

~ NOVEMBER 2022 ~

~~~ FOOTNOTES ~~~



Save The Date- Friday, November 11th, 2022

The Annual Tom Reddon Metric Marathon

2:00pm Start from the trail kiosk at the bottom gates at UNB .
Members of the public are welcome to participate.

The half Metric Marathon will follow the Marysville loop (maps provided)
and the full metric marathon will encompass a repeat of loop one.

Donations of cash or groceries for the Food Bank are welcomed!

There will be refreshments at the end of the run, following which participants
are welcome to join our family at Picaroons to raise a glass to Tom.

Lots of fun-running events

- *Regular bi-weekly runs*

*Membership is only \$25 per year
or \$40 for a family.*

To sign up online visit
<https://www.ccr.ca/membership>

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below. Thanks! The Editor

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Jos Eijkelestam - Harry Drost

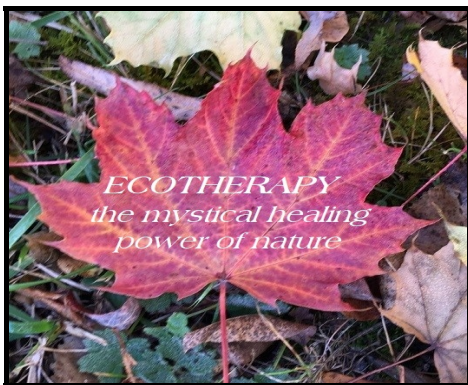
Rob Jackson - John Cathcart

Thanks to our regular contributors.

The Ramblings of a Running Rev



Each morning regardless of the weather, come rain, sleet, snow, wind or rain, I set off for my 3km saunter along the Welland Canal. (Icy conditions are a different ball game). Now, a reminder that to saunter is to walk in a slow, relaxed, stress free manner. It is to mindfully embark on a leisurely stroll or ramble and to take a walk simply for pleasure far away from the bustling crowd and cars and to bathe in the beauty of the morning and the gift of a new day. This time of the year is beautiful and very different from the other seasons - which have a beauty all of their own.



"There are moments when all anxiety and stated toil are becalmed in the infinite leisure and repose of nature." ~ Henry David Thoreau

Sauntering along the canal path the other morning, the sky was a brilliant blue with a whiff of clouds here and there and the Sumac bushes were in all of their brilliance. They had on their very best red Autumn gowns and were breathtaking enough to stop me in my tracks as they screamed “take a photo” which as you can see below I did!



As Irish writer and poet John O'Donohue once wrote, “Beauty does not linger; it only visits. Yet beauty's visitation affects us and invites us into its rhythm; it calls us to feel, think and act beautifully in the world: to create and live a life that awakens the Beautiful. A life without delight is only half a life.”



I don't consider myself a photographer but it is spiritually satisfying to look back and remember nature's fleeting beauty.

Photography is a way of feeling, of touching, of loving. What you have caught on film is captured forever...it remembers little things, long after you have forgotten everything." - Aaron Siskind



So as the seasons change and the trees give up their leaves, remember to take a moment to enjoy the mystical healing power of nature. Run or walk or saunter and take in the world around you. ~ the running rev

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From the President by Fran Robinson



Hi folks. We always ramp up our activities in the fall and this year is no exception. Our Saturday morning attendance has been great with lots of runners and walkers out. We've started having breakfast consistently after our runs/walks at any number of local breakfast holes, thanks to Paul Lavoie's persistence on this. (Thanks Paul). We've had some new members join and that's always great!

We had breakfast at Fran's on October 1st with Mary McKenna primarily as the chef (with Fran's help). We had over 30 people show up. It was a great event with tons of great food and coffee, horse back riding with Jochen that many kids and adults tried out, music by Jim and Terry and the chickens entertained us while many sat around the outdoor fire. Cindy and Janet did most of the clean up. Thanks Mary, Jim, Terry, Janet, Cindy, Jochen and Fran.

