

~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club
~ October Issue 2025 ~



Jos, Lloyd, Steve & Mike
300 + years here! And still moving along!



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.

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Please send to the email address
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~FOOTNOTES ~CONTRIBUTORS

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Harry Drost - Rob Jackson

~ JOIN THE CLUB ~



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 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,

The weather has definitely been lovely for runners and walkers in this past month. It was a nice change from the summer heat. It's been a busy month.

The Couch to 5K clinic that we provided in partnership with the Y was completed with a number of the attendees doing their 'graduation' run at the Fall Classic. Many thanks to Erin Whitman and Natalie Parent for the great job they did in providing excellent coaching. Looking forward to doing this again next year.

Congratulations to Lloyd Sutherland who broke the record for men 80+ at the Run with the Reds with a 7.44 minute mile. Congratulations also to Clay Goodine, who now has the course record for the Bill Thorpe Walking Bridge ParkRun with a 17 minute 5km run.

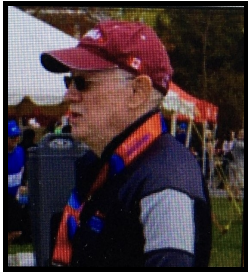
On September 6, the CCRr members were part of the more than 100 runners and walkers who took part in the celebratory Bill Thorpe Walking Bridge ParkRun. Some other members ran the 5K charity Lung Run that day.

The highlight of the month was the Fall Classic held on September 20th and 21st. It was the largest field since before COVID. Congratulations to Sarah Young, the Race Committee, the runners and walkers, and all the volunteers.

Thanks also to Natasha McLaughlin-Chiasson who gave a fantastic talk on nutrition and hydration for runners. All in all, the weather was perfect and there were a lot of happy runners who hit their race goals. Looking forward to great runs and walks while enjoying the fall colours in October. ~ *Joanne*



Fossils Corner By Steve Scott



The 2025 edition of our beloved Fall Classic Road Race was the largest number of participants we have ever had. Sarah Young and her excellent team really, really, outdid themselves. The future looks very bright for our Signature Event, but with this kind of success comes a lot of growing pains which will need to be addressed.

The larger the race becomes, the harder it is to satisfy the expectations that emerge. The Committee will undoubtedly be working on what went right and what do we need to do and so make any shortfalls that became apparent go away. Ultimately SUCCESS comes with a price, but with a great Committee all issues can be overcome. Carry on folks, I expect that 2026 will be even better.

On another note, the past week has been an excellent example of one the intangibles that can hit you right between the eyes (so to speak); friends that you made many years ago through your joining the CCRR/W but have moved away for one reason or another often come back into your life. Some of the older crew have been able to sit down and chat, eat, drink, reminisce by telling taller tales with one of these running buddies. It sure has been nice, and I hope to be able to continue our friendships as the years slide by.

I am sure many of our younger members will appreciate this benefit as they go through life as healthier individuals because of running and walking and talking with their fellow runners. That's all for now folks. Just remember “. . . there is no finish line . . .”

Cheers, ~ Steve



* A Man is Walking by Paul Looker

As many of you know by now, I went “walk about” this summer. And, as I was re-adapting to the routine of my life in New Brunswick, I continued with my interest in learning languages. Up to this point, in the Slavic languages, I had concentrated on just learning a few words in Ukrainian to be able to communicate with my Ukrainian friends. But, I kept encountering Russian speakers too. And, as I also know a teacher of Russian language and culture at UNB I considered taking a 1st year course that she taught. In the end, I found that our public library system offers on-line language learning via the Rosetta Stone application. I started to follow their program. They didn’t offer Ukrainian, but they did offer Russian. So I dove in.

In my effort to learn the Cyrillic alphabet I encountered the following short story. It is a simple story, but it so perfectly summarized the experience of my hiking trek this summer, that I thought that I would share it with you.

