

~FOOTNOTES~

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



Great turnout for Saturday's run! And more runners/walkers showed up after this photo was taken! Wonderful weather and pretty good running conditions.

CCRR&W Point Series Tentative Schedule 2025

January 18th	Guess Your Time Event
February 06th-20th	Not Just Another "Pedestrian" Art Contest.
March 15th	Stagger Start - 10km (5 km-walkers)
April 12 / 19	Queen Square Mile / Odell Onslaught (TBD)
May 10/11	Frederickton Marathon Events (5k, 10k, 21.1k and 42.2k)
June??	Odell Park Hill Run

For more details check: <https://www.ccrz.ca/events/>

CAPITAL CITY ROADRUNNERS & WALKERS CLUB

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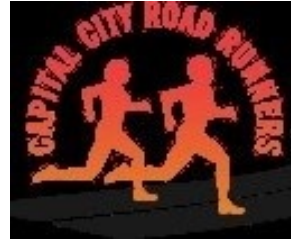
~FOOTNOTES ~CONTRIBUTORS

Joane Embree - 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
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 - Joanne Embree



It hardly seems possible that it has been two months since I took on this role from Fran. It has been great to see all the runners and walkers participating in club runs and walks despite the cold (and icy conditions at times). The marathon and half marathon clinic is well underway as folks start working towards their running goals for 2025.

I thought I should take this opportunity to introduce myself to folks who don't know me that well.

I have the advantage of being a relatively 'older' runner as well as a 'newer' member of the CCR. When I retired and moved back home to Fredericton from Winnipeg in August 2022, joining a running group was a high priority. I had been a member of a great running group (The Heartthrobs) for 10 years in Winnipeg so knew all the benefits that a good running group provides. It was a no brainer to join the CCR. My parents, Doug and Audrey, had been members and I had heard great stories of weekly runs, breakfasts and the various races and events in which they had participated. Liz kindly introduced me to the group one Saturday early in September. Fran and everyone on that run welcomed me that morning and I have had a great time with the club members ever since.

My place among the runners in the CCR is the same as it was with The Heartthrobs - a dachshund in a field of whippets. I am a slow runner but I can hang in there for a long time. My father conned me into doing a marathon in the fall of 2001 after I had done my first half marathon that June - "if you can do a half marathon, it's not really that much harder to do a full". So, I ran the Toronto marathon in October in the pouring rain. The next year I ran New York on a beautiful day and then I was hooked. I have now run 29 marathons and 91 half marathons. I can attest that there is a BIG difference between running a half marathon and a full one! I have had a great time travelling with running (and tolerant non-running) friends to a number of destinations in Canada, the US and Europe for these runs. Looking forward to doing many more.

My lifetime goal is to complete a full marathon when I am a hundred. I am aware that might be a long shot. That said, having that particular goal has influenced my running and training. The key point - avoid injury if at all possible. Hence, I run/walk on longer training runs. I run inside in the winter but am looking forward to some runs with the groups training for the Fredericton marathon and half marathon come spring.

~ Joanne

Giving Loveliness an Exuberant Voice by the Running Rev



Well, January is over! By now the cold and snow has possibly worn out their welcome as the snow-banks grow ever larger and January days dark and dreary. Our neighbours, a young couple from India, and who expecting their first child, are blessed to have the Mother-to-be's Mum staying with them until after the baby is born. This future grandmother had never witnessed the magnificence of the first snowfall and so was mesmerized by its whiteness and how quickly the tiny flakes changed the landscape from a winter dullness to a brilliant carpet of brightness. Unfortunately, she does not enjoy the cold that accompanies the snow.

Wilson 'Snowflake' Bentley once wrote that he found snowflakes were "miracles of beauty". Kay Redfield Jamison writing in her wonder-filled book *Exuberance - The Passion for Life* introduces the reader to Wilson 'Snowflake' Bentley. She begins by writing: "It is a rare person who remains unmoved by the first snowfall. Snow is magic: it draws us in, jostles memory, and stirs desire. It enchants."

"For Snowflake Bentley," as Jamison writes, "snow cast a lifelong spell. He was incapable of indifference to the world around him. When there was a winter storm and snow was flying, he was in the fields and hills; he could not stay indoors. His delight in snow made him an astute observer of it; it made him an infectiously enthusiastic guide. *Exuberance* gave him passion, stamina, and a lasting voice to speak out for small beauties."