We had our October run series run on October 22nd in affiliation with the Park Run. 18 of us participated in that one. Thanks Paul Looker for your timing and announcing of this and to all of us that participated in it.

We had many club members participate in many different events this Month. This is what I know. There will be names missed so please forgive me. There was the P'tit Du Nord Marathon north of Montreal that Mary Bartlett, Jeff Musgrave and Jason Scarbro participated in. All 3 ran a personal best time in their marathon on October 2. The weekend of the 8th October, the Young family (Ian, Sara and Justin) ran the Valley Harvest Run in Wolfville, NS. Amelia Beaney, Roy Nichol, Rick Stairs ran the Mactaquac Trail Race. Joanne Embree ran the 10 k in PEI and came first in her age category. Janet Tree, Mike Melanson, Sara Young and I ran the 10 k in Legs for Literacy. Janet ran a personal best in that run. Kay and Rick ran the 5 km for Craigs Cause. There are likely many other mentions that I missed. Congratulations to us all for getting out there.

Here is what is coming up -mark your calendars:

October 30 - Fulton 5 starting at the Nashwaaksis school at 2 pm. Thanks to Bernie Arsenault.

November 11 - Tom Reddon Metric Marathon - starting at 2 pm at the kiosk outside the University gates. Thanks to The Reddon Clan.

December 10th - Not the Honolulu - Mactaquac Park - details to be announced.

CAPITAL CITY ROADRUNNERS & WALKERS ANNUAL GENERAL MEETING

Please plan to attend our December 3rd - AGM - 10:30 to 12:30 at the Odell Park Lodge. We have an election this year. If any of you would like to have your name stand for the position of (1) Member at Large, (2) Treasurer or (3) Secretary, please let us know. We need you! We'll have muffins and coffee.

Rob Jackson will be the guest speaker. He would like to know your questions in advance if possible. You can email Rob at:
rjactm@nb.aibn.com



Rob Jackson will speak on various topics related to running, including:

- Canadian Masters Athletics and how it can benefit you;
- How not to run a marathon
- His obsession with numbers
and why that might not be good for a runner
- His affiliation with Skechers
- Training, nutrition and recovery
- Perseverance through injury setbacks and life setbacks
- Ask me anything!

At the conclusion of the presentation there will be a draw for a free pair of Skechers shoes. The winner drawn from among those present will receive a pair of Skechers shoes of their choice.

Great month past and great times coming up. Thanks everyone.

~ *Fran* franrobinson100@gmail.com

Mactaquac Trail Race 2022 by Jos Eijkelestam



In 2016 I left the Fall Classic and CCRR committees; I was ready for a new chapter in life which did not involve road running. You see, I had discovered trail running which gave me more pleasure. The being in nature and running in more challenging terrain drew me in.

So when Noortje and I were hiking in Mactaquac shortly after that Fall Classic, I said “Wouldn’t it be nice if someone would organize a trail race here?”. And on that same hike I could have said “Maybe I should do it?”

And so it started: in 2017 I organized the very first MTR (Mactaquac Trail Race) which sold out at 105 participants: a number picked to match the highway the park is on. The course is 10 kilometers and one can choose to do 1 or 2 loops.

Since then it has been held every year, except for that nasty 2020, celebrating its 5th anniversary this year. Numbers have since grown to 220 and the event has sold out every year. In fact, the 3rd year we brought Atlantic Chip in, because the number of participants caused a bit of an issue with our manual timing system.

The first 2 years the course was the same, but with a new park manager in 2019 I was able to create brand-new single-track trails with a couple of volunteers and more followed in 2021. Now the course has 2 stream crossings if you do the 10 kilometer and obviously double the amount when you do the 2 loops.

The popularity of the race has been growing, bringing runners from all over the place, from the north of the province to PEI and NS.

We have been blessed with good to splendid Fall weather every year and this year it was no different. It started out a little chilly, but it became a gorgeous, sunny day. I think everyone had a smile on their face, except perhaps for that one lady that had to be extracted from the woods on a bike, because she had an unfortunate misstep, which can happen easily on technical trails.

