

RunNB.ca

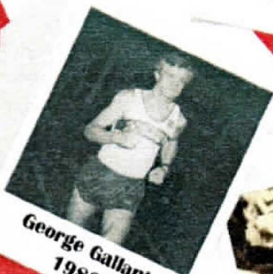
2009 Road Race Calendar



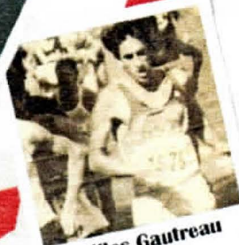
**Joël Bourgeois
1984**



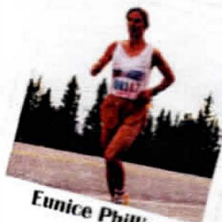
**Joe McGuire
1984**



**George Gallant
1983**



**Gilles Gautreau
1985**



**Eunice Phillips
1991**



**Scott Hare
1991**



**Paul Bourgeois
1986**



**Patty Blanchard
1991**

CourseNB.ca

Calendrier de course à pied 2009

Run NB Executive 2009

Comité Exécutif de CourseNB 2009

Chairperson / Président

Gilles Gautreau

4 Banks Lane

Rothsay, NB, E2E 2H5

Tel: (506) 849-4389 (H)

Tel: (506) 636-3897 (W)

Fax: (506) 636-4241

gilles@anb.ca

Treasure / Trésorier

Paul Lavoie

51 Lian Street, Unit 43

Fredericton, NB, E3C 0A2

Tel: (506) 454-3581 (H)

Tel: (506) 452-3558 (W)

Fax: (506) 452-3525

plavoie@nrcan.gc.ca

ANB Representative /

Représentant d'ANB

Dave Thomas

140 J Hampton Rd Suite 323

Rothsay, NB, E2E 5Y3

Tel: (506) 849-4347 (H)

Tel: (506) 849-4940 (W)

Fax: (506) 847-1684

anb@nbnnet.nb.ca

Committee members /

Membres du Comité Exécutif

Malcolm Boyd

Saint John, NB

m.boyd@architects.nb.ca

Evan Hanchey

Saint John, NB

evanhanchey@hotmail.com

Past Chairperson / Vice Président

Phil Booker

307 Kings College Rd.

Fredericton, NB E3B-2E6

Tel: (506) 454-5878 (H)

Tel: (506) 451-7653 (W)

Tel: (506) 461-4779 (Cell)

pbooker@nbnnet.nb.ca

Race Co-ordinator & Webmaster /

Coordonateur et Webmestre

Gilles Gautreau

4 Banks Lane

Rothsay, NB

E2E 2H5

Tel: (506) 849-4389 (H)

Executive Director /

Directeur exécutif

Adam Stacey

111 Whitney Ave

Moncton, NB

E1C 8C7

Tel: (506) 961-5544

adam@anb.ca

Policy Advisor /

Conseiller en politiques

Daryl Steeves

Rothsay, NB

daryl_steeves@hotmail.com

Event Advisor /

Conseiller d'événements

Mike Doyle

Saint John, NB

mrdoyle@nbnnet.nb.ca

RunNB welcomes volunteers to our committee.
CourseNB vous invite à joindre notre comité.

Benefits of being part of Run NB Road Racing



1. **Run NB** promotes road running in New Brunswick by coordinating all the dates of the races throughout the Province within an organized structure to ensure that all runners are aware of the events being offered throughout the year.
2. **Run NB** publishes an annual race booklet for all NB road races. This booklet includes race information such as: dates of the races, starting times, location, distances, contact persons for the races, etc.
3. **Run NB** provides liability insurance for all organizers, volunteers and runners participating in any of the events sanctioned by Run NB
4. **Run NB** maintains a website where race information, race results, Super Series and Timex Race Standings and other pertinent NB road racing news can be found.
5. **Run NB** provides to its sanctioned events some or all of the following:
 - a. A Large Digital Numbers Finish Line Clock
 - b. Race Bib numbers
 - c. Timex Watches
 - d. Provincial Championship prize money
6. **Run NB** presents Annual Awards to the First Three Overall Winners in the Super Series Races in the seven age group categories, for both Male and Female.

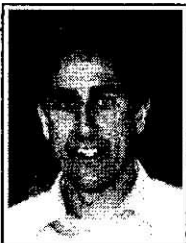
Join us and be part of the thousands of runners who do each year!

Les avantages de faire partie de Course NB



1. **Course NB** promouvoit la course à pied au NB tout en communiquant et coordonnant toutes les courses de façon structurée afin de permettre aux coureurs de planifier leur calendrier pour l'année.
2. **Course NB** publie un livret annuel comprenant l'information pertinente pour les courses à pieds au NB.
3. **Course NB** fournit de l'assurance-responsabilité pour tous les organisateurs, volontaires et coureurs participant à n'importe lequel de ces événements sanctionnés par Course NB
4. **Course NB** maintient un site web où vous pouvez y retrouver les résultats des courses, classements de la Super Série, et divers autres nouvelles touchant la course à pied au NB.
5. **Course NB** rend les items suivants disponible en entier ou en partie:
 - a) Horloge digitale pour la ligne d'arrivée
 - b) Dossards
 - c) Montres Timex
 - d) Des prix d'argent pour les Championnats Provinciaux
6. **Course NB** présente annuellement, des prix aux gagnants de la Super Série aux hommes et femmes pour les sept catégories. La Super Série a comme objectif d'encourager les coureurs à participer à plus d'événements.

Venez-vous joindre des milliers de coureurs qui participent aux courses à pieds du N.-B.!



Chairperson's Message

It's been 10 years since I first became involved with RunNB's organization. Since 2000, our committee has been continually striving to improve the road racing experience in NB.

One way RunNB has achieved some success with road racing in NB is through the use of our website. RunNB's site allows us to communicate with our event organizers and the majority of running enthusiasts. Race Directors now simply complete the race information online and the Calendar page is instantly updated. The RunNB website has been a very good tool to post results, points and statistics.

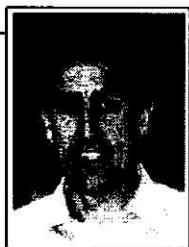
This year we are pleased to introduce two new features that will make the website even better. The first is the "Forum", a bulletin board where anyone can share ideas or can request advice from other runners. We encourage everyone to use the Forum by posting messages or by simply reading the discussion threads of others.

The second feature you will see this season on the website is a RunNB Hall of Fame. Each year the RunNB Executive Committee will add candidates who have impacted the sport of distance running in NB. In 2009 two inductees have been chosen and will be announced and profiled on the RunNB website.

RunNB is also excited to be hosting an awards banquet in Moncton on Friday November 13, 2009. The banquet will give runners and walkers an occasion to socialize with each other in a relaxed environment. The evening will include an entertaining agenda. NB's most decorated marathoner, Joe McGuire, will be the guest speaker. We encourage you to buy your tickets early since numbers are limited. See banquet details at the back of the booklet.

On behalf of RunNB, I want to wish everyone the best in this 2009 running season.

Gilles Gautreau
Chairperson



Message du Président

Il a de cela 10 ans depuis mes premiers engagements au sein du comité de CourseNB. Depuis l'an 2000, notre comité exécutif a toujours eu comme tâche d'améliorer la course à pied au N.-B.

Une façon dont CourseNB a su enrichir le sport de la course à pied au N-B est par l'utilisation de notre site Web. CourseNB se sert de son site web pour communiquer avec ses organisateurs d'événements et avec les coureurs. Maintenant, les directeurs de chaque course n'ont qu'à remplir l'information de leur course en ligne et la page du calendrier est automatiquement mise à jour. Le site Web de CourseNB est un très bon outil pour signaler les résultats, les pointages et les statistiques des courses.

Cette année nous sommes heureux de présenter deux nouvelles composantes qui rendront le site Web encore plus intéressant. La première est le "Forum", un tableau d'affichage qui permettra à tous de partager leurs idées ou même de demander conseil à d'autres coureurs. Nous vous encourageons d'utiliser le forum pour afficher des messages ou tout simplement afin de lire les messages des autres.

La deuxième composante que vous verrez cette saison sur le site Web est le Temple de la renommée CourseNB. Tous les ans le comité exécutif de CourseNB ajoutera les candidats qui ont joué un rôle important dans le sport de course à pied au NB. En 2009, deux membres seront honorés sur le site Web de CourseNB.

Nous sommes également excités d'organiser un banquet de fin de saison 2009. Cette soirée aura lieu à Moncton le vendredi 13 novembre 2009 et donnera l'occasion aux coureurs ainsi qu'aux marcheurs de socialiser entre eux dans une atmosphère relaxante. Un ordre du jour divertissant et plaisant. La soirée inclura aussi un invité d'honneur, le marathonien, Joe McGuire. Nous vous encourageons d'acheter vos billets tôt puisque le nombre de sièges est limité. Pour plus de détails, voir la fin du livret de course.

En terminant, je vous souhaite une excellente saison de course 2009.

Gilles Gautreau
Président

Alex Coffin's Fitness Shop

Welcome to the 2009 New Brunswick Road Racing Series

There are over 50 exciting races which form the NB Racing Circuit. More than 20 of those races are designated as **Alex Coffin's Fitness Shop Super Series** where runners will accumulate points towards the Provincial Standings. As results are received, points are compiled and will be posted on the Run NB web site. Runners will receive points only for the main race of a Super Series event.

Points will be calculated based on finish position within each age category (see list of categories below). Points will be awarded to the top 24 runners in each age category. See the point tables for positions and values. In the event 2 or more runners finish the season with an equal number of points, the runner achieving the best time at the 10K distance will win the tie.

Runners will remain in the same age category for the entire season, based upon their age as of December 31, 2009.

**Previous Super Series winners are posted on Run NB's website
(www.runnb.ca)**

POINTS FOR SUPER SERIES RACES

1st = 50 pts	6th = 29 pts	11th = 24 pts	16th = 19 pts	21st = 14 pts	26th = 09 pts	31st = 04 pts
2nd = 45 pts	7th = 28 pts	12th = 23 pts	17th = 18 pts	22nd = 13 pts	27th = 08 pts	32nd = 03 pts
3rd = 40 pts	8th = 27 pts	13th = 22 pts	18th = 17 pts	23rd = 12 pts	28th = 07 pts	33rd = 02 pts
4th = 35 pts	9th = 26 pts	14th = 21 pts	19th = 16 pts	24th = 11 pts	29th = 06 pts	34th = 01 pts
5th = 30 pts	10th = 25 pts	15th = 20 pts	20th = 15 pts	25th = 10 pts	30th = 05 pts	35th = 00 pts

Age Categories:

(Men + Women, age on December 31, 2009)

19 & under, 20-29, 30-39, 40-49, 50-59, 60-69, 70+



Alex Coffin's Fitness Shop

RUNNING ROOM

Bienvenue aux séries des courses à pied de Nouveau-Brunswick pour l'année 2009

Cette année, Course NB comprends plus de 50 courses au calendrier. Plus de 20 de ces courses font partie de la "Super Série Alex Coffin's Fitness Shop". Vous pouvez y participer et accumuler des points envers les rangs provinciaux. Durant la saison de Course NB, les points du coureur sont accumulés et affichés sur le site web de Course NB.

Les coureurs reçoivent des points seulement pour les événements principaux de la Super Série Running Room. Les points sont calculés en se basant sur la position des coureurs dans leurs catégories d'âges respectives (voir la liste des catégories ci-dessous). En cas où deux ou plusieurs coureurs ont des points égaux à la fin de la série, le coureur qui recevra le meilleur temps sur une distance de 10km sera le gagnant.

