

OCTOBER 2021

~ FOOTNOTES ~



TRIBUTE TO TOM REDDON

The running community has lost many members since our May 2019 event, including Mark Kirby, Sylvio Bourque, and also Tom Reddon, a long-time member of the Fredericton Marathon organizing committee. The 43rd annual Stewart McKelvey Fredericton Marathon recognized Tom at the start line.

Paul Lavoie, Fredericton Marathon executive committee member and former, long-term race director spoke about Tom, and his major contributions to the running community, including measuring our courses for certification.

As a tribute to Tom Reddon’s service to the Fredericton running committee and his 19-years of contribution to the marathon committee, the Fredericton Marathon yesterday officially and permanently named the 19th kilometre of the marathon route “The Tom Reddon Kilometre”. A special sign recognizing Tom will be placed at the 19th kilometre mark at each Fredericton Marathon.

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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~ FOOTNOTES ~
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The CCRR's Fredericton Fall Classic - October 17, 2021.

It's just around the corner!



We're so happy to be able to put on this event once again!

The distances featured this year are 5K and 10K.

Plus our beloved Kids Run, which will take place before the main events.

<https://raceroster.com/events/2021/49495/38th-annual-fall-classic-by-canadian-tire-north>

Not running or walking? Consider volunteering -

<https://raceroster.com/events/2021/49495/38th-annual-fall-classic-by-canadian-tire-north/volunteer>

For more details, visit our website: https://www.crr.ca/fall_classic

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THE 20th EDITION OF THE FULTON FIVE

Sunday October 31,

14:00 start time.

Be There!

FOSSILS CORNER by Steve Scott



Fall is starting to make its long journey into our neck of the woods, that is Fredericton, and its burgeoning Fall Colours and cooler nights and early foggy mornings. This is the time of year when the air is generally a bit cooler and a lot less humid, even fresh by times. Running is easier and you may notice that you have a little more spring (pun intended) in your stride and do not feel as fatigued when your run is done. Enjoy it while it lasts.

Went to my first Saturday Fun Run in a while and discovered that I was the only run/walker there, so I began with my version of a 6 minute run (slower than the average pace for said group). One of my regular running/walking buddies stayed with me for the 6 minute run part and I released him from his duty at that point. I continued on my own and had an enjoyable and successful run/walk of 8 km in distance. Never saw another CCRer enroute on our Saturday morning FUN RUN. The point I am trying to make here is why do we meet for a FUN RUN twice a week on a regular basis? I thought it was so everyone could feed off of others in the group no matter if the pace was slow, medium or fast and chat with folks they had not seen in awhile. I guess I was wrong. See you later at some other FUN RUN guys and gals. But for now I will continue my run/walking regime by myself mostly, at least I am still moving.

Just a short update on the recently held Fredericton Marathon; all went as well as we had hoped it would in this very, very uncertain Covid Pandemic Climate with koodos coming from a number of the participants who ventured out on our Boston Qualifier course in perfect running weather and a record was once again set in the marathon event. All the CCR volunteers are to be commended for the help they provided in making it all work. I hope we have similar dedication by CCRers when our Fall Classic Road Race takes place on October 17, 2021. See you there.

That's it from Fossil this time. Just remember “. . . there is no finish line . . .”

Impressive and Inspirational - The Running Rev



Jim and I have been friends since 1992. He was my first “supervisor” as I embarked on a journey to ordained ministry. During my second year while attending seminary, I was “assigned” to a church in Toronto, and Rev’d Jim was the minister. He has since retired. Over the years we would get together when Jim visited family in Saint John, NB or when we would visit family here in Ontario. He is a friend and a mentor.

I gave Jim a call the other day to see how he was doing in riding out this pandemic and when I asked about his wife, I was shocked when he informed that Ann was about to undergo surgery. They were going to amputate her leg from just below the knee. Ann had been experiencing circulation problems and the time had come when they could not restore the circulation and save her leg. Faced with excruciating pain, and as a nurse working well into her 70's, Ann knew only too well what lay ahead.

