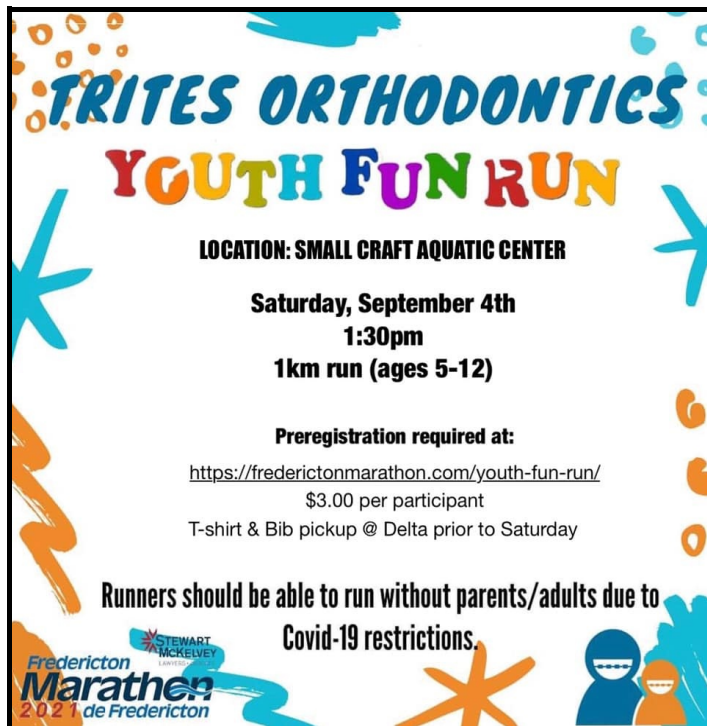


SEPTEMBER 2021

# ~ FOOTNOTES ~



**TRITES ORTHODONTICS**  
**YOUTH FUN RUN**

**LOCATION: SMALL CRAFT AQUATIC CENTER**

**Saturday, September 4th**  
**1:30pm**  
**1km run (ages 5-12)**

**Preregistration required at:**  
<https://frederictonmarathon.com/youth-fun-run/>  
\$3.00 per participant  
T-shirt & Bib pickup @ Delta prior to Saturday

**Runners should be able to run without parents/adults due to Covid-19 restrictions.**

Fredericton **Marathon** 2021 de Fredericton  
STEWART MCKELVEY

The poster is framed by a black border with colorful starburst and bubble decorations. At the bottom right, there is a small illustration of two people wearing face masks.



*The Fun Running Club*

As a member you will get:

- Training companions for marathons, half-marathons etc.

We meet at the Currie Centre  
Wednesday evenings (5:30 PM)  
and Saturday mornings (8:30 AM)

All running levels are welcome – we have a growing ‘back of the pack’ group who like to take it easy!

## CAPITAL CITY ROADRUNNERS

## CLUB EXECUTIVE

Secretary - Janet Tree  
jctree1@nbnet.nb.ca

Registrar - Paul Looker  
sbrtri5059@gmail.com

Director-at-Large - Mike McKendy  
mckendym@gmail.com

Director-at-Large - Harry Drost  
hhdrst@gmail.com

Director at Large & Past President  
Mike Stapenhurst  
mikesdeb@yahoo.com

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

Steve Scott - Fran Robinson,

Rob Jackson - Harry Drost

John Cathcart - Jason Scarbro

## RUNBERS by Rob Jackson

*You're reading "Runbers", a collection of numbers related to running. Issue #22*



Tokyo will host the 2020 Paralympic Games from August 24 to September 5, 2021. Among the athletes representing Canada in athletics are Nate Riech and Marissa Papaconstantinou.

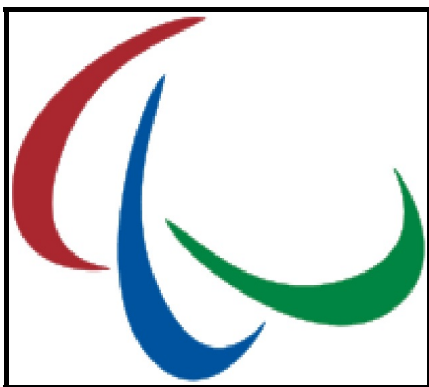
Marissa was born without a right foot and is a blade-runner, specializing in the 100m event. Her personal best time of 13.15 seconds is a Canadian record. She lives in Toronto and is a veteran of the Paralympics, having represented Canada in Rio de Janeiro in 2016 at age 16.



