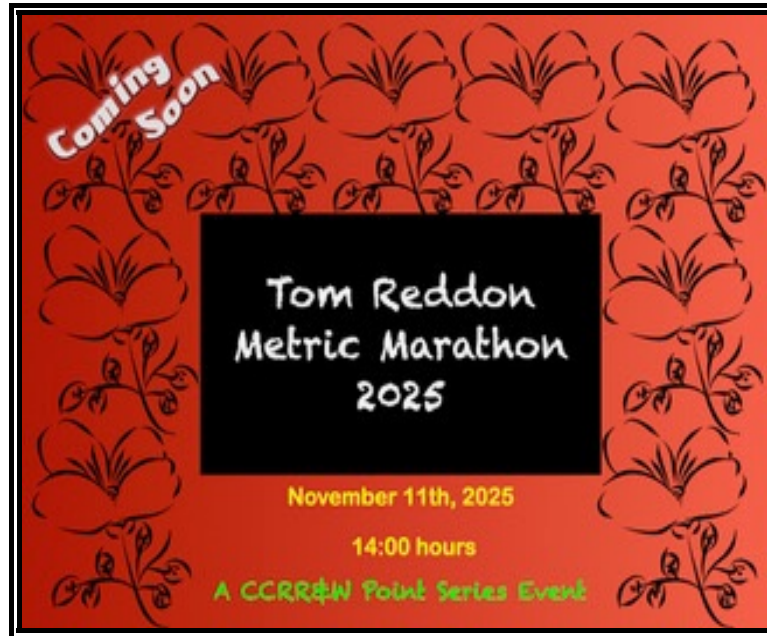


~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club

~ November Issue 2025 ~



At the going down of the sun and in the morning we will remember them.

CAPITAL CITY ROADRUNNERS & WALKERS CLUB

Club Executive 2024-25

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.

CONTRIBUTIONS FOR FOOTNOTES

Please send to the email address
below. Thanks! The Editor
cathcartjohn@hotmail.com

~FOOTNOTES ~CONTRIBUTORS

Joanne Embree - John Cathcart

Steve Scott - Paul Looker

Harry Drost - Rob Jackson

Christa Blizzard

~ JOIN THE CLUB ~



Tom Reddon

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, 5k & 10k 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.crr.ca/membership>

Or

contact any member of our CCRR
Executive listed in Footnotes.



From the President by Joanne Embree

Hi Everyone,

It has certainly been a joy to run and walk while viewing the fantastic colourful display of autumn leaves this past month. It has gotten cooler over October but we have had beautiful running and walking weather.

A group of us headed off to PEI for the marathon weekend to run in the 5K, 16K, half marathon, the relay and the full marathon. A good time was had by all. We all made, or came really really close to achieving, the goals we had set.

Some of us also ran in the Kicking Pancreas Run in support of those with pancreatic cancer. They had a very successful fund raising event and we were glad to support them.

Our major social event this month was Breakfast at Mary's. Many thanks to Mary for opening her house to the club and preparing a great breakfast. Thanks also to those who also brought food. There are some really good cooks in our group!

The Halloween run this year involves visiting various graveyards as part of our Thursday evening run on October 30th. Following the run or walk, we will meet up at Picaroons. It will be the last evening run before the end of Daylight Savings Time.

Happy running and walking.

~ Joanne



CCRR& W CLUB ANNUAL GENERAL MEETING

Please plan on attending the club's AGM on Saturday, November 29th after the Saturday run/walk. The Executive Committee has done a little bit of housekeeping in terms of membership of the Executive to get back to members having defined two year terms. The current terms for Treasurer, Registrar and two members at large will be ending this year. Terms are renewable and I have agreed to stay on as treasurer and Mary has agreed to stay on as member at large. Paul is stepping down as the registrar and Jochen is stepping down as member at large. Those two positions will need to be filled so there is an opportunity for new executive members. Please let me know if you are interested by e-mailing me at Joanne.embree@umanitoba.ca

~ Joanne

The Alphabet of Terror and the Act of Remembrance

On August 9, 1971, an Ulster Defence Regiment (UDR) patrol was checking cars near the Clady Bridge border crossing in County Tyrone, Northern Ireland. Members of the Provisional IRA attacked them with a machine gun. Private Winston Donnell aged 22 was killed right away. He was the first UDR soldier to die while on duty.