Мужчина идёт
Мужчина идёт.
Солнце большое и жёлтое.
Мужчина идёт, идёт и идёт.
Трава жёлтая.
Нет деревьев, цветов, воды.
Мужчина идёт, идёт и идёт.
У него нет машины, у него нет лошади.
Он идёт, идёт и идёт.
Солнце большое и красное.
Мужчина идёт, идёт и идёт.
Вода!
Вот вода!
Мужчина бежит.
Он пьёт, пьёт, пьёт.
Луна большая и белая.
У мужчины есть вода, и он спит.

A Man is Walking
A man is walking
The sun is big and yellow.
A man is walking, walking and walking.
The grass is yellow.
There are no trees, flowers, or water.
A man is walking, walking and walking.
He has no car, he has no horse.
He is walking, walking and walking.
The sun is big and red.
A man is walking, walking and walking.
Water!
Here is water!
A man is running.
He is drinking, drinking, drinking.
The moon is big and white
A man has water, and he is sleeping.

* Short story from the Rosetta Stone Russian language learning application.
~ *Paul*

You're reading "Runbers", a collection of numbers related to running. Issue #61: Canada at the World Athletics Championships (Tokyo)



Hopefully you were able to watch some of the many hours of free, live, online coverage of the World Athletics Championships, which took place in Tokyo from September 13-21, 2025.

Canada's athletes produced historic results at the Championships, finishing third overall with 3 gold medals, 1 silver, and 1 bronze. Below is a summary, including some standout athletes.

Team Canada at a Glance

Total athletes: 59 (28 men, 31 women).

Final medal tally: 3 golds, 1 silver, 1 bronze.

Gold Medal Highlights & Standout Performances

Evan Dunfee (34) — Men's 35 km Race Walk

Captured gold in 2:28:22.

First world title for the veteran walker.

Camryn Rogers (26) — Women's Hammer Throw

Defended her world crown and took home gold with a throw of 80.51 m.

Now ranked No. 2 all-time globally in the hammer throw.

Ethan Katzberg (23) — Men's Hammer Throw

Earned gold with a massive throw of 84.70 m.

Silver Medal — Men's 4 × 100 Metres Relay

Canada's men stormed to silver in the relay with 37.55 s in the final.

The quartet included: Aaron Brown (33) Jerome Blake (29)

Brendon Rodney (33) Andre De Grasse (30)

Other Notable Canadian Results

Marco Arop ran a season's best 1:41.95 in the men's 800 m final after a strong semifinal performance, earning him a bronze medal.

Gabriela DeBues-Stafford set a season's best 3:59.65 in the 1500 m final.

Sarah Mitton finished 4th in shot put with 19.81 m.

The women's 4 × 100 m relay team ran 42.82 s in the final, placing 7th.

Natasha Wodak (43) completed the women's marathon in 2:36:02, finishing 31st.

~ **Rob**

Canada's Medal Summary — Tokyo 2025				
Event	Athlete(s)	Age(s)	Result	Medal
Men's 35 km Race Walk	Evan Dunfee	34	2:28:22	Gold
Women's Hammer Throw	Camryn Rogers	26	80.51 m	Gold
Men's Hammer Throw	Ethan Katzberg	23	84.70 m	Gold
Men's 4 × 100 m Relay	Aaron Brown, Jerome Blake, Brendon Rodney, Andre De Grasse	33, 29, 33, 30	37.55 s	Silver
Men's 800 m	Marco Arop	26	1:41.95 SB (final)	Bronze
Women's Shot Put	Sarah Mitton	28	19.81 m (4th place)	—
Women's 1500 m	Gabriela DeBues-Stafford	29	3:59.65 SB (final)	—
Women's Marathon	Natasha Wodak	43	2:36:02 (31st)	—
Women's 4 × 100 m Relay	Team Canada	Mixed ages	42.82 s (7th)	—



HOW FAST CAN YOU WALK?