Marissa P apaconstantinou



Nate Riech



Nate lives in Victoria is one of the stars of the Canadian team. At age 10 while playing golf, a player from another group hit a ball that struck Nate in the back of his head, causing a brain injury that affects the right side of his body. He holds world records for 1500m and 800m, with times of 3:51 and 1:58. He has a strong pedigree. His father competed in the 1996 Olympics in javelin. His mother represented Canada in the pole vault. His grandfather is Jim Harrison, now 74 years of age, who played eight years in the NHL with Toronto, Chicago and Boston.

Take some time to tune in to the coverage of the Paralympics to see these athletes and more! ~ Rob

## News from the President by Fran Robinson



Hello fellow runners. Many of us are ramping up our running efforts for the Fredericton Marathon on the September 4 weekend, followed by our own Fall Classic on October 17. I find it tough to keep up a good running routine while also trying to fit in vacation time away along with hosting company. Then there's the heat to try to deal with and plan our runs around. Personally, I'll be glad when fall finally arrives.

On another note, I've started doing some regular guided meditation. I find it very helpful to start my day with this. It gives me a focus for the start of the day and just generally calms me down a bit. I was listening to a guided running meditation the other day and found it gave me some food for thought for my eventual run that day. We are so fortunate that we have the good health to be able to move our bodies!

Wasn't it exciting to watch the Olympic runners. Talk about motivating. I sure found it so. Have a great month everyone and I hope you get some good runs in!!

~ Fran



*The 38th annual Fall Classic, with returning event sponsor, Canadian Tire North, will be held on Sunday, October 17th. Start / finish will be from Government House. Routes are still being finalized. Stay tuned for more info!*

## - Fossil's Corner by Steve Scott -



This month is whizzing on by faster than I can run or walk which brings me to the point of my article. CRRers the racing season is upon us finally; hope you are ready to run and/or help as required. Without your participation and/or your volunteering the organizers will be dead in the water so to speak.



First up is the Fredericton Marathon being held on the Labour Day Weekend and they/we are in dire need of volunteer support especially. My info suggests that our Club has been encouraging the membership to help in any way that they can. Is that correct? If so I will see you on race weekend and we can have a laugh or two as we volunteer.



Secondly, our Club will be hosting our signature race, The Famous Fall Classic Road Race with a 5 km and a 10 km event, Planning is underway with Sarah Young at the Helm. Same goes as above, your participation and help are required and appreciated. I also plan to be there to volunteer where needed. The last year our race was held, I became involved in traffic control, both vehicles and runners and walkers. It was a blast.

The above events are a part of the long process for us as citizens to return to a new normal due to this nasty virus that our world is now coping with. Embrace it the best way you can and continue to run for yourself and for those around you. Thanks for reading.

Lastly, on a more somber note, I was informed today August 18<sup>th</sup> that Phil Booker had surgery last Saturday involving his recent bout with prostate cancer. The cancer had returned elsewhere in his body and was removed during the operation. This is a shout out for Phil Booker, a fine gentleman, a dedicated runner, a great father and good friend to everyone he ever met. Phil get well soon and we will see you on the trails eh.

This is fossil signing off. Just remember “...there is no finish line...”





Volunteers play an important role in the annual Fredericton Marathon. In fact, the event wouldn't be possible without them. The organizing committee, who works year round on the event, is completely volunteer driven, with many more people donating their time, energy and enthusiasm race weekend to ensure that participants have the best experience possible.

The Fredericton Marathon is an annual marathon (42.195 km/26.219 mi) race held in Fredericton, New Brunswick, Canada. The Fredericton Marathon is the oldest annual marathon race in the province of New Brunswick, starting with only a few hundred runners in 1979, it has grown into one of the most well known marathons in the province, with the 2012 edition being the provincial half marathon championships and featuring over 1,300 runners. The race is held in mid-May, always one week before the Blue Nose Marathon in Halifax, Nova Scotia. Currently, the race is sponsored by Scotiabank and hosted by The Capital City Road Runners, a running club in the city.



