

~ OCTOBER 2022 ~

~~~ FOOTNOTES ~~~



Happy Thanksgiving!



## A note from the Fall Classic 2022 Race Director, Sara Young:



"Congratulations to everyone who participated in our event this year! Thank you for making the weekend so special – we're so happy to be finally back!

I want to especially thank the race committee who helped bring this event back to life after 3 years and ensured that everyone had a safe and fun weekend. The past several months have been very busy and everyone stepped up when needed, and then some.

To our incredible sponsors, who continued to offer their support, year after year.

I also want to thank the over 100 volunteers and community groups who gave up their weekend to make sure that the race was safe and fun (and it looks like they also had fun, based on the pictures I've seen). The race really wouldn't be possible without them.

And one final thanks to Mother Nature for giving us a beautiful day, perfect for running, walking, and cheering!

Looking forward to next year, when our race will turn 40 – stay tuned for details on how we plan on marking this milestone!

~ Sara

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## From the President by Fran Robinson



Wow, another month gone by! We've had some beautiful days and the temperature/weather has been lovely for running, with the exception of Fiona raging through and other rain storms. The month ended with a bang with the Fall Classic on the 24/25 September. What a success it was! Sara Young and her crew did a great job of organizing and putting on this event. Mary Bartlett did an amazing job of announcing all the runners. She's certainly a natural at that. The volunteers were amazing! There were 131 volunteers in all. That is really something else!

Here is the list of committee members that worked hard to put this together:

Sara Young  
Michel Melanson  
Leyla Lougheed  
Sheryl Johnstone  
Dianne Sharpe  
Susan Dean  
Jason Scarbro

Congratulations to all the organizers, volunteers and participants and thank you so much!

We had 12 club runners participating with Justin Young coming in first in our club for the men and Amelia Beaney coming in first for women for the 10 km. Matthew Sprague came in first for men for our club and Melissa Wright first female for our club for the half marathon. Paul Looker was our first man across the line for the 5k. We won alot of pies, maple syrup and blueberry jam. Way to go crew!

Next on the go is the Fulton Five on the afternoon of October 30 , the Tom Reddon Metric Marathon on the afternoon of November 11, the Not the Honolulu in December (date to be announced) and the Jingle Bell Run December 21st. Lots to look forward to.

Have a good month everyone. Fran

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**You're reading "Runbers", a collection of numbers related to running  
Issue #34: Fall Classic and falling records by Rob Jackson**



The 2022 Fredericton Fall Classic is in the books and was another huge success! A total of 392 runners completed the three main events, i.e. the 5k, 10k and half-marathon. Female runners slightly out-numbered the male runners, comprising 57.4% of the 392 total finishers. Those 392 runners completed a total of 4,421 kms of running, on a beautiful, sunny Fredericton morning! That is exactly the distance between Fredericton and Calgary, along the Trans-Canada Highway. Maybe next year the runners will make it all the way to Vancouver!



Much has been written about the world marathon record, set on September 25 by Eliud Kipchoge of Kenya. His finish time in Berlin – 2:01:09 – is an accomplishment and a pace that are difficult to comprehend.



At that same event, Canada's Natasha Wodak, at 40 years of age, set a new Canadian women's marathon record with a time of 2:23:12. This was 98 seconds faster than the existing record. Her average pace per kilometre was an astounding three minutes and 24 seconds.



~ Rob

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## Fossils Corner by Steve Scott



This time I think it is appropriate to harken back to our latest CCRR Fall Classic. I helped on both days manning the Road Runners Booth for a while soliciting new members. We picked up several new members who were quite enthusiastic as they had already decided to join our Fun running group while they volunteered to help with this year's event. They worked hard and really enjoyed themselves along with the rest of us.

I also want to mention an encounter with Frank Kelly from the Saint John area. This man is one of those guys who started running later in life and excelled in his age group competition for the last 10 years or so. I first met Frank probably when I was still competing myself at the KV Marathon I believe. I ran the Half that year and had a difficult time overtaking him. We talked afterwards and I realized that he was 7 years older than me and not in my age group even. I was very impressed then; even more so now because he is still at it at it at age 83. I haven't checked but he probably won his age category last weekend. BRAVO to Frank.

Just chatting about Frank Kelly reminds me that we have been privileged over the years to enjoy the company of many gentlemen like Frank in our Club. First of these guys was old buddy Freddie Turnbull. He could run fast and spin a tale or two; next up was the late great Terry Goodlad who worked so hard in the early years to have elder runners recognized for their achievements by campaigning for senior age groups at all NB sanctioned Road Races; Frank Stapleton was also an excellent runner and CCRR Executive Member when he was in his sixties and sadly left for Montreal several years ago. There are many more whom I have forgotten but forgive me as I too am an elder member these days.

To sum up, The Capital City Road Runners just put on a great running event last weekend, and I was Proud to be a part of it and it brought back a lot of the aforementioned reminiscences.

Final note, registration for the 45th Annual Fredericton Marathon opened last week. Please check out the website first chance you get. It will be a great event for our City. See you in 2023 at the Start Line.

~ *Fossil*      ”      [scottie46@hotmail.com](mailto:scottie46@hotmail.com)

Just remember . . . “there is no Finish Line. . .”

