

# ~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club

*Mike Stapenhurst-Lifetime Achievement Award*



*Mike Staplehurst shown with three previous winners  
- Paul Lavoie, Mike McKendy, and Steve Scott,  
(missing from photo John Cathcart)*



*Fran Robinson - Retiring President*

January 2025

## CAPITAL CITY ROADRUNNERS & WALKERS CLUB

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Member-at-Large  
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### CONTRIBUTIONS FOR FOOTNOTES

Please send to the email address  
below. Thanks! The Editor  
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### ~FOOTNOTES ~CONTRIBUTORS

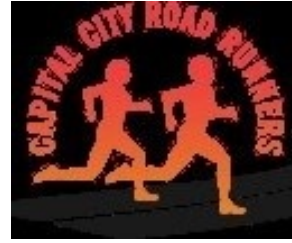
Joane Embree - John Cathcart

Steve Scott - Paul Looker

Harry Drost - Rob Jackson

Amelia Beaney

## 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 \$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.

## ***SHORTS & SINGLETS***



*The CCRR/W AGM was a huge success. Many thanks to the dedicated board members.*

*Thanks especially to Harry Drost & Fran Robinson, who have retired from the CCRR Board, for your many years of dedication, positive energies and hard work. ~ Michelle Coleman*



*Thanks to Joanne Embree for initiating the SWOT analysis on the marketing project results.*



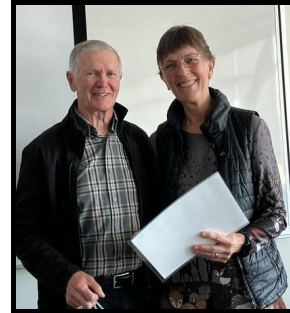
*Thanks also to Jochen Schroer for his hard work on the marketing project. (Photos - Michelle Coleman)*

## ***SHORTS & SINGLETS***

**Awards!** The CCRR held their AGM (well attended) and handed out several well deserved awards to members!



*Paul Looker - Volunteer of the year for his work as Registrar and running the club point series.*



*Lloyd Sutherland - Most Improved Male Runner as he had broken several provincial records in his age category.*

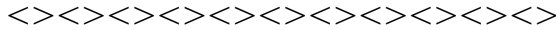


*Joanne Embree - Most Improved Female Runner as she knocked over 40 minutes off of her marathon time!*

*MEET THE NEW PRESIDENT  
Welcome Joanne Embree*



Happy New Year! I hope everyone can meet all their running goals this year. ~ Joanne

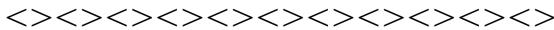


**2025 CCRR&W Point Series**

Looking for your ideas and input on events that you would like to see included as part of the clubs point series.

**Contact US**

Email: [info@ccrr.ca](mailto:info@ccrr.ca)



**Planning to run the Fredericton Marathon on May 11 2025?**

The Capital City Road Runners (CCRR) Club is offering a half and a full marathon training plan for you. The Fredericton Marathon is offering a \$10.00 discount for clinic participants.

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

**In preparation, please ensure that you can:**

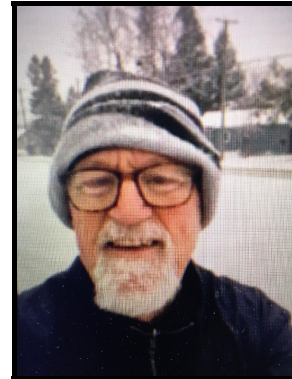
- ✓ Run 12 kilometres at a slow and relaxed pace
- ✓ Run a minimum of 29-32 km/wk consistently over 4 days per week

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

Interested? Please contact Mona at:  
[monamc101@gmail.com](mailto:monamc101@gmail.com)

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

Harry Drost



Harry Drost might be old and he has stories yet to be told and more challenges yet to unfold.