In Northern Ireland, a place of great beauty and a sad history of conflict, there is what I call the “alphabet of terror” as paramilitary groups have their own set of letters that identifies their role in what is referred to as “The Troubles.”

Most people are aware of the Irish Republican Army (IRA) but then there is the PIRA or Provisional IRA. Being Irish there isn't much agreement among different groups thus we also have the Official IRA and the Continuity IRA and the Real IRA.

Over on the protestant side of things we have the Ulster Freedom Fighters (UFF) and the Ulster Defence Association (UDA) and the Ulster Volunteer Force (UVF). Their stated purpose was to protect the Northern Ireland unity with Great Britain and to be loyal to the old Red, White and Blue and the Queen Elizabeth number 2.

I'm sure by now you get the picture, but we must identify the political parties involved: Sinn Fein Party (SFP) and the SDLP - The Social Democratic Labour Party and the non-sectarian Alliance Party of Northern Ireland (APNI). Also on the protestant side of things the DUP standing for the Democratic Unionist Party, very much attached to Queen and Country. This is my Alphabet of Terror & Remembrance as people prepare to stand at Cenotaphs all over the world on November 11th to remember those brave souls who made the ultimate sacrifice hoping for world peace.

The Troubles which began in earnest in 1968 and ended with the Good Friday Agreement 1998 (GFA), saw, during those deeply sad and brutal 30 years of bombing, bullets and tit-for-tat killings, and how **3,720 people** were killed as a result of the conflict. Many were innocent civilians. It's been said that those deaths represent the Irish equivalent of America's 9/11 except it took 30 years to unfold.

As a Veteran, each day of the year, not just on November 11th, I remember my fellow comrades who, between 1st April 1970 and 30th June 1992, saw a total of **197 UDR** soldiers killed. Considered an easy target, many of these part-time soldiers were murdered, some in their own homes, some going to or from work, and some just out walking. Even resigning from the UDR, and as another act of terror and intimidation, one could be murdered as **61 comrades** were killed after resigning from active duty.

THE MATHEMATICS OF WAR & THE ULTIMATE SACRIFICE

.... It's Not Just About The Numbers

Thinking thoughts of Remembrance Canada's extensive war records offer a detailed look at where and when soldiers died during the First World War - and where they were laid to rest. The numbers lend themselves to serious and thoughtful and heartbreaking reflection - lest we forget.

We begin with reflecting upon **66,349** Canadian servicemen and women killed during the First World War. Each person, each one of the **66,349** people who died, had a first name, a middle name, and a surname. They were somebody's child

The Battle of the Somme claimed the lives of **7,570** servicemen and women.

The Battle of Vimy Ridge claimed the lives of **5,088** servicemen and women.

The Battle of Passchendaele claimed the lives of **5,308** servicemen and women.

About 60% of Canadian records of those who made the ultimate sacrifice include the serviceman or servicewoman's name and age at the time of their death. The youngest recorded age at death was a young man, 15 years old, with 22 further records of Canadians killed at that tender age. They were indeed somebody's child.

Three quarters of those who died were under 32 years of age. One half of those killed were 26 and under. One quarter of those killed were aged 22 and under. A great sacrifice of young Canadian men and women of the era.

Again we remember, lest we forget, that each one of these **66,349** servicemen and women who died had a first name, a middle name, and a surname. They were loved, grieved, and missed by their families and friends and their comrades in arms.

The records include burial locations for all but about 1,000 Canadians killed - which means their bodies were never recovered or received a burial.

Canadians who served in the First World War were buried all over the world, from Iraq to Bermuda. About **6 in 10** were buried in France, with only **9%** brought home to Canada. The cemetery with the most Canadians who served in the First World War is France's Vimy Memorial, the final resting place for **11,007** Canadians.

A great sacrifice of young Canadian men and women of that generation. Robbed of all hopes and dreams dying for their country and in the quest for freedom and peace.

We remember, lest we forget, that each one of these **66,349** servicemen and women who made the ultimate sacrifice had a first name, a middle name, and a surname. They were loved and missed by their families and friends and comrades in arms.

The same applies to the records of The Second World War - which claimed the lives of 47,000 Canadian servicemen and women.

Again we remember, lest we forget, that each one of these **47,000** servicemen and women who died had a first name, a middle name, and a surname. They were loved and missed by their families and friends and comrades in arms.

