

OCTOBER 2023

~~~ FOOTNOTES ~~~



~ JOIN THE CLUB ~



If you're not already a member of CCRP 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 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.ccrp.ca/membership>

or

contact any member of our CCRP Executive listed in Footnotes.

**CAPITAL CITY ROADRUNNERS
Club Executive 2023**

President - Fran Robinson
franrobinson100@gmail.com

Secretary - Jochen Schroer,
Jochen@schroer.ca;

Registrar - Paul Looker
sbrtri5059@gmail.com

Treasurer - Joanne Embree
<mailto:joanne.embree@umanitoba.ca>

Member-at-large - Harry Drost
hhdrst@gmail.com

Member-at-large - Tony Tremblay
tremblay@stu.ca

Director at Large & Past President
Mike Stapenhurst
mikesdebp@yahoo.co

Fall Classic Race Director - Sara Young
sarajustinyoung@yahoo.ca

Footnotes Editor - John Cathcart.
cathcartjohn@hotmail.com

CONTRIBUTIONS for FOOTNOTES

.please send to the email address below. Thanks! The Editor

Cathcartjohn@hotmail.com

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~FOOTNOTES ~CONTRIBUTORS

Fran Robinson - Harry Drost

Michele Coleman - John Cathcart

Paul Looker - Sara Young

~~ AN AUTUMN SPIRITUALITY BY THE RUNNING REV~~



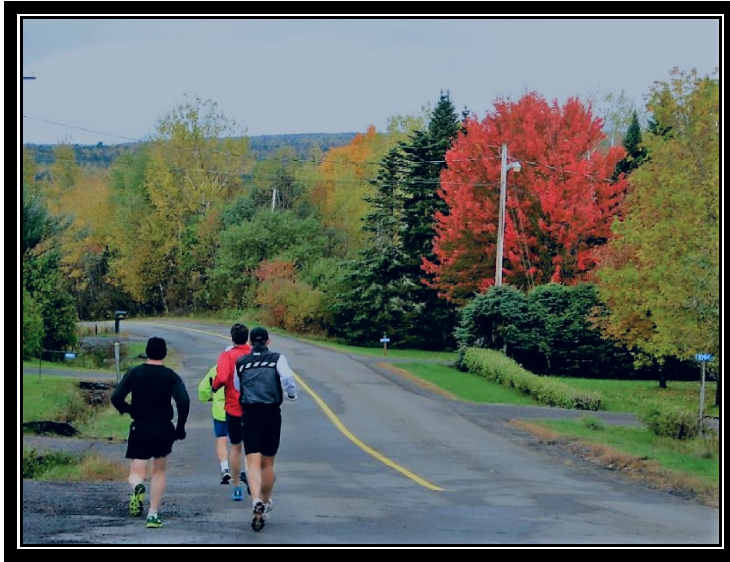
The other morning, Monday morning to be exact, it was quite cool compared to the Monday before. There was quite a stiff breeze and the leaves were falling effortlessly from the trees and dancing through the air until they gently blew along the ground and among the green grass. As the daylight grows shorter and the air feels colder, especially compared to the heat of summer, we know we've entered another season.



Some people view Autumn as a time of introspection and creative expression. There is something both pleasing yet sad as the trees put on their Autumn dresses and we are surrounded with a variety of colour that is perhaps Nature's great gift but we know winter days are not far behind and soon the landscape will be white. Autumn to me is also a time of harvest. For as long as I can remember Churches would decorate with the results of the labours of farmers and gardeners: flowers of all

kinds and colours and vegetables and fruits of every sort. The sweet smell of apples filling the Church on a Sunday morning is an aroma that will always stay in my mind. I can smell the mixture of apples and scented flowers as I write these few words.

As Greek philosopher Heraclitus once said, "The only constant is change." Autumn is a reminder that one's body, mind, and surroundings are always changing. The season reminds us that nothing is permanent and perhaps more than any other season reminds us how vital it is to embrace the present.



Somehow, as Nature brings in her changes, each day is always a gift, with its crisp air and colourful leaves. Thanks to the changes Nature presents before us, and if we have eyes to see, it has a mystical healing power.