Following the Olympics with great interest, especially the track events, I marvelled at how well the Canadian athletes were doing, collecting gold, silver and bronze medals in their respective disciplines. Their efforts belied the exceptional backstories of months of preparation and training, especially as the Games were held over for a year and then held in the midst of a pandemic with numbers rising in Japan.

While I have great admiration for these Olympic athletes, and especially Andre de Grasse in the 100 and 200 meters, it is the paralympians who caught my imagination and offered inspiration. (Did you know that Andre De Grasse’s wife Nia Ali was a silver medalist in the woman’s 100 meters hurdles at the Rio Olympics?)

However, it is another woman, a paralympian, who has inspired me. Her name is Marissa Papaconstantinou. She took up Para athletics at around age eleven.

Papaconstantinou enjoyed sport and originally played football and basketball. She fell in love with track athletics after being fitted with her first running blade at age 12.



"I always really loved running. I had some good influences in the sport and once I broke the Canadian record for the 100m at age 12 I realised my potential in the sport."

Her parents, both of whom were accomplished athletes themselves, encouraged her to play sports to find her passion. Born without her right foot, sports also served another purpose for Papaconstantinou.

"Sports was just a way for me to always feel included," she said. "I knew I was different, but that just made me work harder and want to be better than my peers at the same time because it was almost like I wanted to prove myself constantly."

In 2017 at the World Para Athletics Championship, Papaconstantinou tore her hamstring, though she did manage to finish the race. In 2018, she tore a knee tendon. Those injuries changed how she saw the sport. Instead, those trials helped make Papaconstantinou who she is today.

She didn't know it at the time, but when she finished her 2017 race with a torn hamstring, it represented a physical embodiment of the spirit that defines the Paralympics. The crowd roared as her competitors helped her across the finish line. The moment has since served as an inspiration for many.



We all at some time in our lives will face adversity. Life brings challenges. Some so large that they might seem insurmountable. However, it has been my experience, that when faced with adversity people can become an inspiration in how they choose to respond. It is children especially that have left me humbled and inspired. Marissa Papaconstantinou was only eleven when she found her passion in running.

As I write this Ann is being moved today to a Rehab facility to be fitted with a prosthetic leg. In a few days she will begin the process of learning to walk with it. She has a long road ahead of her, however, as Jim said, being free of the excruciating pain hopefully will make the challenges just that little bit easier to handle.

In running we may discover who we truly are. In life we will discover our capacity for self-discipline, determination and overcoming adversity. ~ *the running rev!*

You're reading "Runbers",
a collection of numbers related to running. Issue #23 by Rob Jackson.



The 2020 North American Indigenous Games ("NAIG") were cancelled due to the Covid pandemic, but the Games are set to take place from July 15 to 23, 2023 in Kijipuktuk (Halifax) and Millbrook First Nation, Nova Scotia. As noted in the recent announcement of the dates:

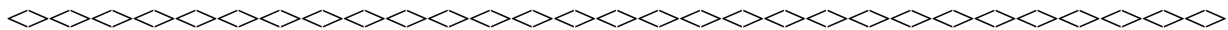
"NAIG has always been about fostering opportunities for young Indigenous athletes, and the significance sport and culture can bring to their lives. The Games in 2023 will be focused on awakening and preserving diverse Indigenous cultures and creating a safe and inclusive space for all participants to share, learn, and experience all that NAIG has to offer.



The event will be the largest multi-sport and cultural event ever to be held in Atlantic Canada. More than 5,000 athletes, coaches and team staff from 756 Indigenous nations will take part in cultural celebrations, and compete in 16 sports across 21 venues, with the help of 3,000 volunteers."