But he is a man and one of a kind,  
A tougher competitor you'll not find.  
If Harry beats you don't be ashamed  
I've seen him running even when lame! He sure is game!

As a long time CCRR Club member  
He had a great challenge in December  
Harry walked or ran almost 320 k  
An incredible feat I must say.

Harry will run, bike or walk,  
And as you know Harry can talk.  
I'm proud to be his number one fan  
He's known as the Flying Dutchman

We have run many a mile together  
In rain or snow no matter the weather  
His competitive spirit knows no bounds  
as Harry runs around the town  
I'm happy to know him as a friend  
as these few words along I send.  
the running rev

## **The December Challenge 2024 by Amelia Beaney**

Hi everyone,

Congrats on completing your December Challenge - through snow, ice, rain, and even sunshine you all stayed motivated. Michelle Coleman was certainly determined to complete the challenge, taking along whomever she could convince to walk, run, ski and even bike! Well done.

Delberta even snowblowed long trails so she could get her daily 3 km in. Paul and Arianna, David and Brenda, Kris and Roy, Mike and Deb, Tony and Ellen, Suzanne and Ken - each of you stayed focused and supported each other to go outside and be active- even though it was hard some days.

Mona, Mary, Joanne, Nicole M, Fran, Laureen, Michelle F, Steve S. congrats on challenging yourselves to stay active in this busy month.

Now Harry, Jamie W., Justin and Paul you became the male front runners as you weathered the busyness and temps of December. Great showmanship! However Harry took the lead with **319.6 km** for the month of December. Jamie finished with **253.5**, Paul and Justin **205.4** and **195.8** respectively. Well done gentleman.

Ladies - we did well too! Mona , Brenda, myself and Michelle C. were the leads with **319 km , 268.2 , 199.8 and 193.09**.

Prizes for the top male and female are in the hands of Mary ( I am away). Thanks Mary for presenting Harry and Mona with a small prize as the winners of the 2024 December challenge.

I believe we should consider ourselves all winners for putting our health and wellbeing as a priority. Well done everyone!

\$120 was donated to the Fredericton food bank - thank you all. As well over \$800 and more was donated to charities of participants choice.

Thank you all for participating and continue to enjoy the outside!

Happy New Year !

Happy trails, Amelia



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

I confess. My Footnotes submission for this month is not full of numbers, nor is it precisely about running. It's my take on a poem written by a famous American poet, born 194 years ago. She lived and wrote in Massachusetts until passing at age 55. Perhaps you will recognize the original poem, while reading this version, which attempts to capture what each of us has experienced while running outside in wintry conditions, prevailing in the face of many obstacles. I hope you take every opportunity in 2025 to pause and embrace all the great things running brings to you.



### **Because I could not pause for snow**

It kindly swirled for me  
Its frosty hands outstretched to grasp  
My fleeting energy

The roads stretched thin and coldly still  
Their gleam like polished glass  
The trees – as silent sentinels  
Watched every step I'd pass

A whisper rode the winter's wind  
A taunt, both sharp and clear  
Yet every breath I pulled within  
Pushed back against the fear

I passed the fields where ice did cling  
To blades of brittle grass  
I passed the river, edged with frost  
Its current slowed to glass

I passed the lamp-lit streets of town  
Where footprints fade to none  
Each house stood cloaked in shadow's depth  
Its warmth for me undone

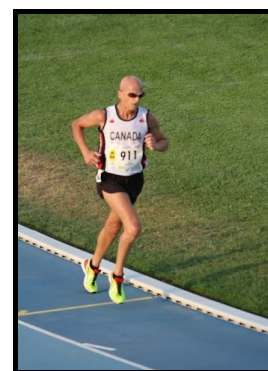
The wind grew bold, it wrapped my form  
A shroud both fierce and thin  
Yet every step defied its claim  
With fire deep within

Then Morning broke, its fragile light  
Reached out to pierce the grey  
The shadows fled, as if to warm  
The paths I'd carved away

And when the town lay far behind  
The snow at last stood still  
Its icy grasp could not prevail  
Against my steady will

At last, I paused upon a hill  
To gaze at all below  
A world both harsh and beautiful  
Transformed by quiet snow.

