

~FOOTNOTES~

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



In appreciation of the Fredericton city trails that support our journeys, we came together to give back through a community cleanup effort! Thank you to all who contributed their time and energy! We also appreciated those who stopped to thank us for the work we did!

Together, we can make Fredericton a clean and kind place.



May 9th - 11th , 2025, The 2025 Fredericton Marathon Weekend events will once again be the 5th event in our club's point series.

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.

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FOR FOOTNOTES

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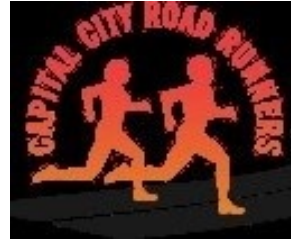
~FOOTNOTES ~CONTRIBUTORS

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.ccr.ca/membership>

or

contact any member of our CCRr
Executive listed in Footnotes.

A Jog down Memory Lane - the Running Rev



John O’Donohue, in his book *Anam Cara* (Soul Friend), wrote, “Inspiration is always a surprising visitor.” Well, I had a visitor of sorts you might say. An article on my Facebook feed had a blurb and photos of the single most male runner whose personal marathon achievement in Munich in 1972, (I expect some of you weren’t born then), got America off the couch and out running the highways and byways. The “running boom” had taken off. The man’s name, etched forever in marathon history is the one and only Frank Shorter. Here’s the blurb and photo:

“Frank Shorter wasn’t just a marathoner—he was the spark that lit the distance-running boom in the United States. When he surged through the streets of Munich in 1972 to claim Olympic gold in the marathon, it wasn’t just a personal triumph—it was a cultural shift.

Until then, marathoning was a fringe pursuit in the U.S., something tucked away behind the spotlight of track sprints and baseball diamonds. But Shorter’s gritty, focused performance on that world stage—and his cool composure as chaos briefly erupted at the finish line with a fake runner intruding—gave Americans a new hero in sneakers, a lean symbol of endurance and discipline.”

Four years later, in Montreal, he earned silver, narrowly missing back-to-back golds but firmly cementing his place as the face of U.S. distance running. His success wasn’t just about medals—it was about momentum. Shorter inspired a wave of recreational and competitive runners across the country, helping ignite the first true running boom.”

You could argue that without Frank Shorter, there’s no Boston Marathon craze, no 10K weekends in every town, and certainly no American distance renaissance. His legacy isn’t just on a podium—it’s on every road where someone laces up their shoes, fueled by the idea that they, too, can go the distance.”

I wasn’t in Munich in 1972 when Shorter set the USA and eventually the world on fire with his winning the Munich Olympic Marathon. I was in Montreal in 1976 when Shorter came second in the Montreal Olympic Marathon. Waldemar Cierpinski from the German Democratic Republic won that race. However, the marathon spectators had their eyes fixed, not on Cierpinski or Shorter, but on Lasse Viren who was trying to emulate the great Emil Zátopek’s 1952 distance triple of the 5,000, 10,000 and marathon. In his first attempt at the marathon distance, Viren finished 5th.

Virén returned to compete at the 1980 Olympics, running only the 10,000, in which he also finished 5th. He had no other major successes other than at the Olympics, and was considered a master of being able to manage his training to peak at the absolute perfect moment. But his failure to perform well at other meets also led to rumours, never substantiated, that he had employed blood doping to achieve his Olympic titles.

“During the 1972 Summer Olympics in Munich, West Germany, a hostage situation unfolded when eight members of the Palestinian militant group Black September infiltrated the Olympic Village and took eleven Israeli athletes hostage. Two Israeli athletes were killed during the initial attack, and the remaining nine were later killed during a failed German police rescue attempt. The incident, known as the Munich Massacre, resulted in the deaths of all eleven Israeli hostages, five of the terrorists, and one German policeman.” It indeed was a sad day.



There is a famous image of Frank Shorter, arms raised in triumph, eyes closed in bliss, just after he won the 1972 Olympic marathon in Munich.

In another image, taken after the marathon four years later in Montreal, he is grimly congratulating gold medalist Waldemar Cierpinski—a runner with no previous record in marathons who, like many of his teammates in that era, was widely suspected of using performance-enhancing drugs. Interestingly, now almost 70, Shorter is an attorney who campaigns against doping. He also works with a national organization that teaches kids how to use physical fitness to combat their own demons, as Shorter himself did as the child of an abusive father. To read more about Shorter click on the link.