Jamison continues to inform us how Bentley could not remember a time when he did not love the snow: "Always, from the beginning it was the snowflakes that fascinated him the most."

As Jamison reflects, "It was always from the first snowfall to the last, Bentley was supremely happy. Passionate about snowflakes, he devoted his whole life to their study and preservation."

He once said to an interviewer, that he found "snowflakes to be 'miracles of beauty' and it seemed a shame that this beauty should not be seen and appreciated by others. For Wilson 'Snowflake' Bentley every crystal was a masterpiece of design and no one design was ever repeated."

"When a snowflake melted," he lamented, "that design was forever lost. Just that much beauty was gone, without leaving any record behind." He had a "great desire to show people something of this wonderful loveliness, an ambition to become in some measure, its preserver."



Bentley was convinced that snow crystals existed for a reason. “Perhaps,” he once wrote, “they come to us not only to reveal the wondrous beauty of the minute in Creation but to teach us that all earthly beauty is transient and must soon fade away.”

As Kat Redfield Jamison writes, “Bentley’s calling was to preserve the snow crystals and, once preserved, to give their loveliness an exuberant voice. He did the former with a patience that is nearly impossible to imagine, painstakingly taking photographs of more than five thousand individual crystals during his lifetime. Winter after New England winter he stood in the freezing cold as the snow fell, capturing crystals midflight and transferring them to glass plates, and photographing them before they could melt. Later, when he published their delicate images in the *Journal of Science*, his exuberance danced across the pages.”

Henry David Thoreau, who died just a few years before Bentley was born, also had a near mystical response to snowflakes. “How full of the creative genius is the air in which these are generated!” he wrote in his journal. “I should hardly admire more if real stars fell and lodged on my coat. Nature is full of genius, full of divinity; so that not a snowflake escapes its fashioning hands” Nature, he pondered with hope, has “not lost her pristine vigour yet, and why should a man lose heart.”

I recall how on my first winter in Canada, living close to the UNB woodlot, it had snowed heavily overnight. Arriving at the woodlot for a morning run the scenery was just simply breathtaking and the snow was ankle deep. It sure got the old heart pumping as the branches of the trees and bushes were bent over by the heavy wet snow and to me it looked like nature was bowing in the presence of the Creator. There was one spot in particular where some clear cutting had occurred and there were lots of branches lying around. Each pile of discarded branches was an exquisite work of art.

I am reminded of the quote by Dante Alighieri who noted that, “Nature is the art of God.”

The beautiful and amazing sight of the designs these branches made literally stopped me in my tracks. As I stood there, taking in this breathtaking artistic vision deer started jumping all over the place. I don’t how many there were - suffice to say there were lots. I scared them and they scared me so much it took a minute to catch my breath. Ah memories. As I write it’s snowing. Big flakes! Yes, there is something magical about that first snow fall and each crystal is a masterpiece.

~ *John*

You're reading "Runbers", a collection of numbers related to running. Issue #56: Kinesiology by Rob Jackson



I'm willing to bet that most of you are familiar with the huge "KINESIOLOGY" sign on that building adjacent to the Currie Center in Fredericton. It's difficult to miss seeing those three-foot high letters. Hundreds of kinesiologists and would-be kinesiologists go through the doors of that building every day. But do you know what a kinesiologist is? Do you know the difference between a kinesiologist and a physiotherapist? Can kinesiologists help runners?

Between UNB and the University of Moncton, approximately 140 students graduate every year with kinesiology degrees. More than 100 kinesiologists practise in New Brunswick. There are 28 kinesiologists working in the rehabilitation programs across New Brunswick's Vitalité Health network's nine hospitals, and more are being recruited.



As a volunteer member of the Board of Directors of the Canadian Kinesiology Alliance, I have an interest in spreading the good word about kinesiology, and how it can be a benefit to our running community. On a national level, the CKA represents ten provincial kinesiology associations that are member associations and over 5,000 affiliated kinesiologists

Kinesiology is the scientific study of human movement, encompassing biomechanics, anatomy, and physiology. Kinesiologists specialize in assessing movement patterns, improving physical function, and preventing injuries through targeted exercises and rehabilitation strategies. For runners, kinesiology can be a valuable tool in enhancing performance and ensuring long-term joint and muscle health.