Tout coureur demeurera dans la catégorie d'âge à laquelle il débuta la saison, basée sur son âge au 31 décembre 2009.

Les noms des anciens gagnants de la Super Série se retrouve sur le site web de Course N-B (www.coursenb.ca)

POINTS POUR LES COURSES SUPER SÉRIES:

1st = 50 pts	6th = 29 pts	11th = 24 pts	16th = 19 pts	21st = 14 pts	26th = 09 pts	31st = 04 pts
2nd = 45 pts	7th = 28 pts	12th = 23 pts	17th = 18 pts	22nd = 13 pts	27th = 08 pts	32nd = 03 pts
3rd = 40 pts	8th = 27 pts	13th = 22 pts	18th = 17 pts	23rd = 12 pts	28th = 07 pts	33rd = 02 pts
4th = 35 pts	9th = 26 pts	14th = 21 pts	19th = 16 pts	24th = 11 pts	29th = 06 pts	34th = 01 pts
5th = 30 pts	10th = 25 pts	15th = 20 pts	20th = 15 pts	25th = 10 pts	30th = 05 pts	35th = 00 pts

Catégories:

(Homme + Femme, âge au 31 décembre, 2009)

-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+





**Welcome to the 2009 Timex
New Brunswick Road Running Series**
**Bienvenue à la saison 2009
de la Série Timex de course sur
route du Nouveau-Brunswick**

TIMEX CONTINUES TO BE ONE OF THE MAIN SPONSORS OF RUN NB, PROVIDING BOTH WATCHES AND FINANCIAL SUPPORT TO OUR ORGANIZATION. THANK YOU TIMEX!

TIMEX CONTINUE À ÊTRE UN DES PRINCIPAUX COMMANDITAIRES DE COURSE NB FOURNISSANT DES MONTRES ET DE L'AIDE FINANCIÈRE À NOTRE ORGANISATION. MERCI TIMEX!

What is the Timex Road Race Series?

It is a series of seven races chosen by Run NB which are used to select NB's top distance runners and award prizes.

Qu'est-ce qu'est la série Timex des courses sur route?

C'est une série de sept courses choisies par Course NB. Les résultats de ces courses sont utilisés pour choisir les meilleurs coureurs de fond du NB et leur accordées des prix.

How are points accumulated?

For each race, points will be awarded as follows: first will be worth 50 points, second is 45 points, 3rd place is 40 points, 4th is 35 points, 5th is 30 points, 6th is 29 points, etc. The runner who has the highest total points accumulated will be declared the Timex Series winner.

Comment est-ce que les points sont accumulés?

Pour chaque course, des points seront attribués comme suit: la première place reçoit 50 points, le 2ème 45 points, le 3ème 40 points, le 4ème 35 points, le 5ème 30 points, le 6ème 29 points, etc... Le coureur qui a accumulé le plus de pointage sera déclaré le gagnant de la série Timex.

Are cash prizes awarded by Run NB?

This year the athletes, both Male & Female, who finish 1st, 2nd & 3rd overall in any of the Timex Races will be given prizes of \$50, \$30 and \$25 respectively for each race.

Est-ce qu'il y a des prix d'argent de Course NB?

Cette année les athlètes, mâle et femelle, qui finissent 1ers, 2èmes, et 3èmes dans n'importe laquelle des courses Timex seront donnés des prix de \$50,00, de \$30,00 et de \$25,00 respectivement.

***Timex Series Final, Run with the Champions 10km &
TransCanada Canadian 10km Championships
Saturday, October 17, 2009 - Ottawa, ON***

***Finale Des Séries Timex, Championnat du 10Km TransCanada &
Couvrez avec les Champions***

Samedi 17 octobre 2009 - Ottawa, ON

<http://www.transcanada10km.ca/>

Alex Coffin's Fitness Shop

www.alexcoffin.com

For a little, gain a lot

Alex Coffin Fitness Shop is very proud to be a sponsor of RunNB, and considers the RunNB Super Series to be the strongest circuit in the country for runners of every level.

Alex Coffin Fitness Shop est fière d'être le commanditaire principal de CourseNB puisqu'il considère que les courses Super Séries offre un des meilleurs circuits de course à pied au pays pour tous les niveaux des coureurs.

IRVING

**Attending 24 of 28 Alex Coffin
Fitness Shop Super Series Events?
If so receive a free \$500 Irving Oil
Gift card to help with your travels!**

Thank you for your support!

(PLEASE SEE PAGE 35 FOR A LIST OF SUPER SERIES RACES)

Contact Alex for more information at marathoncanada@live.com

www.alexcoffin.com

**Participez à 24 des 28 courses
Super Séries Alex Coffin Fitness Shop
et méritez-vous un certificat cadeau
d'une valeur de \$500 de Irving Oil.**

Merci pour votre appui!

Voir le site web www.coursenb.ca pour la liste des courses Super Séries

Pour plus de renseignement, contactez Alex à l'adresse

courriel marathoncanada@live.com

Please visit www.alexcoffin.com for more information on store activities and products. Please also visit www.marathoncanada.com for comprehensive regional road race rankings. If you would like to be involved in assisting with result collection, please contact the Alex Coffin Fitness Shop at alex.coffin@marathoncanada.com.

On vous prie de visiter le site www.alexcoffin.com pour plus de renseignements sur les activités et marchandise de course. Vous pouvez aussi visiter www.marathoncanada.com pour des classements détaillés des courses à pied régionales. Si vous êtes intéressés d'aider à la compilation des classements, veuillez nous contacter au alex.coffin@marathoncanada.com.

Aliant

Aliant Futures Series

The **Aliant Futures Series** is a new feature of RunNB, which started in 2007. It is a series of road races intended to encourage participation among younger runners.

Any race organizer of a RunNB sanctioned event can offer an **Aliant Futures Series** run that will take place during their sanctioned event. The **Aliant Futures Series** run is for distances of 1K up to 3K. It will be open to runners under 15 years of age. Participants cannot run in both the **Aliant Futures Series** run and another distance at the same event.

Event organizers may establish multiple age categories, as long as all participants are under 15 years of age. **Aliant Futures Series** medallions will be supplied to race organizers to award to all finishers. **Aliant Futures Series** bibs will be supplied to race organizers.

We hope all event organizers will consider implementing an **Aliant Futures Series** run.

Série Espoir d'Aliant

La **Série Espoir d'Aliant** est une nouvelle initiative de CourseNB. Cette série débutera en 2007. Elle vise à encourager la participation chez les jeunes coureurs.

Tout comité organisateur d'une course sanctionnée par CourseNB peut offrir une course de la **Série Espoir d'Aliant**. Les distances vont de 1km mais ne dépassant pas 3km. Ces courses seront ouvertes aux coureurs de moins de 15 ans. Un coureur ne peut pas participer à la **Série Espoir d'Aliant** et à une autre course lors du même événement.

Les directeurs de courses peuvent établir des catégories d'âge comme il leurs convient. En autant que les coureurs ne dépassent pas 15 ans. Les médailles et les dossards de la **Série Espoir d'Aliant** seront fournies aux organisateurs des courses.

Nous invitons les organisateurs à mettre sur pieds des courses de la **Série Espoir d'Aliant** afin d'encourager les jeunes à faire de l'activité physique.

RunNB – Provincial Championships



WHAT ARE THE PROVINCIAL CHAMPIONSHIPS? 5 Races – 5 Distances

For 2009 RunNB presents the following five Provincial Championship events:

1. **River Valley Rave Run** / Grand Bay-Wfld / Distance: 5k / Date: Sat June 6
2. **Chaleur Banque Nationale** / Beresford / Distance: 10k / Date: Sat June 13
3. **Rock n' Run Half Marathon** / Miramichi / Distance: 21.1k / Date: Sun July 5
4. **Hampton 5 Miler** / Hampton / Distance: 8km / Date: Sun September 13
5. **Legs for Literacy** / Moncton / Distance: Marathon / Date: Sun October 25

Each Provincial Championship earns double points in the Alex Coffin Fitness Shop Super Series. Prize money goes to the top 3 overall male & female in each race.

For more details, go to the RunNB website at:

www.anb.ca/indexRunNB.php?content=ProvincialChamps

Championnats Provinciaux de CourseNB



QU'EST-CE QU'UN CHAMPIONNAT PROVINCIAL DE COURSENB? 5 Courses – 5 Distances

Pour 2009, CourseNB inclura les cinq Championnats Provinciaux suivants:

1. **River Valley Rave Run** / Grand Bay-Wfld / Distance: 5k / Date: Le samedi 6 juin
2. **Chaleur Banque Nationale** / Beresford / Distance: 10k / Date: Le samedi 13 juin
3. **Rock n' Run Half Marathon** / Miramichi / Distance: 21,1k / Date: Le dimanche 5 juillet
4. **Hampton 5 Miler** / Hampton / Distance: 8km / Date: Le dimanche 13 septembre
5. **Legs for Literacy** / Moncton / Distance: Marathon / Date: Le dimanche 25 octobre

Accumulez le double des points de la Super Serie Alex Coffin Fitness Shop. Prix monetaires aux 3 premiers finissants

Pour plus de renseignements, allez au site web de CourseNB:

www.anb.ca/indexRunNB.php?content=ProvincialChamps



Running Injury got you sidelined? Fixing the terrible too's can help!

By: Earle Burrows B.Sc. P.T., Cert. MDT

How do most running injuries happen? –

As a runner, whether you're new to the sport or a seasoned vet you may go through what I call the "terrible too's". Unlike the child's version this doesn't happen during your second year. It can strike at any time, to anyone of us, stopping us in our tracks, making continuing to run nearly impossible. So what are these terrible too's for runners that we are almost all guilty of? Too many miles, too many hills, too much speed work, too little rest or recovery. Unfortunately, no one has the answer as to what is too much when it comes to running. Some folks can tolerate running everyday, as fast as they want and climb many hills and not get injured. However, in my experience an injury does catch up to them eventually and they learn the hard way to rest their body between workouts.

What is Achilles tendonitis? – One of the most common types of injury that I see with runners, especially those new to the sport, are injuries to the Achilles tendon. Achilles tendon problems arise when the wear and tear exceeds the natural recovery process. Pain is felt in the back of the heel up towards the calf. In the beginning, it is usually worse in the morning and gets better as you are up and moving. It may be sore at the start of a run and feel OK once you are warmed up. It is often worse running up hills, and eventually it is bothersome all of the time. Many runners take a rest at this point and often it feels better. Unfortunately, it usually comes back shortly after returning to running, especially if the terrible too's have not been addressed. In addition, you may also have improper or worn-out footwear or biomechanical faults that may predispose you to injury. At this point, runners become very frustrated and begin to believe that maybe their non-running friends are right..... Perhaps I should stop running?

Can it be fixed? – What is happening from a structural perspective is that some of the tendon fibers have been disrupted. Naturally, swelling occurs and disorganized scar

tissue is laid down. The newly formed scar tissue does not have the same elasticity properties that normal tissue has and as such is prone to re-injury, i.e. more swelling and more scar tissue... an ongoing vicious cycle. Fortunately the cycle can be broken and full recovery is possible. The first step is to determine the cause and modify or eliminate it or them. You may need rest to allow the initial healing time to take place. Often rest can take the form of alternate activities also known as cross training. Water jogging is an excellent way to reduce stress on the tendon, maintain your fitness and stay on track to achieve your goals.

Are there any specific treatments or exercises that I can do?

