

~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club



Great turnout at the Tom Reddon Metric Marathon 2024. The event was well organized by Charlotte and Deb, Paul, Ariane and our illustrious President Fran. It was reported to be a great fundraiser for the Food Bank with generous donations of both perishable food and cash. Here is a group that thinks with their hearts by using the soles of their feet.



Big congratulations to long-time CCCR member Lloyd Sutherland for winning RunNB's personal achievement award! Very appropriate and well deserved! CCCR was also well represented in various age group awards. Congrats to Paul Looker, Mary Bartlett and Dianne Sharpe.
SARA YOUNG

December 2024

CAPITAL CITY ROADRUNNERS & WALKERS CLUB

Club Executive 2024

President - Fran Robinson
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Footnotes Editor - John Cathcart,
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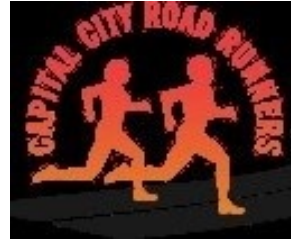
~FOOTNOTES ~CONTRIBUTORS

Fran Robinson - John Cathcart

Steve Scott - Paul Looker

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
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.crr.ca/membership>

or

contact any member of our CCRR
Executive listed in Footnotes.

Reshaping the Earth by the Running Rev



It's been amazing. You'd have to see it for yourself, truckload after truckload of dirt removed from one place and trucked to another. I have counted a convoy of seven trucks heading off to destinations unknown. At first, as the muck-moving season got underway last spring, it was big truck loads of dirt being taken from the site at the bottom of our road to places unknown. One truck would turn left out of the site and the next truck would turn right. Both heading off in different directions to places unknown to me. Yes, just another project of reshaping the earth to suit ourselves.



What's interesting is how the soil being removed and taken somewhere else is the soil that was once removed to make way for the Welland Canal. It formed a formidable berm which is now almost as flat as a pancake and eventually will have 7,000 homes built there making for a whole new concrete community. Yes, it's what we do - reshaping the earth to suit ourselves.

Sadly, the place where all this reshaping of the earth is taking place used to be a runner's and walker's paradise. On leaving the main road and heading up the dirt trail one entered a place of hilly ground full of bushes, trees and birds, and once upon a time, there were deer, who have been crowded out with all other earth reshaping projects and the building of houses that have drastically changed the landscape. Now it's fenced off and the public "told" not to trespass. Yes, it's what we do. Soon this 'reshaped' land will be replaced by soulless roads, sidewalks and houses.

John Moriarty, an Irish writer and philosopher, acknowledged for his profound insights and mystical perspective on modern life informs us "How, in the last four centuries of relentless progress western man has suffered the same fate. We have lost soul, we have lost our sense of wonder and mystery, we have repressed animal nature in us, we have trespassed against all that should remain sacred, and consequently, we

are destroying the planet. We are busy, busy mice in a busy distracted world and we no longer hear the roaring of Medicine River.”



As I walk or run along the Welland Canal pathway, I’m in awe of the vast engineering project that built such a transportation waterway and the 130 lives lost in those efforts. Soon those early canals were a bit too small as accelerated advances in modern technology and engineering saw the Lakers get larger and larger. It reminds me of a story Moriarty told and is recorded in ‘Seeking to Walk Beautifully on the Earth.’

“A plunderer/explorer in mid nineteenth century Africa had hired a group of strong tribesmen to transport his plundered treasures to the coast. On one beautiful morning, after a number of weeks of compliant transportation, the tribesmen refused to move another step. No threats, no inducements, could budge them. Eventually, one of them provided an answer: ‘I will tell you. We have moved so far so fast during the last two and a half-moons that we must now sit down and wait for our souls to catch up.’”

“Professor John Moriarty was always on a religious quest. In one of his lectures he said he ‘wanted to walk beautifully on the earth!’ Moriarty then refers to a story in Exodus, Chapter 3, where Moses encountered a burning bush in the desert of Sinai:



“The bush kept burning and burning. It should be consumed quickly because it is a dry bush in a desert but it keeps on burning. Then Moses hears a divine voice — the voice of God — who tells him to take off his shoes because the ground on which he stands is ‘holy ground.’”

