

~FOOTNOTES~

The Capital City Roadrunner's & Walker's Club



October 2024

CAPITAL CITY ROADRUNNERS & WALKERS CLUB

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~FOOTNOTES ~CONTRIBUTORS

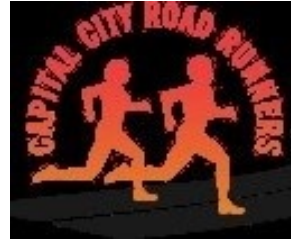
Janet Tree - John Cathcart

Steve Scott - Paul Looker

Harry Drost - Rob Jackson

Christa Blizzard

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.

THE NURTURING NATURE OF PRAYER BY THE RUNNING REV.



The other morning, while sitting on “my” prayer bench, situated in the old Loyalist Cemetery, the sun was shining brightly and made the Welland canal just shimmering as the sun’s rays played on the water. It was like thousands of diamonds dancing. It was one of those late summer’s morning, where the day starts out cool but soon warms up

very quickly. While taking in the beauty spreading out before me I noticed that the old Maple Tree which I was sitting under was dropping its leaves. Another season was quietly and patiently waiting in the wings. The bright red Sumac leaves blowing in the breeze as if they were red flags attesting to the coming arrival of Fall.

As I prayed through my prayer list (people who specifically had asked for me to keep them in my prayers) I realized that the list had grown considerably. Four “young” men recently added were each battling prostate cancer, one of the four had two other rare cancers but he remains optimistic, and the thing is, he looks so healthy. The others are at various stages of treatment and each remain committed to their return to good health. Another “older” friend was, out of the blue, diagnosed with a brain tumour. One day he was bustling with the busyness of life, the next day he was in hospital where after some tests the tumor was discovered. He is a person who prays and I know I have been on his prayer list since before my ordination. There are so many more: a 99 year old lady losing her eyesight and no longer can live alone and I know I’m on her prayer list; another friend who has been recently diagnosed with ALS disease but vows to “keep the faith” no matter what may be; I’m also on her prayer list. I read the following quote many years ago now: There are three great places to be: in someone’s thoughts; in someone’s heart; and in someone’s prayers.

On a different note, the 15th September 1940 was officially named Battle of Britain Day as it was the day when RAF Fighter Command claimed what proved to be a decisive victory over the German Luftwaffe. As Padre of 434 Wing of the Canadian Air Force here in Welland, I was privileged to offer the opening and closing prayers.

As one person noted in regards to the Battle of Britain, which took place over 120 days (mostly nights) in 1940, “You never saw your friends actually die. They were just missing from the station the next day.” We live in a country where we enjoy and perhaps take for granted our freedom and peace. As mystic Meister Eckhart once observed, "If the only prayer you ever say is Thank You, that will be enough."

PRAYER OF THANKSGIVING by Vienna Cobb Anderson.

God of all blessings, source of all life,
giver of all grace:
we thank you for the gift of life:
for the breath that sustains life,
for the food of this earth, that nurtures life,
for the love of family and friends
without which there would be no life.



We thank you for the mystery of creation:
for the beauty that the eye can see,
for the joy that the ear may hear,
for the unknown that we cannot behold
filling the universe with wonder,
for the expanse of space
that draws us beyond the definitions of our selves.



We thank you for setting us in communities:
for families who nurture our becoming,
for friends who love us by choice,
for companions at work,
who share our burdens and daily tasks,
for strangers who welcome us into their midst,
for people from other lands
who call us to grow in understanding,
for children who lighten our moments with delight,
for the unborn, who offer us hope for the future.



We thank you for this day: for life,
and one more day to love,
for opportunity and one more day
to work for justice and peace,
for neighbors and one more person
to love and by whom be loved,
for your grace, and one more
experience of your presence,
for your promise: to be with us,
to be our God, and to give salvation.



For these, and all blessings,
we give you thanks, eternal, loving God,
through Jesus Christ we pray. Amen.