From the very first year on I have handed out painted rocks with the MTR logo to the winners of both races and in both gender categories and I throw in some Fireball. But that is not all; I approach all kinds of potential supporters who would like to donate a draw prize and MTR has become a big party, because all those years all runners have received a draw prize.

~ *Jos*

Fossils Corner by Steve Scott



This month marked a pretty prestigious accomplishment for The Fredericton Marathon. The Committee was nominated for a Fredericton Chamber of Commerce Business Excellence Award in the non-profit area. This award specifically, was the COMMUNITY IMPACT AWARD, sponsored by the FREDERICTON COMMUNITY FOUNDATION, which recognizes a business or organization that has made an extraordinary social, cultural or environmental impact on the Greater Fredericton Area.

The Fredericton Marathon, a not-for-profit corporation composed of 100% volunteers, has evolved over its 45-year history, encouraging residents to be more physically active through high-quality events for runners and walkers of all levels.

Our committee conducts an annual running event (Youth Fun Run, 5 k, 10k, half marathon and full marathon) over Mothers' Day weekend attracting 2,000 participants to the city. The committee combines fundraising and volunteer opportunities together by granting funds to local organizations/groups that volunteer to help us stage our annual May event.

In the past 11 years alone, we have granted more than \$121,147 to various groups including: York Sunbury Search and Rescue, Fredericton District Soccer Association, University of New Brunswick Cross Country Running and more. Over the past years, any leftover food or other non-perishable items from our May events are donated to the Fredericton Shelters Inc. and Fredericton Community Kitchen.

The Award of Excellence was presented to the Fredericton Marathon Committee represented by our Co-chair persons Christine Little and Bruce MacFarlane, and observed by other Committee Members including myself and Paul Lavoie (lifetime CRRers) at a Gala Dinner and Presentations Event at the Delta on October 6th. To me this was a milestone worth noting due to the tireless efforts of Capital City Road Runners from before the time that this group was established in 1983.

I think it is fitting that all the blood, sweat, tears of growing this organization to be a community lifestyle-oriented group that continually gives back is bearing fruit. Bluntly put, you all make a difference folks. Keep up the great work. See you on the roads soon. Next event up is the Fulton 5k followed shortly by the Metric Marathon in November. Cheers and just remember, "...there is no finish line. . ." ~ *Fossil*

(PS Stay tuned for more on this topic.) ” scottie46@hotmail.com

You're reading "Runbers", a collection of numbers related to running
Issue #35: How cold is too cold? by Rob Jackson



November is here. It brings fewer hours of daylight along with colder temperatures. For some the cold is welcome. For others, not so much.

Runners often debate: "What is the optimal temperature for peak running performance?" That certainly depends on the individual and on the distance.

In 2019 "Outside" magazine published a type of meta-analysis of research into that optimal temperature. The article stated: "Researchers have found that various weather factors such as wind, dew point, wet-bulb temperature, precipitation, and cloud cover all affect running performance to some degree, but none of them have more influence than air temperature. Heat clearly slows your race pace. Exercising in the heat increases the amount of oxygen we need since some blood flow is redirected from working muscles to the skin in order to cool our bodies. This results in higher energy usage, increased lactate production, and a higher heart rate at a given pace than in cooler weather."

With a view to finding the ideal temperature for marathon runners, the authors point to various research studies that show: "... the optimal temperature range for most groups of runners seems to be between 7–15°C. Below and above this range, marathon finish times tend to become slower, on average."

