

NOVEMBER 2023

~~~ FOOTNOTES ~~~





## A JOG DOWN MEMORY LANE



It was a busy weekend of running. At the Legs for Literacy this past Sunday, Kevin Soehner and his daughter Jady, Wendy Rogers, Jamie Weatherbee, Mary Bartlett, Janet and Alex Tree, Eric Hopper and myself all completed among others that I may not be aware of. We brought home at least 4 first place medals!



## THE ANNUAL TOM REDDON METRIC MARATHON

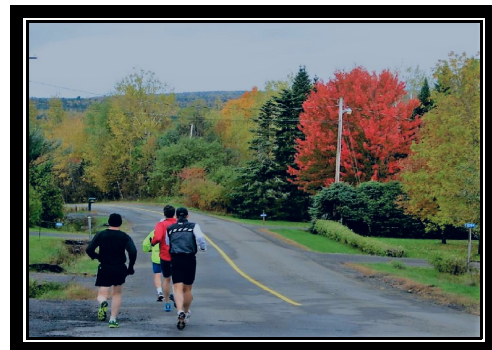


will commence at 2pm from the trail kiosk at the bottom gates at UNB . Members of the public are welcome to participate.

The half Metric Marathon will follow the Marysville loop (maps will be 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'll be refreshments at the end of the run, following which participants are more than welcome to join our family at Picaroons to raise a glass to Tom. The first round is on us!



Harry, Tom, Tony & Dave

## FROM THE PRESIDENT By Fran Robinson



Hello fellow runners and walkers. Isn't fall a great time of the year? Finally, the oppressive heat for running has passed and the coolness lets us float along at a faster pace than in the heat.

In our club, the fall is a busy time. We have so many events planned starting with the fall classic, then the Fulton Five (October 29), followed by the Tom Reddon Metric Marathon (November 11), the Not the Honolulu (December 9th), the Jingle Bell Run (December 20th) and hopefully a Christmas party thrown in there too!

On top of that, we have our running series run that Paul Looker organizes. Many of them piggy back on our scheduled runs, but the next is October 28. We're having the December Challenge as well, organized by Amelia Beaney. That's always a motivator and helps one run off the Christmas goodies.

Our AGM is November 25th. We have two new positions this year to fill. We are looking for one person to step forward to fill a position. Please let me know if you are interested. [franrobinson100@gmail.com](mailto:franrobinson100@gmail.com) Mary Bartlett will be our guest speaker. We're thrilled to hear her take on how she has achieved personal bests this year, faster than 20 years earlier! I'm hoping she will also speak about what motivates her to keep running. She is so passionate about running I'm sure she won't run out of things to talk about.

We'll need to get a team together for the Coldest Night of the Year. I was team leader for several years, Ann Flynn did so as well, Henny and Harry last year. Time to find a new face. Again, let me know if you're interested. [franrobinson100@gmail.com](mailto:franrobinson100@gmail.com)

Personally, I'm trying to achieve my fittest year ever, in preparation for a ski event end of March. We'll see how I do with that goal. Currently, I'm sick, so not doing anything and that gets me a little worried. I'm telling you all this, in hopes that I can keep going and you'll hold me accountable!

We runners and walkers are an amazing group. I like to think that we are an inspiration to all the other folks who would like to run or walk regularly, but who don't. Two of our runners over the age of 70 have done marathons this year (Terry Haines and Joanne Embree). Sara Young achieved a personal best on her run. Mary Bartlett achieved several personal bests this year in various distances. Troy Sandwith completed all kinds of extreme events. Keep on trucking folks. Collectively, we're an amazing group of people and we are definitely not the norm. Way to go!

~ **Fran**

## ~ Searching & Seeking Sanctuary & Solitude ~



Heading out for my Monday morning saunter, the first thing I encountered was a thin coating of ice that covered all the windows of the car. “Oh, I thought, it’s that time of the year again!” It was only -1c but we know its kinda downhill from here on in.