– Icing helps with the pain and swelling. If the pain is localized you can use an ice rub technique for three to five minutes massaging the area with an ice cube held in a face cloth. At our clinic we use water filled paper coffee cups that have been frozen so our clients have something to hold on to. Do the icing after exercise, not before. Tight and weak calf muscles are almost always a problem with this condition. Heel drops is an exercise that works to stretch and strengthen the calf and Achilles tendon. This can be performed 3 times a day for 10 to 15 repetitions by standing on the edge of a step raising up onto your tip toes and then slowly lowering so that your heel drops below the edge of the step. Hold onto the hand rail for safety and stop if the pain is significant. Mild discomfort is acceptable as long as the added discomfort goes away within 10 minutes after completion of the exercise. As the exercise gets easier progress by adding more sets throughout the day. For a full blown case of Achilles Tendonopathy it may take up to twelve weeks to fully remodel the tissue back to normal. You may also require some additional help from a physiotherapist to determine the best approach for your particular case. Listen to your body and do something at the first sign of a problem. Of course the best cure is always prevention so doing the exercise before problems arise and avoiding falling into the trap of the terrible too's will help keep you running strong and healthy.

[Disponible en français sur demande. Contactez adam@anb.ca]

Alex Coffin's **2009** Fitness Shop

NEW CHALLENGE OF PROVISION

Schedule Of Events **Horaire des courses**

ALL EVENTS ARE SUBJECT TO CHANGE. ALWAYS CHECK WITH THE CONTACT PERSON.
REFER TO OUR WEB SITE WWW.RUNNB.CA FOR UPDATES & RESULTS.

TOUS LES ÉVÉNEMENTS SONT SUJETS AU CHANGEMENT. VÉRIFIEZ TOUJOURS AVEC
LA PERSONNE DE CONTACT ET RÉFÉREZ-VOUS À NOTRE SITE WEB WWW.COURSENB.CA
POUR MISES À JOUR ET RÉSULTATS.

KEY TO RACE INFORMATION



Date



Location / Lieu



Race Start
Départ



Distance(s)



Registration
Enregistrement



Registration Fee
Côté d'enregistrement



Mailing
Postale



Contact



Course Records



Provincial Championship



Race Status
Statut des courses



Online Registration



Info

St-Isidore à Tracadie-Sheila

Demi-Marathon **de l'Acadie 2009**

259e : Sun, May 3 / Dimanche, 3 mai
260e : Sun, June 7 / Dimanche, 7 juin
261e : Sun, July 5 / Dimanche, 5 juillet
262e : Sun, August 2 / Dimanche, 2 août
263e : Sun, September 6 / Dimanche, 6 sept
264e : Sun, October 4 / Dimanche, 4 octobre
265e : Sun, November 1 / Dimanche, 1 nov
266e : Sun, December 6 / Dimanche, 6 dec

REGISTRATION/ENREGISTREMENT 09:00-09:30AM, PISCINE S.-A.-DIONNE – START/DÉPART 10:00AM

Flat course from St. Isidore to Tracadie-Sheila; medals for top 3 finishers
Parcours de St-Isidore à Tracadie-Sheila sur un parcours relativement plat; médailles
Contact: Jean-Marie Breau, Tel: 506-395-5892, Email: jmb21km@hotmail.com;
or/ou Donald Wade, Tel: 506-395-2890, Email: donw@nb.sympatico.ca

www.demi-marathon.anb.ca



5K Races

May 3, Jun 7, Sep 20, Oct 11, Nov 8, Nov 15th

Start 11:00am, Linden Rec Centre (next to Miramichi Civic Centre/Rink)

Race Day Registration: 10:00-10:30am, Linden Rec Centre

July 19th: Irish Fest at Lord Beaverbrook Arena, 11:00am

August 16th: 5K in Doaktown, 11:00am

10K Races

May 24, Sep 13th

Start 11:00am, Linden Rec Centre (next to Miramichi Civic Centre/Rink)

Race Day Registration: 10:00-10:30am, Linden Rec Centre

Mile Races

June 17, Aug 26, Sep 9th

1 Mile Race at the James M Hill Track, Start Time: TBA

Cross Country

Sept 26, Oct 17, Oct 24th

11:00am at the Ski Club

Registration for all events is \$4

Website: web.me.com/scorbord/

Contact: Brian Richard

Tel: 506-622-7280

scorbord@mac.com

December 4th Party and Awards night (Goodie Shop Restaurant upstairs. Tickets \$20 Guest Speaker)

April / avril 2009

#1

BRENT KELLY MEMORIAL 5-MILER



Sat, April 25 / Samedi, 25 avril



8km: \$20.00 (Late Fee \$25.00)



Saint John, NB

4km Junior: \$10.00 (Late Fee \$15.00)

Family Registration: \$50 per family



8km Run/Walk, 4km Junior (Age 9-17)



Male: Alex Coffin - 28:05 (2005)

Female: Jessica Belliveau - 33:40 (2006)



09:00am, Irving Nature Park,
Eastern end of Saints Rest Beach



8km: Marta Kelly, Tel: 506-672-0911,

Email: tigger39@nbnet.nb.ca

4km: Alex Coffin, Tel: 506-848-4322,

Email: marathoncanada@live.com



Pre-Registration: Alex Coffin's
Fitness Shop, Main Street West
Thurs 6:00 - 9:00pm, Fri 1:00 - 7:00pm
Race Day Registration also available



T-Shirts optional (\$5). Course: Irving Nature
Park - across the beach, clockwise around the
park & return. Prizes for top 3 M/F, Draw Prizes



www.atlanticchip.ca



Sanctioned

#2

LE 15KM DE GRANDE-DIGUE



Sun, April 26 / Dimanche, 26 avril



Sylvio C. Bourque, Tel. 506-576-7082,

Email: sylcbourque@yahoo.ca



Grande-Digue, NB



Male: Joël Bourgeois - 50:15 (2008)

Female: Genevieve Lalonde - 58:27 (2008)



3K, 15K



Scenic and fast course with downhill finish,
T-Shirts (guaranteed until April 12), spaghetti
& chilli after the race, chip timing, post-race
massage, draw prizes, 20 race jackets for
age group winners, cash awards for top 10
finishers (m/f), a total of \$5600 to be won.
Draw prizes, performance medals for all
finishers, \$100 for new course record (m/f)



Start: Grande-Digue Catholic Church
15km Walk at 10:00 / 3km at 11:10am
15km Run at 11:00 am



Race Day: École de Grande-Digue



Online Reg: www.runningroom.com



Pre-Reg \$30.00 (15K), late fee \$40



Timex #1 / Super Series #1 (15km)

#3 SK RUN/WALK/HIKE FOR HOSPICE

	Saturday, May 9 / Samedi, 9 mai		Super Series #2
	Saint John, NB		\$25.00 or free with fundraising (\$30 for youth and \$50 for adults)
	5km		Laureen Craft, Tel: 506-674-2654 or 506-632-5593
	11:00am, Rockwood Park, Fisher Lakes		Prizes for Top 3 fundraisers and top fundraising team. Post run/hike BBQ celebration.
	10:00am, Rockwood Park		
	www.hospicesj.ca		

#4 SCOTIABANK FREDERICTON MARATHON

	Sun, May 10 / Dimanche, 10 mai		Online Reg Fees: 5K & 10K Run/Walk \$33.00 / Half Marathon Run/Walk \$54.00 / Marathon \$64.00 / Marathon Relay (Team of 6) \$250 / 2.2K Kids Race is Free (through your schools in Districts 17 & 18)
	Fredericton, NB		<i>Marathon Course Records:</i> <i>Male:</i> Chris Brake - 2:41 (2005) <i>Fem:</i> Pam Power-McKenna - 3:30 (2004)
	42.2km, 21.1km, 10km, 5km, 2.2km Kids Race (ages 5-14) and Walking Categories		Sanctioned, certified course
	Start Times / Départ : 2.2km Kids: Sat May 9 at 1:00pm at FHS / <i>Course pour jeunes: 9 mai, 13 h, FHS</i> Early Start Marathon at 7:00am / <i>Premier Départ Marathon : 07:00</i> Marathon: 8:00am Half / Demi Marathon: 8:10am 10km, 5km: 8:20am		More info: www.FrederictonMarathon.ca
	NO Race Day Reg / <i>AUCUN enregistrement ne sera accepter la journée de l'événement</i>		ChampionChip timing, Tech T-Shirts, unique Finisher medals, meal, awards & prizes, race expo, scenic & flat course <i>ChampionChip, Tech T-Shirts, médailles aux finissant, repas, prix, l'expo sport, piste panoramique et plat</i>
	Online Reg: www.atlanticchip.ca		

#5 GET YOUR BLOOD PUMPING 10K

	Sun, May 17 / Dimanche, 17 mai		Pre-Reg \$20.00
	Saint John, NB		Garth Millar, Tel: 506-214-1085 Email: garth@seelystreet.com
	10km		Start/Finish at Canadian Blood Services (University Ave) with spectacular views over Rockwood Park Golf Course and Kennebecasis River. New Walking Division for 2009. Draw Prizes. – Canadian Blood Services need your donations. Contact them at 1 888 236 6283 to schedule your appointment to give blood.
	10:00am, Canadian Blood Services		
	Online Reg: www.events.runningroom.com		
	Canadian Blood Services, University Ave, Millidgeville, Saint John		
	Sanctioned		

#6

K-PARK 5K

Sun, May 24 / Dimanche, 24 mai



Laurie Young, Tel.: 506-214-2467,
 Email: Laurie.Young@gnb.ca – or:
 Alex Coffin's Fitness Shop, Tel.: 506-848-4322,
 Email: marathoncanada@live.com



Rothesay, NB



5K, 1K



11:00am, K-Park School



Lots of draw prizes and a great barbecue!!
 Nordic Walkers and pets are welcome!
 Funds raised will go towards K-Park School.
 Awards: Part of a 5K Double Crown with the
 Rothesay Elementary 5K. Outdoor BBQ.
 Stainless steel water bottle to all participants.