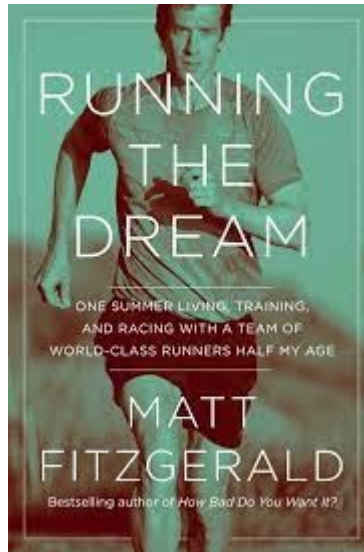
The course uses the City's vast partly paved and hard packed trail system while also highlighting some of the picturesque residential architecture in Fredericton. The marathon course is Boston certified, and continues to draw athletes who want to achieve a qualifying time on this very flat and fast course. In 2015, 27% of the marathon runners qualified.

"The route allows Fredericton to become one of the many cities who have embraced the marathon as a key event to showcase their city to a large number of people" noted Paul Lavoie, Race Director of the Scotiabank Fredericton Race Weekend. The route will see the first 4kms starting at Queen Square and showcasing the downtown core prior to utilizing the trail system and the Bill Thorpe Walking Bridge.

"A Mother's Day tradition in Fredericton, this marquee event has become a staple of our sport tourism focus" said City of Fredericton Mayor, Brad Woodside. "We know how beautiful and welcoming our city is, and now because of the growth of the marathon and strong partnership created between organizers and city staff, the word is out, the 38th edition of the Scotiabank Fredericton Marathon Race Weekend will solidify our place as a sport tourism destination."



***“Running the Dream: One Summer Living, Training, and Racing with a Team of World-Class Runners Half my Age” ~ Written by Matt Fitzgerald***



Long before I was a runner, I dreamt of going away to a fantasy baseball camp for “adults”. Maybe I had watched *Field of Dreams* too many times or my love of the Blue Jays had got the best of me but getting a second chance to be a kid certainly had its appeal.

Although it didn’t happen for me, Matt Fitzgerald did get the chance to live the running version of fantasy camp. In his new book, Fitzgerald recaps in detail the experience of relocating to Flagstaff, Arizona for 3 months to live and train with a group of professional runners on the Northern Arizona (NAZ) Elite team.

Matt is an accomplished amateur runner with an impressive marathon PB of 2 hours and 40 minutes. But he ran that time several years ago, so he was somewhat resigned to the fact that his best marathon time might be behind him. The book documents the ups and downs of going after an ambitious goal and helps answer the question of what’s possible when you have the best resources available to be successful. The story culminates with Matt’s marathon PB attempt at the Chicago Marathon (you will need to read the book to see how it goes!).





I found this book to be an easy read compared to most running books because it's more of a storybook than a technical manual. Having said that, the insider knowledge gained from professional runners described throughout the book give the reader several great training tips they can implement for themselves.



I would agree with most of the reviewers that *Running the Dream* is worth a read. However, I also agree with some reviewers that Fitzgerald is a bit self-indulgent in his writing and that he could have explored the trials and tribulations of the professional runners more than he did.

Next month's planned pick – The “*Strength Running Podcast*” by Jason Fitzgerald (no relation to Matt!).  
Enjoy your running! ~ Jason Scarbro

## CONTEMPLATING & CULTIVATING AN ATTITUDE OF GRATITUDE

*“Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world.”*

*~ John Milton ~*



This morning, as I sauntered along the canal, the dark clouds hung heavy, threatening rain at any moment. The canal itself was the picture of calmness as the trees and sky and dark clouds were reflected back to themselves in the stillness of the water.

I had a sense of calmness myself. As part of my saunter, which is to walk in a slow, relaxed manner, without hurry or effort, it gives me the opportunity to reflect and to offer prayers. It is an opportunity to count my blessings and offer

my gratitude to the Creator of for the many blessings I enjoy - health, wealth, family and friends, the beauty of nature, the joy of sunshine and warm days, even though the Sumac and other bushes are already showing signs that the summer is winding down.



Along the canal path there is a bench, it sits under a huge old Maple tree. It is to be found in an old but still cared-for Empire Loyalist cemetery.

It quietly sits there, under the protection of the tree, offering the traveller a place to perhaps catch one's breath, or just sit quietly and reflect as the world goes on its way and Vessels silently and effortlessly travelling past on their way to either Lake Ontario or Lake Erie.



This time of the year there are many cyclists whizzing past, a few runners and walkers, roller-bladers and on occasion people fishing. It has become my “prayer bench” where I sit a while to reflect and to say my prayers and offer my thanksgivings for the blessings of the day and of the blessings yet to unfold.