After some silent complaints and setting about getting the windows scraped, I first had to find the ice scraper. Then finally ready, I set off down to the canal. No sooner did I make the turn towards the canal when a dense fog enveloped the car. It took a moment to get my eyes used to the greatly reduced visibility. Right at the canal itself, it couldn’t be seen for the low-lying fog. It was kind of spooky. I could see the sun trying hard to burn it off. If there had been one of the big boats coming along the canal it wouldn’t have been visible as the fog was so thick. However, in about ten minutes or so the sun had broken through and the fog had just about disappeared and it turned out to be a beautiful crisp Autumn morning. By this time with 2km in the bag and arriving at my little sanctuary where my prayer bench sits under the cover of the old Maple tree, that is quickly shedding its leaves, I relaxed quietly for a moment.

Then sitting there on the prayer bench, offering prayers on behalf of family and friends, the senseless wars between Israel and Hamas and Russia and Ukraine were on my mind as wars rages on. Praying for peace and not for even one minute able to understand the turmoil, stress and anxiety that people caught up in such wars experience on a daily basis. Also there are the victims of earthquakes, floods and forest fires, people struggling to regain some measure of a new normal, which, it seems to me, is an almost impossibility given the great loss of loved ones and even the loss homes and of whole communities. Sometimes I think the world’s gone mad.



Yes, the world's gone mad and needs a Saviour. Again, sitting there on the prayer bench, under the old Maple tree, the canal at one of its widest points, lay spread out before me. The sun was doing its work and the fog was surrendering. I could now, at least see parts of the canal. I just sat there, quietly contemplating as I witnessed the changing season. Sunday had seen some rain and strong winds with the result there were many leaves already down and some were dancing in the morning breeze.

Contemplation may be described as simply 'resting in God's presence'. Some see it as a way of 'looking' at God and 'listening' not with the mind or intellect but simply with an open heart. We do not have to 'do' much in this form of prayer. This is attentive waiting for God to meet us and to be with us.



Sometimes, when in active ministry, and something was troubling or challenging me, my act of contemplation, resting in God's presence, would see me lay down and have a nap. It's a form of prayer.

To rest in God's presence demands really nothing from us. Sometimes we are too busy to even rest, let alone rest in God's presence. John Muir once said:

*"Everybody needs beauty as well as bread, places to play in and pray in, where nature may heal and give strength to body and soul alike."* ~**John**

## A Blessing for Solitude by John O'Donohue



*May you recognise in your life the presence,  
power and light of your soul.*

*May you realise that you are never alone,  
that your soul, in its brightness and belonging,  
connects you intimately with the rhythm  
of the universe.*

*May you have respect for your own  
individuality and difference.*

*May you realise that the shape  
of your soul is unique,  
that you have a special destiny here,*

*that, behind the façade of your life,  
there is something beautiful, good and eternal.*

*May you learn to see your self  
with the same delight,  
pride and expectation  
with which God sees you in every moment.*

## Summary of CCRR Survey

In April 2023, CCRR members were invited to complete a 10-question online survey. The survey was meant to provide a profile of club members, insight into their fitness goals, and a sense of what they want from the club in terms of fitness choices and complementary events. The survey was completed by 31 members, not all of whom answered every question. This summary presents, in brief, their responses. Significant results are highlighted in yellow below. (The complete report is available by request from the executive.)

### Question 1: How long have you been a CCRR member?

|                               |    |        |
|-------------------------------|----|--------|
| New member (less than a year) | 3  | 9.68%  |
| 1-5 years                     | 3  | 9.68%  |
| 6-10 years                    | 7  | 22.58% |
| 11-20 years                   | 6  | 19.35% |
| More than 20 years            | 12 | 38.71% |

### Question 2: How often do you run/walk with the club?

|                          |    |        |
|--------------------------|----|--------|
| Weekly                   | 13 | 41.94% |
| Once or twice a month    | 5  | 16.13% |
| Seasonally (spring-fall) | 4  | 12.90% |
| Seldom                   | 9  | 29.03% |

### Question 2a: If your frequency of engagement with the club has diminished over the years, please provide a couple of reasons why.