10:00 - 11:00am, K-Park School



\$20.00



Sanctioned

#7

MARCHE DE LA VIE / WALK OF LIFE

Sun, May 24 / Dimanche, 24 mai



Maryse LeBel, Tel. 506-858-3779,
 E-mail: maryse.lebel@umoncton.ca
 or: Julienne LeBlanc, Tel. 506-858-3779,
 E-mail: leblanju@umoncton.ca



Moncton, NB



2.5km Walk & 5km Run/Walk

11:00am, Stade/Fieldhouse,
l'Université de Moncton

T-Shirts for first 150 registered guaranteed,
 Run around Université de Moncton Campus,
 Start/Finish at Fieldhouse. Awards, snacks,
 draw prizes.
*T-shirts aux 150 premiers enregistrés, Course
 autour du Campus de l'Université de Moncton,
 départ-arrivé au Stade.*



Pre-Reg by phone: 506-858-3779
 Race Day: 10:00am, Stade UDM



\$15.00



Sanctioned

#8

DAVE McCAULAY 5K FOLLY

Sun, May 24 / Dimanche, 24 mai



Ross Thomas, Tel. 506-364-2403,
 Email: grothomas@gmail.com



Sackville, NB



5K Road Race



Male: Scott Simpson - 15:04
 Female: Abbie Porter - 19:47



2:00pm, MtA Athletic Centre



Gently rolling hills within town
 limits with a downhill finish.
 Cash prizes for youth runners.
*Parcours à petites côtes roulantes
 à l'intérieur des limites de la ville.*











Race Day at 1:00pm, MtA Athletic
 Centre, corner of York & Landsdowne

Free! *Gratuit!*

Sanctioned

#9 ROTHESAY ELEMENTARY CARING FOR KIDS 5K


	Sat, May 30 / Samedi, 30 mai		Sanctioned
	Rothsay, NB		Kodi MacGougan, Email: kodi.macgougan@nbed.nb.ca
	5K, 1K Kids Run		
	1K Kids: 9:30am, 5K: 10:00am, Rothsay Elementary School		Long Sleeve shirts for the first 75 registered, Plaque for fastest male & female. Free post race leg massage and snack table. Part of double Crown with K-Park Elementary.
	7:30 - 9:00am, Elementary School		Double loop course with downhill finish.
	1K Kids: \$2.00, 5K: \$20.00		

#10 RUN TO CURE DIABETES

	Sun, May 31 / Dimanche, 31 mai		\$25.00 or more in donations
	Oromocto, NB		Lloyd Chambers: Tel. 506-260-6047, E-mail: lloyd.chambers@hotmail.com
	5km Run, 5km Walk, Kids Run		
	10:00am: Kids Run, 10:30am: 5km Run, Noon: 5km Walk – Hazen Park, Oromocto		Sanctioned
	Online Reg: www.events.runningroom.com		T-Shirts, awards, banquet with BBQ starting at 1:00pm

June / juin 2009

#11 RIVER VALLEY RAVE RUN

	Sat, June 6 / Samedi, 6 juin		Super Series #3 (5km)
	Grand Bay-Westfield, NB		\$20.00 (Late Fee: \$25.00)
	Main Event: 5km (Prov. Championship) 2km Kids (Future Series)		David Shiels, Tel. 506-738-6500 Email: david.shiels@nbed.nb.ca
	11:00am, RV Middle School Front Gate		Very flat - fastest 5K course in NB! T-Shirts for first 75 registered, age category medals, prize \$\$ to top 3 male & female finishers, draw prizes & snacks.
	Online Reg: www.events.runningroom.com or at www.atlanticchip.ca		<i>Parcours plat et rapide, T-shirts (75 1er enregistrés), médailles</i>
	Race Day: 9:00am, River Valley Middle School		
	Provincial 5K Championship		

#12

COURSE ASSOMPTION VIE

	Sat, June 6 / Samedi, 6 juin		Male: Carol LaPage - 33:39 (2002) Female: Patty Blanchard - 37:36 (2002)
	Dieppe, NB		Rachelle Landry, Tel: 506-853-5464, Email: rachelle.landry@assomption.ca or: Guylaine Gauvin, Tel: 506-857-9400, Email: guylaine.gauvin@assomption.ca
	10km, 5km Run & Walk, 1km Kids		
	9:30am		
	Race Day Reg at Ecole Anna-Malenfant, 500 rue Centrale, Dieppe		Chip Timing Event, flat & fast course, nice medals for all participants, draw prizes. Banquet starts at 11:00am. <i>ChampionChip, parcours plat, belle médaille pour tout participant, tirage de beaux prix</i>
	Timex #2 (10km), Super Series #4 (10km)		
	TBA		

#13

MARATHON DE LA BAIE DES CHALEUR

	Sun, June 7 / Dimanche, 7 juin		Pre-Reg.: \$40 for Marathon & Half-Marathon (Late Fee \$50 after May 1st). – 10km & 6km: \$30 (19 & over) or \$15 (18 & under)
	Charlo, NB		Male: Victor Hickey - 2:38:48 (2002) Fem: Pam Power-McKenna - 3:15:09 (2001)
	42.2km, 21.1km, 10km (SS), 6km		
	9:00am for Marathon & Half Marathon, 9:15am for 6km & 10km		Super Series #5 (10km)
	Club de l'âge d'or de Charlo June 6th from 4:00 - 7:00pm, June 7th from 7:00 - 8:30am		Scenic & flat course along Bay of Chaleurs, supper, finisher medals, certificates, T-shirts for 1st 75 participants <i>Parcours panoramique et plat suivant la Baie des Chaleurs, souper, repas chaud, médailles aux finissant du marathon et demi, T-Shirts pour les 75 premières inscriptions</i>
	Online Reg: http://eventsonline.ca		
	Jeannita Caron: Tel. 506-684-5133 (H), E-mail: jeannitacaron@hotmail.com		

REMEMBER:
ALL EVENTS ARE
SUBJECT TO CHANGE.

ALWAYS CHECK WITH THE
CONTACT PERSON AND
REFER TO OUR WEB SITE
WWW.RUNNB.CA FOR
UPDATES AND RESULTS.












RAPPELEZ-VOUS :
TOUS LES ÉVÉNEMENTS
SONT SUJETS AU CHANGEMENT.

VÉRIFIEZ TOUJOURS AVEC
LA PERSONNE DE CONTACT ET
RÉFÉREZ-VOUS À NOTRE SITE WEB
WWW.COURSENB.CA POUR
MISES À JOUR ET RÉSULTATS.













**COURSE
RUNNB**

#14 10 KM CHALEUR BANQUE NATIONALE

	Sat, June 13 / Samedi, 13 juin		Super Series #6 (10km)
	Beresford, NB		Male: Joel Bourgeois - 29:35 Female: Patty Blanchard - 35:49
	10km, 5km Run & Walk, 300m & 1K Kids Runs		Chip Timing, flat & very fast course, \$1 from each entry will be given to the Relay for Life (for cancer). T-Shirts (1st 200 registered), \$\$ for top 3 m & fem finishers in 10K, draw prizes, post race meal, 300m & 1km kids runs are free (medals for kids).
	11:00 am		<i>Temps avec puce électronique, parcours plat et rapide, \$1 de chaque inscription sera donné au Relai pour la vie (pour le cancer). T-Shirts (les 200 1er enregistrés), bourses aux trois 1er 10K finissants (H&F), prix de présences, repas; Course de 300m et 1km pour enfants, gratuit, chaque participant recevra une médaille</i>
	Fri, June 12 from 6:00 - 9:00 pm & Sat June 13 from 7:00 - 9:00 am Location: Sportek Curling Club, Beresford		
	5K & 10K Run: \$25.00 / 5K Walk: \$10.00 Kids events: Free		
	Mario Boudreau, Tel. 506-783-7254, or: Denis St-Onge, Tel. 506-548-4137, Email: stonge.d@pg.com		
	Provincial 10K Championship		











#15 CATCH THE BUG 10K

	Sun, June 14 / Dimanche, 14 juin		Cheryl McConkey, E-mail: Cheryl.McConkey@saintjohn.ca
	Saint John, NB		Male: Michel Boudreau - 32:23 (2000) Female: Leslie Carson - 36:56 (2002)
	10km / 5km / 1km Kids		\$\$ for top 3 m & fem finishers in 10K, T-Shirts for first 150 Bourses aux trois 1er 10K finissants (H&F), T-shirt (1er 150 enregistrés)
	10:00am, Market Square		
	TBA		
	Online Reg: www.atlanticchip.ca		
	Super Series #7 (10km)		



#16 ARMY 10K

	Sat, June 20 / Samedi, 20 juin		Dave Shirley, Tel: 506-422-2000/3537, Email: shirley.da@forces.gc.ca – or: Stephanie Haynes, Tel: 506-422-2000/2425, Email: haynes.sl@forces.gc.ca
	CFB Gagetown, Oromocto, NB		Male: Asaf Rashid - 33:38 (2003) Fem: J. Bellavance-Leblanc - 42:45 (2003)
	10km, 5km Run/Walk, Kids Run		Course on Base Running Trails, medals, T-Shirts (for first 100), draw prizes Parcours sur les sentiers de la base militaire, médailles, T-shirts (premier 100 enregistrés), prix de présences
	Nordic Walkers: 8:15am, Kids at 9:15am, Main Event at 9:30am		
	8:00 - 9:00am, Base Gym		
	5K & 10K: \$20.00 / Kids Race: Free		
	Super Series #8 (10km)		

#17 ST. ANDREWS FATHER'S DAY ROAD RACE

	Sun, June 21 / Dimanche, 21 juin		5mi: \$15.00, Kids Races free
	St. Andrews, NB		Timex #3 (5mi) Super Series #9 (5mi)
	5 mi, 1.5 mi Aliant Future Series, 1km and 2km Aliant Future Series		<i>Male: Jamie McSkimming - 25:33 (1981) Female: Michelle Cormier - 29:59 (1999)</i>
	Aliant Future Series Kids Races at 9:45 am, 5 mile race starts at 10:00 am, Sir James Dunn Academy High School		29th running of the same beautiful & challenging coastal course since 1979, trophies & medals, refreshments, draw prizes, ribbons for kids <i>Établie en 1979, un parcours panoramique côtier, trophées, médailles, rubans aux jeunes coureurs et prix de présences</i>
	8:30am - 9:45am, Sir James Dunn Academy High School, top of King St		
	Mike Power, Tel: 506-529-3065 (H), E-Mail: powermj@nbnet.nb.ca - or: Verne Cunningham, Tel: 506-529-3769		

#18 DO IT FOR DAD 5K

	Sun, June 21 / Dimanche, 21 juin		Dr Tom Whelan, Email: wheth@reg2.health.nb.ca Daryl Steeves, Email: daryls@nb.sympatico.ca
	Saint John, NB		Super Series #10
	5K Run/Walk for Prostate Cancer Research, 1K Walk		Lunch & Snacks, prizes, flat & fast course, T-shirt (first 200 registered). All proceeds to Prostate cancer research & education <i>T-shirts (1er 200 enregistrés), goûter. Course plat & rapide. Les profits seront remis à la société du cancer de la prostate.</i>
	11:00am, Market Square		
	9:30am, Market Square Boardwalk		
	Online Reg: www.atlanticchip.ca/events		
	\$20.00		

#19 CST. BRUCE HADLEY RELAY FOR HEART

	Sat, June 27 / Samedi, 27 juin		Angie Thibodeau, Tel: 506-459-5126, Email: angiewynn@msn.com
	Fredericton/Edmundston, NB		Sheri Dryden, Tel: 506-260-1479, Email: sheri.dryden@rcmp-grc.gc.ca
	Approx. 275km Relay, 5-20km		Sanctioned
	8:00am (first leg of team relay)		Team Relay from Fredericton to Bathurst or Edmundston to Bathurst, T-shirts, Team Spirit Award. Banquet time: Sunday June 28th, 2009 @ 2:00 pm
	Online Registration only. Registration Deadline: May 1st		
	Online Reg: www.runningroom.com		
	\$10.00/runner		

#20











DAIRY QUEEN ROAD RACE

	Sat, June 27 / Samedi, 27 juin		Running Room Super Series #11 (10K)
	Campbellton, NB		Kim McNaughton-Guitard, Tel: 506-759-9447, Email: staross@nbnet.nb.ca
	10km Run, 5km Run/Walk, 2.5km Kids		or: Diane Cyr, Tel: 506-789-4955 Email: diane.cyr@gnb.ca
	10:00am, Campbellton Memorial Civic Centre, Salmon Blvd		Scenic course, medals, draw prizes, T-shirts (50), refreshments
	8:30am, Memorial Civic Centre		<i>Parcours panoramique, médailles, prix de présences, T-shirts, goûter</i>
	10km: \$20.00 / 5km & 2.5km: \$10.00		