Evan Dunfee delivered a most impressive performance to win the world title in the men's 35km race walk, the opening event of the world championships which began on Saturday in Tokyo. He earned the victory in a time of 2:28:22, finishing 33 seconds ahead of runner-up Caio Bonfim of Brazil.

Evan Dunfee has several different paces "per kilometre" depending on the event, including a world-record-setting 35km race walk pace of 3:58/km (2:21:40) in March 2025, a 10,000m Canadian record pace of 3:49/km in January 2025, and a 20km pace of 3:57/km (1:18:03).

Motivation (A personal case study) by Paul Looker



Some of you may have noticed that I haven't been running very much lately. Actually I haven't done much in the way of any physical activity except for some short walks, some social dancing with my significant other, and some sporadic swimming. But, no cycling, no strength training, no indoor rowing and very little running. Heck, I can't even remember the last time that I looked at my Strava account (my data all loads automatically from my watch).

I really don't know what is going on. It is not like I have been injured or anything. I have had to take breaks in my running life over the years, while recovering from one physical health issue or another. This isn't one of those times. I could run if I wanted to. I am just not motivated to do any physical activity, actually.

It started slowly at first. But, within a short period of time I have found myself making up any excuse not to "strap on" the running shoes, or to even go out the door. The excuses just roll off the tongue now. I am not even having to put any effort into making them up any more. "I am too tired." "It is too early." "Too late." "Too cold." "Too hot...." Like I said, it is getting way too easy. This mindset quietly, insidiously, took seat and is now trying to firmly entrench itself into my thought processes.

"Procrastination makes easy things hard, hard things harder." – Mason Cooley

I started to think about this state that I now found myself in. What was causing this? I do not feel that I am suffering from a depression. I am actually quite happy and content right now. Which makes this motivational low all the more interesting. I started to seek out inspiration and I found an abundance of sayings, quotes, aphorisms and memes on the internet. Was there a simple solution to my flagging interest here. Hmm. Maybe, the right words at the right time...

"The body achieves what the mind believes." – Napoleon Hill.

Well... I haven't started running yet. A little deeper look then. Have I lost interest in the sport of running? I don't think so. How many of you watched the recent television coverage of the 2025 World Athletics Championships in Tokyo Japan? I did. Both the daily highlights and the extended coverage of many of the individual running events. So, I think that rules out that possibility, at least in relation to the "sport" in general.

"Running is the answer. The question is irrelevant." — Unknown

Running also fills up a significant part of my life. On top of the actual running, I volunteer on the CCRR&W club executive, as part of the Fredericton Fall Classic committee, I am trying to develop and grow the club running series, prepare submissions for Footnotes, and I also assist at ParkRun once a month.

I wouldn't do all this if I didn't like running. And, these activities expose me to countless other motivated runners and their passion for this sport.

"Running is a gift." – Amby Burfoot

But, what about the actual physical activity? My first, and most immediate, thought in response to posing myself this question is "no, I have not lost interest". I am definitely still interested in this activity. Maybe, I was asking myself the wrong question. Perhaps. Then has the level of my interest changed? That question will require some deeper reflection on my part. Running is enjoyable, but is it still fun? Does it fill other criteria?

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs." – Jesse Owens

While discussing my motivational low with a fellow runner recently, one of the rare times that I had gone running in the last few weeks, they suggested the possibility that my body could just be trying to tell me that it is tired, especially after my long hike this summer. Am I just tired? Physically? Mentally? Could that be it? Stupid pride, won't have me admitting to that publicly. So, I'll file that also under "further consideration required" and go lie down on the couch while I think about it.

"No matter how slow you go, you're still lapping everyone on the couch." - Unknown

Okay, I'm back in front of the keyboard now after my little sojourn on the couch. I've the "physical and mentally tired" link still in the back of my mind as I try to broaden this mental exercise and consider other possible reasons for my low motivation. Could it be a lack of direction? My summer adventure was quite the challenge. It was all consuming for several months and now it is over. Am I "rudderless" because I don't have any new projects or challenges on my plate? Do I need to find, and start preparing for my next adventure? Will that get me out of this "funk"?