Autumn for me is also a time of rest and renewal. The cooler days and darker nights is a time to curl up in a comfortable chair with a good book and let the season unfold and rest awhile.



The old Maple Tree where my prayer bench sits under, is quickly dropping its leaves. Soon the tree will be leafless and vulnerable. It's an old tree and with every strong wind loses some branches and reminder to enjoy each day. It will soon be Thanksgiving and one of the things I am thankful for is the gift of each new day and the health to enjoy each day to its fullest.

"Master of the Universe, Grant me the ability to be alone; May it be my custom to go outdoors each day among the trees and grass—among all growing things—And there may I be alone, and enter into prayer, to talk with the one to whom I belong. May I express there everything in my heart, and may all the foliage of the field—all grasses trees, and plants—awake at my coming, to send the powers of their life into the words of my prayer so that my prayer and speech are made whole through the life and spirit of all growing things, which are made as one by their transcendent Source. May I then pour out the words of my heart before Your presence like water, O L-rd, and lift up my hands to You in worship, on my behalf, and that of my children!" ~ Nachman of Bratslav

Remember, run or walk gently, rest often, and renew your mind body and soul.

(Photo #3 is a Fall favourite Photo - Dave, Tony, Tom & Harry, I took the photo bringing up the rear.

Good memories during Thanksgiving Day Run - John)

Fredericton Fall Classic Road Race 2023

Many thanks again to everyone who ran, walked, sponsored, and volunteered over the weekend! We had around 140 participants in the kids run and 3K on Saturday and another 540 finishers on Sunday.

This event could not be possible without the over 100 volunteers who come together on race weekend. Planning for this event takes place year-round by a dedicated group of committee members that I'm happy to work with and lean on...some maybe a bit too much! Thanks to each of you: Michel Melanson, Sheryl Johnstone, Leyla Loughheed, Dianne Sharpe, Susan Dean, Joanne Embree, Jason Scarbro, and Paul Looker.

Special thanks to our Title Sponsor - Canadian Tire Fredericton North! Kevin & Lisa give more than financial support, they're onsite during the weekend helping wherever needed and are keen to say yes to requests we have. We especially hope you enjoyed the Yankys that we were able to give out this year, thanks to them!

Thanks to our event sponsors:

McInnes Cooper - Range of Motion - Fox Subaru -
NB Eggs - Gemtec - RunNB - NB Medical Society

Water stops organized by community groups which we're happy to support:
Fredericton Aquanauts Swim Team - CISV Fredericton -
Fredericton Reds Track and Field - Harmony Productions

Thanks to Empowerment Massage for providing post-race massages.
Thanks to Running Room Fredericton for providing us with
cards as well as fantastic weekend support!

Thanks to Crabbe Mountain Ski Patrol for providing first aid services, York Sunbury Search and Rescue, the City of Fredericton and its Police Force, for helping us temporarily close some local roads to make sure everyone stayed safe on the course. And finally, thanks to Government House for allowing us to invade their space and provide a beautiful venue for our start / finish line.

**We've heard some great feedback and we always welcome more ideas.
We're looking forward to "running" another successful event in 2024!**

Sara Young

Fall Classic Race Director & Capital City Road Runners

Fredericton Fall Classic Road Race 2023



FROM THE PRESIDENT By Fran Robinson

Hello fellow runners/walkers!

Great turnout for the Fall Classic last weekend by volunteers, runners, and organizers. It was so well done and the weather was stellar! Thanks Sara Young and her committee for putting together such a fine event in our lovely city. Lots of awards won by our own members. At our expo, we picked up a few new members as well, hopefully.

The temperature and the weather are great for running these days. Not too hot and not too cold and lately, no rain as well! What could be better than that?

This past Tuesday, Sara Young, Harry and Henny Drost took some of the nurses and organizers from the Critical Care Nursing Conference, held in Fredericton, on a 5 km run before their sessions started in the morning. Thanks to you three, for getting that together and hosting new people to our city and to the sport and community of running.

We have decided that the Wednesday evening run will have two starting times, 3 pm and 5:30 pm, starting Wednesday, October 4th. Both will start from the Currie Centre gym. Walkers and runners are welcome at both times.

