

~ SEPTEMBER 2022 ~

~~~ FOOTNOTES ~~~



Route Information!!

Start / finish will take place from Government House with most of the course running along the Fredericton trail system.

For details information, please check our website

https://www.ccr.ca/fall_classic/news/



*contact any member of our CCRR
Executive listed in Footnotes.*

Club Executive

CONTRIBUTIONS for FOOTNOTES

Cathcartjohn@hotmail.com

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~ FOOTNOTES ~ CONTRIBUTORS

Thanks to our regular contributors.

From the President by Fran Robinson



Hello folks. Another month coming to a close. For those of you that know me well, you know that summer isn't my favorite season, but I'm sure thankful that we do have seasons. Life would be pretty boring without them. Sure glad to see cooler morning running weather. It makes such a difference I find.

I just returned from my second visit with my new grandson. In two months, there are big changes. So nice to see.

Our club members are really hitting the trails with big outcomes. Paul Looker finished the Canadian portion of the Continental Divide in Alberta/BC and is now back in town. I'm hoping he'll write a story about his journey. Michele Coleman is still out there on the Pacific Crest Trail with her husband Dan. They are hiking up a storm. Troy Sandwith completed the Ultramarathon in Cape Breton. Mary Bartlett and Jason Scarbro completed the 30 km (?) running event in Saint John. There will be lots of other events that I have either forgotten or not known.

We had our 8th running series event last Wednesday (delayed by a week because of the weather). Not too many showed up unfortunately. The 9th will cover the Fall Classic events. You can run any event there and still qualify for our running series points. I'd really like to hear from you about this. We've had varying degrees of participation. Could you let me know what you think? Is this something you want to see continued? How can we make it better? email me: franrobinson100@gmail.com Thanks!

Our 7 members of the Big Canada Run 2022 are plugging away. We are stuck in 57/117 place. Members include myself, Mike Melanson, Delberta Flood, Paul Looker, Paul Sanford, Roy Nicholl and Kara Chase. We've walked or ran 1772.9 km since July 1st.

Don't forget to sign up for the Fall Classic this year. There is still time to register. The run is September 25th. Find more information at https://www.ccr.ca/fall_classic/

All the best,

~ *Fran.*

franrobinson100@gmail.com

**You're reading "Runbers", a collection of numbers related to running.
Issue #34: Moncton hosts the National 5km Road Race Championship
By Rob Jackson**



The City of Moncton will be the site for the Canadian 5k Championships on September 11, 2022. The race will be on a flat, closed road course in downtown Moncton.

At 9:15 a.m. the Open event starts, with 200 runners expected to compete. The Open event includes the Canadian Masters 5k championship, in which many of the fastest age-group runners from across Canada will be vying for medals in each of the five-year age categories from 35 to 100. The kids 1k race starts at 10:30 and could see up to 200 runners participating.

The elite men will start at 11:15 a.m. These runners have met the qualifying standard of 15:30 for 5kms. Among the 25 elite men expected to compete are Ben Flanagan of Kitchener, Ontario who holds the 10K road Canadian record (28:11) and is vying for the 5K record of 13:35 that was established earlier this year by Charles Philibert-Thiboutot who regrettably will not be able to attend, due to a sponsor commitment to race in New York on that weekend. Flanagan will be joined by John Guay (Olympian finalist in the steeplechase in Tokyo) and Lucas Bruchet (Olympian in the 5,000m in Rio and Tokyo) as well as 2019 Canadian Cross Country Champion Mike Tate, Tristan Woodfine (one of Canada's fastest ever marathoners) and Connor Black (former USport cross-country champion).

The elite women will start at 11:45 a.m. The qualifying standard for the 20 women is 18:30. A number of Olympians will compete, including Erin Teschuk (2016 Olympian in steeplechase), Julie-Anne Staehli (Tokyo 5,000), Sasha Gollish (World Masters Record Holder in W40 mile), Regan Yee (Tokyo – Steeplechase) and Alycia Butterworth (Tokyo – Steeplechase). Also competing is Branna MacDougall, who ran a 2:28 marathon in June. Any one of these athletes could break the 5k Road record of 15:16 established by Emilie Mondor all the way back in 2004.