July/juillet 2009











#21

CANADA DAY 10 MILER

	Wednesday, July 1 / 1 juillet		\$25.00
	Grand Bay-Westfield, NB		Super Series #12 (10mi)
	5km, 10km, Main Event 10 miler		Earle Burrows, Tel. 506-738-3554, Email: earle.burrows@humanperformancecentre.ca
	Nordic Walkers at 8:00am, Runners at 9:00am		T-shirts, luncheon, draw prizes, awards. Nordic Walking category in the 10-miler. Rolling & scenic course.
	7:30 - 9:00am, Human Performance Centre, River Valley Community Centre		<i>T-shirts, goûter, prix de présences, repas</i>
	Online Reg: www.atlanticchip.ca		

#22

CROSS BORDER 10K CHALLENGE

	Saturday, July 4 / Samedi, 4 juillet		Online Reg: www.atlanticchip.ca
	Amherst, NS		\$25.00
	10km		Super Series #13
	8:30am - Aulac, NB		Paul Giroux, Tel. 902-661-1103, Email: pjgiroux@hotmail.com
	7:00 - 8:00am, Cumberland YMCA, 92 Church St, Amherst, NS		T-shirts for first 100 reg runners <i>T-shirts (1er 100 enregistrés)</i>

#23

MIRAMICHI ROCK 'N RUN

	Sun, July 5 / Dimanche, 5 juillet		Super Series #14 (21.1km)
	Miramichi, NB		Laura Roche, Race Director Email: slauenwhite_laura@hotmail.com
	21.1km / 10km + 5km Run & Walk		Early Bird Pre-Reg (before June 12): 5km \$25.00 / 10km \$30.00 / 21.1km \$40.00. Reg after June 1st: 5km \$25.00 / 10km \$40.00 / 21.1km \$50.00
	8:30am, Linden Recreation Centre		Info: www.rocknrun.ca. ChampionChip timing, food, T-Shirts, entertainment, \$1600 prize money! <i>ChampionChip, goûter, T-shirts, musiciens</i>
	Note: No Race Day Registration!		
	Online Reg: www.atlanticchip.ca Info: www.rocknrun.ca		
	Provincial Half Marathon Championship		











#24

COURSE GEORGE GALLANT 10K











	Sat, July 11 / Samedi, 11 juillet		10K: \$20.00 / 1km Kids: \$12.00 / 100m Kids: \$10.00
	Shediac, NB		Daniel Gallant, Tel: 506-743-7363, E-Mail: Daniel.Gallant@ent-kent.ca
	10km, Kids (6-14) 1km, Kids (0-5) 100m		<i>Male: Randy Bullerwell - 31:25 (1991) Female: Patty Blanchard - 36:12 (1992)</i>
	100m - 9:20am; 1km - 9:30am; 10km - 10:00am. Start Location: Louis-J.-Robichaud High School		Fast course, T-shirts, awards, draw prizes, meal. Each 10K runner receives a shirt and cooler bag <i>Parcours rapide, T-shirts, trophes, plein de prix au hasard, repas. Chaque coureur dans la course de 10km recevra tshirt et cooler bag</i>
	8:00am - 9:30am, LJR High School		
	Online Reg: www.atlanticchip.ca		
	Timex #4 (10km), Super Series #15 (10K)		

#25











COURSE À PIED BON COEUR

	Sat, July 11 / Samedi, 11 juillet		2km Kids: \$8 / 5km: \$10 / 10km: \$15
	St. Quentin, NB		Super Series #16 (10km)
	2km Kids / 5km / 10km		<i>Male: Ynuk Bossé - 35:20 (2000) Female: Michelle Cormier - 38:00 (2001)</i>
	10:00am, Aréna de Saint-Quentin		Flat course, medals, draw prizes, T-Shirts for first 125, refreshments, medical services <i>Parcours rapide, médailles, T-shirts (1er 125 enregistrés), prix de présences, goûter, services médicaux</i>
	8:30 - 9:30am, Centre Culturel, Aréna de Saint-Quentin		
	Mireille Caron, Tel: 506-235-3389 (H), E-mail: loisirs@saintquentin.nb.ca		











#26 10KM CLARENCE BASTARACHE

	Sat, July 18 / Samedi, 18 juillet		Super Series #17
	Bouctouche, NB		<i>Male: Gilles Gautreau - 34:03 (2005) Female: Patty Blanchard - 38:17 (2005)</i>
	5km Run/Walk, 10km		Flat oceanview course from Bouctouche Dune (Irving Eco-Centre) to MM School, medals, draw prizes, Beach Towel with logo
	10:00am		<i>Parcours plat avec vue de la mer, commence à la dune de Bouctouche (Irving Eco-Centre) et fini à l'école MM, médailles, beaucoup de prix de présences, Essuie-main de plage avec logo</i>
	8:00 - 9:30am, Gymnase École Dr-Marguerite-Michaud		
	Jean-Noel Allain, Tel: 506-743-5960, or: Guy Allain, Email: guy.allain@gnb.ca		
	\$20.00		

#27 GRAND MANAN ROTARY 1/2 MARATHON & 10K

	Sat, July 25 / Samedi, 25 juillet		Shelley & Chappy Cook, Tel: 506-668-8148, Email: chappy3@nbnet.nb.ca – or: Allyson MacDonald, Email: allyson.macdonald@scotiabank.com
	Grand Manan, NB		10km: \$15.00 / Half Marathon: \$25.00
	21.1km / 10km		Sanctioned
	10:00am, Sailor's Landing		Scenic ocean view run, medals, prize money for top finishers (m & fem), t-shirts
	July 24th from 6:30 - 8:00pm at Pop's Store (just before the hospital) or on race day from 8:30 - 9:30am at the Start		<i>Médailles, prix monétaire, t-shirts</i>
	www.atlanticchip.ca		











#28 10KM RHÉAL HACHÉ

	Sat, July 25 / Samedi, 25 juillet		<i>Male: Joel Bourgeois - 30:08 (1995) Female: Patty Blanchard - 35:14 (1993)</i>
	Saint-Isidore, NB		Timex #5 (10km), Super Series #18 (10km)
	5km Walk / 10km Run		Course from Bois-Gagnon (Start) to Rec Centre St-Isidore (Finish), Meal, T-shirts, money prize, draw prizes. Free meal for runners & families
	10:00am		<i>Départ de Bois-Gagnon, arrivée au Centre récréatif de St-Isidore, Repas, T-Shirts, prix monétaire et prix de présences. Repas gratuit pour les participants et leur famille</i>
	8:00 - 9:30am, Complexe Léopold-Thériault, St-Isidore, NB		
	Albénie Losier, Tel. 506-395-5752, E-mail: benilosier@hotmail.com		
	Students: \$15.00 / Adults: \$20.00		

August / août 2009











#29

JOE MCGUIRE ROAD RACE

	Sat, August 1 / Samedi, 1 août		Erica Hull, Carleton Civic Centre Tel: 506-325-4302
	Woodstock, NB		<i>Male:</i> Bob Everett - 30:56 <i>Female:</i> Patty Blanchard - 36:23
	5km Run & Walk / 10km Run		Sanctioned
	10:00am, Woodstock Town Hall		Very flat course, awards, draw prizes <i>Parcours plat, repas, prix de présences</i>
	7:45 - 9:45am, Woodstock Town Hall		
	\$14.00 per person / \$35.00 per family		

#30

10 KM AU COEUR DE L'ACADIE

	Sun, Aug. 2 / Dimanche, 2 août		Super Series #19
	Village de Cap-Pelé, NB		Michel Mallet, Tel. 506-577-2042, E-mail: michel.mallet@cap-pele.com or: Julie Bélanger, Tel. 506-351-0186, Email: bikejulie@hotmail.com
	10km		
	10:00am, Aboiteau Beach Parking Lot		
	Race Day Registration until 9:30am, Aboiteau Beach Centre		Fast course, T-Shirts for every runner; lunch; medals; participation prizes, showers. Enjoy the festival activities! <i>Course rapide, T-Shirt pour chaque participant, rafraichissements, prix de participation, médailles, douches</i>
	TBA		
	Pre-Reg: \$15.00, Race Day: \$20.00		

#31

BRAYON COURS

	Sun, August 2 / Dimanche, 2 août		Donald Plourde, Tel. 506-735-3221 or: Yves Bellefleur, Tel. 506-735-4388
	Edmundston, NB		Sanctioned
	3km, 5km, 10km		10km: Yohan Bosse - 34:47 (2008) 5km: Daniel Paradis - 17:05 (2008) 3km: Jonathan Dube - 13:52 (2008)
	10:00am		
	8:30 - 9:45am, Palladium, 25, rue du Parc, Saint-Jacques		Showers available, T-Shirts for first 100
	\$20 (10km), \$15 (5km), \$5 (3km)		

#32

CHIPMAN NB DAY ROAD RACE

	Monday, August 3 / Lundi, 3 août		\$20.00
	Chipman, NB		<i>Male: Bo MacGillivray - 31:08 (1991) Female: Patty Blanchard - 37:51 (1992)</i>
	5km Run/Walk, 10km Run		Timex #6 (10km), Super Series #20 (10km)
	10:00am, Chipman Centre		Fast course, T-shirts (first 75 reg), medals, awards, draw prizes, luncheon, refreshments <i>Parcours rapide, T-Shirt aux 75 premiers enregistrés, médailles, prix aux gagnants, prix de présences, goûter, rafraîchissements</i>
	8:00 - 9:30am, Chipman Forest Avenue School Gym		
	Brenda Barton, Tel: 506-339-5182 (H), E-mail: bcbarton@nbnet.nb.ca or: Bernie Sisk, Tel: 506-339-6047		

#33 TOUR DE SAINT JOHN (STAGE RACE)

	Sat, August 8 / Samedi, 8 août (Event is run over 3 days)		Sanctioned
	Saint John, NB		Marathon completed in 5 stages, Half in 3 stages, both over 3 days. See beautiful Menzies Lake, Irving Nature Park, Frying Pan Lake in Rockwood Park, Spy Glass Hill & Kennebecasis River. Social events, awards. 18 yrs and over only. <i>L'évènement se passe durant 3 jours et comprend 5 stages (marathon) et 3 stages (demi-marathon). Certain des points d'intérêt inclus le lac Menzies, le Irving Nature Park, le Parc Rockwood, Spy Glass Hill et la rivière Kennebecasis. Activités sociale, prix. 18 ans ou plus.</i>
	21.1km, 42.2km Stage Race		
	Fri, Aug 8th, 07:00 pm		
	Online Reg: TBA		
	\$30.00		
	Daryl Steeves Email: daryl_steeves@hotmail.com		

#34 JOHNSON'S TRU-VALUE 5 MILER

	Sat, August 8 / Samedi, 8 août		Sanctioned
	Calais, Maine		John Rogers, Tel: 207-214-8792 E-Mail: calaisrec@midmaine.com
	5mi		<i>Male: Rorri Currie - 25:13 (1991) Female: Michelle Cormier - 31:28 (2001)</i>
	10:00am NB Time (9:00am Maine Time) at Calais Main Street Park Note: Must have passport or passcard for border identification		International event through 3 communities and two countries – scenic 5mi course is run on Canadian & American soil. Note: Registrations will be closed at 9:00am Canadian for Border Control Identification. Please pre-register. Must have passport or passcard available at registration. Awards: and trophies. T-Shirts for first 50 registered.
	8:00 - 9:00am NB Time (7:00 - 8:00am Maine Time), Main Street Park, Calais, ME		
	Pre-Reg: E-Mail: calaisrec@midmaine.com		
	Pre-Reg \$10.00 / Race Day \$20.00		