While sitting there under the old Maple Tree, my prayers included the people of Haiti whose lives are devastated with yet another earthquake and also now under the threat of a tropical storm that will bring wind and rain as people who have lost their homes try to find shelter and aid which is in short supply. I also prayed for the people of Afghanistan as once more their country is thrown into turmoil as the balance of power changes once again. Both of these “events” are occurring with the pandemic raging in the background. The calmness I felt left me.

Finishing my prayers but still reflecting on the state of the world, of the suffering and the pain of so many people, it is indeed cause for concern and despair.

As I sat there pondering the terrible things happening in the world, and also here in Canada and in other countries where forest fires have caused thousands of people to evacuate and leave everything behind, I was feeling decidedly “down” and no longer calm, yet at the same time feeling privileged. The only thing here to worry about is the slowly increasing numbers as the Delta Virus makes a fourth tour of the region.

Having finished my prayers, and starting to think about a sermon I will guest preach at a local church here at the end of the month, I thought perhaps I’d better start thinking about writing something for FOOTNOTES as the deadline was just a few days away. I am thankful for our regular contributors who always meet the deadline.



I was going to write something about Sifan Hassan whose monumental feat of running in the 1500 meters and winning her heat after falling then picking herself up of the track when another runner fell in front of her and quickly over-shadowed by her amazing effort of winning gold in the 5,000 and 10,000 meters. The New York Times noted “In all, her feat would require 24,500 meters of running in six races over nine days, working out to a rough total of 15.2 miles.” Sifan Hassan would take home 2 gold medals and 1 bronze. A feat not done since Czech Emil Zátopek became the only person ever to win the 5,000m, 10,000m and marathon events at the Helsinki 1952 Olympic Games. Without a doubt Stifan Hassan’s efforts won’t be matched for years to come.



Not to take anything away from Hassan, my thoughts and inspiration comes from not a runner, but a Polish javelin thrower named Maria Andrejczyk who auctioned off her first Olympic medal to help raise money for a little boy's heart surgery.

Days after winning a silver medal at the Tokyo Summer



Games, the 25-year-old announced on Facebook that her goal was to raise \$190,000 for a Polish child named Miloszek Małysa, 8 months old, to go to the United States for life-saving surgery.

"Miloszek has a serious heart defect, he needs an operation," she wrote on Aug. 11. "He already has a head start from Kubus — a boy who didn't make it in time but whose amazing parents decided to pass on the funds they collected."

She added, "And in this way, I also want to help. It's for him that I am auctioning my Olympic silver medal."

However, the story doesn't end there. Zabka, a popular convenience store chain in Poland, bid \$51,000 US but said it would let the athlete keep her medal. "We were moved by the beautiful and extremely noble gesture of our Olympian," Zabka said.

Fans have also contributed an additional \$76,500 to help the boy.



However, the story doesn't end there. Maria Andrejczyk, a 25-year-old javelin thrower who overcame bone cancer and a shoulder injury to compete at this year's Olympics, said she decided to auction her medal to help the boy knowing how much she had to "fight against adversity and pain."

"Inspiration is always a surprising visitor" writes Irish poet and Celtic theologian John O'Donohue. Yes, it is. In the midst of turmoil, suffering, sickness and sadness and even madness, there are people whose acts of self-sacrifice and generosity help us to "see" the goodness of humanity.

By the way, that sermon I'm working on is about the heart and what the heart contains. In Biblical language, the ancients some 3,000 years ago viewed the heart as the center of the human spirit, from which spring emotions, thoughts, motivations, courage and action. It is where hate and love, greed and generosity, cruelty and kindness live together. Scripture informs us that God measures people, not by their appearance, wealth, knowledge or power, but by what is in their hearts.

The last word goes to Helen Keller who once said, "The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart."

*~ the running rev*



Hi everybody,



It has been a tough week so far! Henny and I lost a very good friend after he had a fight with cancer for more than 2 years. His family and friends are relieved and know that he is in a better place now!

Over the years we have lost at least 5 CCRR members ,correct me if I am wrong and that is why I didn't write their names down. Those 5 CCRR members and other family and friends left Henny and me with very pleasant memories.

And you know our life will end some time and the only thing we will leave behind are memories, and hopefully a good ones!

From The Back Of The Pack,

~ Harry.