Spectators are welcome!

For more information visit:

<http://www.medaviecanadian5kchampionships.ca>

~ Rob

rjactm@nb.aibn.com



FOSSILS CORNER by Steve Scott



Reflections on a running life is the topic for this Fossils Corner. This running life began around 1971 with period of regular pavement pounding for about 3 months when a longstanding ear problem necessitated an operation which was responsible for a hiatus of nearly five years, ending late in 1976. From that time on running gradually became the main focus of our growing family's leisure activities. As the girls grew, it became apparent that running was fun, and they were quite good at it.

My interest grew rapidly as I was due for a lifestyle change due to weight gain and too much work.

Becoming fit by running was fairly quickly adopted as the weight came off and the running became easier and produced benefits related to work that I had not anticipated; like going for a run at Noon on workdays, not only helped with weight loss and a better diet but also lowered the stress levels for me at work while giving me ideas of how to proceed better with current projects at the office. A slam dunk so to speak.

By 1980 competition raised its ugly head, with the girls becoming successful at School track meets and dear old Dad taking the bait with his first competitive race at the UNB Cross Country Teams annual 5 miler. Won a Silver Medal in the Joggers category. From then on, many family weekend getaways were spent at Road Races around New Brunswick where all family members ran a race.

Lifestyle, Family and Work/School became mainstays for our family and by 1983 when the CCRR was formed with a constitution that included running as a healthy lifestyle which was mandated along with bringing this concept to anyone who ran with our Club whether they were a member or not. We wanted this concept available to all who ran, hence the slogan The Fun Running Club.

Those early days of running after the CCRR got going, produced a lot of volunteering for our Club and ultimately an interest in how Road Running in New Brunswick was being handled by the powers that be. Paul Lavoie and I joined the executive of NBTF (NB Track and Field Association) as Road Runner Representatives from the CCRR Club and later helped in the initial setup of RNB (Run New Brunswick).

I did a term as President of the CCRR and later took on the role of President of Run NB. A monthly Newsletter was established to help Promote the Running Series along with the yearly Booklet of Road Races. There were not only Super Series Races in the Booklet but also Sanctioned Runs. At this time running was continuing to grow exponentially pretty well everywhere and our own well established races; The CCRR Fall Classic 10 km and the precursor of the Fredericton Marathon became more popular than ever as participant numbers kept growing and sponsors became a growing component of our efforts to satisfy the insatiable demand.

The large numbers of runners, walkers and Nordic pole walkers at that time, as well as more and more quality sponsors created an opportunity to give back to our community by paying non profit groups for their service to our events. In point of fact, we helped these groups with their fund raising and everyone was better off from it.

Thus ends this chapter of reflections for now; I hoped to explore this topic on a semi-regular basis. The reader should be advised though, due to memory lapses, you may have to jog my memory banks from time to time if you wish.

Fossil signing off.

Just remember “. . . there is no finish line . . .” scottie46@hotmail.com



Volunteers Needed!

The Fredericton Fall Classic will take place on Sep 24-25, 2022
and we need volunteers to make this awesome event happen.

Check our Volunteer tab and register before Sep 2nd to be
entered in a draw for a chance to win a \$50 Running Room Gift Certificate!

<https://raceroster.com/.../fredericton-fall-classic-by>

Running on Medium by Jason Scarbo

This month's pick:
Malcolm Gladwell and the Legacy of Speed Podcast



I have long been a fan of Malcolm Gladwell. I find his books (Outliers, Blink, David and Goliath) make me think a bit differently about the world around me. So, when I discovered he was hosting a podcast focused on running, I was instantly interested.

Gladwell was a competitive runner 'back in the day', and a pretty good one. Here's a snippet from a 2013 article in Runner's World: *Gladwell grew up in Ontario, Canada, and ran competitively in high school, developing a fleeting 1500-meter rivalry with Dave Reid, who went on to become the Canadian record holder. Gladwell briefly ran at Toronto's Trinity College but drifted away from the sport as he turned his attention toward journalism.*

This is to say that Gladwell is well-positioned to write and speak on the topic of running, and I would argue that listeners of the Legacy of Speed podcast should be thankful he decided to turn his attention to one of the most defining moments in sport of the past century.



