

# Ewen Stewart: Marathon Man

By DON FERNALD

He's 45 years old and he can run a mile in six and one half minutes; over a distance of 26 miles! Know him? Unless you're a member of the P.E.I. Roadrunners Club you probably don't.

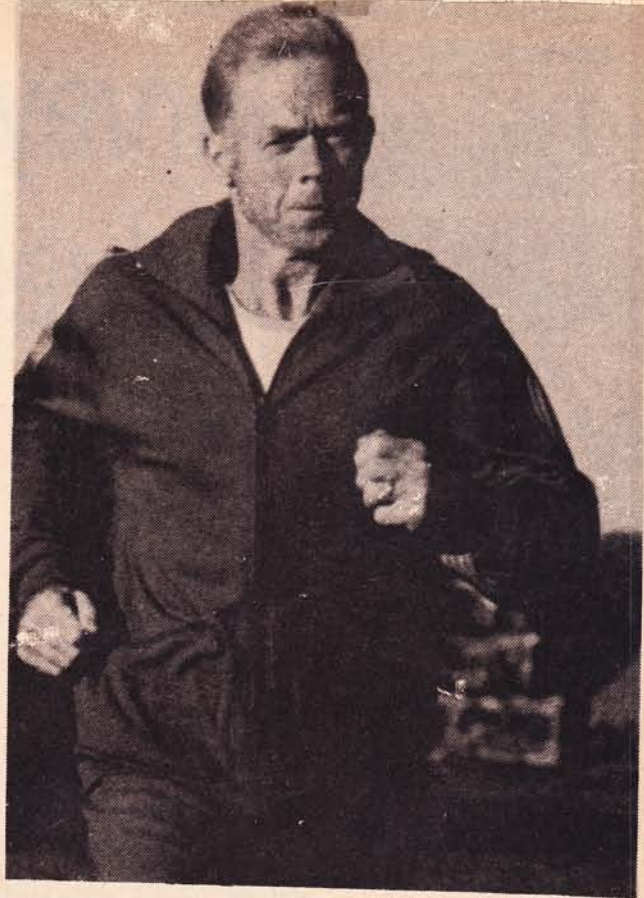
His name is Ewen Stewart and he is one of P.E.I.'s marathon men, those hardy souls who arise at absurd hours to run in some times absurd weather, just for the sake of enjoying a healthy life. Actually, with these men the health benefits derived from running are soon overshadowed by the competitive urge to test oneself in a long distance race such as a marathon. Marathon runners are different from other runners in that the elements of time, stamina and most important — will, determine the results of each race. Unlike team sports, marathoners only have themselves to depend on for encouragement and criticism during the heat of battle.

Marathon runners must constantly push themselves in order to find their limits and their maximum achievement. That is one of the reasons why men such as Ewen keep running competitively, because they do not know their limits and strive to find them, seemingly without end.

Ewen answered the question as to why he runs by saying, "I love to eat, and by running I don't gain any weight. That reply may be one of the reasons but it is not the only one. "No really," he says, "I just enjoy running. I've always enjoyed sports in general such as bicycling, skating, and cross-country skiing, but I didn't start running seriously until two years ago."

In the two short years that Ewen has been running competitively, he has entered two important marathon races. The Johnny Miles Marathon, and most recently, The National Marathon held in New Glasgow, N.S. In the Johnny Miles, Ewen finished second in his age group (over 40) and 13 out of a field of 86 runners. In the National Marathon he finished first in his age group and 21 out of 90 overall, an amazing record!

Asked which race he found more exciting, he said, "the Johnny Miles was the most exciting for me because it was my first real marathon, and I expected to do worse than I did. That first



EWEN STEWART

marathon was timed in 2 hours, 56 minutes, and 22 seconds, automatically qualifying Ewen for the prestigious Boston Marathon to be held next April. Ewen solidified his standing by bettering his first time by almost 6 minutes in the National Marathon where he also copped first place in his age group.

When Ewen qualified for the Boston Marathon he realized a marathon runners quest; to run in the world famous event. Asked if he would run in the marathon he said, "Of course, you don't pass up a chance to run in the Boston Marathon, I'll be there. There were almost seven thousand starters last year and it is quite a sight."