~ Rob ~



## The Art of Contemplation by the Running Rev

*"Nature's peace will flow into you as sunshine flows into trees. The winds will blow their own freshness into you, and the streams their energy, while cares will drop away from you like the leaves of Autumn."*

~ John Muir ~

The other morning, as the snow lay on the ground, everything looked so bright and white. It didn't last long, but long enough to say we would have a White Christmas.



Driving down to the canal the road was slushy, and the snow along the roads now had turned a blackish dirty colour. The whiteness and brightness definitely gone. Then when arriving at Port Robinson, a very misleading name of the road and place, I was greeted once more with a carpet of white. The snow on the trail had been untouched by human foot, and truth to tell, I was feeling a little guilty that my footsteps would be the first to leave a sign that someone had broken the spell of the as yet unspoiled carpet of snow.

How beautiful a sight indeed. Just as I was about to take my first step a car pulled up and a man and his excited dog exited the car and said "Good morning" I mean the man said it while the dog was furiously wagging its tail. They quickly set off down the canal trail leaving footprints and paw prints. Not wishing to follow their footsteps I decided to go the other way.



Once again the snow was unspoiled. Mine were the first footprints to leave their distinctive mark in this wonderful carpet of fresh snow. It started to flurry some, not much, just enough to see the flakes blow and dance in the morning breeze. Then as the sun struggled to break through the thick clouds on the horizon, the canal water was beautiful transformed into a great mirror-like awesome photo. As I arrived at the old Maple tree found in the Loyalist cemetery, I cleared off the fresh snow from the old bench. The silence

could still be felt and I had the presence of those gone before and who braved snow, storms and bitter cold to build a life where they might live in peace and prosperity.



Making my way along the canal path, the silence was only disturbed by the crunching of the snow underfoot. I had the path all to myself. The silence was just so refreshing, until out of nowhere, a beautiful Cardinal appeared. Its bright red colour standing out against the white background was breathtaking. No sooner had the Cardinal appeared it disappeared just as quickly. Beauty only visits it never lingers.

As I sat on the bench, overlooking the cemetery, and off in the distance the canal with its mirror-like presence, I began to offer prayers for those who have asked me to pray for them. The list is long and is added to at least once a week. Sometimes God says ‘yes’ and sometimes it is ‘no’. That’s where faith comes in. “God’s will be done.”

Sitting there quietly, glad my waterproof pants offered some insulation as the bench was a little cool, I prayed for the world and for those who have been forced to flee the comfort of their homes and the safety of their cities and towns that now lie in rubble. I close this time of contemplation ( resting in God) and offer the prayer below:

### ***Refugee: A Sonnet for Epiphany***

*We think of him safe beneath the steeple  
Or cosy in a crib beside the font,  
But he is with a million displaced people  
On the long road of weariness and want.*



*For even as we sing our final carol  
His family is up and on the road,  
Fleeing the wrath of someone else’s quarrel,  
Glancing behind and shouldering their load.*

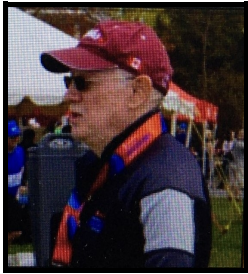


*Whilst Herod rages still from his dark tower  
Christ clings to Mary fingers tightly curled.  
The lambs are slaughtered by men of power  
And death squads spread their curse across the world.  
But every Herod dies, and comes alone  
To stand before the Lamb upon the throne.*

*~Malcolm Guite*



## Fossils Corner by Steve Scott



New year goals (Resolutions if you like) are great for getting you focussed for the coming weather. You run or walk for fun, fitness, pleasure or Weekend Warrior Glory, so get used to it eh.