"The best way to predict the future is to create it." – Peter Drucker

I still have several running goals to strive for and a full plate of non-running interests waiting to be started. Maybe I need to change my approach to these goals.

Are they realistic? Are they even feasible? Do I need always to do things to the extreme? It may be time to reassess and re-prioritize them.

You are never too old to set another goal or to dream a new dream.” –C.S. Lewis

"A runner must run with dreams in his heart." — Emil Zatopek

It is now the next morning. The deadline to submit material for Footnotes has passed. The short break I took to think about how to finish this, turned into an evening of mindlessly “binge-watching” a series on Netflix. Countless threads of ideas were punctuated by Internet searches and being distracted by the action on the television screen. As I progressed with my internet queries the algorithms started returning sayings attributed to Chinese philosophers and eastern spirituality.

“The journey of a thousand miles begins with a single step.” – Lao Tzu

“The mind is everything. What you think you become.” – Buddha

With renewed vigour, surprisingly, after a way too short a night of sleep, I sit down and start typing. I have hit upon something with all the ideas swirling around in my head. I needed to remember why I started running in the first place. To reflect upon how it has been a significant part of my life.

“We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...” – Sir Roger Bannister

I have always loved running. But, I need to rediscover this love. As I contemplate putting on my shoes, my wife then provided me with a simple solution and suggestion of how to get out of this low motivational period. She simply repeated a marketing slogan from a running shoe company. And, I then recalled another three word saying attributed to a fictional character in American culture. The right words at the right time?

“Just do it” - Nike Shoe Company Just keep running.” – Forrest Gump

I hope to see you all soon on the running trails.

~ **Peter**

2025 CCRR Run/Walk Series - Event #8

Fredericton 5Ks and IPAs Race Series, Events #4 & #5

Name	Event	Time	Position	Points
Clayton Goodine	IPA Event #5	16:59	M1	50
Justin Young	Run For Renee	17:20	M2	45
Murray Lowery	Parkrun #179	19:33	M3	42
Michel Melanson	IPA Event #4	20:43	M4	40
Sara Young	Run For Renee	24:14	F1	50
Paul Looker	IPA Event #4	24:46	M5	39
David Weir	IPA Event #4	25:15	M6	38
Westley Arbeau	IPA Event #5	25:17	M7	37
Jamie Weatherbee	Run For Renee	27:28	M8	36
Lauren Fraser	Parkrun #179	27:49	F2	45
Leanne Doughty	Parkrun #180	28:09	F3	42
Justin Leblanc	Virtual Result	28:51	M9	35
Marlene McVicar	IPA Event #5	28:55	F4	40
Joanne Embree	Virtual Result	35:22	F5	39
Harry Drost	Virtual Result	42:15	M10	34
Janet Tree	Virtual Result	42:22	F6	38
Rick Grey	Virtual Result	42:40	M11	33

2025 Fall Classic Results
September 20 & 21, 2025
2025 CCRR&W Point Series, Event # 9

* after name indicates that person also volunteered during weekend

Name	Time	Position	Points
5 Km Event			
Michel Melanson *	20:22	M1	50
Gina Thurrott	28:08	F1	50
Natalie Foreman	31:48	F2	45
Shelley Mackenzie	35:38	F3	42
Nancy McCoy	35:38	F3	42
Shelley Mills	44:55	F4	40
Erin Whitman	44:58	F5	39
Tracey Hanlon	47:53	F6	38
10 km Event			
Justin Young	35:49	M1	50
Terry Haines *	51:29	M2	45
Sonya MacDonald	55:21	F1	50
Sheryl Johnstone *	56:02	F2	45
Janet Tree	56:09	F3	42