## Getting There... by Paul Looker



Prologue - Annus mirabilis...

I recently made a big change in my life.

Man, that sounds rather cliché and quite tacky when I write it down. And, no, it is not a segue into an “infomercial” where I will try to sell you on some fabulous product that will guarantee everyone’s prosperity and happiness.

No. That first sentence above is just a simple statement.

This change was not even unique or unusual. It may actually be rather mundane to most of you. But, for me, it was a big decision to make, and a change that was long overdue. Getting there was no easy task. There were long periods of wandering around the house muttering to myself, “hemming and hawing”. Ariane must have worried that I had finally gone “over the edge” with all this chatter. Was I afraid of change, of the abyss of uncertainty? Months passed. I made arguments for and against this change, weighing the pros and cons, analyzing and re-analyzing each point. “Yes” or “No”? Simple one word answers. Yet, at times, it almost appeared that the debate would end in a stalemate. Was it going to have to come down to a flip of a coin? An astrological event? Was there a propitious alignment of the stars in my future?

Finally, one morning, after a second cup of coffee I found the argument had concluded. Had I just won an argument that I was having with myself? Or, was this just a fleeting moment of caffeine fueled clarity? Anyway, a previously difficult decision now seemed fairly obvious and easy to make. No matter what it was, I seized that moment and jumped.

What was this decision/change? Well, to put it simply, I retired. Okay, I can see you thinking to yourselves, “Now hold on. What? You made me read to this point, just for this...What does this all this malarkey have to do with our club’s newsletter?” Please bear with me. Bear with me a little longer. I’m getting there.

How many of you have put off chasing personal challenges or goals because it was never the right time? I always told myself that I had to work, or I had other commitments that interfered with the time that I needed to reach goals. How much unfinished business do you have? Well, for the past several years I had found myself thinking about this on a regular basis. It was time to do something about it, and then, I did.

So, on April 1st, April Fool's day, the big change commenced. Magically, I was no longer the person that I was just the day before. I was no longer going to be defined by my work of 32 years. Yeah, right!

I needed to figure out how I was going to approach this. How on earth was I going to go about transitioning into this new phase of my life? There were so many things that I wanted to learn, see and do. I needed to determine where I wanted to start, what was feasible, and in some cases what did I need to do before even starting. I hoped that I wasn't just a dreamer, all talk and no action. No, I had to put my money where my mouth was? I had to get off to a good start.

Okay. That's it. Priorities. A starting point. A plan. Now, while my health still permitted it, some of the physically demanding challenges should come first. Did I want to start training for a new PB in the Marathon? My next long distance triathlon? Or ..., hmmm .... What about a long distance hike? There we go! Decision made.

I now had a purpose and direction. The hiking route that I decided upon was the Great Divide Trail. I would follow the continental divide between Alberta and British Columbia, hiking northward from the border of the United States. I would be walking through the wilderness of the Rocky Mountains and ending approximately nine days later north of Jasper. It would involve between 1100 and 1200 kilometers of walking on what is often described as one of the most spectacular and challenging long distance trails on the planet. I had an adventure ahead of me.

On June 25th of this year I started my adventure. I knew it was going to be challenging, and there was some concern on my part that my heart condition could end it at any time. But, I knew that wasn't going to stop me. I knew inside that I could do it. That, I would do it!

I finished my first challenge, in this new phase of my life, in early August. It was a spectacular way to start my retirement. An amazing experience that truly made this an "annus mirabilis".

I am still processing everything that I experienced "getting there" this summer. So, I will share my stories about this hike and my future challenges with you in further issues of Footnotes.

~ *Paul* [sbrtri5059@gmail.com](mailto:sbrtri5059@gmail.com)



## Thinking Thanksgiving Thoughts - The Running Rev

*“Nature’s peace will flow into you as sunshine flows into trees.  
The winds blow their freshness into you and the streams their energy,  
while cares drop away from you like the leaves of Autumn.”  
~ John Muir ~*



*“If I were to begin life again, I should want it as it was.  
I would only open my eyes a little more”.  
~ The Journal of Jules Renard ~*



*The art of medicine consists of keeping the patient  
in a good mood while nature does the healing.*

*~ Voltaire ~*



*“All people smile in the same language.”*

*Morris Mandel*



*We give you thanks and praise, O Lord, for all you do for us. We thank you for the splendour of the whole creation, for the beauty of this world, for the wonder of life, and for the mystery of love. We thank you for the blessing of family and friends, and for your loving care which surrounds us on every side. We thank you for your Son Jesus Christ, for the truth of his word and the example of his life. Grant us the gift of your Spirit, that we may know Christ and make him known.*

*In Jesus' name we pray. Amen.*





## *From the Back of the Pack*

Hi everyone,

We are safely home, Praise The Lord! It was the best vacation ever also the most scariest one. We woke up at 2 AM and the power was out and part of the carpet and bathroom were wet. After a cold breakfast we left.

No one on the Trans Canada except 2 golden oldies! Up to Truro it was going slowly and we saw lots and lots of trees down. Past Truro we met lots of trucks to fix the lines in Nova Scotia and Southern New Brunswick.

And believe it or not , the sun is shining while I am posting this !

~ Harry



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