Ewen feels that running is here to stay because, "everyone can participate and it is so good for the body." He cautions those just beginning however to "start slowly and build gradually so as not to put a great strain on the body at one time." Ewen credits his friends as getting him interested in the sport and also appreciates the encouragement and coaching he received from Gary Andrus, a professor at UPEI and the

coach of the Roadrunners. Ewen suggests the fun runs sponsored by the P.E.I.'s Roadrunners as a good way to start.

Presently Ewen runs 75-80 minutes daily and increases that total to 90 minutes when training for a marathon, usually about 100 days in advance. An example of his devotion to the sport was pointed out when he said, "I haven't missed a single day's run in 640 straight days." That total includes running in the winter also, which is quite an effort. Ewen's goals are to run in two marathons every year, and he hopes to run for another twenty years.

Ewen Stewart should be a fine example to those who think that it is too late for them to get into shape, or for others who think that athletic activity is for kids. The benefits and the joy that he has received from running are obvious and abundant and it is hoped that this article would serve as incentive for all.

So the next time you see a red-haired gentleman running past your car in a busy intersection, don't offer him a ride; he would rather be running.

single.  
— Ewen Stewart, Roadrunner-of-the-year, wants a berth in the Boston Marathon. He's not greedy, he just wants to finish fifth or better.

P.E.I. Lacrosse Association president

## From Here And There....

— Ewen Stewart, one of the Island's top marathoners won the masters class at the Canadian National Marathon Sunday in New Glasgow, N.S. He was one of eight Islanders to complete the event. Others were Mike Armitage (3:02:45), Freeman Churchill (3:13:54), Ed Fraser (3:30:34), Sterling Boutler (3:30:38), Ken Ozmon (3:37:06), Ken Campbe (3:44:18) and Rodney Dempsey (4:17:03). It was a fine effort by the Island contingent.

Six Islanders performed extremely well at the Atlantic Cross Country Championship Saturday at Oromocto, N.B. Nancy Wheatley-Freeze of North River finished second in the senior women's 5000m event as a member of the UNB team while Andy Walker of Summerside, running with his house finished 10th in the senior men's 12000m. Mike Armitage had a fourth place finish in junior men 8000 and drew Van Wiechen finished third in the 6000 juvenile. John Gallant of Summerside was seventh in bantam boys 3000 and Brenda Shackleton, also of Summerside, was fifth in bantam girls 3000.

## Roadrunners Club

### Makes Fine Showing

OROMOCTO, N.B. - Six members of the P.E.I. Roadrunners Club placed well in the Atlantic Invitational Marathon held here recently.

Ewen Stewart placed fourth in the half marathon (13 miles) in a time of 82 minutes, three seconds while Kay Lund finished 20th in 124 minutes, four seconds.

Four others competed in the full marathon event with good times. The runners were Lawrence McLagan (3:03:03), Sterling Boulter (3:05:58), Parker Lund (3:06:55) and Lance Miron (3:17:46).

The winning time for the full marathon was 2:43.

## Completes Run In Marathon

TORONTO — Among those who completed the 26 mile run in Toronto recently was Kay Axworthy, formerly of North Milton.

His time was three hours, 10 minutes.

Kay attended Charlottetown Rural High School and graduated from UPEI in 1973. He is working with the Canadian Imperial Bank of Commerce in Toronto.

# Training for marathon

BY HEATHER MOORE

Bob Simmons may have lost fifty-two pounds since he started running only a year ago but his capability and stamina has increased dramatically. He is now training for the 26 mile 385 yard Johnny Miles Marathon.

His inspiration to run was the result of a fund raising project for activities at Montague Regional High School where he is Principal.

Mr. Simmons explained that Parker Lund, another Island runner was

raising money by running around the block in Charlottetown. "It seemed to be a different and novel way to raise money," he said.

He successfully completed the thirty mile run from Charlottetown to Montague and Mr. Simmons hasn't stopped running since.

As part of their three month marathon training program Mr. Simmons along with seven other members of the P.E.I. Road Runners Club have been covering a distance of twenty miles every Sunday as well as daily runs.