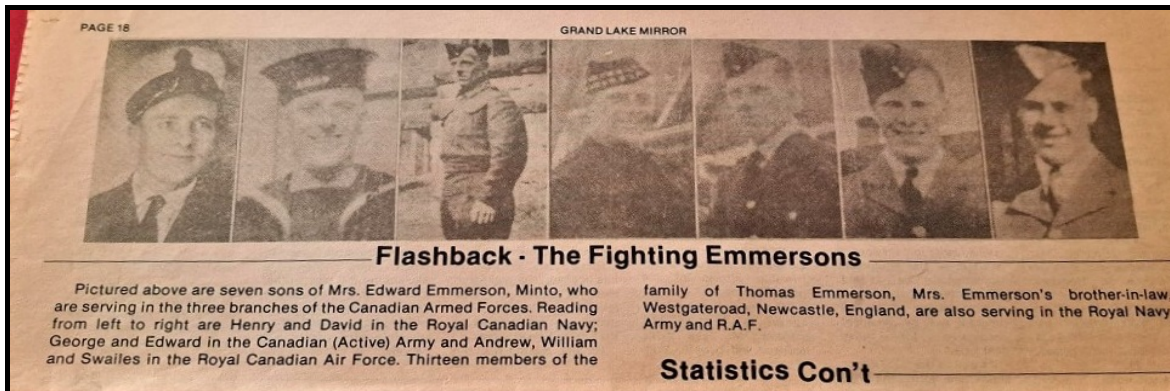
"Although most research has focused on elite runners, some recent studies have looked at the effects of air temperature on slower runners. A comprehensive study that included data from the Paris, Berlin, London, Boston, Chicago, and New York Marathons found that most non-elite marathon runners (finishing times between 3:30 and 5:00) performed best in temperatures around 7°C. In addition, a study which included nearly 50 years of Boston Marathon finishers determined that the ideal temperature range is 8-15°C for all finishers."

Experienced runners know very well what ambient temperature is best for their individual performance. Do you fall within the ranges noted in the "Outside" review? Whatever the case, have a happy November and enjoy the cool (perhaps ideal) temperatures.

<https://www.outsideonline.com/health/running/racing/race-strategy/how-much-does-heat-slow-your-race-pace/>

~ Rob rjactm@nb.aibn.com

THE FIGHTING EMMERSONS



When Edward Emmerson was born in Sunderland, England on November 9th, 1880, his father, Thomas Emmerson, was away from home working as an Able Seaman while leaving his wife Ellen at home with 2 year old Thomas and the new baby. The 1891 Census noted that Edward had three younger sisters and one older brother.

As the years passed Edward married Elizabeth Hannah Gaddess . It was towards the end of 1903. Eight years later when a new census came out in 1911, Edward and Elizabeth Emmerson were listed as having 5 sons. Edward was listed at that time as working as a coal miner.

The following year on July 1st, 1912, Edward Emmerson sailed from Liverpool, England to Halifax, Canada. He was heading to the town and to the coal mines of Stellerton N.S. Three months later Edward was reunited with his wife Elizabeth, who had travelled with their 5 sons, sailing out of Glasgow and arriving in Quebec. Can you imagine travelling across the Atlantic Ocean with 5 young boys? Elizabeth Emmerson was made of strong stuff and of that you can be sure.

Edward Emmerson enlisted in the Canadian Expeditionary Force (C.E.F.) on the 24th of November, 1914, as Private 69258 with "C" Company, 26th (New Brunswick) Battalion at St John, New Brunswick. He gave his wife Elizabeth as his next of kin and his employer as the Rothwell Coal Company of Minto, New Brunswick.

On June 1915 the Battalion sailed on the SS Caledonia to Plymouth and were posted to East Sandling Camp, Hampshire, where they were assigned to the 5th Infantry Brigade, 2nd Canadian Division. It was there they "practiced" digging trenches.

(Canada was among the very first countries to respond to England's need at the outbreak of the First World War. 619,636 Canadians enlisted with the Canadian Expeditionary Force (CEF) and approximately 424,000 served overseas. Of those men and women, 59,544 members of the Canadian Expeditionary Force died during the war, and 51,748 of them died as a result of enemy action.)

On 15th September 1915 the C.E.F. set sail again and proceeded into Belgium, where they had an instructional tour of the trenches near Scherpenberg.

In April 1916 Private Emmerson was granted a one week leave to the UK and thus he would have been able to visit his wife and now seven sons, Edward, Jack, George, Andrew, Swailes, David and William.

Elizabeth and her seven boys had returned to England in December 1915 to stay with family.