In 2023 the NAIG will include competition in 15 sports. Competition in Athletics will be in three age groups: U14, U16 and U19. Events include all of the standard track and field disciplines, up to 3000m, as well as a cross-country event of 8kms for males and 6kms for females. Here is a link to the NAIG Halifax 2023 website:

<http://www.naigcouncil.com/index.php>



FROM THE PRESIDENT'S DESK - Fran Robinson



"It's been quite a month! We all had such a wonderful time at the Fredericton Marathon during the first week of September. It was so nice to have an in person event again!! Kudos to the race organizers!!

Don't forget our run coming up on October 17th, once again live, in Fredericton. Sara Young and her team have been busy organizing this. Look through this publication for information on how you can register and/volunteer.

We have two vacancies coming up in the executive this year. Consider putting your name forward for either Member at large, or for the Vice President position. Neither have too many responsibilities associated with them. We typically meet as executive once a month. Mike McKendy is retiring as Member at large and the Vice President position has been vacant for the year. Mike has done a great job this year, and has been very helpful.

Our AGM is tentatively scheduled for Saturday, November 27 at 10 until noon, hopefully live. We will be confirming this as the time gets closer and sending you further information on this. Please mark this date on your calendar.

Keep in mind the upcoming Tom Reddon Metric Marathon, November 11 at 2 pm in front of the university. We will hope for good weather!!

Jochen and I ran the half today for the Canada Army Run from our home in Hanwell. We were slow, got it done and had a lovely water stop hosted by Judy and Mike McKendy. Talk next month. Keep running/walking. ~ Fran



Canadian Army Run 2021

Running on Medium by Jason Scarbro

September 2021

This month's pick: "*Strength Running*" by Jason Fitzgerald



For the past 10+ years, Jason Fitzgerald's goal has been to help runners improve by running healthy and staying injury-free. Jason draws from his years of running experience in pursuit of this goal, including several costly mistakes that led to injuries and nearly sidelined his running on a long-term basis.

As is the case for many of us who suffer a significant injury, Jason was changed by the experience. His thoughts on running healthy and injury prevention were transformed and his training changed dramatically by placing much more focus on the importance of strength training. With this new training philosophy, he has remained virtually injury-free, has run more mileage than ever, and ran a PR at the Philadelphia Marathon in 2:39:32.



In addition to being a USA Track & Field certified coach, Jason was the 2017 Men's Running Magazine Influencer of the Year and has written for PodiumRunner, Runner's World, Active, MapMyRun, The Art of Manliness, Lifehacker, and others. His podcast is consistently at or near the top of the most listened to and "liked" podcasts in the U.S.



“Fitz” puts out a massive amount of running content. As I mentioned above, he offers services as a running coach. His website also has several training programs available for purchase. But don’t worry if you’re not interested in spending money because much of his content is available at no cost. This includes over 200 podcasts and as many (if not more) YouTube

videos. His videos cover the full range of running topics including gear reviews, running workouts, Q&A’s, strength workouts and drills, running form, and mental fitness.

STRENGTH RUNNING
Get Stronger, Stay Healthy, and Race Faster

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The ITB Rehab Routine – Video Demonstration

The last major injury I had was a severe Iliotibial band (IT Band) injury after the New York City Marathon in 2008. I took 9 days off from running after the race and then started to slowly run a little bit, only to have sharp pain on the outside of my left knee. I couldn't run [...]

{ 3 comments }

I'm Jason Fitzgerald, but call me Fitz. I'm a marathoner, coach, and author of the workout guide [52 Workouts, 52 Weeks, One Faster Runner](#). I want to help you get faster.

Check out strengthrunning.com to get more information about the content and resources that Jason Fitzgerald offers to the running community. There’s something there for everybody, even those who are not looking to incorporate strength training into their routine.

Next month’s planned pick – The “*Ginger Runner*”.

Enjoy your running!