Our AGM is scheduled for November 25th at 1030 at Odell Park. Please mark it in your calendars.

"I don't run to add days to my life. I run to add life to my days." (Ronald Rook)

Fran

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FALL CLASSIC CROWN 2023 CHAMPIONS - DAILY GLEANER

It was race day weekend in the streets of Fredericton for the 2023 edition of the 40th Fredericton Fall Classic in the capital city. The event started on Saturday with a kid's run and a 3k run and then continued Sunday with racing in the 21.1k half marathon, 10k and 5k divisions.

Martin Larose of Oromocto claimed the half-marathon men's division with a time of 1:20:45, good for a 38 second victory over Donald Evans also of Oromocto who placed second in 1:21:23, Andrew Roberts of Dieppe was third in 1:23:37.

In the women's race, Isobelle Turner of Oromocto took the title in a time of 1:29:11, almost 10 minutes ahead of Mikaela Hitchen of Oromocto, who was in second place in 1:39:11, Stefanie Burgess of Fredericton was third in 1:40:14.

In the 10-k race, Paul Gallant of Dieppe won the title in a time of 33:47, while Hyden Hollowell of Hythe, Alberta was second 35:20 and Justin Young of Fredericton came in third in a time of 35.37.

Sarah Clevand of Fredericton won the women's 10-k race in 43:36 while Laura Lee of Fredericton was third in 45:53 and Celine Perley was third in 49:21.

In the 5-k race, Dean Strowbridge of Willow Grove posted the top time in the men's division in 17:49, ahead of Jake Gorham of Fredericton who was second in 19:07 and Chris Gardiner of New Maryland, who finished third in 19:17.

The women's division Julia Reid-Howell (Fredericton) won in 17:49, Amanda Bartlett (Fredericton) was 2nd in 19:26, Joanne Reynolds (Prince William) was 3rd in 19:34.



Participants in the 2023 Fredericton Fall Classic begin their race on Sunday.

Photo: Fredericton Fall Classic / Paul Jordan Photography

FOSSILS CORNER BY STEVE SCOTT



WOW! 40 Years sure went by in a blink. It seems almost like last week that we held our 1st ever Fall Classic Road Race; starting and finishing in the parking lot at The Fredericton Exhibition Grounds near Williams Fish and Chips (long before Tim Hortons came along).

The 40th edition of our 1st Class Road Race aka CCRRW Fall Classic began and finished at NB Lieutenant Governors grounds along the Riverfront near Woodstock Road. To me, this was the continuation of a long-standing commitment to our Fun Run healthy lifestyle the Capital City Road Runners and Walkers established early on in our existence. The large numbers of participants, from the very young to the very elderly, was very gratifying.

Sara Young and her Committee did a really good job of making all participants comfortable and welcome. The volunteers kept everything moving along smoothly. KUDOS TO ALL INVOLVED.

As we all know the CCRR have multitude of events throughout the year to celebrate fun running and walking from our Signature Road Race to iconic events like the Hill Climb, Predict Your Time 5 km, The Not The Honolulu Marathon, The Metric Marathon and on October 29th The Fulton 5 km (is this a clockwise year or a counter-clockwise year??) We will find out when we get there right? There are several other different type events but maybe I will chat about them at a later date.

Finally, Fall is here and we shall wander through it while some of us are already planning our next Marathon Training Schedule. Good Fortune as the New Year is looming which generally means miserable weather to train in. Long runs are a lot better with company (misery loves company).

Just remember “. . . there is no finish line . . .” ~Fossil



A BRIEF HISTORY OF CAPITAL CITY ROAD RUNNERS FALL CLASSIC 10 KM ROAD RACE BY STEVE SCOTT

This Signature Road Racing Event came into existence on the first weekend of FALL in 1983. The Capital City Road Runners (CCRR for short) was established on a cold February earlier the same year. This fulfilled a promise to have a sanctioned Road Race in Fredericton before the year was over. It also was a response to the burgeoning running community that was springing up throughout New Brunswick.