- "Age and slower pace mainly." (responded "Seasonally")
- "Health reasons, but I still hope to be back." (responded "Seldom")
- "I don't run weekly anymore but for most of my twenty years with the club I did. I am less interested in running 10km or more now so I run less with the club. I think I will start walking with the club instead." (responded "Weekly")
- "I was looking for a training plan with others running similar pace and distance." (responded "Seldom")
- "Injuries." (responded "Once or twice a month")

### Question 3: Please check all the reasons why you run/walk with the club.

|                           |    |        |
|---------------------------|----|--------|
| Physical fitness          | 29 | 93.55% |
| Camaraderie               | 30 | 96.77% |
| Social events             | 14 | 45.16% |
| Training/racing advice    | 10 | 32.26% |
| Peer training support     | 15 | 48.39% |
| Mental well-being         | 18 | 58.06% |
| Currie Center convenience | 10 | 32.26% |



“Other” responses:

- “For me the main reason is the social aspect, the club members are my friends.”
- “Motivation.”

**Question 4: Would different scheduling or timing of our weekly runs/walks meet our needs better? For example, a Tuesday night instead of a Wednesday night run/walk? Five pm instead of 5:30?**

|     |    |       |
|-----|----|-------|
| Yes | 1  | 3.33% |
| No  | 21 | 70%   |

**Question 5: Please check all of the CCRR events/activities that you find enjoyable.**

|                            |    |        |
|----------------------------|----|--------|
| Weekly runs/walks          | 26 | 83.87% |
| Post-run/walk meals        | 15 | 48.39% |
| <i>Footnotes</i>           | 23 | 74.19% |
| The Run/Walk series        | 11 | 35.48% |
| Running clinics            | 8  | 25.81% |
| The Jingle Bell Run        | 13 | 41.94% |
| Christmas party            | 19 | 61.29% |
| Fall Classic               | 19 | 61.29% |
| Not-the Honolulu Marathon  | 20 | 64.52% |
| Tom Reddon Metric Marathon | 20 | 64.52% |
| Summer Hill Climb at Odell | 13 | 41.94% |
| The Fulton Five            | 13 | 41.94% |
| The AGM                    | 13 | 41.94% |
| December Challenge         | 19 | 61.29% |
| Other                      | 4  | 12.90% |

“Other” responses:

- “Coldest night of the Year.”

**Question 6: Can you suggest other club-sponsored activities or events that you would like the executive to consider?**

- “These events are great. Just remain responsive to what the members want.”
- “Groups going to events outside the province.”
- “Adding mid-week runs/walks earlier than 5:30 for retired/seniors during winter.”
- “Running gear group purchases; Club organized trail hikes (e.g. Mount Carleton).”

**Question 7: How do you get information about the club and club events? Please check all that apply.**

|                  |    |        |
|------------------|----|--------|
| CCRR website     | 14 | 45.16% |
| Facebook page    | 16 | 51.61% |
| Word-of-mouth    | 23 | 74.19% |
| <i>Footnotes</i> | 19 | 61.29% |
| Other            | 8  | 61.29% |

“Other” responses:

- “Email.” (x 4); “Fran’s weekly emails.”

**Question 8: Do you belong to other fitness-related groups or organizations, formal or informal?**

|     |    |        |
|-----|----|--------|
| Yes | 17 | 54.84% |
| No  | 14 | 45.16% |

**Question 8a: If you answered yes, please list a couple of the services or benefits that the other group(s) provides that you don't find at CCRR.**

- "Strength training and yoga classes." "Cross training."
- "Speed work training, groups going to international marathons/half marathons."
- "Yoga." "Pickleball." "The Y has fitness classes."
- "I belong to the Y for use of the machines."
- "Speed work/access to a track and coaching."

**Question 9: Please check the option below that best describes your Currie Center gym membership status.**

|                                                                                       |    |        |
|---------------------------------------------------------------------------------------|----|--------|
| I have a Currie Center gym membership through CCRR, to use its facilities after a run | 17 | 25.81% |
| I have a Currie Center gym membership independent of my CCRR membership               | 4  | 12.90% |
| I do not have a Currie Center gym membership                                          | 14 | 45.16% |

**Question 10: With an eye to the CCRR's sustainability, and with your most important suggestion first, please suggest a few ways that the club could better meet your needs."**

- "I love the club. People are welcoming and the events and socials are great. I like the walking option."
- "Link up with other groups to expand training gaps (speed work for instance)."
- "Maybe add another weekly run opportunity."