What Can Kinesiologists Do For Runners?

Kinesiologists help runners recover from injuries by analyzing their gait, muscle imbalances, and overall biomechanics. Through customized exercise programs, mobility drills, and strength training, they address the root causes of discomfort or inefficiencies in movement. By focusing on proper body mechanics, kinesiologists not only aid in recovery but also reduce the risk of future injuries.

Kinesiologists vs. Physiotherapists: What's the Difference?

Although kinesiologists and physiotherapists share similarities in rehabilitative care, there are key differences between the two professions. Physiotherapists primarily diagnose and treat injuries using hands-on techniques, such as manual therapy, ultrasound, and electrotherapy. In contrast, kinesiologists focus more on movement analysis and exercise-based rehabilitation to restore function and enhance performance. While physiotherapy may be the first step after an acute injury, kinesiology plays a vital role in long-term recovery and injury prevention.

How Can Kinesiology Benefit Runners?

For runners, kinesiology offers numerous benefits, including:

Injury Prevention:

By identifying weaknesses or imbalances in the body, kinesiologists help runners strengthen key muscles and improve flexibility, reducing the risk of common injuries like shin splints, IT band syndrome, and plantar fasciitis.

Performance Enhancement: With a focus on efficient movement patterns, kinesiology helps runners optimize their stride, posture, and overall biomechanics, leading to improved speed and endurance.

Rehabilitation Support:

Runners recovering from injuries can benefit from tailored exercise programs designed to rebuild strength, restore range of motion, and prevent re-injury.

Pain Management:

Through corrective exercises and movement therapy, kinesiologists help alleviate chronic pain caused by overuse or poor running mechanics.

Conclusion

Kinesiology is an excellent resource for runners looking to enhance their performance and stay injury-free. By working with a kinesiologist, we runners can improve our movement efficiency, recover from injuries more effectively, and maintain long-term musculoskeletal health. Whether you're a beginner or a seasoned athlete, incorporating kinesiology into your training can help you run stronger and smarter.

~ *Rob*

Not Just Another “Pedestrian” Art Contest by Paul Looker



The second event of the point series will celebrate the creative side of our club members.

And, no, you do not need to be a “Van Gogh” or part of Canada’s “Group of Seven” painters to excel at this. The “artwork” can be as simple, or as complex as you can make it.

It will require you to think about and plan the running or walking route that you will do for this event. Look at the map of the community or area in which you run. Can you see a pattern in the layout of the streets?

When:

- Between February 06th and February 20th.

How is it going to work:

- plan a walking or running route to create a design or artwork.
- record your route with a gps, smart watch or telephone (or as a last resort trace it out on a map).
- send a link to your route design (Strava, Garmin, Coros, etc.) to the club email address: info@ccrr.ca

Bonus points will be awarded for:

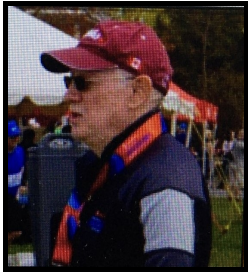
- those who can incorporate background art into their gps route trace data.
- time spent and distance covered will be also be considered.

Judging will occur after February 20th. Judging shall be made by a small, still to be selected, committee of impartial subject matter experts.

Have fun! Be creative! Who knows? Maybe your latent artistic talent will be discovered and you will become the latest and greatest thing in the Fredericton art community.

~ *Paul*

Fossil's Corner Steve Scott



This month's article will dwell on the recent induction of Mike Staphenurst as a lifetime member of the Capital City Road Runners/Walkers Club of Fredericton. It was very gratifying to see Mike included into the small but illustrious group of Capital City Road Runners who have also been granted life membership. Considering Mike's achievements over the last 40 odd years, I was asked to write a profile on his journey. I'm doing this with considerable assistance from Mike's wife Debbie and Mike McKendy who provided some great insights into Mike's Running while in the Caribbean as follows.



In addition to his long and impressive running career, you may not realize it, but Mike was also a committed sailor, who along with Debbie, spent many seasoned romping around the Caribbean on his sailboat - Caramba. But what is impressive is how he managed to continue a rigorous running, training and racing regime while living on a sailboat meandering around the gorgeous islands of the Caribbean Sea.