There is so much more to say. The bravery of our servicemen and women (Especially the Nursing Sisters) in **The South African War or Boar War which saw 300 Canadians make the ultimate sacrifice. The Korean War saw 500 Canadians make the ultimate sacrifice; and 23 Canadians died while serving in the Balkans; and in Afghanistan 158 Canadian soldiers made the ultimate sacrifice.**

That, my friends, is the Alphabet of Terror & Remembrance and the Mathematics of War. It's not just about the letters or the numbers. There is no winner in any war. The cost in lives, both the dead and the wounded, is immeasurably great. As we remember, lest we forget, each person dies one by one. They have a first name, a middle name and a last name - loved by their families, and greatly missed by them, missed by their friends, and by their comrades in arms. Lest we forget.

We must not forget the many Canadian soldiers who experienced significant injuries, both physical injury and traumatic injury. It is helpful to know that many believe that Post Traumatic Stress Disorder is now thought to be more of an injury to the soul than a mental disorder, thus PTSI - Post Traumatic Soul Injury. The after affects of war destroy our trust in other people, especially those in leadership, and belief in God.

We remember the Canadian casualties in the two World Wars, with over **172,000 soldiers wounded in World War I and over 55,000 wounded in World War II.** While there is no single total for all wars, these figures represent the most significant numbers of Canadian military injuries in conflicts. We add to that then Korea, the Balkans, and Afghanistan. Afghanistan was the longest military deployment in Canadian history. Did you know that **40,000** Canadian soldiers served there?

I will finish with a deeply painful and personal reflection of a time back in 1971 - . As a member of the British Armed Forces my platoon was responsible for guarding police stations. Police Stations were a target for the IRA. Sergeant Ronald James Dodds was station sergeant. On October 27th 1971 he was called out to a suspicious fire and drove into an IRA ambush and an burst of machine gun fire. Another constable was seriously injured. Usually, when on duty, protecting the station and police officers I would have been sitting in the passenger seat of the police car that night. Sergeant Dodds was 34 years old, he and his wife have two children with another child born 2 weeks after Sergeant Dodds was callously murdered. ~ **John**

**You're reading "Runbers", a collection of numbers related to running.
Issue #62: Stay Bright, Stay Safe: Running and Walking in the Dark.
By Rob Jackson**



As autumn settles in and the daylight hours shrink, many of us find ourselves logging kilometres before sunrise or later in the day, after dark. Running or walking in the dark can be peaceful and invigorating—but it also brings some extra safety challenges. The National Highway Traffic Safety Administration reports that 75% of pedestrian fatalities happen in low-light conditions, most often between 6 p.m. and midnight. With a few smart habits and the right gear, you can significantly reduce your risk while keeping your training consistent all year long.

Visibility is your best defence. Reflective or illuminated gear can make you up to 150% more visible to drivers compared to dark clothing. Think layers of light: a reflective vest or belt, LED armbands, and a bright headlamp or chest light. The Fredericton Trail System and Odell Park loops are scenic but can get very dim in spots—especially near wooded areas—so bringing your own light source is essential. A headlamp not only helps others see you but also helps you spot uneven pavement, wet leaves, or ice patches.

Choose light-coloured or fluorescent gear, and don't forget accessories—reflective hats, gloves, or even reflective shoe laces make a difference. Cold-weather fabrics that wick moisture and retain heat will help you stay comfortable as temperatures drop. On windy nights a wind-resistant outer layer can prevent chills once you've finished your run.

Stick to well-lit, familiar paths whenever possible. The Northside Trail near the walking bridge, the Green, and Lincoln Trail are good options with reliable lighting and frequent foot traffic. If you're running where there are no sidewalks, always face oncoming traffic and stay alert. Try to avoid routes with blind corners or heavy vehicle activity—especially near Regent Street and Prospect Street, which can have reduced visibility during the evening commute.

Darkness limits depth perception and peripheral vision. If you're listening to music, keep it at a low volume or wear only one earbud. Many runners say they rely more heavily on sound cues in the dark—like the rhythm of approaching bikes or the crunch of gravel under someone's shoes.

Group runs are one of the best safety strategies—and one of the best parts of being in CCRR. Running with others boosts visibility and deters unwanted attention. Plus, it keeps morale high on those cold, dark nights. If you're heading out solo, consider sharing your live location via a running app or sending your route to a friend before you leave.

Even the best gear needs upkeep. Reflective material fades after washing, and rechargeable lights don't last forever. Check your headlamp and clip-on lights before heading out, and replace batteries regularly. Carry a charged phone and some form of ID—just in case.