- "I think overall the club executive does a fantastic job. I understand that the club must focus on getting new membership to continue to be a club but I also hope that the club will also focus on how to continue to serve the long-time members as they age. The walking group was a great addition. I think there is more that could be done along those lines. It is important because I think the club is more than a fitness club to the long-time members. It is an important aspect of their social lives too."
- "Join with striders to do Wednesday speed work with others."
- "Be careful not to mess-up what is meeting current need. As a club, we can try to grow to bring in new young blood or we can double-down on meeting the needs of the current membership who are not really young, I think. I'd like to see us focus on the second thing, meeting and exceeding the needs of the current members. For instance moving from the traditional Wednesday night run would be a big mistake. It would be like moving church from every Sunday to every Monday."
- "Current activities and structure has worked for the members for years."
- "The last number of Executive Committees did all that they could to make things work."
- "It is ok as it is. Don't tinker with what is not broken."
- "The club is excellent for me and exceeds my needs, thank you! For the future, engaging younger people may be an ongoing challenge. Maybe doing more collaborative activities with other running clubs will help maintain or expand the presence of CCRR."
- "Nothing really - maybe more aggressive in getting new members for more variety of running abilities so everyone has a subgroup to run with at their own pace."

## You're reading "Runbers", a collection of numbers related to running. Issue #45: Running a very long distance by Rob Jackson



Some of us, of a certain age, are familiar with the song: "Fly Me To The Moon." The song was written in 1954 by Bart Howard and was originally titled "In Other Words." Kaye Ballard made the first recording of the song the year it was written. Frank Sinatra's 1964 version was closely associated with the Apollo missions to the moon. The song lyrics begin with: "Fly me to the moon. Let me play among the stars. Let me see what spring is like on Jupiter and Mars."

Our most recent full moon was on Saturday, October 28. Some research has shown that around the time of a full moon, people spend 30% less time in REM sleep (deep sleep) and sleep for 20 minutes less than when there wasn't a full moon. I wrote this month's installment of "Runbers" on October 28. That may explain, in part, the rambling, seemingly disjointed nature of this article. The distance from the Earth to the moon varies, but on average the Earth is 384,400 kilometres from the moon. The Apollo mission astronauts made the trip to the moon in 76 hours. Their return trip was slightly quicker. They came back to Earth in 71 hours.

Could a human run the distance from the Earth to the moon?

Serge Girard, a French ultra runner, has run 27,011 km in 365 days and is generally considered to hold the world record for the greatest distance run by a human in one year. If he were to maintain that pace of 74 kilometres per day, Serge would need to run for 14.23 years to reach the moon.

Gary McKee of Northwest England recently ran a marathon each day for 365 days. That equates to 15,403 kilometres in one year. Gary would need to run for 24.96 years at that pace to reach the moon.

In conclusion, it is not impossible for a human to run the distance from the Earth to the moon. In fact, there are a number of people who claim lifetime mileage totals that would enable them to complete the trek across space. Perhaps you are one of them, or know someone who has documented lifetime distances that total more than 384,400 kilometres. If so, keep on going! You just might get to see what spring is like on Jupiter and Mars. ~ **Rob**

## BITS & PIECES



Great Fulton Five Run! Super turnout! We took over Trailways pub after.  
Thanks Bernie for organizing and for everyone showing up!



Great turnout for the Park Run CCRR. Great Job everyone.  
THANKS TO THE Park Run Staff; we appreciate your dedication.

# In Flanders Fields



*In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie,  
In Flanders fields.*

*Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields.*

*by John McCrae*



## *From the Back of the Pack*

Hi fellow walkers and runners!



It was about 35 years ago that I started “running”. I remember the day as if it was yesterday! I wore Kmart sneakers and my once upon a time, my bright yellow jacket. You’ll notice I still wear it today. Everything that was good and snug I kept for years including my wife. Anyway the run wasn’t very long, just 1km, but the recovery and panting lasted much longer. At the end of the run I met up with a lady whose name was Evelyn and who started running with me at that time. She remembered that I was very winded!

In the coming weeks I plan to run some of routes around my neighbourhood and invite TT to join me.

Do you remember your first runs?

~ **Harry**