The running rev

Jubilant July Jumble

July 22 - 28

CCRR&W Point Series - Event #7

Striders Mile:

Boris Allard	6:50	M1	50 points
Michel Melanson	6:54	M2	45 points
Brenda Tree	No time recorded	F1	50 points
Terry Haines	7:20	M3	42 points
Steven Reynolds	7:30	M4	40 points
David Tree	8:31	M5	39 points



Virtual:

Harry Drost	10:44	M16	38 points
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Joe McGuire Memorial:

Lloyd Sutherland	59:11	M1	50 points (Provincial Record M80+)
Fran Robinson	54:39	F1	50 points
Paul Looker	50:28	M2	45 Points
Jamie Weatherbee	56:00	M3	42 points
Jochen Schroer	58:41	M4	40 point

Fredericton 5Ks and IPAs Race Series (Event #4) August 12, 2024

CCRR&W Point Series - Event #8

Clay Goodine	18:58	M1	50 points
Fran Robinson	27:09	F1	50 points
Michel Melanson	22:28	M2	45 points
Paul Looker	24:04	M3	42 points
Boris Allard	27:48	M4	40 points
Jamie Weatherbee	29:04	M5	39 points
Harry Drost	34:59	M6	38 points
(Virtual)			



2024 Fall Classic

September 21-22, 2024

CCRR&W Point Series - Event #9

Volunteers



Sara Young Race Director	V1 50 points
Kevin Soehner Event Sponsor	V1 50 points
Dianne Sharpe Race Committee	V2 45 points
Leyla Lougheed Race Committee	V2 45 points
Michel Melanson Race Committee	V2 45 points
Sheryl Johnstone Race Committee	V2 45 points
Clayton Goodine Race Committee	V2 45 points
Paul Looker Race Committee	V2 45 points
Joanne Embree Race Committee	V2 Points awarded for run
Boris Allard Course Crew	V3 42 points
Roy Nicholl Course Crew	V3 42 points
Noortje Kunnen Volunteer Team Lead	V4 40 points
Kevin Bourke Event Volunteer	V5 39 points
Nicole Moeller Event Volunteer	V5 39 points
Amy Wood Event Volunteer	V5 39 points
Mary Bartlett Event Volunteer	V5 Points awarded for run
Jamie Weatherbee Event Volunteer	V5 Points awarded for run
Bernard Arseneau Event Volunteer	V5 39 points
Allyson Macdonald Event Volunteer	V5 39 points
Michael Flynn Event Volunteer	V5 39 points
Steve Scott Event Volunteer	V5 39 points
Marianne Perreault Event Volunteer	V5 39 points
Janet Tree Club Booth Volunteer Lead	V4 Points awarded for run
Brian Scott Club Booth Volunteer	V5 39 points
Rick Grey Club Booth Volunteer	V5 Points awarded for run
Sarah Loftus Club Booth Volunteer	V5 39 points
Terry Haines Club Booth Volunteer	V5 39 points
Vicki Ross Club Booth Volunteer	V5 39 points
Christa Blizzard Club Booth Volunteer	V5 39 points

1/2 Marathon

Jamie Weatherbee 2:13:48 M1 50 points
Mona McLachlan 2:15:17 F1 50 points

10km

Justin Young 36:02 M1 50 points
Joanne Embree 1:09:43 F1 50 points
Fran Robinson (Virtual) 2:25:09 F2 45 points
Jochen Schroer (Virtual) 2:25:09 M2 45 points

5 km

Robert Jackson 20:53 M1 50 points
Mary Bartlett 22:25 F1 50 points
Janet Tree 25:51 F2 45 points
Rick Grey 28:24 M2 45 points
Sarah McCarthy 34:16 F3 42 points
Harry Drost (Virtual) 36:14 M3 42 points
Lakeisha Licencear-Alfred 37:24 F4 40 points
Marla Calder 38:16 F5 39 points
Christa Blizzard 40:54 F6 Volunteer points awarded
Wendy Rogers 46:36 F7 37 points



Grateful Newbie by Christa Blizzard



About 12 years ago, I was running almost every day. It had become part of my routine. I had never been a runner prior to this time or been very athletic in general. I don't even know why I started, but I do remember that running was not what I expected in many ways. I fully predicted the pain and sweat and tiredness, but after the aches decreased and I could control my breathing, there came times when my body would do as I wished without much thought or effort. In those moments you can find a stillness and clarity that comes when you've really hit your stride. I felt so strong and invigorated when I ran. It was at this time that I lost my mother to liver disease. She was my best friend and biggest fan, always cheering me on. Between grief and dealing with all that life was throwing at me, I stopped running and refocused on other things.

Life was happening fast. Within a few years I quit drinking alcohol, finished university, started working, and my husband and I welcomed our son into the world. I had gone for some short jogs over the years, but that was it. However, as my son grew up, he unintentionally became a great little running coach. First, it was chasing him around the house, because as soon as he learned to walk he was running. Then it was playing tag around the yard, and then chasing his bike up and down the sidewalk as he learned to ride it. Eventually he started insisting that I race him to the nearest tree or telephone pole, and we built from there. This past spring, we had been doing runs around our block for a while and I decided to start running further on my own as well. Each time I was trying to go a little longer; running back and forth on flat areas and saving hills for walking, and then eventually running the hills, too.