The bottom line is, running or walking in the dark doesn't have to mean running at risk. With the right preparation—bright gear, smart route choices, and a few safety habits—you can enjoy your outings even when the sun has abandoned you. So light up, stay alert, and keep those kilometers coming. The Capital City Road Runners are proof that even when the sun goes down, we keep moving.

~ *Rob*



BREAKFAST @ MARY'S

This weekend's Breakfast at Tiff—scratch that—Mary's was a hit! Another awesome turnout filled with great food, laughs, and even better company. Big thanks to Mary for pulling it all together. CCRR & W club showing once again why we're the best bunch around! ~ Janice KC.



Grateful Newbie-Year 2! By Christa Blizzard & Louie



After completing the 2024 couch to 5k and running my first ever race at the Fall classic, I spent the rest of the fall and winter running mostly indoors on my basement treadmill. I didn't join many club runs, but I did attend the AGM and hear stories of the amazing accomplishments of the club and its members. I learned that one long-time member had literally run the distance of the circumference of the earth, and that was just counting his race kms. Our new president Joanne, shaved nearly an hour off one of her marathon run times; some members went on some epic long distance hikes together across the pond, and one solo hiker decided to get dropped off in Newfoundland and walk home, or as he put it, 'go on walk about'. My amazement with the range of adventures I hear about from members is sometimes only matched by the modesty and casualness they have when sharing about their escapades and accolades!

Along with my treadmill and home yoga routine, I did get outside and brave the snow, cold and ice to join some park runs. I have completed eight of them now and have enjoyed them all because of the welcoming and supportive people that volunteer and participate. On some of these runs I would cross paths with club members who greeted me warmly, shared words of encouragement and invited me to join them for runs again. Janet, who has been so friendly and encouraging since I joined the CCRR&W, even caught me on her jog back to the Currie Centre one Saturday and ran alongside me for my last leg across the bridge to tell me I was doing great and say she was so glad I was still running.

In the spring the club hosted their annual trail cleanup and my son Louie and I joined them to do our part in tidying up a section of our beautiful trail system. I got wind of another upcoming couch to 5k group and a training program that was in the works for doing a 10k, which was a goal I had been considering. Fran was very encouraging about me taking part in these groups/programs and I am so glad I did, as they really ended up getting me back on track, and even better, back to the club.

My family and I also decided to attend the group's annual Solstice Hill Climb at O'Dell, followed by a potluck-style BBQ. I was on the mend from a knee injury, so we decided to walk the course. I hadn't run for several weeks and was feeling down about my injury holding me back, but grateful for an opportunity take part in a new event and socialize. Louie, was so eager to get through the course we ended up pushing a lot faster up that hill than I had anticipated.

Unfortunately, Louie ended up tripping on a rock and taking a tumble but was brave enough to dust himself off and keep going! To our surprise we would get to have our names added to the club trophy, which has been passed among the members since the early 1990s.

I told Steve Scott that getting our names on a trophy was an unexpected first for both of us, and that we were just glad to participate. He said he hopes we return next year and he is happy to encourage people to get active. I was telling Louie how proud I was of him and that he'd done such a great job, and he said, "But I fell". I said the fact that he got up and kept going after the fall was the most impressive thing of all, and I let him know how inspiring that was.

The goal of a 10k was on my mind, but my confidence was low because a 5k distance was still a struggle at times. I decided to go along with the training schedule offered by Coach Steve and see where it took me. When I showed up for the timed run downtown, I was feeling sluggish, and it was so hot out! Janet, Rick and I met Joanne and Steve at the start point by the river and decided we would do 3K rather than push through the full 5. Steve was on his bike and went to the half-way mark. Janet and Rick both passed me on their way back with words of encouragement looking as overheated as I was feeling. When I reached Steve, he told me I was doing great, which was nice to hear, but I felt like my feet were made of lead and I was going at a turtle's pace. I was about 3/4 of the way done when Steve came up alongside me on his bike with more positive words. I appreciated this, though I was also cursing in my head, thinking of how badly I wanted to walk. I couldn't very well slow down now with him there motivating me along! He biked ahead and I was again thinking about walking when I saw Rick and Janet had come back to run alongside me and keep me going. These acts of kindness were somehow even more heartwarming than the run in the sweltering sun.