Mike McKendy recalls how on one occasion, Mike and Debbie invited Judy and him on Caramba to explore the beautiful islands which comprise the country St. Vincent and the Grenadines. On the first day of the cruise, we sailed to a small but exceedingly wealthy island called Mustique, whose residents include Tommy Hilfiger, Mick Jagger, Shania Twain and Princess Margaret, to name a few. Access to this impressive island is limited to the rich residents and the employees who look after the island. Mike was determined to go for a run, so we went to shore to scout out a plan for a run early the next morning. We had barely stepped ashore when a muscular and serious looking uniformed young man accosted us. He introduced himself as Chambers, the Chief of Police of Mustique, and reiterated in a polite but convincing manner that we could not come ashore. When Mike explained that we were training for some race or another and that we needed to have a training run, Chief Chambers, who was obviously very fit, agreed that he would accompany us on the run around the island early next morning.

So, the next morning we dinghied ashore and sure enough Chambers was waiting to escort us on our run. He gave us a great running tour of the island and pointed out the various estates and told us who owned which. It was a fascinating travel log.

The island is small so in short order we were obviously on the return to where Caramba was anchored. Mike and I decided we would give Chambers run for his money. We did our best to run him into the ground, but he kept up our somewhat less than torrid pace as we completed this fascinating running tour of the playground for the Uber rich and famous.

This little adventure is an example of the extent to which Mike lived the cruising lifestyle while maintaining a serious running avocation.

During that period Mike and Debbie got married on Cane Garden Bay Beach in Tortola; true to his running roots Mike continued to run no matter where he was.

First a little background about Mike Staplehurst. He began his running career in 1980 at the age of 39, trying to get fit for turning 40. His first road race was in 1982 in Newcastle NB. Since then, after 44 years of running, Mike has covered over 50,000 miles or two times around the world. WOW.

Mike joined the Capital City Road Runners 1983 in its founding year. Since joining, he has been a regular participant in the club fun runs and other events over the years. Mike has run 30 plus marathons. His personal best was at the Pine Tree marathon in Waterville, ME. Three hours, 11 minutes, 12 seconds in 1988. Pretty quick indeed as I was there running as well that day.

In 1988 Mike went to work in Toronto and the US but kept in touch and ran with the club whenever he was back in town. In 2012, Mike returned to Fredericton to live full time. Since then, he was the Not The Honolulu Marathon Race Director for eight years, from 2015 to 2022. He also served on the CCR Executive from 2017 to 2023 and was club president from 2018 to 2020. Must mention that he also helped me in one capacity or another for several years at the Fredericton Marathon.

Since retirement from work, Mike has authored 2 books on running and staying fit. The first was on marathon training. To commemorate his 75th birthday, Mike wrote a second book about staying active and living a long and healthy life. Mike and Deb continue to work at home on their e-commerce business website, selling personalized training logbooks to customers from around the world. Age hasn't really slowed Mike down much. In my opinion.

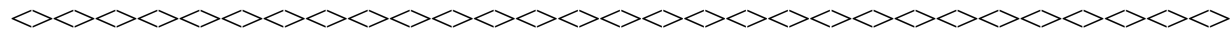
Since stats are very important to most Weekend Warriors, Mr. Stapenhurst PBs included 18:41 for 5 km, 33:07 for 8 km, 38:24 for 10 km, 80:33 for 20 km and could

not find Half Marathon time. Should also note that he did the Tracadie Triathlon in 1987 with a time of 2:33:36 (included an ocean swim), and the legendary Boston Marathon in 1990 with a 3:38:40. The New York Marathon too, was ticked off his bucket list. There were also several other major marathons completed when Mike and Debbie were gone from good ol' New Brunswick.

Finally, hey Mike, I am very proud to be one of your regular running/walking buddies over the years. Just remember, “. . . there is no finish line . . . “And don't we know it!

Cheers.

Fossil



- Bill Thorpe Walking Bridge ParkRun - Paul Looker



On January 18th, 2025 the first event of the 2025 series drew a fair number of participants, including the new members with the 1/2 marathon and marathon clinics. Club members were asked to provide a guess of what their finishing time would be for the 5 km event. Past ParkRun averages were for two participating club members, where I forgot to approach and ask them for an estimated finish time. Walkers were awarded participation points. As usual I awarded myself some volunteer points too.