A fellow mom and friend suggested I join her for a run with a local group that was doing a couch to 5K clinic. I had never really run with anyone except my son, and the schedule for the clinic was nearly half over, but I looked forward to giving this a try. I was not prepared. I was nervous, but people were friendly and welcoming. That day I jogged farther than I had in forever, even though the sun and humidity were brutal! I had my friend Keisha by my side encouraging me, and others shared words and stories of encouragement and inspiration. I got to see Fran in action playing mother duck, running to the back of the pack to check on us and motivate us forward. I also met a long distance runner named Joanne, and Fran told us about her legendary number of marathons and runs. Joanne assured us it took time to build up to that, and

that she had started in her late 40's running from one telephone pole to the next. By the end we were all looking drenched and tired, but I had the biggest smile on my face and couldn't believe I had just done that.

Over the next several weeks I was pushing myself to keep up with the schedule and meet the running and walking goals, either with the group or on my own. I decided early on to sign up for the Fall Classic as motivation to see the clinic through and run 5K. As the run lengths increased I was surprised every time I made it to the end. I learned that having someone nearby capable of talking while jogging really helps to pass the time. It also helps to have others to complain with about the heat, pain and tiredness. I got to hear about people's experiences with running and what motivates them.

There are a lot of reasons why people run and walk together. Some do it for their physical, mental, or even spiritual health - through periods of grief, loss, change, addiction recovery, stress and other hardships, and finding support, friendship, confidence, joy and a sense of achievement in the process of literally and figuratively moving forward.

Being new to this long-standing group, I was curious as to what has kept it going for so long, and I think I get it. Through various communications, I have learned about some of the people over the years that have run countless races, travelled the globe, hiked long trails, climbed high mountains and so much more. People whose energy seems to challenge them to see what else they can do if they try.

When I volunteered at the CRRR booth the day before the race, I got to see photos of other members and see the club quilt made up of t-shirts from past races. I noticed a unique square that was dedicated to a man named Tom, and learned that he was a long time CRRR member, and a light in his community, who started other races that his family has carried on as part of his legacy. I heard about people who suffered illness, injury and accidents and got right back to running as soon as they could because they love it that much. There is an intensity and toughness runners seem to have in spades and their passion for it is really beautiful and inspiring, and so is the act of sharing that passion with others and encouraging them to find that spark for themselves. Even those who really hate running, but do it anyway, get to enjoy the feeling when it's over - endorphins, adrenaline and all that.

When the countdown for the race started, my heart started pounding and I could feel the buzz of excitement all around me. Just like every time before, I was shocked and grateful that I was able to do this. I could almost hear Fran in my ear telling me to keep the voice in my head positive and remember what motivates me. I had lots of

other runners, and volunteers all along the route saying, “good job”, “you're doing great”, and before I knew it I was coming to the last corner before the end and my son was there with my husband, yelling “go mom, you're almost there!” I had a giant smile on my face as I heard my name announced and crossed the finish line. It was really awesome to join up with some of the other runners I trained with and take pictures in front of the club quilt. I still can't believe I did it. I had a lot of people help me achieve this goal; friends, family, runners and perfect strangers who all gave me a boost of positivity and helped motivate me. Sometimes all we can do is move forward one step at a time, and if we're lucky we have people cheering us along, or hitting the pavement right alongside us. When possible, it is good to pay it forward and make sure to both encourage others and share some appreciation, because we know the difference it can make. I write this as a big thank you to all of you from this grateful newbie. I look forward to finding out what else I can do. ~ *Christa*



Christine Blizzard



Jamie Weatherbee



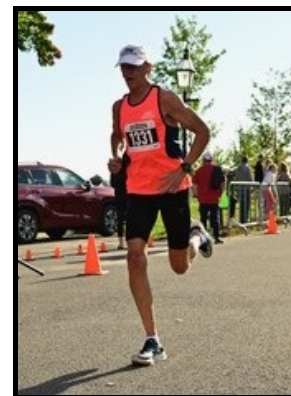
Joanne Embree



Justin Young



Mary Bartlett
Christine Bateman



Rob Jackson

Fossils Corner By Steve Scott



Have been busy these days and was only able to help with the 2024 Fall Classic on Sunday morning. A really large turnout estimated to be around 100 more participants than last year. Seems to be trending to a noticeable comeback for the running/walking Community. Very pleased to see the variety of people availing themselves of physical activity and all its benefits. Sarah and the Fall Classic Team really did a good job from my vantage point near the Start/Finish Line.