The eight Islanders all plan to take part in the Marathon which will be held on Sunday May 14 in New Glasgow, Nova Scotia. If successful in this race they will be qualified to run in the Boston Marathon next year.

This will be Mr. Simmons first formal marathon and he hopes to cover the distance in under three hours. As far as the Boston Marathon is concerned he said, "It's a prestige thing. I'm not interested in winning but just taking part is something."

He explained that the Road Runners Club's ambition is to organize a marathon race for the Island. According to Mr. Simmons this could possibly be held in October of perhaps next fall.

With two weeks of training left for the New Glasgow run Mr. Simmons noted that they will continue training but the distance will be toned down. He explained that an active rest period would keep them in condition by running shorter distances and yet they will be resting while still working.

The thirty eight year old runner takes pride in his physical condition and has a goal of reducing from his present 192 pounds to 180. "There's a great deal of satisfaction in knowing that you can run ten miles without even breathing hard," he said.

Mr. Simmons's resting heart rate has decreased from a normal 72 beats per minute to 36 when he wakes up in the morning. While in a relaxed state and under no exertion he records about 48 beats per minute.

He explained that running has improved his circulatory system so that his heart doesn't have to work as hard and the blood circulates better through his body.

While playing with the Oldtimer's Hockey Team this winter Mr. Simmons said he could skate better and faster as a result of his running program.

"I'm going to stay at it," he continued, "Another goal I'm looking forward to is the Colonel Gray ten mile run. I want to finish it in sixty minutes."

"It's a lot of fun to run with other people," he concluded. "And after you've been running for awhile it's like you're legs are moving and the rest of the body is going along for the ride."



# ATLANTIC OPEN CROSS COUNTRY CHAMPIONSHIP

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Sanctioned by Nova Scotia Track and Field Association

NOVEMBER 6TH - AMHERST GOLF COURSE

## Island Runners Collect Medals

Prince Edward Island collected five medals and a team trophy during the Atlantic Cross Country Meet held in Nova Scotia on the weekend.

Island runners collected medals in pee wee girls, junior women, midget boys, junior masters and senior masters while collecting the overall team trophy in the pee wee

girls section.

Kelli Connolly of Summerside Intermediate led the Island runners in the pee wee girls section finishing second in 12:21 to Cyndy Hickey of Newfoundland in 12:10.

Island runners placed fifth (Patsy Caseley), eighth (Brenda Shakleton), ninth (Loreli Pauley) and 18th (Carolyn Foster).

Suzanna Schmidh of Colonel Gray won the junior women 5000m in a time of 22:26 while Nancy Wheatly of North River, now attending University of New Brunswick won the senior women's event. She was competing on behalf of the school and was also selected to run in the Canadian Cross Country Championships next weekend in Hull.

Andrew Van Wiechen of Montague picked up a silver medal in the midget boys 5000m finishing in 16:33. The winning time was 16:17.

Gary Andrus of the P.E.I. Roadrunners Club picked up a silver in the junior masters 8000m event in a time of 29:54, just behind race winner Bill Norton of Dartmouth timed in 29:12.

Ewen Stewart of the Island Roadrunners was second in senior masters 8000m in a time of 31:19, finishing behind Dartmouth's Ben Jones in 29:35.

Other Island placings included a fifth (Natalie Pirch), 10th (Joanne Jackson), 13th

(Peggy MacLean), 15th (Debbie Monteith) and a 25th (Deanna Culleton) in bantam girls.

In midget girls, Anna Pendergast was fourth, Mary Woodside 24th and Nelda Webster 27th overall.

In pee wee boys, Sheldon Stordy was top Island runner finishing sixth while Craig LeBrecht was 11th, Mike Whelan 12th, Ronald Deighan 14th, David Graves 16th.

Bantam boys class was led by Joe Stephens in 13th, Kevin Profitt 18th, David Windsor 21st and Paul MacDonald 26th. Following Van Wiechen in midget boys was Greg Casely in 14th, Desi MacDonald 19th and Willy MacDonald 21st.

Andy Walker was the top Islander in senior men with an 11th place finish while Don Pridmore was 17th.

In junior masters, following Andrus second place finish was Parker Lubdub seventh and Foch McNally in ninth.

Island team officials were Lee Forbes, Parker Lund and Mr. and Mrs. Ralph Stordy.