Jason Scarbro

THE BIG CANADA RUN ~ Roy Nicholl

Hello RoadRunners,



The theme for this month's dispatch is "Big". When I last wrote, your CCRR Big Canada Run Team was in our Nations Capital with just over 3100 kms covered. We've logged another 1100 kms since and are still in the same province. To quote my very exasperated 3-1/2 year old son on our first *Dad and Boy Adventure*: "**Ontario is BIG!!!**" {emphasis all his}.

After travelling southwest from Ottawa along the edge of Algonquin Park, though Peterborough, to the Big Smoke, we turned north, following Georgian Bay to Sudbury, then Sault Ste-Marie to my present perch overlooking Batchawana Bay as we wind along the shore of Gitche Gumee to Thunder Bay {the BIGgest inland body of water in North America}.

Among your intrepid team, Paul Looker continues to post Big mileage and now, at 721km, sits more than 100km ahead of Mike and Amelia. The remainder of us are running along, but getting considerably less time on the road than the lead horses. We are more than halfway to Victoria, with a team total just over 4200kms.

But the real "Big" I want to share with you, is the retirement of team member and dear friend Phil Booker from this adventure. As some of you know, Phil is now running the biggest race of his life – and doing it with that goofy Phil grin and bottomless spirit; showing us to meet life with gratitude for the opportunity each moment brings.

Phil, I'm sending a BIG basket of love to you, Marguerite and the family – we're all sending our love and holding you in our thoughts and hearts. I warmly await our next run. Run gently Phil.

Do you think this is just another day in your life? It's not just another day. It's the one day that is given to you: today. It's given to you. It's a gift. It's the only gift that you have right now. And the only appropriate response is gratefulness. If you do nothing else but to cultivate that response to the great gift that this unique day is, if you learn to respond as if it were the first day in your life and the very last day, then you will have spent this day very well. ~ Br. David Steindl-Rast

~ Roy!

Why the Olympics Still Matters

Tony Tremblay



Like some of you who are reading this, I have been frequently but always gently approached by the Running Rev to pen something for *Footnotes*. I try as my other writing commitments allow, understanding his need for content. Having often been an editor myself and having served on numerous editorial boards over the course of my career, I know how challenging it is to solicit and publish consistently. As I used to tell members of my own boards, doing editorial work in the interest of others – in my case, young academics advancing through the ranks – is a high calling indeed, its labourers earning a special place in heaven. It is toward securing that special place, then, that I submit this brief reflection on the Tokyo Summer Olympics that just passed.

Truth be told, I was among the many who scoffed at the IOC's decision to move forward with the games. The endless litany of partisan bickering and lies had convinced me that holding a major event like that was too risky for hosts and athletes alike. Given the state of world health, going forward would model all the wrong behaviours. Was I ever pleased to be proven wrong. And what proved me wrong was being reminded of what the Olympics really is.

What it really is can be hard to see even at the best of times, for a kind of jingoism on steroids – that is, an extreme form of nationalism – always takes centre stage. American media use the occasion as evidence of its country's exceptionalism, America the shining city on the hill. East Bloc officials likewise bask in the

assurances of what the Russians term ура-патриотизм, which loosely translates as drunken patriotism, the patriotism of the warrior heading into battle, sure of his victory and surer still of the sanction of his destiny. Canada, too, whips up a froth of self-indulgent fervour, the glow of the CBC's moral certainties burning brightly for all to see. And always, of course, in the midst of these deeply political campaigns, are the inevitable defections in the dead of night as frightened athletes are whisked from their teams' barracks to supposedly safer havens elsewhere. As Western viewers, we see this drama played out as an East-to-West exodus, but the opposite does occur, and always accompanied by strident talk of the horrors of the system being left behind. We never hear about what incredible challenges these teary-eyed teenagers from Belarus (2021), Cameroon (2012), and Cuba (2008) face as they escape to an abstract freedom without family, roots, language, citizenship, and the countless intangibles of birthright. Instead, the ideological wheels turn, hoping that we'll conclude that, for some athletes, returning home without a medal means a free trip to Siberia or a re-education camp. Yes, with all the jingoism at play, it can be hard to see what the Olympics really is.