Following his leave Edward returned to the front line at Sugar Trench at Courcellette, France, and into the thick of battle. On 16th September, Edward was wounded in the chest and right arm. He was discharged from hospital in late November 1916 and deemed fit for active service. Edward volunteered to return to France and was posted to the 3rd Tunnelling Company as a Sapper. He joined them at Mount Sorrel in mid-September 1917 where they were employed constructing deep underground facilities.

(The Battle of Mount Sorrel lasted for almost two weeks and cost the Canadians over 8,000 casualties.)

At the end of January 1918, Sapper Edward Emmerson was taken ill with pneumonia. He died on 29th January 1918 and was buried the next day at Lijssenthoek Military Cemetery. The service was conducted by Padre William L. Archer.

Edward Emmerson was 38 years of age when he died, leaving behind his wife, now a widow, Elizabeth, and their seven sons, Edward, Jack, George, Andrew, Swailes David, and William. However, the story doesn't end there. Elizabeth and her seven boys then returned to Canada sometime in 1922.

One cannot begin to imagine how a widowed mother of seven children would adjust to life without her husband and the father of her seven children. Some of the boys were in their teens at the time of their return to Canada. However, Elizabeth was made of strong stuff.



As the boys grew older, Elizabeth needed to make a living, so she moved to the village of Minto, New Brunswick, and bought a house with a small restaurant next door. She ran the popular restaurant there for many years. She never remarried and taught all the boys a very strong work ethic and they always respectfully referred to her as “Mother”.

In 1939 war was declared, and the seven Emmerson boys signed up. Henry and David were enlisted in the Royal Canadian Navy; George and Edward enlisted in the Royal Canadian Army, and Andrew, William and Swailes enlisted in the Royal Canadian Air Force.

I cannot, even for a moment, imagine how Elizabeth Emmerson must have felt watching her seven boys, now men, heading off to fight in a war that would claim the lives of 24,525 soldiers of the Canadian Army; 17,397 members of the Royal Canadian Air Force; and 2,168 members of the Royal Canadian Navy.

However, of the seven sons who went off to war all seven returned safely home .

We remember the sacrifice of Edward Emmerson in World War One, and give thanks for the service rendered to Canada by his seven sons. We give thanks for their safe return home. I do not intend, in any way, to diminish any of that, however, for me the person who stands out in this family story is Elizabeth Hannah Emmerson, who is perhaps representative of all mothers whose sons went off to war, and of all wives whose husbands went off to war and never returned home.

Elizabeth Emmerson’s niece told me that from all accounts Elizabeth was a very kind and generous woman and had a great faith in God. Her home was often the gathering place on Sundays for both family and friends for meals and music and that the whole family were musical. “Elizabeth Emmerson’s life,” stated her niece, “was a testament to how much she loved her family.”

The Emmerson Story is deeply moving. I was privileged to have George and David Emmerson as faithful members of my congregation. The Emmerson story covers a family’s sacrifice, tears and fears of Two World Wars and gives us a heroic example of a wife and mother who was left to pick up the pieces as were many like her.

Lest we forget. cathcartjohn@hotmail.com

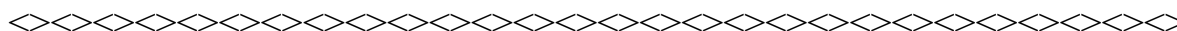
NEWS, VIEWS & REVIEWS



Congratulations! CCRR Member Mary Bartlett has been nominated for the Athlete of the Year and the Most Inspirational Runner Award along with 2 other runners, Nathalie Boivin (Bathurst) and Suzanne Myers (Moncton)

All awards will be presented at the Hall of Fame Night and RaceNB Awards on Saturday, November 19th at the Fredericton Delta Marriott in Fredericton, New Brunswick.

Tickets need to be purchased by November 14. Thanks.



From the Back of the Pack



Two legends Phil Booker and Lloyd Sutherland! They let me in the picture as well but they had no choice because I was the photographer! Our friend Phil is a bit under the weather but in very good spirits and still loves to talk.

~ *Harry*

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