Over the next 35 years the Fall Classic grew in stature and participant exponentially because this was “a runner friendly” event which catered to all who ran. Our Club was also known as the FUN RUNNERS CLUB.

During this period the FALL CLASSIC hosted the National Age Class 10 km Championships which were held in the downtown core of Fredericton where legions of spectators gathered to cheer on the athletes. All of us enjoyed the prestige the CCRR received from an event such as this.

The last four years with COVID always in fore have been particularly trying for all running communities across this land, but the FALL CLASSIC has persevered, and the numbers of participants are starting to come back to previous levels.

Recently, adding a WALKER’S CATEGORY to the name of our great club is opening a new and growing chapter to our Signature event, the CCRRW FALL CLASSIC ROAD RACE.



Last November the Fall Classic Team was already gearing up & setting up plans for our big 40th Anniversary Race in 2023!

Kudos and Big Thanks to our Race Director, Sara and to the organizing committee leaders. Photo by Troy. Missing in the pic, Susan.

Kudos and Thanks to all the volunteers. There would be no race without them.

CCRR Point Series - Event #9 - by Paul Looker

The 2023 Fall Classic has come and gone. It was another amazing event. Thanks mainly to the effort of Sara (Race Director), the members of the race committee and the numerous volunteers who helped out. Mother Nature also did her part too providing nearly perfect weather for running and walking. Our club, the hosting club for this event, was well represented amongst the runners, walkers and volunteers. The tables below shows the point series results for this event.

5 km Results (189 participants)

Name	Point Series Place	Division Place Race	Time	Points
Rob Jackson	M1	1/7	19:46	50
Eric Hopper	M2	2/7	21:05	45
Diane Sharpe	F1	1/9	24:06	50
Janet Tree	F2	1/31	26:06	45
Margaret Mann	F3	4/31	31:21	42
Janice Caissee	F4	17/30	32:55	40

10KM Results (176 participants)

Justin Young	M1	1/21	35:27	50
Fran Robinson	F1	2/9	55:03	50
Wendy Rogers	F2	1/1	1:34:17	45

1/2 Marathon Results (175 participants)

Name	Points Series Place	Division Place Race	Time	Points
Jason Scarbro	M1	5/31	1:33:57	50
Jamie Weatherbee	M2	11/12	2:07:10	45
Joanne Embree	F1	1/1	2:28:00	50

Volunteers

Sara Young	V1	Race Director	50
Dianne Sharpe	see above	Race Committee	
Sheryl Johnstone	V2	Race Committee	45
Layle Loughheed	V2	Race Committee	45
Susan Dean	V2	Race Committee	45
Michel Melanson	V2	Race Committee	45
Jason Scarbro	see above	Race Committee	
Paul Looker	V3	Race Committee	42
Jamie Weatherbee	see above	3K Marshal (Sat)	
Michele Coleman	V4	3k Marshal (Sat) Food Service Sun)	40
Brenda Tree	V4	Course Marshal (Sun)	40
David Tree	V4	Course Marshal (Sun)	40
Don Coleman	V4	Course Marshal (Sun)	40
Cindy MacDonald	V4	Course Marshal (Sun)	40
Steve Scott	V4	Finish Line	40

~QUOTABLE QUOTES ~

“It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit.”

~ George Sheehan ~

“For every runner who tours the world running marathons, there are thousands who run to hear the leaves and listen to the rain, and look to the day when it is suddenly as easy as a bird in flight.”

~ George Sheehan ~



From the Back of the Pack

Hi runners!



The summer is over and fall is settling in! Henny and I are cycling a lot these days as it was too hot in the summer. So we go out at least 3 times a week to get in the mileage we didn't cycle in the summer.

Every time I go out for a run I have a hard time for the first few kms but it is getting better and better towards the end and I am on a high when I am finished! And how about "I hate running?" I cannot wait to run to get that happy feeling! Henny thinks I have a sweet aroma on me when I come back from my run. Yes, yes, you guessed it, I am smoking marihuana! When we go for a walk or run we pass by several houses where people are using drugs and some of them are walkers. It is sad that some of the stuff is legal.

From The Back Of The Pack
~ Harry

PS - Here are some photos of our summer