As the immediate training season begins to wind down and a new one shortly (late October or so) begins to ramp up some for Spring events (Half and Full Marathons), I want to express some of my thoughts on “establishing a good base”. The good base is not only the time on the road, but the need to be patient on your Half and/or Full Marathon.

Pacing is everything in my opinion. Going out to quick in the spur of the moment will ultimately get you in trouble. Running out of GAS too early is not much fun. I always recommend **NEGATIVE SPLITS**; slower in the early going at least to halfway and increasing your pace in the last Half. Please note, beginning marathoners **MUST** focus on “getting to the finish line”, **NOT** what their time will be.

To finish these thoughts, running a Full Marathon is not easy to do; you need to build your confidence before reaching for faster times. Comments always welcome.

Just remember” . . .there is no finish line . . .” ~ **Fossil**

Fall Classic
2024



You're reading "Runners", a collection of numbers related to running. Issue #53: by Rob Jackson



Tom Longboat, an Onondaga athlete from the Six Nations Reserve near Brantford, Ontario, is one of Canada's greatest distance runners and a pioneering Indigenous athlete. His career was marked by phenomenal accomplishments and significant challenges, both on and off the track.

Born on June 4, 1887, Longboat grew up in a time when Indigenous people faced even more adversity than today, including the era of the residential school system. At 12, he was forcibly enrolled in a residential school, but he escaped and returned home, eventually discovering his passion for running.

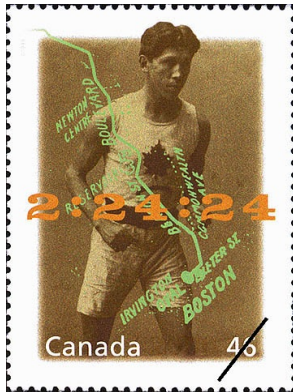
Longboat's breakout moment came in 1906 when he won the Around the Bay Road Race in Hamilton, Ontario, one of North America's oldest races. He won that race by over three minutes. But it was his victory in the 1907 Boston Marathon that catapulted him to international fame. He not only won but set a course record with a time of 2:24:24, beating the previous record by five minutes. That marathon was contested over the old 39.4 km course. Longboat was just 19 years old at the time.

Longboat competed in the 1908 London Olympics, although his race was cut short due to exhaustion, possibly from illness. Throughout his professional career, Longboat won numerous marathons and set long-distance records, often beating his competitors by significant margins.

In 1916, Longboat enlisted in the Canadian Army during World War I. As a dispatch runner, he served on the front lines in France, carrying critical messages between units under dangerous conditions. He survived multiple injuries, including one from poison gas, yet continued to run, even participating in and winning military races during his service.

After returning from the war, Longboat resumed running but faced significant challenges due to age, injuries, and the toll of the war. Despite this, he continued to compete in local races well into his 30s.

Though Longboat was a remarkable athlete, his career was not without difficulties.



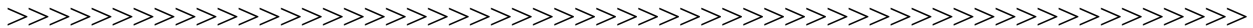
His success was often marred by prejudice and racism. Many detractors attributed his success to "natural ability" rather than recognizing his hard work and strategy. Some accused him of being "lazy" or inconsistent when he didn't win every race, even though he often faced injuries and health issues.

Tom Longboat passed away on January 9, 1949 in his 62nd year, but his legacy lives on. He was inducted into the Canadian Sports Hall of Fame in 1955 and is widely regarded as a trailblazer for Indigenous athletes in Canada. His birthday, June 4, is celebrated as Tom Longboat Day in Ontario, in honor of his contributions to sports and his resilience in overcoming the challenges of racism and colonialism. In 2000, Canada Post created a postage stamp of Tom Longboat as a commemorative stamp for its millennium collection.



Tom Longboat's career remains a testament to perseverance, athletic excellence, and the power of the human spirit, especially in the face of systemic barriers. He paved the way for future Indigenous athletes, showing that talent and determination can transcend adversity.

~ Rob



From the Back of the Pack

Hi all,

Just sitting here at The Lunar Rogue and having a Grimross Pale Ale and supper. This must be a first without Henny. She told me to go here because she cannot make me a hamburger at the hospital.

Yes, Henny is there and she is not working but using the hospital services. Henny fell almost two weeks ago and had to go the hospital because Tylenol and Ibuprofen did not do the job. Anyway to make a long story short, she is doing well and is expected to be home in a couple of days!

From the back of the pack.

~ Harry