

NOVEMBER 2021

~ FOOTNOTES ~



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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FOSSIL'S CORNER by Steve (Fossil) Scott



The latest uptake of Covid in New Brunswick has put the 2021 Fall Classic Road Race once again on the back burner as well as The Fulton 5 km and put quite a damper on Club Fun Runs/Walks too. My lament is “will it ever end?” We all know that eventually life as we used to know it will emerge again and for that we will be thankful.

Cool weather is now coming at us as I write this piece. Hope everyone will embrace the fresh air propelled by a stiff little breeze and enjoy this change for a while before old man winter blasts into our lives again. Some pretty good training at this part of the year can form a pretty decent base to build on for for late winter and early spring running events.

In just a few short weeks the “scared of the dark runners/walkers” will be out in force or whatever for their annual period of running/walking before it gets dark. I for one am looking forward to this because there may be a beverage at the finish at least until the New Year 2022 begins for some.

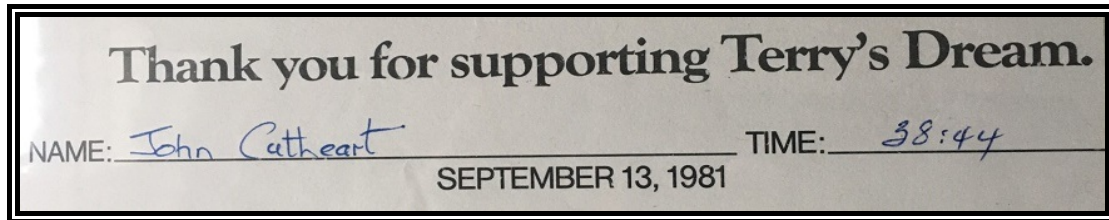
Finally a bit of CCRR History may be made in 2022 as two of our erstwhile members are both approaching the Half Century Mark Milestone (50) in marathon completions. Just ask Terry H and Tony T for a bit more detail when you see them. I would not mind having some company in this category.

A lot of my Marathon History has occurred running the Fredericton Marathon through many of its incarnations over the years. Did you know that I have run it at least 30 times; 4 times the 10 km/Quarter Marathon, 6 times the Half Marathon and 20 times the Full Marathon. That's all for now. More history will follow I hope.

Thanks for reading,

~ Fossil, and just remember “ . . . there is no finish line . . . ”

Reminiscing with the Running Rev (A Jog Down Memory Lane)



October is the month for marathons. A Marathon Race is 26.2miles or 42km. To name a few, there was the London Marathon - The Chicago Marathon - and the most prestigious of them all - The Boston Marathon - usually held in April, but because of the pandemic it was moved to October. I ran my first Boston Marathon in 1981. (That's 40 years ago!) However, there is one marathon and one runner who stands out.

That marathon is the Marathon of Hope and that runner was the mentally tough Canadian iconic hero Terry Fox. He is one runner who inspires me especially when in a 42km marathon race things might start to go off the rails with cramps, dehydration or just running out of steam and hitting the great wall.

On April 12, 1980, Terry Fox dipped his artificial leg in the Atlantic Ocean and proceeded to change the world. It was the time spent in the children's hospital ward, after his leg was amputated, that his idea was born to run across Canada to raise funds to help in the fight against cancer. Terry was driven by compassion for others.

Perhaps Terry's concern for all cancer sufferers might serve as a lesson for us while we battle this pandemic. We need more people like Terry Fox who care for others more than perhaps they care for themselves. Getting the vaccine and wearing a mask is not like setting out to run across Canada wearing an artificial leg.

Terry ran a marathon each day - for 143 days - close to 42 kilometres (26 miles) a day through Newfoundland and Labrador, Prince Edward Island, Nova Scotia, New Brunswick, Quebec and Ontario. He ran through snow, rain, wind, heat, humidity. Sometimes he attracted a few supporters, most times he was alone.

The only thing that could have stopped him, unfortunately did. The cancer returned, and this time it had spread to his lungs, and sadly Terry Fox died June 28th, 1981 at the young age of 22.

Terry Fox changed the world one painful kilometre at a time raising over \$850 million for cancer research. His beginning goal was to have each Canadian donate a dollar to cancer research.

