

SEPTEMBER 2023

~~~ FOOTNOTES ~~~



Canadian Tire North



FALL CLASSIC

EST. 1983

40th Anniversary
September 23rd & 24th, 2023



You're reading "Runbers", a collection of numbers related to running.
Issue #44: Artificial encouragement by Rob Jackson



The 40th anniversary running of the Fredericton Fall Classic will soon be upon us! The dates of September 23-24 have presumably been engraved on your calendar for some time. You are ready to run, but maybe you'd like some encouragement?

I asked the artificial intelligence model "ChatGPT" the following: "Give me some words of encouragement as I prepare to run either the 5k, 10k or half marathon on September 24 at the 40th edition of the Fredericton Fall Classic." Within literally (and I mean "literally") two seconds, Chat GPT generated the message below.



I followed that up by asking Deep Dream Generator, another artificial intelligence product that is free, online, just like ChatGPT, to take the photo of runners from the main page of the Capital City Road Runners page that promotes the Fall Classic, and redo it: "in the style of Monet." Below is the original photo and the same photo as if painted by Monet. I hope the words of encouragement and the artwork will bring a bit of inspiration your way.

"Of course! You've got this! As you lace up your shoes and prepare to take on the Fredericton Fall Classic, remember that every step you take is a testament to your dedication and hard work.



Whether you're tackling the 5k, 10k, or half marathon, each distance is a unique challenge that showcases your determination and resilience. Embrace the journey ahead with confidence, knowing that you've put in the training and effort to reach this point. The energy of the crowd, the scenic route, and the camaraderie of fellow runners will all contribute to an unforgettable experience.

During the race, if doubt tries to creep in, remind yourself of the reasons you started this journey in the first place. Visualize yourself crossing that finish line with pride, knowing that you've accomplished something truly remarkable. And remember, every step you take brings you closer to achieving your goal, no matter the distance.

Stay focused, stay positive, and stay determined. You've trained hard, and now it's time to shine. The 40th edition of the Fredericton Fall Classic is your stage to showcase your strength and passion. Believe in yourself, embrace the challenge, and let your spirit soar as you run toward victory. Good luck and enjoy every moment of the race!"

~ Rob

a summer day ~ R.J. MacSween



When the words are spoken
memory floods the mind
with trees and water
the wind blows on the face
stops and blows again

the wind is full of odours
of flowers and roots
the mud along the brook
the salt smell from the lake



the wind is full of sounds
of leaves and bird songs
the ear is like a shell
which hums even as we handle it

the body shivers like a tree
with birds' jargoning
and with quiet muttering
from cave and secret valley
there is a silver shimmer in the air
from wells and springs
and the lakes great shining



the sun is warm like an animal
embracing the body
the water too is warm
lazily lapping the shore
satiated with its wealth
of darting fish and seaweed
it is the present and the past
the harvest of life concentrated
in a moment
and contentedly lingering
without thought of an ending

FOSSILS CORNER by Steve Scott



G'day folks, Summer is beginning to wind down a bit and everyone is in mid-season form right? Not Fossil. It has been one of those years where I was building my run/walk mileage to the point that in early spring I could run slowly for 5 km without stopping and 8 km was more like 80% running. I was on my way, but in early May that all ended as an ankle injury began to take a hold on me. So I reverted back to only walking mostly on the golf course plus some weekend tries at run/walk. It only got worse.

Fortunately for me I had finally gotten a date to have my long lasting Sports hernia repaired in late June and I reasoned that I would get a decent amount of time off for the ankle to heal except that the June surgery was cancelled and a new date in July left me with 2 weeks more to abuse said ankle. The surgery left me with a 4 to 6 week recovery period with no heavy lifting over 10 lbs. Not to worry said my surgeon you can begin to walk after 5 days or so and walking a lot will aid your recovery and you can also golf within 5 weeks. This was just great I am now recovered from the surgery and have further injured the ankle.