But here's what I saw through the political smog of these pandemic games. I saw, as I always do, tenacity, will, and courage beyond compare. I saw Canadian race walker Evan Dunfee keep a five-year promise to himself that if he was again within striking distance of a medal he would not allow himself to falter, whatever the pain he was in. With his body drained and failing after 49.95 kms in the searing heat, he drew on that promise to win a bronze medal in the last 50 metres of the 50-km walk. Incredible! Of course, his goal was *not* realized in those final metres but in the fateful moments at 30, 35, 41, and 45 kms when he pressed on, conquering the agony and the doubt that were, by then, his constant companions.

As those of us who have run many marathons know, he was completely and utterly alone in those final kilometers, with just himself and his future self to answer to. It is a lonely business out there by yourself, and there is nowhere to hide and no one to lie to. You discover the measure of yourself in those moments, and what he discovered will carry him for a lifetime. (Those comfortably ensconced on their couches who think that, similarly tested, they could rise to the occasion will not understand the first thing of what I am writing about.)

I also saw the realization of Christine Sinclair's long-held dream of a women's soccer gold for her country. Fittingly, this achievement came to an athlete who had lost a few steps, as we all do with age, but who had carried the national program on her shoulders for over two decades. Her patience and commitment were rewarded spectacularly, and the respect she had garnered from years of outstanding play and sports advocacy carried her younger teammates to victory. It was clear to anyone watching that her peers were playing as much for her as for themselves. Respect of that sort takes years to cultivate, consisting as it does of the hard-won virtues of trust, sacrifice, leadership, selflessness, and belief. Was there another athlete at the 2021 games who had given as much for so long to her sport? I doubt it. What a role model she is for those who toil in the trenches, fuelled only but sufficiently by belief, and trusting completely in their vision.

Speaking of which, I also saw Damian Warner's triumph in the decathlon – or, rather, I should say, the triumph of his unwavering loyalty to himself and his goal. Yes, he set an Olympic record in the event, and, yes, he would have been competitive in four of the ten individual events that make up the decathlon – an incredible feat in itself – but it was how he got to the podium that stood out. Training to elite standards in a single event is one thing, but doing so in ten events

while in the midst of pandemic closures is quite another. And though our national disgrace (yes, disgrace!) that is the CBC made this all about how he overcame his mental health challenges – as if no other athlete was similarly tested by adversity – it was his focus, his drive, his creativity, and his unwillingness to compromise in impossible conditions that enabled him to achieve what he did. It is one thing, again, to transfer a training venue from outside to inside in one event, but doing so for ten events while also simulating competitive conditions for each is unimaginable. Yet Warner and his team found ways to do it – ways that prepared him to pick up the pace in the final 300 metres of the gruelling 1500 to set a new Olympic record. How does one do that while training in a converted hockey rink on the outskirts of London, Ontario? It is as inconceivable as it is inspirational and instructive. But here's the key point: it is *not* uncommon, and the people who achieve great things are *not* the gods that the media make them out (and need them) to be.

What is important to understand is that the qualities on display in Tokyo are also present in ourselves. Okay, I'll never run a 2:10 marathon, but that's not the point, as I was reminded of a few weeks ago when I was fortunate enough to follow our friends **Mike Melanson** and **Terry Haines** in the final kilometres of their marathons. Listing badly at the 36-km mark because of stitches, Mike dug deep into himself and rallied, refusing to let go of his pursuit of a PB. He fought and persevered as I biked next to him, running each of his last five kilometres faster than the kilometre before. It was an amazing show of courage, enabling him to knock three minutes off his PB. When I turned back to bring another of my running buddies in, I saw the same qualities in the indomitable Terry Haines, whose will and tenacity are legendary in our group. True to form, Terry refused to

give up on himself in the final kilometres of the race, pressing forward despite the agony we all face at 37, 38, and 39 kms. “This is a young man’s game,” we agreed as we shared a few good laughs in the final kilometres, Terry accelerating to cross the line in under four hours. He missed by only seconds, a time inconceivable for 99.99% of all 71-year-olds. When he did cross the line, **Allyson MacDonald** was there to greet him, her pace at the end seeming as effortless as it had been in the early miles. It was her first marathon in four years.