As we seek to reshape the earth, and as runners and walkers we have covered a lot of km’s and witnessed many changes to the world around us, that it might not hurt to loosen the laces and kick our running shoes off and remember we are standing on holy ground. ***Blessings! John***

President's Report, AGM 2024, CCRR by Fran Robinson



We've had a very successful year. I was concerned after covid, when so many running groups started up. I thought we might die a slow or fast death. But, on the contrary, we've risen to the challenge and exceeded expectations that I've had for the club. Evidence of this is our club numbers and club participation, some new faces coming out regularly, large surplus from the Fall Classic, a successful point running/walking series, a sold out Not the Honolulu well before the scheduled date of the run, engaged executive that are working hard, members helping out when asked.

We have been proudly keeping up the events that the original club members started – Fall Classic, hill run, Metric Marathon, Not the Honolulu, jingle bell run, to name a few. We found an apprentice race director for the Not the Honolulu – Jamie Weatherbee. We're keeping up with our more recent events including breakfast at Mary's, run your own time, December challenge, Coldest Night of the Year.

After much deliberation and with input from the membership, we changed the mid-week running time to Thursday. Now, we have a viable group out on Thursday evenings. People have joined the club in order to run with us on Thursday evenings. We have partnered with the multicultural association. Paul Looker and I gave a presentation to MCAF about our club and Paul put up a booth on their wellness day. We have partnered with Wostawea, our local cross country ski club of 800 members. We post events for them and they post for us on our mutual facebook sites. Jochen initiated a marketing study with the UNB School of Business. This was a huge endeavor for us. It gave us a fresh perspective on our club and some new ideas on a direction for us. Jochen will be presenting the findings on this after the AGM. Mary initiated a bowling event for the club. Our Website is upgraded regularly by Paul. He includes RunNB events, our club events and point series results on the event page as well as breakfast locations. Our Facebook presence has increased. We have postings regularly with photos, events, etc on this. We continue to have an affiliation with UNB. Weekly news was sent out most weeks with updates for the membership. Footnotes was sent out each month with two months off in the summer. Kudos to John Cathcart for his involvement with this. Thanks to all the regular contributors. We were approached by the YMCA to cohost a couch to 5 km running clinic. Unfortunately, since we didn't have insurance, they wouldn't proceed with us. As a result, we put on a running clinic ourselves. We had 16 registrants. Many of the participants stuck with the program and 4 completed the 5 km distance in the fall classic. A few others participated in other events. At this time, two of the 16 come out

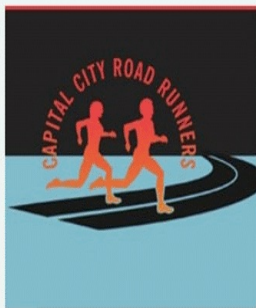
to our regular runs.

As a result of that experience, we are looking at insurance for our club. More to come on this later in the agenda. We designed a waiver form, reviewed by Rob Jackson, to accompany registrations on the membership page of our website.

Goals for next year- upgrading the website, continuing to increase the membership and keep members engaged, follow through with recommendations as a result of SWOT analysis in last half of this meeting, continue to decrease the average age of the club members (so important for our longevity), offer clinics of varying distances. To this end, we are offering a marathon training clinic starting in the new year and will offer either a couch to 5 km clinic or a 10 km running clinic in the spring or summer. We hope to partner with the YMCA for one of these running distances.

So, in my opinion, we're turning the ship around. The speed of the turn has increased some this past year, thankfully and it hasn't been easy, but we're doing it! I'm so proud of us all. We have our difference of opinions at times, but we work through that and keep moving forward. I want to thank you all for your support and kindness you've shown to me. Deb Prosser put on a lovely party for me in June that many of the female runners attended (no men were invited). Thank you Deb. You've told me regularly that I've been doing a good job and that has been appreciated. I couldn't do any of what I have done for this club without your support. Thanks to the wonderful Executive that I've had the opportunity to work with. You've got a really great group of runners/walkers working for you to try to make a difference. ~ **Fran**

Fran is a great ambassador for the club and has been diligent and taken delight in her role as CCRRW President. Here at Footnotes we wish her well. ~ the Editor)



Planning to run the Fredericton Marathon on May 11 2025?



The Capital City Road Runners (CCRR) Club offers a marathon training plan for you, regardless of your experience.