The trouble is, they are hard to achieve or keep especially if you expect too much, which does happen. The tricky part is deciding what is reasonable; What is achievable and what can you and your body tolerate as well as your mind. Lastly, family and work considerations and commitments are all part of this process that everyone needs to be happy in order for it to work. Having said all of this brings me to a few recommendations that should help. They are as follows:

Make a healthy lifestyle one of the top priorities in family life every day. Some say it only takes 18 days to get into a routine.

Get to know your fellow runners, walkers so you can support them and ultimately yourself as winter can do a lot to confidence, particularly when training for a specific reason or event.

Consciously keep the needs of your family in mind and deed. Wife, lover, kids, dogs, cats all count equally.

The above is by no means exclusive, because life is complicated, as we all know.

I hope these thoughts will give you “food for thought” as you brave the perils of winter training as well as for all seasons.

I like to think that Carol and I have generally followed them over our running and now mostly walking careers as we were “Weekend Warriors” back in the Day.

Just remember. . .” there is no finish line . . .”

Cheers and happy 2025.

~ Fossil

# Not-the-December Challenge by Zorro

Now that the grueling challenge is over, how about this one for January?

The Goal:

You have to run/jog/walk one (1) kilometre per day for the full month making a massive 31K in total.

The Rules:

- You don't have to run every day!
- For example, you can do 5 days @ 6K +1. Heck, you can even do the whole 31K in one day if you like (That one's for you Harry)
- Add 1 point for every K, but if you go over 31K then you subtract 1 for each K you run. (I can see some fierce competition for the highest negative score...)
- If you accidentally run a PB at any distance - you are automatically disqualified.
- There are no fees and no rewards
- KYOS (keep your own score) and don't bother sending it to me.
- Anyone with a score of 31 or less should get out more...

Good luck to all who participate in this challenge of strategy and under-performance.



Zorro The Zen Runner

## What are you training for in 2025? By Paul Looker



It is the end of December (2024). I've definitely had a busy last month to the year. What about you? I am now nearing the completion of many of the December/Holiday fitness challenges that I have undertaken, and I find myself looking to the future. What is next? What should I do in the new year? How do I keep this momentum going? How will I answer the question of what I am training for during the next group run?

This almost seems a little bit like “deja vu”. Doesn't it? Wasn't I musing about similar things last December (2023)? Setting my training and racing goals, trying to determine which destination events to go to, etc... The funny thing is that these goals can be set, assessed and reassessed at any time. And, as I am thinking of what I would like to do in 2025, there are a “million” questions bouncing around in my head. Why do I always feel the compulsion to go through this process at this time of year? Does this process actually serve a purpose or is it just an exercise in futility? Should I set goals and then not have a plan in place to reach them? (I am sure some of you will understand that reference). Do I ever achieve these goals? Do I even remember my goals from last year? How did I do? Hmm? Why don't we take a look? Here we go. The January 2024 edition of Footnotes, page 11.

Okay, so the first goal is a little funny in retrospect. But, looking at the totality of my goals for 2024 I don't think I did too bad.

The first goal for 2024 was a sub-23 minute 5km. Well, that didn't happen! 23:45 was the best time I actually achieved in 2024. But being honest with myself though I will have to admit that I really did not put in the work to achieve that goal. My training for this event involved just showing up at a handful of local events, and not always in race ready form. Is this a realistic goal? I think it may be, in the long term. But I guess I am going to have to put in some hard, race specific, work. So my first goal that I am going to set for 2025 will be, once again, to attempt to run a sub-23 minute 5 km.

Last year, I also set as a goal the “completing of the Fredericton Marathon (and feeling good about it)”. I did just that. And I actually remember feeling quite satisfied with the result. The Fredericton Marathon is on my radar once again. But, this year I will set my goal on completing the marathon between 3h45min and 4h00min. The upper end being reachable and the lower being the dream result of a good run on a perfect day...