Legacy of Speed is a 6-part podcast series that focuses on three U.S. sprinters who took part in the 1968 Summer Olympics in Mexico City. The following introduction to the podcast (and this article - <https://deadline.com/2022/06/malcolm-gladwell-legacy-of-speed-podcast-1235034538/>) gives you a great sense of what you can expect from the series: *When two Black sprinters raised their fists in protest at the 1968 Olympic Games, it shook the world. More than 50 years later, the ripple effects of their activism are still felt. In this new series from Pushkin Industries, get to know the runners who took a stand, and the coaches and mentors who helped make them fast enough — and brave enough — to change the world.*



Listening to this series brought out many emotions – anger, shame, and bewilderment to name a few. I found it to be educational and a stark reminder of the barriers that many minorities (athletes and non-athletes) face daily.

The Extra Mile – Some final thoughts

I've decided that this will be my last submission to Footnotes, at least for the foreseeable future. I have some exciting adventures ahead that will require my full attention and want to dedicate myself to them as much as possible.

I hope that some of you have enjoyed checking out my recommendations for running content – it's been a pleasure bringing this information to you on a monthly basis.

Enjoy your running!

Jason

Pondering the Changing Seasons by the running rev



As I write these few words September is unfolding. It has been a hot and humid summer here in the Niagara region. Thankfully here in Welland we don't get the oppressive humidity Toronto or other places around the Golden Horseshoe seem to get. Down along the Canal Pathway, where I do most of my running and walking, there is always a brisk breeze and the trees cast long shadows which offers shelter and shade from the blazing sun.

One of the things I love about the canal is how the clouds that make their way down the canal towards Lake Erie seem to be in no hurry. Usually, during the summer months, those white fluffy candy floss type clouds lazily make their way along the canal and every few minutes the shapes and sizes changes thus offering views that seem as if the sky is a great canvas and an artist is at work.



As Dante Alighieri once wrote, "Nature is the art of God."

This morning as I sauntered along there was a cool feel to the breeze, and a reminder that this is September. I stopped for a few moments to have a rest on "my prayer bench" that is found under a great Maple tree in the Loyalist cemetery. It was quiet with no-one on the pathway except one cyclist.

As I sat there John Lubbock's words came to mind. "Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day, listening to the murmur of the water, or watching the clouds float across the sky, is by no means a waste of time." I didn't fancy lying on the grass as the ants were

very busy. I was content to sit on the bench as the white fluffy clouds slowly and silently pass by.

Sauntering along a bit further, it was noticeable how the heavy rain the day before had brought down a lot of leaves as they lay on both sides of the canal pathway. Four leaves in particular caught my eye, and with some artistic arrangement I took a photo, thinking again of Dante's words, "Nature is the art of God."



Sometimes it is good for the mind, body and soul to take life a little easier and a little slower. Making my way back to the car, I thought of Mother Teresa's words:

"We need to find God, and he cannot be found in noise and restlessness. God is the friend of silence. See how nature - trees, flowers, grass- grows in silence; see the stars, the moon and the sun, how they move in silence... We need silence to be able to touch souls."



Sauntering is to walk in a slow relaxed manner without hurry or effort and to intentionally take in all the sights and sounds and let the mystical healing power of nature do its work.

~ the running rev

cathcartjohn@hotmail.com



From the Back of the Pack

Hi everybody,

As usual I am waiting till the deadline before I start writing my usual nonsense. While I was contemplating what to say it suddenly came to me that we have a lot of "runners" who are over the age of 65 !

Just wondering what the younger runners think about running with the older generation.

There is no doubt that we have a lot of experience and we can talk about the past but that is about it!

Anyway to all of you do you still like the CCRR and are you looking forward to running or walking on Wednesday's and Saturday's?

Have a great day,

From The Back Of The Pack,

Harry

. hhdrst@gmail.com



Opapa going to church with Lukas and Riley!