- ✓ starts January 11, ends May 10
- ✓ program includes easy, long, tempo and speed runs, plus core sessions
- ✓ group runs are on Thursdays and Saturdays
- ✓ registration opens in December

In preparation, please ensure that you can:

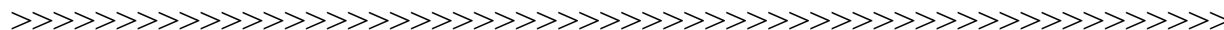
- ✓ Run 12 kilometres at a slow and relaxed pace
- ✓ Consistently run 4 days per week
- ✓ Run a minimum of 29-32 kilometres per week consistently for the last 4-6 weeks

You must be or become a member of the CCRR to participate in the training.

If you are interested, please contact Mona at:

monamcl101@gmail.com

For more info, visit CCRR at <https://www.crr.ca> or on facebook



KUDOS TO THE FALL CLASSIC COMMITTEE

We did it! Official photos coming soon, but I wanted to say thank you to all who contributed in making this event what it is, especially our fantastic committee members: Michel Melanson, Leyla Loughheed, Sheryl Johnstone, Dianne Sharpe, Paul Looker, Joanne Embree, Clayton Goodine, and Jason Scarbro. Congrats to all finalists and winners!

Tom Reddon Metric Marathon - November 11th, 2024 Point Series Event #11.



Great turn out. Lots of fun. Results boded together. As usual, if I have missed you, or have gotten your time completely wrong, please let me know. Changes can always be made to the results list.
~ **Paul**

And a little note from the Reddon family (2024-11-12):

Our family extends thanks to all the runners, walkers and volunteers at yesterday's Metric Marathon. Thank you for continuing to honour Tom's memory. The Capital City Road Runners Club holds a special place in our hearts. Charlotte Reddon

EVENT / NAME	TIME	POSITION	POINTS
FULL DISTANCE (26KM)			
Murray Lowery	2:06:39	MI	50
HALF DISTANCE 13KM			
Justin Young 1:01:48	1:01:48	M1 HALF	50
Mary Bartlett	1:01:51	F1 HALF	50
Mike Melanson	1:03:27	M2 HALF	45
Dawn Derbyshire	1:09:45	F2 HALF	45
Sara Young	1:10:49	F3 HALF	42
Terry Haines	1:10:54	M3 HALF	42

HALF DISTANCE 13KM			
EVENT/NAME	TIME	POSITION	POINTS
Fran Robinson	1:11:24	F4 HALF	40
Janet Tree	1:15:52	F5 HALF	39
Boris Alard	1:16:29	M4 HALF	40
Westley Arbeau	1:17:50	M5 HALF	39
Rick Grey	1:21:29	M6 HALF	38
Jim Ketterling	1:21:30	M7 HALF	37
Jochen Schroer	1:21:31	M8 HALF	3
Mary McKenna	1:22:28	F6 HALF	38
Michelle Coleman	1:23:40	F7 HALF	37
David Weir	1:24:00	M9 HALF	35
Maureen Daigle	1:24:16	F8 HALF	36
Erin Whitman	1:24:17	F9 HALF	35
Brian Scott	1:25:36	M10 HALF	34
Mona McLachlan	1:26:01	F10 HALF	34
Julie St-Coeur	1:30:07	F11 HALF	33
Ken Washburn	1:30:17	M11 HALF	33
Joanne Embree	1:38:26	F12 HALF	32
Mike Stapenhurst	1:43:16 Adjusted	M12 HALF	32
Harry Drost	1:43:20 Adjusted	M13 HALF	31
Steve Scott	1:53:01 Adjusted	M14 HALF	30
WALKERS			
Event / Name	Time	Position	Points
Mike McKendy		WM1	50
Judy McKendy		WF1	50
Dan Coleman		WM2	45
Brenda Tree		WF2	45

WALKERS			
Event/Name	TIME	POSITION	POINTS
David Tree		WM3	42
Deb Prosser		WF3	42
Ann Flynn		WF4	40
Carol Scott		WF5	39
Pat Ketterling		WF6	38
Pierre El Khoury		WM4	40
Bernie Arseneau		WM5 39	39
Charline Sivret		WF7 37	37
Julie Mason		WF8 36	36
Ariane Levesque		WF9 35	35
Richard Chadwick		WM6 38	38
John Naufts		WM7 37	37
Adam Derbyshire		WM8 36	36
Lily Derbyshire		WF10 34	34
Tony Tremblay		WM9 35	35
Helen Tremblay		WF11 33	33
VOLUNTEERS			
NAME	TIME	POSITION	POINTS
Charlotte Reddon		V1	50
Debbie Reddon		V1	50
Mary Ellen Reddon		V1	50
Alex Reddon		V2	40
Ashley Reddon		V2	40
Gary Whitfield		V2	40
Paul Looker		V	

