch I lie
In vacant or in pensive mood,
They flash upon that inward eye
Which is the bliss of solitude;
And then my heart with pleasure fills,
And dances with the daffodils.*

~ William Wordsworth

As Irish poet and philosopher John O'Donohue declares in his little book *Anam Cara: A Book of Celtic Wisdom*, "Inspiration is always a surprising visitor", and in *Beauty - The Invisible Embrace*, that "Beauty does not linger, it only visits." While out for my Monday morning saunter and pondering on what to reflect upon I found the dullness and damp coldness of the day quite depressing. It continues to be a cold spring here. There was a bite to the wind so I hurried along. The daily temperatures this month have been well below normal for this time of the year with lots of biting wind. Turning into my driveway I could see the daffodils dancing wildly in the blowing wind. Why, only the day before they were laden down with a dusting of snow and now today, they are full of life. Inspiration truly is a surprising visitor.

Sitting on the bench just outside my study window to relax, I watched the workers across the street as they make preparations for a row of new houses. They were busy preparing the ground for the basements. The large pile of dirt just keeps growing day by day. What was once open land, by the end of summer, if not sooner, we will have new neighbours, meaning more cars, and our quiet little country street will be no more as it makes every effort to join the other housing developments that are popping up everywhere around us. As I sat there feeling a certain sadness at the loss of our quiet country street, my thoughts went to the people of Ukraine. So many people have fled their homeland as Russia bullies her way and is determined to get her way to hell with the cost in lives, property and the right to live in freedom and peace.

As I sat there watching the workers busy at their tasks a thought flashed through my mind. Don't forget that attitude of gratitude. It was part of my devotional reading and prayers that morning. It is always easier to complain than to offer gratitude.

In an essay Psychology Today describes Gratitude as “a spontaneous feeling but, increasingly, research demonstrates its value as a practice—that is, making conscious efforts to count one's blessings. Studies show that people can deliberately cultivate gratitude—and there are important social and personal benefits to doing so. It is possible to feel grateful for loved ones, colleagues, animals, nature, and life in general. The emotion generates a climate of positivity that both reaches inward and extends outward.” (When your run gets “tough” try counting your blessings.)

There's a hymn which I learned as a child well over 60 years ago. It was written by Johnson Oatman, Jr., (1856-1922), who was a successful businessman engaged in the shipping industry. He was also a Methodist lay-preacher and a prolific hymn-writer. His most famous hymn is *Count Your Blessings - Name them One By One*.

As I sat there, the workers were gathered just across the street. It was coffee break time and someone had made a Timmy's run as they all had a Timmy's cup in their hand. Before going into to shower, I paused to say a prayer and to give thanks to God. However, the people of Ukraine were and are in my thoughts and prayers.

Our Lord God, we thank you for all your 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.

~*The running rev*

cathcartjohn@hotmail.com

Notes from the President by Fran Robinson



Here it is the third week of April already. It's been a great month for running, I have found. Mileage is steadily increasing for the half marathon I am preparing for. I've had my trials with respect to my knee and feet, and have tried out yet another pair of running shoes. I find as I get older, my feet seem to get more set in their ways and really don't like it when I change things up.

We have so much to be thankful for here in Canada. What a great country we live in. It's so wonderful to be able to freely run and not feel in danger when we do so, like those in some other countries would.

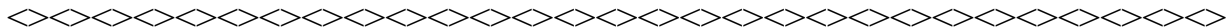
Thanks to our Registrar, Paul Looker, we hosted our 4th running series event of this year. It was a one miler. It was fun and I hope more will show up as we carry on with these.

Good luck to all of us participating in the Fredericton Marathon. It will be good to get this event out of the way! Good luck to all of those participating in the Cabot Trail Relay a few weeks after this.

We will have our Trail Cleanup after the Fredericton Marathon. There sure is lots to clean up. I was looking at our section the other day and we'll fill lots of bags I believe.

We are hosting a June Distance Running Challenge. I'll send out information about this as the time draws closer.