Four seconds. Four seconds was the closest guess. New club member Faith Abel-Adegbite predicted that her finishing time would be 34 minutes for the ParkRun Event. She finished in 34 minutes and 4 seconds. For this guess she was awarded the top position. In second position, and the top male, was Clayton Goodine. Clayton is a member of the Fall Classic organizing committee. He was one of the two runners that I overlooked at the start of the event, and imagine my surprise when I looked up his average time for past ParkRun participation. A great run, and a little bit of luck too, for Clayton in this point series event.

When the club showed up in large numbers at the ParkRun event, the organizers expressed some initial concern. But our event, within the larger event, was executed without a hitch. This bodes well for future club events.

Thank you everyone for coming out and participating. The results can be seen at:

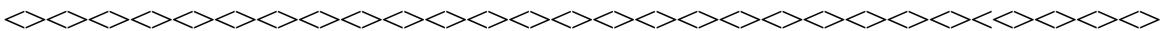
<https://www.ccr.ca/eventresults/Event1Results2025.pdf>

Details for the February event will be posted soon - **Paul**

CCRR&W Point Series Event #1 - "Guess Your Time Event"

Name	Predicted Time	Finish Time	Time Difference +/-	Position	Points
Faith Abel-Adegbite	34m	34m 4s	00:04	F1	50
Clayton Goodine *	23m 19s	23m 13s	00:06	M1	50
Sara Young	25m	24m 47s	00:13	F2	45
Jamie Weatherbee	35m	35m 31s	00:31	M2	45
Christa Murphy	31m 40s	32m 12s	00:32	F3	42
Mike Stapenhurst	40m	40m 35s	00:35	M3	42
Westley Arbeau	30m	29m 12s	00:48	M4	40
Boris Allard	27m	26m 3s	00:57	M5	39
Mary Bartlett *	22:47	23:49	01:02	F4	40
Janet Tree	30m	31m 6s	01:06	F5	39
Terry Haines	29m	27m 49s	01:11	M6	38
Lauren Fraser	29m	27m 49s	01:11	F6	38
Michel Melanson	26m	24m 48s	01:12	M7	37
David Tree	32m	33m 17s	01:17	M8	36
Brian Scott	32m	30m 42s	01:18	M9	35
David Weir	27m 43s	26m 25s	01:18	M10	34
Michele Coleman	35m	33m 32s	01:28	F7	37

Leanne Doughty	29m 35s	28m 1s	01:34	F8	36
Rick Grey	29m 30s	31m 6s	01:36	M11	33
Steve Scott	54m	52m 15s	01:45	M12	32
Christa Blizzard	45m	40m	05:00	F9	35
Janice Caissie	40m	34m 56s	05:04	F10	34
Cindy Macdonald	40m	33m 32s	06:28	F11	33
Glen Butts	36m	29m 30s	06:30	M13	31
Joanne Embree	58m 40s	50m 23s	08:17	F12	32
Brenda Tree	No	Time	Provided	Walker	30
Carol Scott	"	"	"	Walker	30
Deborah Prosser	"	"	"	Walker	30
Ann Flynn	"	"	"	Walker	30
Pascale (?)	"	"	"	Walker	30
Paul Looker				Volunteer	30



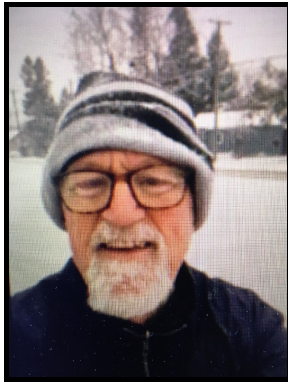
"Running is just such a monastery-- a retreat, a place to commune with God and yourself, a place for psychological and spiritual renewal."

~ Dr. George Sheehan ~

From the Back of the Pack by Harry Drost



Hi all,



Here I am sitting on the couch and gaining weight by the hour! I need some motivation and I am reading an old Footnotes from January 1993.

And here is what I am going to do: Run the “Frozen Nose and Toes” four miler on Saturday February 15th in New Maryland at 9 AM! It will be very slow and it will take a very long time since I am 31 years older. Join me for this terrible idea? From The Back Of The Pack! ~ *Harry*.