You're reading "Runbers", a collection of numbers related to running. Issue #55: by Rob Jackson



How many New Brunswick running clubs or organizations can you name? Some groups operate informally, while others, such as our Capital City Road Runners Inc. are registered with the NB government as either a corporation or an unincorporated business. The government hosts an online, searchable registry of corporate and business names. A recent search using the word "run" turned up only five entities officially registered as running groups. Here they are:

Capital City Road Runners Inc.
Miramichi Rock N Run
Run NB / Course NB Inc.
Running Room Canada Inc.
Speeding Cheetahs Run Club Inc.

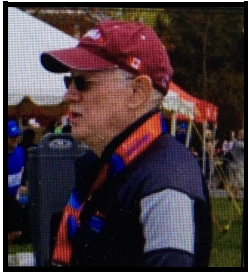
The search disclosed other "run-related entities", some of which are now defunct and some of which likely have nothing to do with running as we know it. But their names were intriguing:

Beauty on the Run
Bread Runners Bakery
Fundy Tide Runners
Road Runner Delivery
Run For Women (Saint John) Inc.
Run For World Peace
Run Through History Inc.
Running With Scissors
Runs Like Hell Performance Parts
Students Run With It Inc.
The Gondola Point Turtles Running Club
The Road Runners Mobile Diner

Whether you run like a turtle or run like a cheetah, get out there and have a great run!

~ *Rob*

Fossils Corner by Steve Scott.



As many may know by now, Mike Stapenhurst has reached lifetime member status with the Capital City Road Runners/Walking Club. His induction makes him the 5th individual who, through continuous dedication to our principles and mandate, has become honored by the group since it began in 1983. I will be writing more about Mike in an upcoming issue of Fossils Corner in collaboration with another Life member. Stay tuned.

With your blessings, I would like to profile two other original members in 1983. They are Brenda and David Tree. I remember an early Sunday run from the original YM/YWCA on Saunders Street (Multicultural centre now) in February or March; the Trees showed up early, ready to Race and were told that this is a Fun Run, but race if you want to. From that time on, Brenda and David continue to be active members. They contributed to our fledgling newsletter and probably suggested that we should call it Footnotes (Pun intended).

That first year Brenda usually had an article in footnotes and also took on the task of getting CCRR results from races they attended. It is noteworthy that Brenda's April article morphed into a title called Shorts and Singlets (another pun).

Their energy and enthusiasm for the Capital City Road Runners was a Hallmark for our overall success in those days, as by December 1983 Brenda and David became the editors for Footnotes and it grew in stature by leaps and bounds. This communication tool became vital to the membership. They remained editors until June of 1991.

Brenda retained her Shorts and Singlets every issue for quite a number of years thereafter, even with a growing family and work commitments.

I am not sure that their dedication in the early years has been adequately addressed in the past, and that is good enough reason in my opinion, to remind folks that they have withstood the passage of time and still run and or walk with us today, nearly 42 years later. See you at the next Saturday Fun Run /Walk and just remember “. . . there is no finish line. . .” Cheers!

Fossil

From the Back of the Pack by Harry Drost



Hello fellow runners & walkers,



You have no idea just how fast a month goes by when you are supposed to write something for Footnotes. But anyway here we go again!

What about that prof from STU? Every race he does is a PB! And to top it off he ran the Charlo 10 km in 38:53! My run time of the 10 km was 46:18. At that race I beat my training partner Arnold Chippin and 2 John's!

John Cathcart preached 2 church services and John McKendy cleaned out his basement and mowed his lawn.

But all you readers who know me know the following: "It does not mean anything if you beat Harry but it means something if Harry beats you!"

Harry from the back of the pack and still proud of it!

PS. Above article was published in Footnotes September 1998. My first article for Footnotes was October 1990 I think!

~ *Harry*



