

***** OUR FIRST SOCIAL RUN *****

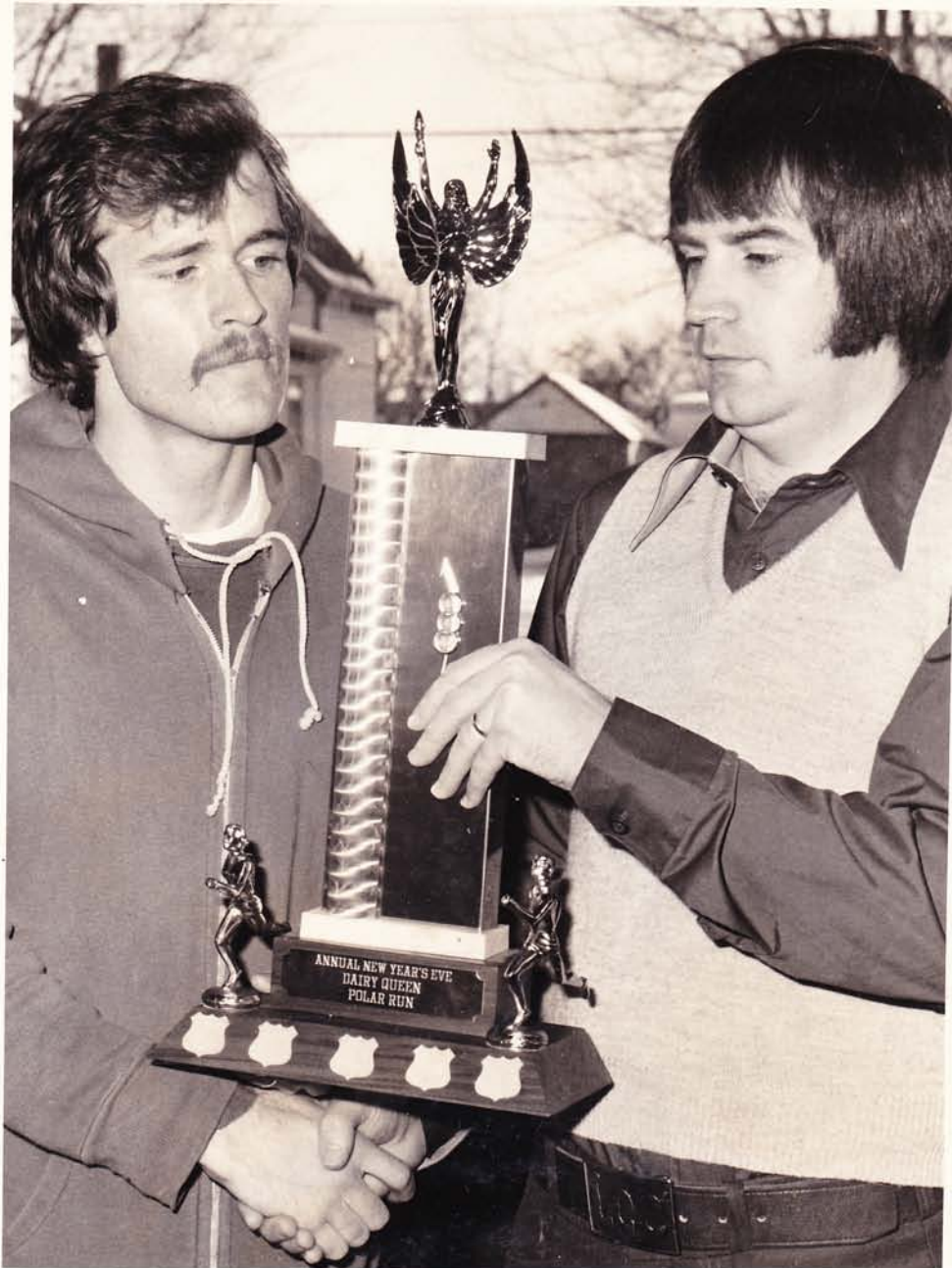


THEY'RE OFF!

Members of the P.E.I. Roadrunners Club "run for fun" Saturday morning when they met for their first social run. The Club meets every Saturday morning at Victoria Park Tennis Courts to jog a course set for runners of all levels. The course is for anyone who wants to combine fun with fitness.

(October 22, 1977)

***** THE CLUB'S FIRST RACE *****



POLAR RACE CHAMP!

Allan Stewart (LEFT) manager of the Dairy Queen, Charlottetown, presents Edward Fraser with a trophy for winning the first annual Dairy Queen Polar Run. The race which took place New Year's Eve saw 32 contestants competing for the trophy. It was a five mile run and Mr. Fraser took 32 minutes and 50 seconds to complete the race, capturing the first place title.