#35 10KM - CAISSES POPULAIRES ACADIENNES

	Sat, August 22 / Samedi, 22 août		Gym Nautilus, Tel: 506-727-7777, E-mail: nautilus@nb.aibn.com or: Rodrigue Roy, Tel: 506-727-6408
	Caraquet, NB		
	10km		\$20.00
	11:00am, Édifice Martin-J.-Légère, 295, boul. St-Pierre Ouest		Sanctioned
	9:00 - 10:30am, Édifice Martin- J.-Légère, 295, boul. St-Pierre Ouest		T-shirts, Parcours en une seule boucle - Dénivelé (modéré)

#36 THE SAINT JOHN HALF MARATHON



	Sun, Aug. 23 / Dimanche, 23 août		Alex Coffin, Tel: 506-848-4322, E-mail: marathoncanada@live.com
	Saint John, NB		
	21.1km, Fun Track Meet		Sanctioned
	9:00am, UNBSJ		Start/finish from the University, with part of the course going through Rockwood Park, plus a fun track and field event for parents and children during the race with child minding, reflective vests with each registration
	7:30 - 9:00am, UNBSJ Track		
	www.atlancthip.ca		
	\$30.00		

#37 CONQUER THE CANUCK (NB EDITION)










	August 29 + 30 / 29 + 30 août		Sanctioned
	Crabbe Mountain Ski Resort, Central Hainesville, near Fredericton, NB		Event Info: www.conquerthecanuck.com or contact Roy Nicholl (Race Director), Tel: 506-471-4126, E-Mail: Trail@CCRR.ca
	12.5km, 25km, 50km, 92.2km		
	TBA		THE ULTIMATE CANUCK: Run the 50km on Saturday & the 42.2km Marathon on Sunday, for a total of 92.2km. Finishing both of these races qualifies you as an "Ultimate Canuck".
	On-line Registration TBA		L'ULTIME CANUCK: Les coureurs qui complètent la course de 50km le samedi et le 42.2km le dimanche ce qualifie à porter le titre du « Ultime Canuck ».
	Various Registration Fees for the various distances – please check the website http://ctc.ccrr.ca for more info		

September / septembre 2009










#38 DEMI-MARATHON SAINT-FRANÇOIS

	Sun, Sept 6 / Dimanche, 6 sept		Male: Scott Hare - 1:09:17 (1988)
	Saint-Francois, NB		Female: Patty Blanchard - 1:18:38 (1987)
	3km, 8km, 21.1km		Safety personnel, ambulance, police present.
	10:00am		Distance indicators (km) Water - Time - sponges,
	8:30am, Centre Sportif J. D. Nadeau, 2130, rue Commerciale, Saint-Francois		post-race Refreshments, hot meal, showers, attractions for the family over the weekend.
	Half Marathon: \$18.00 / 8 km: \$12.00 / 3 km (Futures Series) la Série de l'Espoir: \$3.00		Camping site available on request. Awards: \$\$\$ to 1st m/f, medals & prizes for top 3 in each category. \$300 for new 21.1 km record.
	Super Series #21 (21.1km)		<i>Responsable de la sécurité – ambulance et police sur les lieux. Identification des distances (km). Eau, temps, éponges le long du parcours. Eau, jus, glace, fruits après la course pour tous. Repas chaud pour les coureurs de 1/2-marathon seulement. Douche, activités pour la famille. Site de Camping disponible.</i>
	Gaétane Duval, Tel: 506-992-2780 Email: 9922780@nb.sympatico.ca		

#39 UNB RACE AGAINST THE REDS










	Sun, Sept 6 / Dimanche, 6 sept		Derek Ferguson, Tel . 506-292-0229, Email: t9c13@unb.ca
	Fredericton, NB		Super Series #22 (5km)
	1km Kids, 5km (Teams & Individuals)		Gently rolling loops through Odell Park, \$\$ for top 3 finishers, awards, draw prizes, post-race BBQ
	Kids 1km at 9:30am, 5km at 10:00am at Odell Park, Fredericton, NB		<i>Parcours à boucles avec pentes douces à travers le parc Odell, prix mérites et présence</i>
	8:00 - 9:30am, Odell Park Lodge		
	\$20.00, 1km Kids free		

#40 MERCURY MARCH

	Sat, Sept 12 / Samedi, 12 sept		Lloyd Chambers,, Email: lloyd.chambers@hotmail.com
	Oromocto, NB		Sanctioned
	1km Kids, 5km, 10km		The course is flat and fast Starting at Sobeys Oromocto, through Oromocto West and return along the same route. T-Shirts and awards.
	TBA, Sobeys Oromocto Parking Lot		
	Prior to event, Sobeys Parking Lot		
	\$25.00		











#41

CHARLO FALL FAIR

	Sat, Sept. 12 / Samedi, 12 sept.		Paul E. McIntyre, Tel: 506-684-6619, E-mail: paulmkl@nbnet.nb.ca
	Charlo, NB		<i>Male:</i> Jean-Francois Pellerin - 31:45 <i>Female:</i> Patty Blanchard - 34:18
	10km, 5km, 1km (Kids)		Sanctioned
	Kids 1km at 9:00am, Main Events at 10:00am, Charlo Rec Centre		Luncheon, medals, draw prizes <i>Goûter, médailles, prix de présences</i>
	8:30am - 9:30am, Charlo Catholic Church Basement		

#42

HAMPTON FIVE MILER












	Sun, Sept. 13 / Dimanche, 13 sept.		Super Series #23 (5 mile)
	Hampton, NB		Darrell Travis, Tel. 506-832-3233, E-mail: travis@genesys.ca
	5mi, 1km (Kids)		<i>Male:</i> Joel Bourgeois - 25:53 (2007) <i>Female:</i> Elita Rahn - 31:24 (2004)
	TBA, Hampton High School		Scenic course, T-shirts, awards <i>Parcours panoramique, T-Shirts, prix aux gagnants</i>
	TBA, Hampton High School		
	Provincial 8km Championship		

#43

FALL CLASSIC ROAD RACE

	Sun, Sept. 20 / Dimanche, 20 sept.		Timex #7 / Super Series #24 (10km)
	Fredericton, NB		<i>Male:</i> Bob Everett - 31:00 (1986) <i>Female:</i> Patty Blanchard - 34:50 (1984)
	10km, 5km Run/Walk, 5km High School Invitational, 3km Middle School Invitational 5km Corporate Challenge		E-mail: RaceDirector@FallClassic.ca Event Info at: www.FallClassic.ca
	MS 3km - 9:45am / HS 5km - 10:15am / 5km, 10km & Corporate Chall. - 11:00am All events start at Queens Square Park		Event website: www.fallclassic.ca The course is a flat, fast, out-n-back from downtown Fredericton, across the Saint John & along the Nashwaak River, T-shirts, medals, draw prizes, luncheon <i>Parcours aller-retour au centre-ville de Fredericton est plat et rapide traverse la rivière St. Jean et longe la rivière Nashwaak, T-shirts, goûter, médailles, prix de présences</i>
	Pre-Reg in person: Tri-Athlete, Kings Place Race Day: Queens Square, starting 8:00am		
	Online Reg: www.atlanticchip.ca		
	MS 3km & HS 5km: \$10.00 / Corporate Challenge & 5km: \$15.00 / 10km: \$20.00		

#44 **TIM HORTONS MARATHON BY THE SEA**

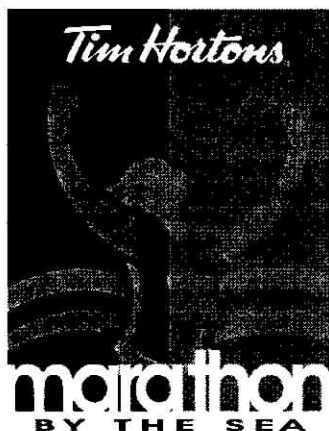
	Sun, Sept. 27 / Dimanche, 27 sept.		Pre-Reg Fees: Timbits 2km – \$5.00 / 5km – \$25.00 / 10km – \$35.00 / Half Marathon & Marathon \$55.00 (Late Fees apply after June 30 & Sept 25)
	Saint John, NB		
	Running Room 5km, Dempsters 10km, Half Marathon, Half Marathon Nordic Walk, Full Marathon, Timbits 2km Kids Run		Marathon: Male: Alex Coffin - 2:35:02 (1998) Female: Donna Lockett - 2:58:11 (1997)
	5km starts Saturday at 04:00 pm; All other events Sunday at 08:00 am		Half-Marathon: Male: Alex Coffin - 1:13:25 (2008) Female: Lavina Gough - 1:24:23 (2000)
	Registration and packet pick up: Sat, Sept. 26 from 09:00 am – 07:00pm Sun, Sept. 27 from 06:30 am – 07:30 am		See event ad on page 28 The Marathon By The Sea has moved to the fall with new events & a new course! ChampionChip Timing, T-Shirts, medallion, day care service, certificate, entertainment, pre & post meals, Aquatic Centre pool pass <i>Chronométrage ChampionChip, T-Shirts, médailles, certificats, distraction, repas la soirée avant la course et repas durant la cérémonie, pass au Centre Aquatic, service de garderie</i>
	MBTS – Tel. 506-642-5555, E-mail: info@marathonbythesea.com or: David Baxter, Tel 506-642-5555, E-mail: run.with.it@marathonbythesea.com		
	Online Reg: www.events.runningroom.com or: www.marathonbythesea.com		
	Sanctioned		

October / octobre 2009

#45 **THE DAM RUN**

	Sat, October 3 / Samedi 3 octobre		Jason Walsh, Tel. 506-273-4845 E-mail: jason.walsh@perth-andover.com or: Tasha Wright, Tel. 506-273-4845 E-mail: tasha.wright@perth-andover.com
	Perth-Andover, NB		
	10km, 5km, 1km (Kids)		
	11:00am		Run along the scenic St. John River to the Tobique Dam. Have fun and enjoy nature. "I ran the Dam Run" T-Shirts and great prizes!
	10:00am, River Valley Civic Centre		<i>Parcours panoramique le long de la rivière St. Jean qui se cours sur le barrage Tobique. T-Shirts et prix!</i>
	\$25.00 Adults / \$10.00 Students		
	Super Series #25 (10km)		

Tim Hortons Marathon by the Sea



Saint John, NB

September 27, 2009

15 Years Running

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Tel (506) 642-5555

www.timhortonsmarathonbythesea.com

Tim Hortons Marathon By The Sea Event Weekend

Join us for Saint John's Premier Event Weekend of Fitness, Family & Fun while exploring Canada's oldest incorporated city in a festive atmosphere of down home maritime hospitality. Enjoy a cool breeze from the Bay of Fundy while experiencing our past and future in the north, south, east and west side communities of Saint John.

There's something for Everyone!

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- ★ 10K Run and Nordic Walk ★ 5K Run and Walk ★
- ★ Kid's Timbits Run ★ Pasta Dinner ★

Don't Miss this event!