I ran my first Terry Fox Run on a Sunday afternoon, September 13, 1981.

In The Bible, in the Book of Hebrews, the writer uses the analogy of a race to describe the Christian life. As a Running Rev Hebrews is my “inspirational” book of the Bible. It’s known as the Hall of Faith, not fame, but the Hall of Faith. The author writes:

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the author and perfecter of our faith.

In this particular verse we are given the “what” and the “how”. Each day, we are to “**run**” with perseverance the race of life marked out for us. As a Christian, we are to get up “every day” and with perseverance “run” the race - the life set before us.

Some days will be easy, the wind at your back and just sail along, not a care in the world. Other days the wind will be in your face and it seems all uphill. Those days you might feel like throwing in the towel. Those are the days of the “**how**”. We are to “Fix our eyes on Jesus - the author and perfecter of faith as we run with perseverance the race of life. The anonymous author in using this analogy of life being a long-distance race - not a sprint - but rather an endurance event, acknowledges we will experience many challenges along life’s way, and reminds us as we continue on that journey of life:

We are surrounded by such a great cloud of witnesses, we are throw off everything that hinders and the sin that so easily entangles and run with perseverance, fixing our eyes on Jesus, the pioneer and perfecter of faith.

In Hebrews, Chapter 11, we read about Faith in Action.

Now faith is being sure of what we hope for and certain about what we do not see. This is what the ancients were commended for.

The Christian does not run aimlessly, but we have an eternal hope.

Faith is having hope - a hope that is not a feeling - but is a fact.

Chapter 11 of the Book of Hebrews is a who’s who of the Old Testament - the names of those in the Great Hall of Faith - all were all commended for their steadfast faith. Noah, Abraham, Isaac, Jacob, Joseph, Moses, and many others, all lived by faith - an unshakable faith, sometimes in the face of great challenges - the people passed through the parted waters of the Red Sea by faith - and then there is Gideon, Samson, David, Samuel - they all lived by faith - often in the face of persecution, slavery, and imprisonment. Their faith was fuelled with perseverance.

***Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the author and perfecter of our faith.
(Heb 12:1-2)***

In Chapter One of the Book of Hebrews, the author gives us 7 great descriptive statements about our Lord Jesus. The number 7 is a sign of perfection in Scripture.

In the Book of Hebrews, it is a sign of Christ's supremacy and sufficiency.

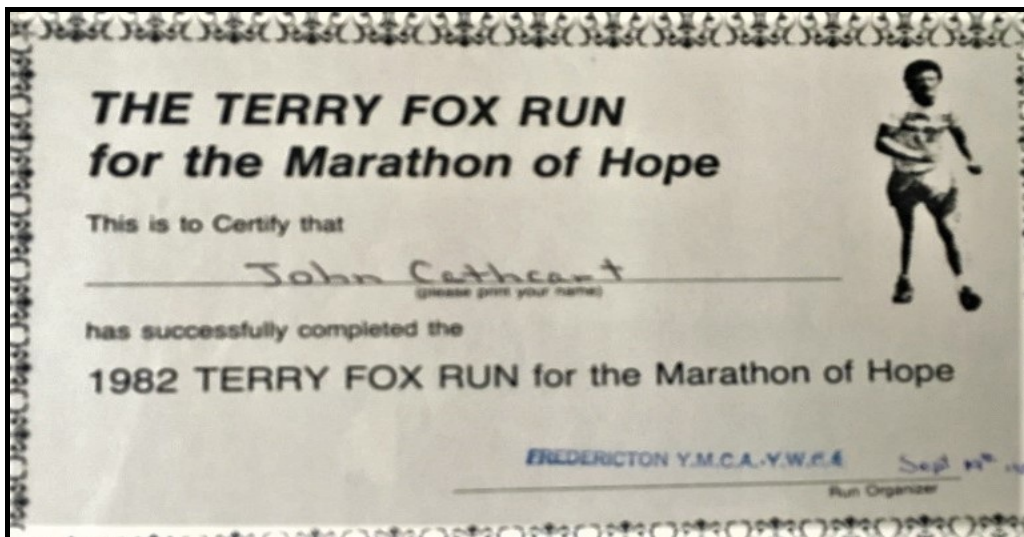
In the past God spoke to our ancestors through the prophets.
(Those whose names appear in Chapter 11 - The Hall of Faith.)