All the best! ~ Fran franrobinson100@gmail.com



KUDO CORNER

Kudos to Paul Looker on his retirement from the RCMP at the end of March this year. Thanks, Paul, too, for organizing the running series. Those of us participating are really enjoying it!

Kudos to all those volunteers who help make the Fredericton Marathon the success that it is. The Races wouldn't be possible without their input and presence.

Results from Event #4 of the CCRR Points Series.
Race Director Paul Looker



Event #4 - Event 1 mile April 13th 2022	Bench Mark Event		I MILE
NAME	TIME	POSITION	POINTS
FEMALE			
Fran Robinson	7:57	FI	50
Janet Tree	8:21	F2	45
Cindy MacDonald	8:58	F3	42
Mary McKenna	9:02	F4	40
Amy Wood	9:03	F5	39
Michele Cole	9:04	F6	38
MALE	TIME	POSITION	POINTS
-----
Mike Melanson	7:33	M1	50
Terry Haines	7:47	M2	45
Roy Nichols	8:16	M3	42
Lloyd Sutherland	8:57	M4	40

“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 ~

Mike Melanson's thoughts on training for a marathon:



Well, here we are in 2022, with the hope for a normal running season as events have started popping up on the calendar. When the Fredericton Marathon was announced, I decided to attempt it one more time, as I follow the long term runners who step up every year to complete the final Sunday long run. These long term runners are my motivational running partners such as Terry Haines, Mary Bartlett, Tony Tremblay and all the weekly running buddies.

In late December, early January, I start my training. My first goal is to get in decent shape with two important weekly runs; the Wednesday run, and a Saturday long run. I increase the distance by a few km every Saturday for the long run. It works out to an intensive 12-13 weeks build up to the final training run before the actual marathon.

In the winter months, only a few workouts are done, as conditions are challenging. As I get deeper into the program (or closer to the date), the confidence builds up to the point that I know I can complete the event. As always, I look at others who have run numerous marathons for inspiration. These runners and many more are inspiring! As always, I wish all participants a good run. The journey and friendship through running keep us going. Wishing everyone good running and happy trails!

Mike Melanson

mmelanson101@gmail.com



Terry Haines on training for a marathon:

Terry Haines is currently training for his 51st marathon. He celebrated his 71st birthday this year. I asked him about his training program and what keeps him motivated.



Terry says that he trains for a marathon over a ten week period and runs 4-5 days/week for those 10 weeks. He always functions in miles rather than kilometers. He starts with a good base so that the first long run on his first week is a 15 miler. Every Saturday (long run day), he adds a mile with the longest run being a 20 miler. He will add one mile to each long run and run up to three 20 miler runs before tapering for 2 weeks prior to the marathon.

He says the long runs are critical. For the other days of each week, he always includes a 10 miler, then runs two other shorter runs. One of those will be speed work and sometimes hills. He typically does his speed work on the treadmill. He increases his speed on the treadmill, no elevation then runs flat out until he reaches four miles. His remaining two runs will be 3-4 milers done outside.

Terry doesn't participate in any other events preceding the marathon and does no cross training or weights. He tells me the motivation to train comes from our running club. He likes to train with others and would never do long runs on his own. He says the others keep him going. For nutrition during long runs, he takes Gatorade and honey stingers.

Like a lot of us, he runs because he can. Once the marathon is over, he takes a week off running. (Submitted and compiled by Fran Robinson) haines6@nb.simpatico.ca



Running on Medium by Jason Scarbro

This month's pick:

Matt Chittim

The “*Rambling Runner*” Podcast



RAMBLING RUNNER
MATT CHITTIM

Have you ever heard of Jon Rizzo? How about Deirdre Keane or Jess Mena? I'm guessing you haven't, but they all have interesting stories that were recently the focus of Matt Chittim's *Rambling Runner* podcast. Every podcast starts with the same intro – “*This is a podcast about and for dedicated amateur runners who are working hard to get better and achieving inspirational results while balancing running with the rest of their lives.*” This is what makes this podcast different than most. Instead of hearing from the household names in running, Matt's podcast focuses on amateurs like us. As a frequent listener of this “pod”, I can confirm that Matt does a wonderful job of finding normal runners with not-so-normal life experiences, and it's definitely worth a listen.