Name	Time	Position	Points
Janice Caissie	1:04:51	F4	40
Rick Grey	1:05:58	M3	42
Gabriel Gillis	1:17:16	F5	39
Christa Blizzard *	1:21:17	F6	38
Half Marathon			
Jason Scarbro *	1:35:12	M1	50
Fran Robinson	1:58:48	F1	50
Justin Leblanc	2:05:28	M2	45
Jamie Weatherbee *	2:08:31	M3	42
Mona McLachlan *	2:24:16	F2	45
Joanne Embree *	2:31:59	F3	42
Volunteers *			
Sara Young		V1	50
Dianne Sharpe		V1	50
Roy Nicholl		V3	42
Boris Allard		V3	42
Hyla Nicholson		V3	42
Kaitlin Comeau		V5	35

Name	Time	Position	Points
Paul Looker		V5	35
Pierre El-Khoury		V5	35
Marlene McVicar		V5	35
Marianne Perreault		V5	35
Michele Coleman		V5	35
Cindy MacDonald		V5	35
Wes Arbeau		V5	35
Jochen Schroer		V5	35
Harry Drost		V5	35
Bernard Arseneau		V5	35
Steve Scott		V5	35

CCRR&W Point Series Update

Events 8 (August) and 9 (September) have passed. The updated results are posted on-line on the club's events page. Even though there has been a lot of movement in the rankings, Leanne Doughty still has a solid grasp on the top spot overall. Rounding off the top three women are Janet Tree and Joanne Embree. The top male in the points standings is Harry Drost. He is currently in 2nd place overall, and has narrowed the points gap between Leanne and himself. And, in 2nd and 3rd place for men, are Rick Grey and Boris Allard.

The 10th event in our point series is scheduled for October 18th, 2025 and will tentatively be a staggered start 10 km race. I have been toying with an idea for a different style of event, but have to see if I can make it work. I will finalize the event details and disseminate the information to you by email, our FaceBook page and on our web site in early October. ~ **Paul**

Practicing the Power of Felicity



He and his brother Philip were orphaned at an early age. Their father had been a shoemaker. They lived among the rolling hills and farm country of Hereford, just a few kilometers from the Welsh border.

His name is perhaps not known to you, but at an early age, in his youth, during a time of want and loss, turmoil and grief, he wrote these words, “How can I believe that God gave his Son to die for me who having power to do otherwise gave me nothing but rags?”

He would grow to maturity during a time of plague, civil war and religious debate and dispute, and yes, as an orphan. Yet, somehow he seemed to ride the waves of the storms to become an Anglican priest, poet and writer.

His name is Thomas Traherne and is recognized as one of the great poets of his era. In his *Centuries of Meditations* - some 400 of them - many of them brief - but whose writing simply brims with “felicity”. Felicity is his usual choice but sometimes he uses “blessedness and happiness”. It is a surprising theme given Thomas Traherne’s childhood grief and loss amidst suffering and disease.

The really interesting thing about Traherne is that he not only sought “felicity” but he clearly found it. He found the power of felicity” to live in a world filled with changes and challenges. Thomas Traherne discovered “felicity” in the sense of the “unity of all created things with God.”

In a world filled with senseless conflict, war, destruction and death, the world, you and I perhaps need to exercise and explore the power of felicity.

Undeniably a Christian writer, Traherne’s meditation on the Cross is striking in that “The Cross is the abyss of wonders, the center of desires, the throne of love.”

Yet he doesn’t dwell on the person of Jesus Christ. “All things point to their Creator; everything therefore, from the smallest grain of sand to the largest heavenly body is clothed in glory.”

For Thomas Traherne the world was not just a wilderness fraught with dangers and temptations, but “a beautiful frontispiece of eternity, a theater manifesting the wonders of God, a school offering lessons in joy and delight.”

Traherne relished the common things of everyday life not primarily for their own sake, but as pointers to God and indications of God’s Love.

He had little use for diamonds, pearls, gold or silver, those things “being the very refuse of nature, the worst things in God’s kingdom, although good in their place.”