(December 31, 1977)

fun runs



schedule

VICTORIA PARK (off Brighton Rd)

**CHARLOTTETOWN, PEI 10:00 A.M.
At The Track**

* These are weekly, informal runs—designed to promote running as a conditioning, competitive and social activity.

* No entry fees—no advance sign-ups. Just come and run.

* All courses precisely measured. All runners are accurately timed.

* Please have a doctor's checkup before coming out.

* Time certificates are awarded to EVERYONE in every race. Run as hard or as easy as you like.

May			
20	¼ mile/½ mile/1 mile		
June			
3	¼ mile/1 mile/2 mile		
17	¼ mile/1 mile/4 mile		
July			
1	¼ mile/1 mile/3 mile		
15	½ mile/1 mile/5 mile		
29	½ mile/1 mile/2 mile		
August			
12	½ mile/1 mile/6 mile		
26	½ mile/1 mile/4 mile		
September			
9	¼ mile/1 mile/2 mile		
23	½ mile/1 mile/3 mile		
October			
7	½ mile/1 mile/5 mile		
21	½ mile/1 mile/4 mile		
November			
4	¼ mile/1 mile/2 mile		
18	½ mile/1 mile/6 mile		

Each day there are three runs—the shortest will be run first. Then the two longer runs will be run after finishing the previous races.

TIME STANDARDS

Awards	Quarter Mile	Half Mile	One Mile	Two Miles	Three Miles	Four Miles	Five Miles	Six Miles
Gold	under 1:10	under 2:30	under 5:00	under 11:00	under 17:00	under 23:00	under 30:00	under 36:30
Blue	under 1:25	under 3:00	under 6:00	under 13:00	under 20:00	under 28:00	under 36:00	under 43:00
Red	under 1:40	under 3:30	under 7:00	under 15:00	under 23:00	under 32:00	under 40:00	under 49:00
Green	under 2:00	under 4:15	under 8:30	under 18:00	under 28:00	under 37:00	under 48:00	under 58:00
White	over 2:00	over 4:15	over 8:30	over 18:00	over 28:00	over 37:00	over 48:00	over 58:00

Note: Runners under 5 and over 60 are allowed to add 2:00 per mile to each of these standards.
Runners 6-10 and 50-59 are allowed to add 1:30 per mile.
Runners 11-13, 40-49, and all women are allowed to add 1:00 per mile.

THE FUN RUNS ARE SPONSORED BY.....

THE PEI ROADRUNNERS CLUB

For more information about the fun runs contact the club
c/c Island Optical
phone: (902) 892-1673

Fun Runs make debut

Fun Runs are coming to Charlottetown.

The P.E.I. Road Runners Club has announced that runs of between one quarter mile and six miles will be held every second Saturday morning at Victoria Park in Charlottetown starting May 20.

"These runs are intended for everybody from the very beginner to the experienced jogger. The whole idea is to have fun in an informal atmosphere while running," stated one of the run organizers.

Since participation, not necessarily competition, is the objective of the runs, all runners will be rewarded with a certificate for each run in which they participate. There are no entry fees or registrations.

The bi-weekly fun runs will consist of three runs for each meet at varying distances. Two of the distances will be fairly short, anything from a quarter mile to two miles, while one will be longer, up to six miles.

The shorter runs are intended to appeal to newer runners or those who enjoy the shorter distances. The longer runs will hopefully provide a challenge to a variety of runners.

LIKE RACES

The runs are much like races, in that everyone starts off at the same time on a measured course, but are much less formal.

Each participant will receive a certificate based on his or her time in completing the run. The certificates come in five different colours denoting the different time standards.

There are categories in the awarding of certificates for men and women and for the various age groups is that each person will be running against an appropriate standard.

These runs, which receive the official backing of Runner's World Magazine, are now being held in centres across Canada and the United States. Many areas report turnouts of over 100 runners for each run.

The certificates, and the standards they are based on, were designed and donated by Runner's World Magazine.

VERY POPULAR

Jogging has become a very popular sport in North America in recent years and fun runs are intended as one way of encouraging and rewarding runners.

"These runs will provide area joggers with the opportunity to meet other runners and exchange tips and stories as well as giving them the chance to compete against established time standards.

"We will be varying the distances at each meet so that there will be a different

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KIDS LOVE TO RUN

Don Pridmore, LEFT, and Freeman Churchill register a group of youngsters for the first running of Fun Runs Saturday morning at Victoria Park in Charlottetown. The runs, to be held twice a month, saw 40 people, both novice and experienced, take part. The second series of runs will be held June 3 at the park.

(May 20, 1978)