Join us September 27, 2009


www.timhortonsmarathonbythesea.com

Contact Info: Tel (506) 642-5555

E-mail: info@timhortonsmarathonbythesea.com

Online Reg: www.events.runningroom.com

#46 ISLAND VIEW EAGLES 5KM

 Sun, October 4 / Dimanche 4 octobre



Trina Goguen,
E-mail: trina.goguen@nbed.nb.ca

 Saint John, NB




Super Series #26 (5km)


 5km, 1km (Kids)



T-Shirts for 1st 100 (5km event),
fast course, draw prizes, medals.
Child care available for 5km event.
*T-Shirt aux 100 premiers enregistrés,
course rapide, prix de présences,
prix aux gagnants*

 9:00am for Kids Run
9:30am for 5km Run

 7:00 - 8:30am, Island View School

 \$2.00 Kids Run / \$20.00 for 5km
(Race Day Reg: \$25.00 for 5km)

#47 COAST TIRE KVC MARATHON & RELAY

 Sun, October 18 / Dim, 18 octobre





John Kelly, Tel: 506-847-4612,
E-mail: johnkell@nb.sympatico.ca

 Rothesay, NB




Sanctioned

 42.2km, Relay

 TBA



T-shirts (first 100 registered), awards,
\$400 cash prize for top finishers m+fem.
Point to point course from Bloomfield along
the Kennebecasis River to Rothesay.
*T-shirts (les 100 1er enregistrés), 400 \$ prix
monétaire, course commence à Bloomfield et
longe la rivière Kennebecasis jusqu'à Rothesay*

 Oct. 16 & 17 at Alex Coffin's
Fitness Shop in Rothesay

 www.atlanticchip.ca

 \$45.00

#48 LEGS FOR LITERACY MARATHON

 Sunday, Oct. 25 / Dimanche, 25 oct.



Super Series #27 (42.2km)

 Moncton, NB




Marie Wilson, Tel: 506-387-5919

 Marathon, Half Marathon,
10km, 5km, plus a Youth Run
(free, Sat noon at Centennial Park)




Marathon: \$55.00 / Half Marathon: \$45.00 /
10K: \$30.00 / 5K: \$25.00 / Students \$25.00
any event! (Late Fees will apply after Oct 3rd)

 Marathon starts at 8:00am /
Half Marathon at 9:00am /
10km at 9:30am / 5km at 10:00am
Université de Moncton




*21.1K Male: Rami Bardeesy - 1:12:35 (2008)
21.1K Female: Denise Robson - 1:18:54 (2008)*

 Register in person at Saturday Race Expo
Absolutely **NO** Race Day Registration!



See ad on page 30 and check info at the
event website www.legsforliteracy.com
Chip timing, post race meal, Tech Shirts, expo,
awards, refreshments. Walkers welcome in all
events (marathon walkers start at 7:00am)
*Chronométrage ChampionChip, goûter, prix
aux gagnants, T-Shirts, marcheurs sont invités
(marche du marathon débute à 7:00am)*

 Online Reg: www.atlanticchip.ca

 Provincial Marathon Championship

Exciting News! / Attention Attention!

New Date - New Course

Nouvelle Date - Nouveau Parcours

October 24 & 25, 2009 / 24 & 25 octobre, 2009

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- Tentez de qualifier pour le marathon de Boston
- NB Marathon Championship - Championnat Provincial du Marathon
 - Register now at www.atlanticchip.ca
- Enregistrez-vous dès maintenant au site: www.atlanticchip.ca

RunNB Super Series event sponsored by Alex Coffin Fitness Shop

Une course Super Series commanditée par CourseNB
et le magasin Alex Coffin Fitness Shop

#49 THE CREEPY CRAWL 5K & 1K KIDS RUN

	Sat, October 31 / Samedi 31 oct		Connie Coffin, Tel: 506-738-2009
	Saint John, NB		E-mail: coffins@nb.sympatico.ca
	5km, 1km (Kids)		or: Alex Coffin, Tel: 506-848-4322,
	10:00am		E-mail: marathoncanada@live.com
	from 8:00am		Super Series #28 (5km)
	TBA		Awards, Draw Prizes. Prizes for best costumes.
			Prizes to top 3 overall men and women.
			Banquet time: 11am

November / novembre 2009

#50 MARATHON LUC GALLANT

	Sun, November 1 / Dimanche 1 nov		TBA
	Kouchibouguac National Park, NB		Lisa Johnson, Tel: 506-523-5242
	21.1km, 10km, 5km, 2.2km		E-mail: johnsonlisa4@hotmail.com
	TBA		Sanctioned
	No Race Day Registration		TBA

REMEMBER:
ALL EVENTS ARE
SUBJECT TO CHANGE.

ALWAYS CHECK WITH THE
CONTACT PERSON AND
REFER TO OUR WEB SITE
WWW.RUNNB.CA FOR
UPDATES AND RESULTS.

RAPPELEZ-VOUS :
TOUS LES ÉVÉNEMENTS
SONT SUJETS AU CHANGEMENT.

VÉRIFIEZ TOUJOURS AVEC
LA PERSONNE DE CONTACT ET
RÉFÉREZ-VOUS À NOTRE SITE WEB
WWW.COURSENB.CA POUR
MISES À JOUR ET RÉSULTATS.





RunNB's Celebration of Running and Walking 2009

Friday November 13th, 2009
Start: 6:30pm
Crystal Palace Hotel, Moncton

Limited to 150 participants.
Tickets go on sale soon.
Ticket Price: 25\$ each.

Check RunNB website for more information.

Agenda includes:

- ★ Informal time for runners to chat
- ★ Supper (different choices available)
 - ★ RunNB Super Series awards (Age groups Top 3)
 - ★ RunNB Special awards
- ★ slide production from 2009 races
- ★ Draw prizes!

Guest Speaker:

Joe McGuire (from Woodstock)

- ★ NB Marathon record holder (All ages)
2:27:57 (Oct 7/84, Halifax, NS)
- ★ Current Canadian record 45-49
8km (5miler) 24:31
(July 4/85, Houlton, Maine).
- ★ Provincial 5km (M40-49) 15:08
(May 11/85, Houlton, Maine)
- ★ Provincial 10km (M40-49) 31:47
(July 13/85, Shediac)
- ★ ½ Marathon (M40-49) 1:11:33
(May 19/85, Campbellton)
- ★ At 55, he ran the Boston Marathon
in 3:01:32 in 1998.

La célébration de CourseNB de la course et de la marche 2009

Vendredi, le 13 novembre 2009
Commence à 18:30
Hôtel Palais Crystal, Moncton

Limité à 150 participants.
Les billets seront en vente bientôt.
Au coût de 25\$.

Voir le site de CourseNB pour plus d'information.

Agenda:

- ★ Socialisation informelle
- ★ Souper (divers choix disponibles)
- ★ Prix CourseNB Super Series 2009
(3 premiers des groupes d'âges)
- ★ Prix spéciaux CourseNB
- ★ Diaporama des courses de 2009
- ★ Prix de participation!

Invité: Joe McGuire (de Woodstock)

- ★ Marathon (tous niveaux d'âges)
2:27:57 (7 oct/84, Halifax, NE)
- ★ Record canadien 45-49 ans
8km (5miles) 24:31
(4 juil/85, Houlton, Maine)
- ★ Record provincial 5km (40-49)
15:08 (15 mai/85, Houlton, Maine)
- ★ Record provincial 10km (40-49)
31:47 (13 juil/85, Shediac)
- ★ Record provincial ½-marathon (40-49)
1:11:33 (19 mai/85, Campbellton)
- ★ À 55 ans, il couru le marathon de
Boston en 3:01:32 en 1998.

It's an event you don't want to miss!
To reserve tickets, please email
sylhouette@yahoo.ca

C'est un événement à ne pas manquer!
Pour réserver des billets, envoyez un
courriel à sylhouette@yahoo.ca



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Reach your goals?**

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Nutrition Facts Faits nutritifs

by / par Kristine Beaulieu

Every runner should have a healthy and balanced diet in order to get the most out of his/her workouts. Here are the answers to a few questions to help achieve your optimal performance:

What should I eat before a workout and when? – Have a light meal or a snack 1 to 3 hours before your training. Try a peanut butter sandwich on whole-grain bread with a banana and a glass of water, milk or orange juice, or a small bowl of whole-grain cereal with milk and fruit, or a small portion of leftover pasta with cheese and tomato sauce.

What should I eat after a workout and when? – After exercising, you need to focus on replacing the liquids you lost in sweat, replenishing your carbohydrate reserves & protein to build & repair your muscles and other tissues. Here are a few snack ideas to take 15-30 mins after a workout in addition to a big glass of water: a handful of almonds, a glass of chocolate milk, a whole-grain pita bread with hummus. Within 2 hrs after your workout you should have a meal high in carbs, moderate in protein and low in fat: pasta with tomato meat sauce, or chicken, rice & vegetables, or a wrap with tofu.

How do I stay hydrated during my training? – Hydration is a key element of every workout. It is very important to drink before, during (small quantities about every 15 mins, according to your tolerance) and after exercising to replace the water lost through perspiration. Drinking just water is recommended for activities that last less than 1 hour. For longer or strenuous training, a sports drink like Gatorade or energy gels may be useful. They supply a good amount of water, electrolytes and carbohydrates to replace the liquids lost and provide energy to last throughout the workout.

Do athletes need extra supplements of some sort? – No. However, people who are highly active do need extra calories and nutrients. This can be achieved by following the higher recommended portions of Canada's Food Guide. By eating whole-grain products, whole-wheat bread, fruits and dark green and orange vegetables daily, adequate fiber, vitamins and minerals should be provided. Protein supplements are not required because the majority of us already consume the recommended amount. High performance athletes should consult with a dietician to determine their extra nutrient needs.

Source: Dietitians of Canada. – Kristine Beaulieu is currently studying Nutrition at the Université de Moncton.

Chaque coureur devrait avoir une alimentation saine et équilibrée afin de bénéficier pleinement de ses entraînements. Voici les réponses à quelques questions qui pourront vous aider à atteindre votre performance optimale :

Que devrais-je manger avant un entraînement et quand? – Prenez un repas léger ou une collation 1 à 3 heures avant votre activité physique. Essayez un sandwich de beurre d'arachide sur du pain aux grains entiers avec une banane et un verre d'eau, de lait ou de jus pur à 100 %, ou un petit bol de céréales aux grains entiers avec du lait et des petits fruits, ou même une petite portion de restes de pâtes avec du fromage et de la sauce aux tomates.

Que devrais-je manger après un entraînement et quand? – Après l'exercice, il vaut mieux miser sur les liquides pour remplacer ce que vous avez perdu en transpirant, sur les glucides pour refaire le plein de vos glucides et sur les protéines pour construire et réparer les muscles et les autres tissus. Quelques idées de collations 15 à 30 mins immédiatement après l'exercice en plus d'un grand verre d'eau : une poignée d'amandes, un verre de lait au chocolat, un petit pain pita aux grains entiers et du houmous. À l'intérieur de 2 heures après votre exercice, vous devriez manger un repas élevé en glucides, modéré en protéines et faible en gras : des pâtes avec une sauce aux tomates et à la viande, ou du poulet avec du riz et des légumes, ou un wrap avec du tofu.

Comment demeurer hydraté pendant l'entraînement? – L'hydratation est un élément essentiel de chaque activité physique. Il est très important de boire avant, durant (de petites quantités à chaque 15 mins selon la tolérance) et après l'exercice afin de remplacer l'eau perdue par la transpiration. Boire juste de l'eau est recommandé pour des activités qui durent moins qu'une heure. Pour des exercices soutenus ou prolongés, des boissons pour sportifs ou des gels énergétiques peuvent être utiles. Ils procurent un apport de liquides, de glucides et d'électrolytes afin d'aider à remplacer les liquides, de fournir rapidement de l'énergie et de remplacer l'eau perdue par la transpiration.

Est-ce que les athlètes ont besoins de suppléments d'une telle sorte? – Non. Cependant, les gens qui sont très actifs ont besoin davantage de calories et de nutriments. Ceci peut être atteint en suivant le plus grand nombre de portions recommandées par le Guide alimentaire canadien. En consommant chaque jour des produits à grains entiers, du pain à blé entier, des fruits et des légumes vert foncé et orangés, assez de fibres, de vitamines et de minéraux sont censés vous être fournis. Des suppléments de protéines ne sont pas nécessaires puisque la majorité d'entre nous consomme déjà la quantité recommandée. Les athlètes de haute performance devraient consulter un diététiste afin de déterminer leurs besoins supplémentaires en nutriments.