Did you ever hear of “catch 22”, well here it is; I can now play golf with limited walking meaning I now rent a golf power cart every time out. As for the ankle, it still hurts every day. But do not despair, my Doctor will see me in September (I think there are songs about that). My Physio daughter Kim says “Dad you need a cortisone shot”. My Doctor will say lets get that ankle x-rayed first and then we will talk about a cortisone shot. I hear that only specialists can give them in NB.

Oh well, maybe I can get back to running sometime in 2024. I should be so lucky, I have eluded major running injuries for many, many years. I am probably due for one, but time does not favour me as far as recovery is concerned.

Just remember “. . .there is no finish line . . .” But ??????

Fossil



THOUGHT FOR TODAY

“Running is just such a monestary-- a retreat, a place to commune with God and yourself, a place for psychological and spiritual renewal.”

~ George Sheehan ~

FROM THE PRESIDENT By Fran Robinson



Hey everyone! End of August! Hard to believe. We got back from Europe. I ran a little, hiked some, walked lots. It rained alot, was cool, then hot, but it all worked out. Hoping to get some more summer fun in before it gets too cold. Hope you had a great summer!!

I don't have a pulse on the club at the moment, but I'll get back into it, I'm sure. But I have a few requests:

1. Our quilt is at Kevin Soehner's Northside Canadian tire, hanging beautifully there. We need a notice to hang beside it that describes our history. Could one of you take that on please? Jochen has agreed to mount it for viewing. Doesn't have to be too long. Let me know!! franrobinson100@gmail.com
2. The Fall Classic is coming up end of September. Sara young, Race Director, says we need volunteers. You could let her know please if you have time. sarajustinyoung@yahoo.com
3. We are having an expo at the registration of the fall classic and we need volunteers to man that booth. Please let me know if you can help. franrobinson100@gmail.com
4. Tell me your accomplishments this summer and I'll let others know. A photo would be great too.

I finally signed up for the fall classic, 10 km event. There is still time. You can too!

<https://raceroster.com/events/2023/72361/40th-fredericton-fall-classic-by-canadian-tire-northside>



Here is Michele Coleman sporting our club t-shirt at the end of the Pacific crest trail .

Great job Michele!

Happy running folks! ~ *Fran*

Running for Life by the Running Rev



You most likely have not heard of him. He's not a world record holder. His story however is inspirational. It is inspirational especially to those of us who might be coping with one of life's challenges that seemingly appears out of nowhere, or an injury that prevents us from running. We know it can cause a lot of frustration, complaint, and even anger. But have you ever had to actually run for your life?

Guor Mading Maker (also known as Guor Maria) is a South Sudanese Olympic track and field athlete. He competed in the men's marathon at the 2012 London Olympics and 2016 Rio de Janeiro Olympics after fleeing from Sudan due to a civil war.

His homeland, South Sudan, was caught up in a deadly civil war. An estimated two million lives were lost between 1983 and 2005. Twenty-eight members of his family, including eight of his ten siblings, perished during that conflict. It was against this bloody backdrop of killing that a nine year old Guor Mading Maker set off on a journey towards safety in 1993. He set out to meet up with an uncle. Can you imagine a child so young, setting out to find his uncle in the midst of a civil war?

He was one of Sudan's "Lost Boys" an itinerant band of around 20,000 youngsters, mostly male, who were displaced during the war. They often sought refuge in cities or in refugee camps in neighbouring countries. However, many of these children would become "slaves" or "boy soldiers" and many would die as a result.

In a PBS Documentary Mading Maker recalled of his capture that "They were not going to let them go back. They might go and kill us or do whatever they want with us." He, with another boy, escaped, "When the sun came up, we started running. And we walk, we ran, we walk, we ran." They were literally running for their lives.

Three years later, after many close calls he finally was united with his aunt and uncle. They sought safety across the border in Egypt and sometime later they were granted asylum by the U.S.A. in 2001.

They settled into their new life in Concord, New Hampshire where Mading set about learning the language and culture. It was a challenging time for one so young having lost so many siblings and not knowing if his parents were still alive.



Attending school, he was encouraged by his gym teacher to join the track team and run for fun - a totally foreign concept to him. Mading replied, “You know what? Running is not my thing. I’m not going to run because I already ran in Africa where I ran for my life. Unless someone is chasing me, that’s when I would take to running.”