As for triathlons. I had a pretty decent year in 2024. My 2025 triathlon goals though are still to be decided, as I am waiting to see if I am chosen in a lottery for the one remaining entry spot into the Norseman Extreme Triathlon. Fingers crossed. My triathlon goals will be set after the draw date in mid January 2025.

Looking at the events I wanted to attend in 2024, I attended them all. I really enjoyed participating in the Demi-Marathon de l'Acadie and actually did it 5 times. For 2025 I hope to be able to support New Brunswick events by running in as many RunNB that I can in the spring and fall. My best half-marathon time at the DMA in 2024 was 1:50:46. So I will add for 2025, the goal of trying to run the half marathon sub 1:50:00.

I can't be more precise on the specific events that I will participate in, at this time, as these will be depending on whether I am participating in the Norseman, or not. If I am not participating in the extreme triathlon in Norway, then I may possibly have a long distance hike in the plans, which would also conflict with many summer runs.

So as you can see, it is not always an easy process to set out your goals for the future. There are so many variables to consider. And, there is always the possibility that you may be injured or become ill. But, I find for myself, that setting some goals, hopefully realistic ones, is a good starting point. It gives me something to aim for. Something to motivate me to get out the door on those cold winter days ahead. And something to answer when asked about "what are you training for?".

Now developing a an actual training plan to get me to my goals... Well one of these days... Like I said, "realistic goals".

There! A little extra accountability now. My goals are down in black and white. For all to see. What about you? What are your plans for 2025? Are you walking or running for health reasons, or to lose weight? Or is your goal to complete your first, or your 100th event, to set a PB, or even a Provincial Record? A charitable event, an interesting destination...It doesn't matter what.

Do you want to commit your goals to "paper" to share with everyone? If you wish to share your running goals or the events that you are training for please send them to me at [info@crr.ca](mailto:info@crr.ca).

I will put together a list to share with the club members. Looking forward to learning more about your personal running or walking goals and any interesting events that you may be participating in this coming year.

~ **Paul Looker**

## Capital City Road Runners and Walkers 2024 Point Series by Paul Looker



Another season of the club's point series has come to an end. The last event in the 2024 series was the "Not the Honolulu Marathon" held at Mactaquac Provincial Park. And weather wise it truly lived up to it's name. It was a very cold morning. But shortly into the run (by the way there was actually one person in running shorts, brrr), most runners had warmed up and they were no doubt imagining that they were running along the shores of one of the Hawaiian islands. Judging by the smiles, as everyone crossed the finish line, it appeared that they had enjoyed themselves. The NTHM results can be found at:

<https://www.crr.ca/eventresults/Event12Results2024.xlsx>

Once I sorted out the jumble that were my handwritten notes from the NTHM, I had to then add the results into the point series spreadsheet. After inputting data for what seemed like hours, using a magical incantation here and there, and then apply a rather secretive formula from an obscure branch of mathematics, I came up with a finalized product. I had done it. I had tabulated the results and the corresponding point values from all the 2024 series events. Looking at the top two names, I was looking at the winners of the coveted embroidered knee blankets. Running royalty, champions, to be forever remembered as "GOAT"s (The greatest of all time). Okay I exaggerate a little. But, the numbers showed that there had been quite the battle this year for the top position.

At the finish line the overall points leader was our intrepid leader, (now past) club president, Fran Robinson. Harry "I Hate Running" Drost gave her a good "run" for the top spot, but Fran pulled through in the end.

The final results from the third year of the point series have been entered on-line at:

<https://www.crr.ca/eventresults/PointsSeriesDecember2024.xl>

~ Paul



# From The Back of the Pack by Harry Drost



Hi all, I ran at all times of the day and one was at 11:30 pm and the next one at midnight. My first December Challenge was in 2017. I ran a little more than 3KM a day.

It is over till next year and I am happy, although the last 3 days were torture.

Happy New Year 2025, keep running / walking. Happy New Year!  
~ Harry