*But in these last days, God has spoken to us by his Son.
Whom God has appointed heir of all things
and through whom God made the universe.*

*The Son is the radiance of God's Glory and
The Exact Representation of God's being,
sustaining all things by his powerful word.*

*After he had provided purification for sin
He sat down at the right hand of the Majesty of heaven.*

*Let us fix our eyes on Jesus, the author and perfecter of our faith,
who for the joy set before him endured the cross, scorning its
shame, and sat down at the right hand of the throne of God.*



THE MOST COLOURFUL SEASON OF THE YEAR



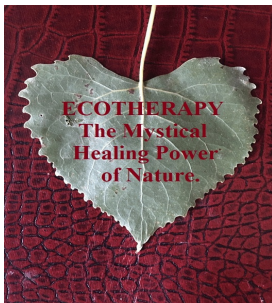
*The Autumn Season I hold so dear,
Sadly, 'tis a season too short I fear.
Trees in their bright Autumn dresses,
Such Vibrant Colours and truly blesses.*

*Nothing is as beautiful at this time of year,
As the light which makes the colours so clear.
Reds against yellows, browns against greens,
A riot of colour just everywhere to be seen.*

*Now the great Autumn show is nearly done,
The season's over just as quick as it begun.
Today the trees were so vibrant and bold,
Many Now Standing bare, feeling the cold.*

*So Many leaves are now lying on the ground,
Dancing wildly in the wind on their way down,
Yet the trees all around still so proudly stand,
Showing pride and strength - truly just grand!*

the running rev!



cathcart photo

You're reading "Runbers",

a collection of numbers related to running. Issue #24 by Rob Jackson



For most of us, our days of going trick-or-treating, door-to-door, collecting candy and other goodies, are far behind us. But, let's imagine what it would be like to RUN from door to door on Halloween! A popular running/training loop in Fredericton is Parkhurst Drive in the Sunshine Gardens area.

The loop is approximately one mile or 1.6kms. If you were to run the loop, but stop at every house along the way to collect treats, how long would it take you?

There are 119 residences on Parkhurst Drive, including those on both sides of the street. Let's assume you will spend 45 seconds at each residence, in part explaining to the owners why a person of your age is going door-to-door on Halloween. And let's assume you need a further 10 minutes to cover the one-mile distance around Parkhurst Drive, in part because that bag of treats will eventually weigh in excess of 25 pounds.

Your total time will therefore be one hour, 39 minutes and 15 seconds. You will burn approximately 1500 calories and will need to eat 391 jelly beans to recover those calories. Have fun! ~ *Rob*

[illegible]

Hello RoadRunners,



It will be a very short dispatch from your Big Canada Run Team this month.

As I write this, the team is just past Regina, en route to Moose Jaw. We are now more than 3/4 of the way along this virtual journey with just over 1800kms remaining to Victoria.

A JOURNEY ACROSS CANADA Among your team, Paul Looker continues to lead the charge with more than 900km. Mike Melanson and Amelia Beaney both follow about 100kms behind Paul. The dark horse for this month is none other than Fran Robinson, who appears to have gone on vacation expressly to walk and run 20km per day, and now sits at 720km. The remainder of us are still getting out there, but the front four account for almost 50% of the work at this point.

I anticipate being in the Rockies for our next dispatch ... everyone has their tights, jackets and gloves packed ... We'll have more to report then. Run gently,

~ Roy

Running on Medium by Jason Scarbro

October 2021

This month's pick:

"The Ginger Runner"

aka Ethan Newberry



I have watched hundreds of videos on YouTube and I'm guessing 95% have been running-related (I'm not sure if that's impressive or sad!). Of all those videos, "Amongst the Evergreens" by the Ginger Runner may have had the biggest impact on my running (<https://www.youtube.com/watch?v=DyBdA-7dSvs>).