Source: Diététistes du Canada. – Kristine Beaulieu est présentement étudiante en Nutrition à l'Université de Moncton.

2008 SUPER SERIES AGE CATEGORY WINNERS

MEN	CAT.	NAME/CITY	POINTS	WOMEN	CAT.	NAME/CITY	POINTS
	- 19	David Brown, Fredericton	200		- 19	Katie Robinson, Saint John	260
	20-29	Michael Bone, Fredericton	381		20-29	Sara Young, Saint John	231
	30-39	Chuck Dixon, Sackville	440		30-39	Micheline Drisdelle, Moncton	550
	40-49	Alex Coffin, Saint John	545		40-49	Marta Kelly, Saint John	501
	50-59	Robert Jackson, Fredericton	935		50-59	Lucy McGray, Miramichi	810
	60+	Frank Kelly, Saint John	745		60+	Sheila Andrew, Fredericton	250

2009 ALEX COFFIN'S FITNESS SHOP SUPER SERIES RACES

SS	DATE	RACE	LOCATION	RACE	PAGE
#1	APR 26	15 KM DE GRANDE-DIGUE	GRANDE-DIGUE, NB	#2	12
#2	MAY 9	RUN/HIKE FOR HOSPICE	SAINT JOHN, NB	#3	13
#3	JUNE 6	RIVER VALLEY RAVE RUN (PROV. 5KM)	GRAND BAY WFLD, NB	#11	15
#4	JUNE 6	COURSE ASSOMPTION VIE	DIEPPE, NB	#12	16
#5	JUNE 7	MARATHON DE LA BAIE DES CHALEURS	CHARLO, NB	#13	16
#6	JUNE 13	CHALEUR BANQUE NATIONALE (PROV. 10KM)	BERESFORD, NB	#14	17
#7	JUNE 14	CATCH THE BUG	SAINT JOHN, NB	#15	17
#8	JUNE 20	ARMY 10 K	CFB GAGETOWN, NB	#16	17
#9	JUNE 21	ST. ANDREWS FATHER'S DAY ROAD RACE	ST. ANDREWS, NB	#17	18
#10	JUNE 21	DO IT FOR DAD	SAINT JOHN, NB	#18	18
#11	JUNE 27	DAIRY QUEEN 10K	CAMPBELLTON, NB	#20	19
#12	JULY 1	CANADA DAY 10-MILER	GRAND BAY WFLD, NB	#21	19
#13	JULY 4	CROSS BORDER 10K CHALLENGE	AMHERST, NS	#22	19
#14	JULY 5	MIRAMICHI ROCK 'N RUN	MIRAMICHI, NB	#23	20
#15	JULY 11	GEORGE GALLANT ROAD RACE	SHÉDIAC, NB	#24	20
#16	JULY 11	COURSE À PIED « BON COEUR »	SAINT-QUENTIN, NB	#25	20
#17	JULY 18	COURSE CLARENCE BASTARACHE	BOUCTOUCHE, NB	#26	21
#18	JULY 25	10KM RHEAL-HACHÉ	ST-ISIDORE, NB	#28	21
#19	AUG 2	10KM AU COEUR DE L'ACADIE	CAP PELÉ, NB	#30	22
#20	AUG 3	CHIPMAN NEW BRUNSWICK DAY ROAD RACE	CHIPMAN, NB	#32	23
#21	SEP 6	DEMI-MARATHON SAINT FRANCOIS	SAINT FRANCOIS, NB	#38	25
#22	SEP 6	UNB RACE AGAINST THE REDS	FREDERICTON, NB	#39	25
#23	SEP 13	HAMPTON 5-MILER	HAMPTON, NB	#42	26
#24	SEP 20	FALL CLASSIC ROAD RACE	FREDERICTON, NB	#43	26
#25	OCT 3	THE DAM RUN	PERTH-ANDOVER, NB	#45	27
#26	OCT 4	ISLANDVIEW EAGLES 5K	SAINT JOHN, NB	#46	29
#27	OCT 25	LEGS FOR LITERACY (PROV. MARATHON)	MONCTON, NB	#48	29
#28	OCT 31	THE CREEPY CRAWL 5K AND 1K KIDS RUN	SAINT JOHN, NB	#49	31

2009 TIMEX SERIES RACES

DATE	RACE	LOCATION	RACE	PAGE	
#1	APR 26	GRANDE DIGUE 15KM	GRANDE-DIGUE, NB	#02	12
#2	JUN 6	COURSE ASSUMPTION VIE	DIEPPE	#12	16
#3	JUN 21	ST. ANDREWS FATHERS DAY 5 MILER	ST. ANDREWS	#17	18
#4	JUL 11	GEORGE GALLANT	SHEDIAC	#24	20
#5	JUL 25	RHEAL HACHE	ST. ISIDORE	#28	21
#6	AUG 3	CHIPMAN NB DAY ROAD RACE 10KM	CHIPMAN	#32	23
#7	SEP 20	FREDERICTON FALL CLASSIC	FREDERICTON	#43	26

#1	APR 25	BRENT KELLY MEMORIAL RUN/WALK	SAINT JOHN, NB	SANCTIONED
#2	APR 26	15 KM DE GRANDE-DIGUE	GRANDE-DIGUE, NB	SS / TIMEX
#3	MAY 9	RUN/HIKE FOR HOSPICE	SAINT JOHN, NB	SUPER SERIES
#4	MAY 10	FREDERICTON MARATHON	FREDERICTON, NB	SANCTIONED
#5	MAY 17	GET YOUR BLOOD PUMPING 10K	SAINT JOHN, NB	SANCTIONED
#6	MAY 24	K-PARK 5K	ROTHESAY, NB	SANCTIONED
#7	MAY 24	WALK OF LIFE / MARCHE DE LA VIE	MONCTON, NB	SANCTIONED
#8	MAY 24	DAVE MACAULAY 5 K FOLLY	SACKVILLE, NB	SANCTIONED
#9	MAY 30	ROTHESAY CARING FOR KIDS 5KM	ROTHESAY, NB	SANCTIONED
#10	MAY 31	RUN TO CURE DIABETES	OROMOCTO, NB	SANCTIONED
#11	⚡ JUN 6	RIVER VALLEY RAVE RUN (PROV. 5K)	GRAND BAY WFLD, NB	SUPER SERIES
#12	JUN 6	COURSE ASSOMPTION VIE	DIEPPE, NB	SS / TIMEX
#13	JUN 7	MARATHON DE LA BAIE DES CHALEURS	CHARLO, NB	SUPER SERIES
#14	⚡ JUN 13	CHALEUR BANQUE NATIONALE (PROV. 10K)	BERESFORD, NB	SUPER SERIES
#15	JUN 14	CATCH THE BUG	SAINT JOHN, NB	SUPER SERIES
#16	JUN 20	ARMY 10K	CFB GAGETOWN, NB	SUPER SERIES
#17	JUN 21	ST. ANDREWS FATHER'S DAY ROAD RACE	SAINT ANDREWS, NB	SS / TIMEX
#18	JUN 21	DO IT FOR DAD	SAINT JOHN, NB	SUPER SERIES
#19	JUN 27	CST. BRUCE HADLEY RELAY FOR HEART	EDMUNDSTON, NB	SANCTIONED
#20	JUN 27	DAIRY QUEEN 10KM	CAMPBELLTON, NB	SUPER SERIES
#21	JUL 1	CANADA DAY 10 MILLER	GRAND BAY WFLD, NB	SUPER SERIES
#22	JUL 4	CROSS BORDER 10K CHALLENGE	AMHERST, NS	SUPER SERIES
#23	⚡ JUL 5	MIRAMICHI ROCK 'N RUN (PROV. 21.1K)	MIRAMICHI, NB	SUPER SERIES
#24	JUL 11	GEORGE GALLANT ROAD RACE	SHEDIAC, NB	SS / TIMEX
#25	JUL 11	COURSE À PIED «BON COEUR»	SAINT-QUENTIN, NB	SUPER SERIES
#26	JUL 18	COURSE CLARENCE BASTARACHE RUN	BOUCTOUCHE, NB	SUPER SERIES
#27	JUL 25	GRAND MANAN ROTARY 1/2 MARATHON	GRAND MANAN, NB	SANCTIONED
#28	JUL 25	10KM RHEAL-HACHE	ST-ISIDORE, NB	SS / TIMEX
#29	AUG 1	JOE MCGUIRE ROAD RACE	WOODSTOCK, NB	SANCTIONED
#30	AUG 2	10KM OU COEUR DE L'ACADIE	CAP PELE	SUPER SERIES
#31	AUG 2	BRAYONCOURS	EDMUNDSTON, NB	SANCTIONED
#32	AUG 3	CHIPMAN NEW BRUNSWICK DAY ROAD RACE	CHIPMAN, NB	SS / TIMEX
#33	AUG 8	TOUR DE SAINT JOHN - STAGE RACE	SAINT JOHN, NB	SANCTIONED
#34	AUG 8	JOHNSON'S INTERNATIONAL 5-MILER	CALAIS, ME	SANCTIONED
#35	AUG 22	10KM - CAISSES POPULAIRES ACADIENNES	CARAQUET, NB	SANCTIONED
#36	AUG 23	THE SAINT JOHN HALF MARATHON	SAINT JOHN, NB	SANCTIONED
#37	AUG 29	CONQUER THE CANUCK	CRABBE MOUNTAIN, NB	SANCTIONED
#38	AUG 30	DEMI-MARATHON SAINT-FRANÇOIS	TRACADIE-SHEILA, NB	SUPER SERIES
#39	SEP 6	RACE AGAINST THE REDS	FREDERICTON, NB	SUPER SERIES
#40	SEP 12	MERCURY MARCH	OROMOCTO, NB	SANCTIONED
#41	SEP 12	FÊTE AU VILLAGE - CHARLO - FALL FAIR	CHARLO, NB	SANCTIONED
#42	⚡ SEP 13	HAMPTON 5 MILLER (PROV. 5 MI)	HAMPTON, NB	SUPER SERIES
#43	SEP 13	FALL CLASSIC	FREDERICTON, NB	SS / TIMEX
#44	SEP 27	MARATHON BY THE SEA	SAINT JOHN, NB	SANCTIONED
#45	OCT 3	THE DAM RUN	PERTH-ANDOVER, NB	SUPER SERIES
#46	OCT 4	ISLANDVIEW EAGLES 5K	SAINT JOHN, NB	SUPER SERIES
#47	OCT 18	COAST TIRE KVC MARATHON / RELAY	ROTHESAY, NB	SANCTIONED
#48	⚡ OCT 25	LEGS FOR LITERACY (PROV. MARATHON)	MONCTON, NB	SUPER SERIES
#49	OCT 31	THE CREEPY CRAWL 5K & 1K KIDS RUN	SAINT JOHN, NB	SUPER SERIES
#50	NOV 1	MARATHON LUC GALLANT	KOUCHIBOUGOUAC, NB	SANCTIONED

EVENTS ARE SUBJECT TO CHANGE. ALWAYS CHECK WITH THE CONTACT PERSON AND REFER TO OUR WEB SITE FOR UPDATES.

MY FINISH TIME	NOTES & COMMENTS	RACE
		#1
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		#50

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E-Mail: mike@atlanticchip.ca

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