For Thomas Traherne*, God was far more delightfully manifest in common things, “every spire of grass,” “every stone and every star,” “Heaven in a wild flower,” but most of all, “in human beings who bear God’s image and therefore partake of God’s delights. God’s treasures be our treasures, God’s joys our joys.”

Thomas Traherne, in his appreciation for “the glories manifest in the world and in human beings” - however, was not oblivious to the destructive power of “sin.” Given his childhood wants, losses, conflicts, both civil and religious, violence among those who called themselves Christians made it impossible for Traherne to not see “sin.”

He saw Christians as “an oak flourishing in winter,” and he saw human beings as fallen creatures, struggling with sin, but his sense of sin was individual not corporate. The “fall was not something that occurred to the human race in some earlier age, but an event in the life of everyone now living.”

Traherne remembered his childhood, despite its hardships, as a time when God walked and talked with him. The love of God underlies everything he wrote. He saw all things as created by a loving God for the pleasure of human beings and so strong was his sense of the love of God in his own life that he wrote as if the entire universe had been created specifically for him. He never thought of himself apart from other people - if God made the universe for the pleasure of Thomas Traherne, no less has God made it for the pleasure of everyone - for you and for me.

Each morning, as I saunter along the Welland canal trail, it is more a prayer walk to where my prayer bench can be found, and in the midst of such violence, war and death, even natural disasters, I practice the “power of felicity” and give thanks to the Creator for the gift of a new day, and for the blessings this day that will unfold for me and pray that I may recognize those blessings and be a blessing to others.

Thomas Traherne wrote: “You never enjoy the world aright till the sea itself flows in your veins, till you are clothed with the heavens, and crowned with the stars and perceive yourself to be the sole heir of the whole world: and more than so, because men are in it who are every one sole heirs, as well as you. Till you can sing and rejoice and delight in God you can never enjoy the world.”

** Glorious Companions - Five Centuries of Anglican Spirituality.*

Weird Wonders & Facts



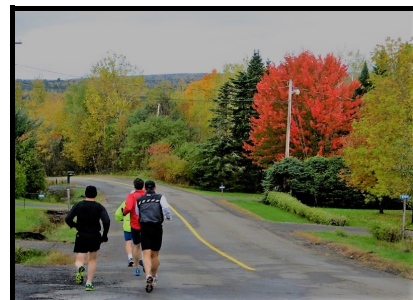
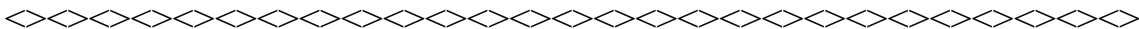
Born on July 4, 1887, at the Six Nations Reserve in Ontario, Tom Longboat (Cogwagee) grew up running the forest trails of his people. Inspired by Mohawk marathoner Bill Davis, he entered his first race in 1905.

Two years later, at just 19 years old, Longboat lined up for the 1907 Boston Marathon. Against seasoned competitors and harsh conditions, he crossed the finish in 2:24:24, smashing the record by nearly five minutes and becoming the first Indigenous champion of the prestigious race. But medals were never the whole story.

Reporters ridiculed him for taking days of rest between grueling workouts, calling him lazy. Yet Longboat was simply following Haudenosaunee traditions of balance — what modern athletes now praise as interval training.

He represented Canada at the 1908 London Olympics, turned professional, and captured the 1909 World Marathon Championship in New York. During World War I, he carried urgent messages across dangerous front lines as a dispatch runner, relying on the same endurance that made him a champion.

From the trails of Six Nations to the battlefields of Europe, Tom Longboat proved that innovation, endurance, and cultural wisdom run deeper than prejudice.



“Things take the time they take. Don't worry.” — Mary Oliver.



From the Back of the Pack.

Now a word from Henny, Harry's better half.



Beautiful sunny day in Holland. We are camping near the village where I was born. The first photo in my little sister's beautiful garden, the rest from a walk around the camping grounds, and yes, those sheep are right in "my" backyard.