In my opinion, it's a must-watch for anyone who is on the fence about whether they should attempt an ultramarathon. This video landed on my recommended videos list at a time when I was passively considering running a race longer than 42.2 kms. I had finished a few marathons by that point but

running an ultra seemed out of my league. The Ginger Runner, an average Joe/Jill kind of runner (far from elite), made it seem possible that I could do this too. It's hard to express how important that realization was for me.



Over the past few years, The Ginger Runner has grown from being a one-man show (featuring Ethan Newberry) to a well-known brand in the running space (especially in trail and ultra running) that includes his partner, Kimberley Teshima-Newberry, and features several talented runners. The Ginger Runner put out a tremendous amount of content over multiple platforms including the previously mentioned YouTube channel, a website, podcasts, and Instagram. They hold weekly live shows and also put on unique annual events for their loyal following (called the GR Crew) such as the virtual GRGR (Ginger Runner Global Run), Gingermas (a scavenger hunt), and Tiger Claw (an in-person race in US Pacific Northwest).



Although Ethan Newberry is well-known for his gear reviews (for good reason), personally I believe his greatest contribution is the long format movies he directs (available on YouTube). Two of my favourites are "Where Dreams Go to Die", which features Canadian ultramarathoner Gary Robbins' attempt to finish the Barkley Marathons, and "A Decade On", which tells the story of Brian Morrison's return to Western States after his heartbreaking finish 10 years earlier. For anyone who watches TV while running on a treadmill, the Ginger Runner has enough content to keep you going until the spring!

Next month's planned pick – *Kipchoge: The Last Milestone*

Enjoy your running!

~ Jason Scarbro

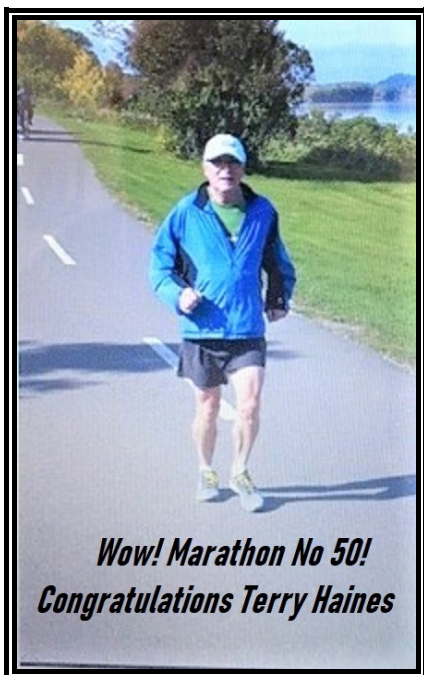
The Virtual 125th Boston Marathon by Amelia Beaney



50, 60, 70...but who's counting...we are!

October 10, 2021: It was a beautiful fall morning, cool temps, dissipating fog, with colorful leaves everywhere. The perfect day for a Marathon.

Our own Terry Haines, at the young age of **70 (+)**, hit the trails to run a very successful **50th** marathon. Congratulations Terry, we are very proud of you and admire your commitment to running and to the club. You are a very kind, gentle soul and many are pleased to call you a friend.



I had the privilege of training with Terry as we ran through the summer humidity. Thanks to some core running supporters; Roy, Cindy, Mike, and Eric for putting up with our stories and riddles along the way.

My goal was to run a marathon as I turned **60**. I said it out loud to Terry and guess what...he helped me to attain this goal. Thank You my friend.

Congrats to Kaye, Anne, and Sarah too for running in the virtual Boston Marathon with us. It was a great event and fun times!!!

Happy Trails everyone!

~ Amelia



Hi everybody,

It is that time of the month again that I get a desperate message from our editor "Do you have something for Footnotes?"

After cycling for three and a half hours I really didn't want to write an article, I wanted to go on the couch and have pleasant dreams!

Vicky and Delberta are showing up for some of our weekly runs and I have to say they are looking well. It is good that they have rejoined us.

Even with all the Covid going on we still have quite a few walkers and runners on Saturday mornings.

And we are going out for breakfast again so things are improving.

To fill the page I added a few pictures .

FTBOTS or FTBOTC.

~ Harry