<https://yalealumnimagazine.org/articles/4514-frank-shorter>

Inspired once again by Frank Shorter I am thankful for my jog down memory lane. I began running way back in 1974. (Yikes - 51 years ago!) Influenced by my running brother-in-law who lived in Boston and who was a member of the Boston Athletics Association. My very first marathon was the Boston Marathon. Yes, really! I hadn't qualified, and my brother-in-law had a serious injury just before the Marathon. Rather than waste the entry fee I offered to run wearing his Bib Number. I mean how hard could another 16 miles be? I soon found out! I had just quit smoking in January of 1981 and the furthest training runs were a few ten-milers. I pretty well walked the last six miles. Heartbreak Hill might as well have been Everest. Finishing in a time of 3:42 the marathon humbled me for sure. I might have been humbled but it made me more determined to qualify. In 1984 another attempt was made, this time having qualified with a 2:44 time and a Boston time of 3:11. Memories eh. ***The running rev.***

You're reading "Runbers", a collection of numbers related to running. Issue #59: Getting your steps in by Rob Jackson



We've heard about it for years - 10,000 steps per day. The goal. The badge. The buzz. Some people live by the mantra of those 10,000 steps per day.

But if you're a runner, there's a good chance you achieved that milestone before the day was half over.

Here are the generally accepted data on the number of steps completed while running:

- 5K run: ~6,000–7,000 steps
- 10K run: ~12,000–14,000 steps
- Half marathon: ~22,000–26,000 steps

Runners regularly fly past the step goal without even thinking about it.

But not all steps are created equal. As we know, running packs more punch than walking.

When you run, you're not just moving—you're building endurance, improving cardiovascular fitness, and torching calories at a much higher rate.

Did you ever run from Odell Park to the Bill Thorpe Walking Bridge and back? That's 8–10 kms right there—aka a full day's worth of movement, and one of the best running views anywhere.

Wondering how many steps it takes to run 42.2 kms?

- Average stride length: 1.0–1.2 m
- 1 km = ~1,200–1,400 steps
- Marathon = ~50,000–58,000 steps

That's nearly a week's worth of movement in one race.

What really matters? Rather than counting steps, focus on:

- Weekly mileage
- Cadence
- Heart rate zones
- Recovery time

The real gains happen beyond the pedometer.

~Rob

2025 CCRR&W Point Series, Event 5 By Paul Looker



May 9th - 11th , 2025, The 2025 Fredericton Marathon Weekend events will once again be the 5th event in our club's point series..

The Fredericton Marathon is a fixture around which many of our club members, and other local runners, motivate themselves, set goals, and build their training plans.

Club members have participated in, and supported, this event for many years and will no doubt continue to do so in the years to come as well.

Realizing that not all club member's can, or will be, participating in this particular event we will allow virtual completion, of any of the event distances included in the Fredericton Marathon weekend. (3 km, 5 km, 10 km, 21.1 km, 42.2 km).

There will also be points awarded for those who volunteer at the marathon, in any capacity, and for those that volunteer at the club booth during the race expo.

Hope to see you all there for the race weekend. I will peruse the event website for results of our club members. If you are volunteering please let me know what your role is and I will adjust the awarded volunteer points accordingly. For those not participating directly in the Fredericton Marathon events please send me your walking or running times for any one of the event distances.