Reluctant at first Mading did join the track team and showed not only great promise but soon his track times showed that he was a talented runner - running for fun. This was the first of many amazing opportunities for Mading Maker. In the PBS documentary entitled simply “Runner” Mading actually speaks of the many opportunities that came his way as “Gifts of Opportunity.” These were opportunities that he could never have asked for or even imagined but arrived simply as gifts.

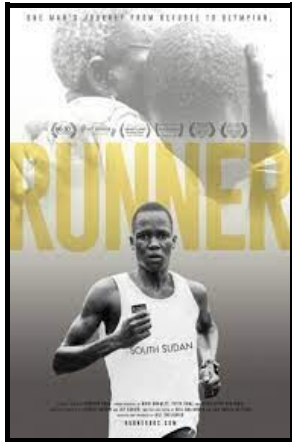
On his arrival in Concord, attending school, he was certain he wouldn’t ever run unless he was being chased for his very life. However, even as a talented runner there is no Disney fairy tale ending. He won a track scholarship to Iowa State University. He was a promising upcoming young athlete who later ran his first marathon which qualified him for the Olympic Marathon to be held in London, England in 2012. He had hoped to run for his country South Sudan.

Sadly, that was not to be, South Sudan, which had separated from North Sudan, didn’t have the necessary committee organization to be included in the Olympics. Mading wanted desperately to represent his “new” country, South Sudan.

Once again opportunity arrived as an unexpected gift. At the last minute the Olympic Committee gave Mading permission to compete as an independent athlete - a first in the history of the Games.

As noted earlier, there was to be no fairy tale ending, Mading would finish 47th out of a field of 100 runners. To win was not the goal. Because of his determination and the many “gifts of opportunity” he received along the way Mading Maker gave hope to those still living in his ravaged homeland, and also give hope to the millions refugees living constantly with the horrors of civil war and its aftermath.

What really stands out for me is how Mading Maker understood that his life, from the nine year old boy fleeing a civil war, literally running for his life, and eventually ending up in the U.S.A. and everything in between were “Gifts of opportunity.”



PBS host the documentary “Runner” where Mading Maker tells his story. If interested it can be found here: <https://www.pbs.org/video/runner-3ls49a/>.

In 2018, at the age of 34, Maker decided to join the USAF. When reflecting on why he decided to wear the uniform, he recalled the kindness he received from the communities that supported him during the tough years of training and studying.

“I wasn’t able to go to each and every person who helped me along the way and just say, ‘thank you,’” Maker said. “The best way to say thank you to the country as a whole was to put on the uniform and serve.”

During the duty day, Maker can be seen at the 21st Dental Squadron’s front desk checking people in, working with patient records, and running the Dental Fly Program as well as the Dental Records Request Program.

“Senior Airman Maker is a joy to work with,” said Senior Master Sgt. Jeremy Harris, 21st Dental Squadron senior enlisted leader. “He brings the same work ethic that he has as a World Class Athlete to work with him every day here at Peterson Dental Clinic.”

Maker is coming up to a crossroad and weighing what the future holds -- whether that is commissioning into the U.S. Space Force or looking at routes in the civilian sector. Either way, Maker has a goal.

“I hope to participate in the next Olympics,” said Maker. “I still have the spirit.”



The next Olympics in 2024 is slated to be held in Paris, France. Maker continues his gradual training daily, often using his lunch break to run on base amid the Rocky Mountain landscape. His personal best marathon time is 2:12.55.

After his time in service, Maker hopes to open a school and a hospital in his home village in South Sudan. His story of valour and his patriotism is the essence of what it means to serve selflessly. While his harrowing past has brought him to where he is now, he is devoted to making the world a better place. He is truly an inspiration to all runners. ~ *the running rev*



From the Back of the Pack



Hi all

Henny and I have been cycling, running and walking for 9 weeks this summer. We started at the end of June and we were back home here at the end of August.

Our high light was conquering Logan Pass in Glacier National Park Montana!

We drove more than 13,000 km and cycled for almost a 1,000. I am sleeping on my stomach now! Glad to be home and to walk and run and spin again.



FTBOTP

~ *Harry*