I reached out to Joanne about doing some club runs again, and she convinced me to come along with her and Mona, who was also recovering from an injury, and try some interval running to help me work on my endurance and distance. Those two AMAZING ladies did 1-minute-jog/1-minute-walks with me until I was finally able to do my first ever 10k distance, after which Mona casually showed me her watch, and I could hardly believe how far we'd gone. Joanne then said, very matter-of-factly, "There, now you know you can do it, and can just work on walking less." Of the many stories I have heard her tell about her marathon and race career, she has stood firm on the fact that it doesn't have to be all about speed; you can do just about anything for a minute, so regardless of bad weather, tiredness, etc., you can run a whole marathon doing 1/1 intervals and still make it to the finish line and get the same medal as everybody else. I found this advice both practical and comforting.

Along with my 10k training, I joined Joanne and Mona, running with the new couch to 5K group along with the incredibly kind and encouraging YMCA coaches Erin and Natalie. We also had some awesome people do presentations for us and or run along with us, which was really great.

Getting to know the people in this group, hearing their stories and what motivates them, and seeing them progress week by week was one of the biggest highlights of my summer! I was so glad to be able to see them push through the challenges, and the heat, and encourage each other to reach their goals. I really hope they keep waking and running and reach out to the group to find someone who matches their speed/distance. Having a running buddy makes a world of difference in keeping you motivated.

One of the 5K participants, Shawna, mentioned that the youth running group she was involved with, The Speeding Cheetahs, was looking for more volunteers. My son had been hoping to check out the group and wanted more opportunities to run with me, so we signed up. What fun! And wow, some of these kids are fast! These may be the future members of CCRR&W, so it was a great connection to make. We had an awesome six weeks of trail running, silly joke breaks and play, and we highly recommend that anyone with young kids should check it out.

With the Fall Classic approaching, I was finally feeling confident that I could handle the 10k. Joanne and Mona were going on a longer run one Sunday and I decided to join them. We did interval running all the way out to the Hartt Island RV Resort and back. The look of shock on my face when they told me we had gone 16k made them both smile widely.

This was a great lead-in for Joanne to later suggest that, now that I knew I could do that distance, maybe I would consider coming to PEI and running the 16k in October. I remember giggling to myself thinking that was a pretty slick and logical proposal, so... YES!

Louie ran the Fall Classic 1k for the first time, and I was there to cheer for him alongside my husband, J.D., and my brother, Chris, who had made the trip from Ontario for a visit and to see us race. It was great to see so many kids run that day and get their medals! I could barely sleep that night because I was so nervous and excited. On race day the weather was great and the people were loud and energized. I was determined to keep a steady pace and not get caught up in the pack and push too hard.

I met with the Y coaches and 5K runners beforehand to wish them luck and share some encouragement and, as always, they did the same for me. Before the start, I remember considering what intervals I should do, and decided to just feel it out as I

went along. Somewhere around the halfway mark I realized I had yet to take a walking break and was feeling strong, so I kept it steady, and before I knew it, I was coming to the last corner near the end. There was Coach Steve waving and cheering me on, and then I saw my family's smiling faces and heard their cheers and knew I had made it. I think the adrenaline and positive energy of race day carried me through. What a rush!

I was pretty sore after the race and had to take it easy for the next while but was looking forward to going to PEI and enjoying the experience of running somewhere completely new. The Tuesday before the trip, Shawna said she'd be up for a longer run. I wanted to test my legs and see if they were back to normal, so I set our route as a 10k, not really expecting that we would make it that far. As we went along, the sun went down, the street/trail lights came on, and we somehow chatted our way through the entire route. She said it was the first time she had done a 10k distance in years!! That was an awesome run and really helped me feel ready for the upcoming race. Nice work, Shawna, and thank you!!

Janet, Janice and Rick were my carpool buddies for the PEI trip, and we hit the road nice and early. As excited as I was about the race, I did not expect that the long drives there and back would be so much fun. Getting to hang out with these folks and learning more about them felt like an adventure all on its own.

As we crossed the Confederation Bridge, we were greeted by a giant full arch rainbow. It felt like a good omen. Regardless of the rain, Janice and I decided to venture out and explore downtown Charlottetown. There was a scarecrow festival going on, so we passed many creepy and cute displays as we wandered. The waterfront was gorgeous, and even though it was mostly cloudy with drizzling rain we still got some great pictures. We also got to enjoy the local Harvest Market, do a bit of shopping, hear some (loud) live music and see some pretty cool pumpkin carvers at work. Then our crew met up for a great Italian supper and some lively conversation.