Matt consistently uploads one or more podcasts per week which may be one of the reasons *The Rambling Runner* is considered one of the most popular running podcasts in the U.S. Matt's interview style is friendly and informal, but his questions have depth and often explore areas that pleasantly surprise both the guest and the listener. Podcasts are typically about 60 minutes, perfect for those frequent foundation runs.



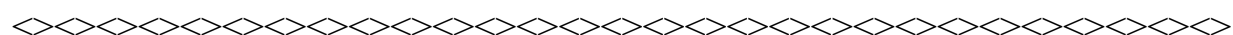
Matt is a dedicated amateur runner himself, and he often shares both his aspirations and challenges with his audience. This helps with his relatability. Matt strikes me as someone many of us would enjoy going for a long run with (possibly followed by a cold beverage). Like many runners, he has long-term goals of qualifying for the Boston Marathon one day.



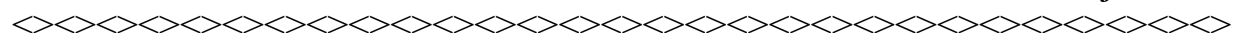
The Rambling Runner has quickly become one of my favourite podcasts which is saying something given how many podcasts I listen to on a weekly basis. If you're looking for some much needed motivation on one of those days when you can't get your butt out the door – grab your headphones and let this podcast give you the boost you need.

Next month's planned pick – *Unbreakable: The Western States 100*

Enjoy your running! ~ Jason hrdirector@stu.ca



Kudos to Jason who ran the Boston Marathon with an excellent time of 3:08:15



44TH ANNUAL STEWART MCKELVEY FREDERICTON MARATHON RACE WEEKEND:

MAY 6 - MAY 8, 2022

Our two-day event features:

SATURDAY, MAY 7TH -

10:00am - 8 km run/walk

12:00 noon - 5km run/walk

2:00pm - Youth Fun Run 1km run/walk

(ages 2 - 12; must be able to run race without parent/guardian)

SUNDAY, MAY 8TH -

8am - 42.2 km run, 21.1 km run/walk, 10km run/walk

*Walkers not permitted in the 42.2 km event due to time constraints

Virtual options - for all events to be run at time and place of your choosing

ALL EVENTS

Registered participants will receive a bib
and a runner's tech shirt along with a finisher medal.

*****NEW *** THERE WILL BE NO SUNDAY RACE DAY KIT PICK-UP**



New Brunswick Man Jos Eijkelestam Says Runners Are Falling for His Punishing Trail Runs



For Jos Eijkelestam, falling is part of the fun.

It suits the theme of the running events he's organized at different locations around New Brunswick this year: the Sufferance Series.

Eijkelestam estimates about 45 runners showed up to the run he organized in Fredericton's Odell Park on Saturday for the Odell Onslaught. For four hours, they tried to run laps through a five-kilometre route he mapped out.

By around 1 p.m. AT, Eijkelestam said some runners had tapered off.

"There's still plenty out there. Diehards," he said.

Eijkelestam's ran four laps on Saturday, and told CBC News he planned to run one more. "[Trail runs] are harder, in general; there's rocks and roots everywhere, there's some mud, and so it's a tough run, and there's a lot of trail runners in the area and New Brunswick in general, and they like to punish themselves, in a way," he said.

The names of Eijkelestam's events might be evidence of that: Mazerolle Masochism, Hanwell Hammering, Horn Humiliation, and the Wonderfully Wicked Woolastook Whopping.



Runners at Eijkelestam's Hanwell Hammering event this past March.

Saturday's event was the second he planned in Odell. Earlier this winter, people ran through the park for the Odell Obliteration.

Eijkelestam, who also organized these runs last year, but without an official name, said Odell is a great park, with a main trail and single track.

"It's just a beautiful park. It's great, it's got everything," he said, including a public washroom near the beginning of the running route.