Politics has nothing to do with any of this. In fact, the politics that inhere in the Olympics and sometimes spill into our local events sullies what remains unspoiled: the vision, determination, hard work, commitment, sacrifice, and courage that are always evident in human endeavour. We need more of that spirit and heart – and fewer of the liars in public places that steal most of our daily headlines. That’s why the Olympics still matters, and why the Olympics was the first thing I talked with my students about when classes resumed in September. I felt it was important to help them separate what is best in us from the daily tableaux that indicate otherwise..



Canada’s Evan Dunfee captures bronze in 50-kilometre race walk at Tokyo Olympics

The Fredericton Marathon 2021



The kids are off and running! The Trites Orthodontics Fredericton Marathon hit the trails at Stewart McKelvey Fredericton Marathon race weekend.



Another race underway! The Delta Hotels by Marriott Fredericton 10k is off and running at Stewart McKelvey Fredericton Marathon race weekend.



It's official! The Stewart McKelvey Fredericton Marathon race weekend is underway. The Liv9 5k is in the books

Proposal for an Amendment to CCRR Constitution to Formally Recognize Walking and Walkers.

Historically CCRR has been perceived to be an elite runners club. Joggers and indeed walkers were hesitant to participate and, while the club didn't deliberately spurn them, it didn't really consciously make room for walkers. Recently there is a growing contingent of walkers; some are former runners who cannot run as often or as well; others are recovering from injuries. Still others may be running aspirants who want to start off walking and progress to running.

Your Executive Committee has noted this phenomenon and feels we need to ask the question if, and how a formalized walking category could be blended into the mandate of CCRR.

While there is nothing in our Constitution which would prevent us accepting walkers and perhaps even making accommodations for them within our event offerings, there is absolutely no recognition of this expressly in the Constitution. Given the recent emergence of walkers as a potentially integral part of the club your Executive is suggesting that we consider a formal acceptance and embracing of walking as a legitimate and thriving part of the Club should be entrenched in the Constitution. The Executive is proposing two amendments for the 2021 AGM as follows:

Amend Subsection 2:01 to read, "The objective of the CCRR shall be to promote and encourage its members in becoming active participants in running and walking as a means to better health and as a positive social activity."

Add a new paragraph to 2:03 as follows: Organize and offer activities on a casual or organized basis to walkers, either in conjunction with or separate from running events.

Thank you for your consideration of this amendment. The CCRR Executive.



UPCOMING EVENT - THE TOM REDDON METRIC MARATHON



Hello Members and others. Once again we are planning for the Tom Reddon Metric Marathon with its date of November 11th, start time of 2 pm.

A little history! The first metric marathon was held in 1996 or 1997 and was initiated by Tom Reddon. It has had a variety of routes including on the Northside just beyond Brookside Ave and from UNB towards Lincoln. In my years of running it, it has mostly started from UNB and out the Marysville Loop.

The course length is 13.1 km and the option to run 26.2 km is always available. Most people opt for the 13.1 km. Traditionally we have a social afterwards at a local pub - location to be announced at a later time.

Last year, in honour of Tom Reddon, the run name was changed from "The Metric Marathon" to "The Tom Reddon Metric Marathon". The run will start just outside the UNB gates at the corner of Beaverbrook and University Avenue. The route this year will be from the kiosk across from the UNB gates, out the walking trail, across the walking bridge, turning right towards Marysville, passing by Marysville Place on McGloin Street, turning left on Bridge Street, then left again to join up with the walking trail back from Cain Street to the kiosk at UNB.