Send your responses and information to the club email address: info@ccrr.ca

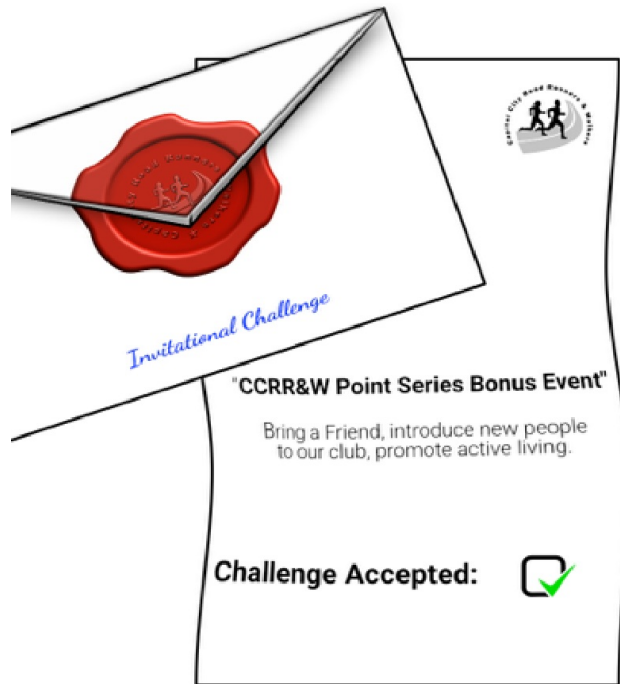
Good luck everyone, have fun walking or running and thank you volunteers.

~ Paul

“Point Series Bonus Event”

Event title: CCRR&W “Invitational” Challenge

Dates: May 15th to June 28th, 2025



Purpose: to act as ambassadors for our club and promote healthy activity. Promote growth within the club/ New faces. New ideas...

Functioning of the event: Basically, the challenge is to bring new people, friends, or past club members to our running/walking events.

Points will be awarded for each new person brought to a run, or for influencing past members to come out and run. Points will only be awarded for the first time they participate, but additional points will be awarded for any new (or renewed) memberships in the club because of your initiative.

Prize(s): This is still to be determined. (And, perhaps the addition of the title “Honorary Club Ambassador” to your name?)

~ Paul

From the President's Desk - Joanne Embree

Hi Folks,



Well, we certainly had some April showers this spring but, for the most part, everyone got their runs done.

The marathon and half marathon groups are in their final weeks of training for the Fredericton Marathon weekend. Good luck to everyone one who is running in the various events. It is going to be an exciting weekend with the Elite 5K as the opening event.

Speaking of exciting marathons. Congratulations to Sara Young and Allyson MacDonald who both qualified for and ran the Boston Marathon this year.

Also, congratulations to Gerry McAlister on the publication of his fourth book. Many of the club attended its launch, conveniently held at Doland's Pub.

The Point Series continues to be well attended. This month was the Queen's Square mile with Murray Lowery and Leanne Doughty leading the way.

We had a satisfying time doing our bit with the Fredericton Trail Clean-up. An amazing amount of stuff is left by the trail. We met at the patio of Picaroon's post clean-up for the first warm evening of the season.

Over the next two months, plans for the club to collaborate with summer running clinics in association with the YMCA will be finalized. Stay tuned for updates.

Hope everyone has great runs and walks in May.

~ Joanne

"I often hear someone say, 'I'm not a real runner.' We are all runners, some just run faster than others. I never met a fake runner."

~ Bart Yasso ~

"Train smart. Train hard. Have fun!"

~ Matt Wilpers ~

The Fossils Corner by Steve Scott



Hi Folks,

This month I want to talk about volunteering. Specifically, my volunteering for two major events in late April, early May of this year. The first one was the World Curling Championship for mixed doubles and the senior curling Championship of the World. Both events this year were held at the Willie O'Ree Hockey Complex on the northside of Fredericton. I was volunteering in a security/greeting capacity. It was a great way to meet a large number of visitors from 35 different countries and many, many, many local friends, neighbours and those new to our city

It was a very rewarding three days, and during that time, I have also been working on the budget for the Fredericton Marathon, so it certainly was very busy time for me. So like Harry and the two Mikes, a photo or two is worth a 1,000 words so they say.

That's all for now folks!

“Just Remember ... there is no finish line” Fossil.

“The miracle isn't that I finished. The miracle is that I had the courage to start.”

– John Bingham

“That's the thing about running: your greatest runs are rarely measured by racing success. They are moments in time when running allows you to see how wonderful your life is.”

~ Kara Goucher ~

From The Back of the Pack by Harry Drost



Hello runners/walkers.

Henny and I went for a walk on the trail in Marysville. Out and back was almost 3 km. We met about 5 people who had dogs with them, 4 were on a long leash and one had no leash at all!



One dog jumped on me as you can see in the picture, barely an apology! If that dog had hit Henny and she would have fallen, as you know, she cannot have another concussion!

So please no dogs on CCRR runs!

A very upset Harry

(FTBOTP)