He said he organizes the events more for other people than himself, although he is preparing for a run later this summer in Quebec, so he called Saturday the kickoff for his training.

"Trail running is great for everyone. The more tired you get, the easier you fall," he said, adding he had already fallen once that day.

After each run, Eijkelestam updates his Facebook group for the series with photos from the event.

By Saturday afternoon, he was relaxing after a long day and made a final post: "Currently resting and soaking in my bathtub." ***Mrinali Anchan - CBC***

Runbers by Rob Jackson

You're reading "Runbers", a collection of numbers related to running. Issue #30:



Fantastically fast runners



Here are a couple of recent, mind-bending running records set at two extremes of the running spectrum. First, on April 24, 2022 in Delta, BC, Canada's Christa Bortignon at age 85 set a world record for the 100m dash. Competing with girls, some of whom were more than 70 years younger than her, Christa ran the 100m in an outstanding time of 18.45 seconds. The listed world record for the W85 100m is held by Japan's Emiko Saito, who ran the distance in 19.37 seconds in 2018. Christa's time is equivalent to a time of 9.92 seconds in the open category, but no woman has ever run that fast. The current record is 10.49 seconds set by Florence Griffith-Joyner in 1988.



At the other end of the distance spectrum, the 100-mile and 24-hour world record holder, Aleksandr Sorokin of Lithuania, has added another world record to his resume by running 6:05:41 over 100K at the Centurion Running Track 100 in Bedford, U.K. on April 23.

Sorokin broke Japan's Nao Kazami's previous 100k world record of 6:09:14 from 2018 by almost five minutes. The pace of Sorokin's new 100K world record is three minutes and 39 seconds per kilometre, which is equivalent to running back-to-back marathons in 2:32:33. His goal was to go out at 3:40/km pace, but he found that he felt good 70 kilometres in, picking up the pace to 3:30/km. ~ Rob rjactm@nb.aibn.com

FOSSILS CORNER by Steve Scott



It's a rainy day in FreddyBeach, to paraphrase one of those great classic blues songs. This my friends is April where we live, so get off your collective bums and go for a run and/or a walk and be comfortable as you can because it will end sometime in May. Having said that, remember Marathoners be happy as you finish your tapering and well the rest of you sign up for the Fredericton Marathon because you will have lots of company on the course.

Covid protocols of the day include being fully vaccinated as you must know by now and you have the option of wearing a mask at the start line or social distance by going to the back of the starting area where there is less congestion.

A few other things you should know include there will be NO race day bib pickup (Saturday at 4 pm will be the last chance for pick up). Food etc. after you finish will be individually packaged including bananas which have their own package I believe. Bag pick after the event is available and a suitable bag will be provided at Registration before it closes. T-shirts have been guaranteed (but not sizing) to those registered by the cut off date; also there will be a T-shirt exchange table at registration for your convenience and finally there may be T-shirts available for some people who missed the cut off date. You should check.

Have a very happy Marathon Weekend as those in charge of organizing have done an amazing job on your behalf by bringing you not one but TWO major running events in Fredericton in less than 9 months during this world wide Pandemic. A little cheer for their efforts would be appreciated.

Thanks for reading this.

Fossil signing off with just remember "... there is no finish line ..."

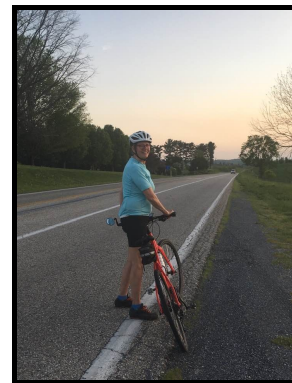
scottie46@hotmail.com





From the Back of the Pack

It WAS sunny when we left this morning! After an hour and fifteen minutes cycling uphill a big rain/ hail storm showed up. There was no shelter anywhere and 2 people in their seventies roared down to the beginning of the ride. No we have to dry out for awhile! How is your day?



Another ride up and down up and down! Getting the hang of it but hills of 6 km are hard maybe I'll get an electric bike soon!



Harry & Henny

hhdrst@gmail.com