## Runners Compete In Amherst Meet

The P.E.I. Track and Field Association has announced the selection of forty-five runners who will participate in the Atlantic Open Cross Country Championships Sunday, Nov. 6 in Amherst.

The selections were based on performances at the P.E.I. School Athletic Association meet held on October 22.

The team bus will be leaving Colonel Gray High School parking lot at 6:30 a.m. Sunday and travelling on the CN Ferry at Borden at 7:30 a.m. Athletes may catch the bus at either location.

### PEE WEE GIRLS

Kelli Connolly, Summerside Inter.; Carolyn Foster, Sherwood Elem.; Brenda Shakleton, Parkside Elem.; Loreli Pauley, Belfast Elem.; Patsy Caseley, Kensington.

### PEE WEE BOYS

Sheldon Stordy, West Kent; Craign LaBreeh, Rollo Bay; Ronald Deighan, Elm St.; David Graves, Sherwood; Mike Whelan, Vernon River.

### BANTAM GIRLS

Natalie Pirch, Vernon River Cons.; Peggy MacLean, St. Peters; Joanne Jackson, Summerside Inter.; Debbie

Monteith, Cornwall; Susan Rogers, Queen Charlotte.

### BANTAM BOYS

Joey Stephen, Central Queen; David Windsor, Kensington; Kevin Profitt, Kensington; Paul MacDonald, Souris; Wilby MacDonald, Eliot River.

### MIDGET GIRLS

Anna Pendergast, Kensington; Caroline Paton, Colonel Gray; Ronald Murphy, Three Oaks; Susan Grady, Three Oaks; Deanna Culleton, S'Side Int.

### MIDGET BOYS

Andrew Van Weichen, Montague; Steve Banks, Ch. Rural; Shawn McKenna, Stonepark; Greg Caseley, Kensington; Wade LeClair, Three Oaks.

### JUNIOR WOMEN

Suzanne Schmidt, Col. Gray;

Leona Arsenault, Evangeline; Mary Woodside, Kensington; Nelda Webster, Kensington; Kelly Burns, Three Oaks.

### JUVENILE BOYS

John MacTavish, C. Gray; Ray Gallant, T. Oaks; David Laughlan, T. Oaks; Paul Cheverie, Souris; Chris Chivilo, Rural.

Athlets will be required to pay for their own meals, plus \$3.00 which covers transportation and registration fee.

## RESULTS NOVA SCOTIA CROSS COUNTRY CHAMPIONSHIPS

Saturday, October 29, Abercrombie Golf Course.

### Masters - 6000 M

		TIME
1.	Gary Andrus Ch'town, PEI	21:41
2.	Ewen Stewart Ch'town, PEI	22:26
3.	Clair Williams Halifax, NS	23:03
4.	Bob Simmons Montague PEI	23:46

### Bantam - 4000 M

1.	John Carson Halifax, NS	12:58
6.	Steven Simmons Montague, PEI	14:19

### Midget - 5000 M

1.	Gerry Hardy Dartmouth, NS	16:54
10.	Bobby Simmons Montague, PEI	19:07

## Roadrunners Planning Run

The Prince Edward Island Roadrunners club will be holding a health run Saturday morning.

The announcement came from club president Parker Lund who said the run is being held as part of national health week from April 2-8.

Lund stated the "plain facts show that heart attacks kill and disable more people in the western world than any other single disease".

He stressed that Canadian families, who follow simple health rules, that do not demand a radical change in lifestyle, can reduce their risk of heart attack.

The club invited anyone from six to 60 to meet them at



PARKER LUND

McDonald's restaurant at 9:00 a.m. Saturday.



## BEND AND STRETCH

Ewen Stewart shows Foch McNally how easy it is to lift weights with one hand as the latter attempts to put some back muscle into lifting with a pair of hands during a recent meeting of the P.E.I. Roadrunners club in

Charlottetown. Several members of the club have embarked on their three month training program in preparation for the Johnny Miles Marathon, a 26-mile race to be held May 14 in

New Glasgow, N.S. The marathon group will do outdoor training averaging 40 minutes daily for the first month 50 for the second and from 45-60 for the third month.