Those wishing to run the full 26.2 km will run this same course twice.

We will plan to have a social at a local pub, and there will be also be some treats and water available at the end. There is no bling associated with this run.

Registration will open in early October. Check the CCRR website at that time for more details.

We hope to see you out for this fun event. See you there!

~ The CCRR Executive

Coming soon to a club near you... by Paul Looker



Thirty years ago I moved to Newcastle (now Miramichi), New Brunswick. I was newly married, I had a new job, and my wife Ariane and I were both far from our families. There were a lot of adjustments for both of us as we adapted to our new life together. And, I am sure that after the novelty of our wedding wore off, when she had come to her senses, it must have been terrifying for Ariane. She had worked the Via Rail train route from Montreal to Halifax in the late 1980's and Newcastle was never a place that she imagined that she would call home. She, no doubt, still wonders how on earth she had ended up living in Newcastle in the early 1990's. But, even though she was out of her element, she still supported me in my work and the sporting activities that I participated in.

I have been a runner for most of my life and had always made time to run. But, with a new life and a horrendous work schedule it was becoming harder to train with any consistency. I needed goals. I needed motivation to run. It was getting all too easy to say that I was just too tired from working the night shift and to not go out for a run. It was quite fortunate then that I learned about a series of monthly runs that the local running club hosted.

I had never been a very outgoing or social person, but I have always been competitive. That is no doubt what initially attracted me to running. It was an activity that I could do by myself. And, whether I was racing against others, the clock or just challenging myself, it always filled the competitive need that I had.

At first the monthly runs appealed just to my competitive side. And, there were times that they were the only run that I had done that month. But, more often than not, the desire to improve upon my past results also made me run more often. The motivation I gained from setting a series of short term goals aided me with preparation for other larger challenges. The running series also provided me with comparative benchmarks that allowed me to gauge the progress of my training over time. And then shockingly, it was imperceptible at first, I found that I began to look forward to the monthly run as a social occasion.

Fast forward a few decades. I am still running. But now, I have incorporated group/club runs as part of my training regimen and really enjoy the company of

other runners. While talking with runners during the weekly club runs I began to ask about creating a series of runs. Several club members have contributed to the thought process as the idea began to germinate.

The format for the event series has not been set in stone yet, but the idea will be to create something for all the club members to participate in. The CCRR series will be based on a monthly run/walk event. The series of twelve events will include 1 mile track runs, 5 km, 10 km distances, and other already established club runs (ie. Metric Marathon, Fall Classic, Fulton Five, etc...). A point system based on finishing position will be used to calculate overall placement positions. Points will also be awarded for those that organize events too. And then, at the end of the year someone will have the bragging rights and be recognized as the series “runner of the year”.

So, coming soon to a club near you...

We will keep you informed as the series develops. Keep looking to the CCRR events page for series details. <https://www.crr.ca/events/>

PSL

A JOG DOWN MEMORY LANE

(Fulton Five 2016 edition)



Fulton Five ~ Sunday ~ October 31 @ 2:00pm.



From The Back Of The "Falling" Pack

by Harry Drost



A few months ago a couple of my "older" friends decided to train for the Fredericton Half Marathon. Since my pace was slow enough for them to run a perfect half marathon I was invited to join them on their training runs. On the day of the race I joined them at about 5 km and ran with the two till about km 18 and then slowed down a bit.

At THE TOM REDDON 19 KM I was very excited and high-fived Charlotte Reddon and then I crashed! I took a tumble. My pride and my left shoulder took a good beating but after a few minutes of walking I was able to finish "The Harry Drost half marathon".

Congratulations to the golden oldies, Mike and Lloyd for a job well done! It is now proven that this writer can run a half marathon with minimal training. Every week I ran between 10 and 17 km and cycled over 200 km.

That's it, I have to walk to the Harvest Jazz festival now.

~ Harry