I was glad to actually be able to sleep before this race and woke up early feeling energized. The rain did little to dampen the spirits of the runners at the start line and there were lots of cheers and smiles as we started on our way. Running along the ocean in Victoria Park was breathtaking, and though the route was a bit hilly, to say the least, it was cool to see the different neighbourhoods with so many people standing on their front steps, sidewalks and roadways to cheer for the runners and walkers. There was definitely some rain, but the sun broke through the clouds a few times, too.

As Steve said, regarding people trying the 10k/half marathon training, “Most people just don't realize what they are capable of”. I must say, having such great supporters along this journey has been my greatest push to continue to try and find out. To top it all off, we were treated to yet another rainbow by the bridge on our way out of town. So now, after all that, here I am again looking ahead, wondering what's next, and thinking, LETS GO!!!

~ *Christa*

[illegible]

A NOTE FROM SULLY'S



Hello! We've met your team at the Fredericton marathon delta event. Your members were very friendly and welcoming and a few have been to the shop since and were terrific.

Please come visit sometime 12-5:30pm through the week so we can give you guys a few prizes to dish out over the fall.

Thanks! Jason

[illegible]

**Capital City Road Runners & Walkers
2025 Point Series - Event #10**

October 30th, 2025

Start: 17:30

UNB, Currie Centre, Fredericton



A great turnout for the Shadows and Tombstones Run. The costumes were amazing. There were witches, ghosts, vampires, a cave man, and many more. Forest Gump even made a special guest appearance. The runners and walkers started out in the twilight of the evening before Halloween. The spiritual energy was high as they all disappeared from the my sight at the start and finish line. “Would they all return?” I mused. What were they going to encounter? I waited nervously to see who would return. The thought of a celebratory beer afterwards did seem like a good idea at first... ~ **Paul**

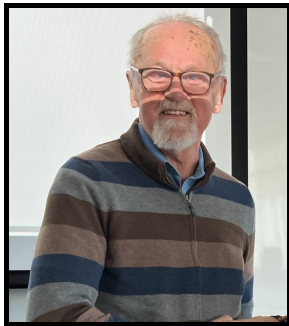
Name	Pace (sec/km)	Pace Points	Graveyard Points	Costume Points	Dart Board Toss Points	Series Points
Annette Comeau	499.09/km	50	50	50	39	50
Sonya MacDonald	499.42/km	42	50	50	45	45
David Weir	498.85/km	50	50	29	50	50
Fran Robinson	499.26/km	45	50	38	42	42
Brenda Tree (W)	744.0/km	45	45	45	40	50

Name	Pace (sec/km)	Pace Points	Graveyard Points	Costume Points	Dart Board Toss Points	Series Points
Westley Arbeau	498.93/km	45	50	40	39	45
Ray Hubble	499.34/km	40	50	50	34	45
Joanne Embree	574.77/km	45	45	32	50	40
David Tree (W)	744.16/km	50	45	34	42	50
Rick Grey	574.64/km	50	45	36	39	42
Boris Allard	499.01/km	42	50	37	38	40
Terry Haines	499.50/km	39	50	39	38	39
Lloyd Sutherland	574.90/km	45	45	30	45	38
Mona	574.51/km	50	45	33	36	39
Janet Tree	514.44/km	37	50	42	33	38
Jochen Schroer	514.36/km	38	50	35	35	37
Harry Drost	584.0/km	50	42	29	37	37
Henny Drost (W)	703.55/km	50	42	31	33	45
Paul Looker	Volunteer					35

From The Back of the Pack by Harry Drost



Hello CCRR &W,



Lately I haven't written very much in Footnotes, which meant that I could not find anything to write about, but this month I have something worthwhile for me to write and you to read.

In June/July I had a severe arthritis attack in my feet and hands. Walking and running was a total disaster! Anyway, I made a visit to the doctor and he advised me to take some medication like Celbrex and Tylenol arthritis. Also I went to see a physio a couple of times as well and got a couple of exercises for over two hundred dollars. The hand and feet exercises and medications helped me a lot!

Today, October 24th I am able to run and walk again. I have not been a happy camper since the beginning of June. Hopefully I can participate in the Fulton 5k, and The Tom Reddon metric marathon, and the December Challenge!

And believe it or not "I am stretching! That is the truth! I am stretching my body every day and several times a day at that! Still another 6 inches to go before I can touch my toes."

In my happy place.

From The Back Of The Pack

Harry.



