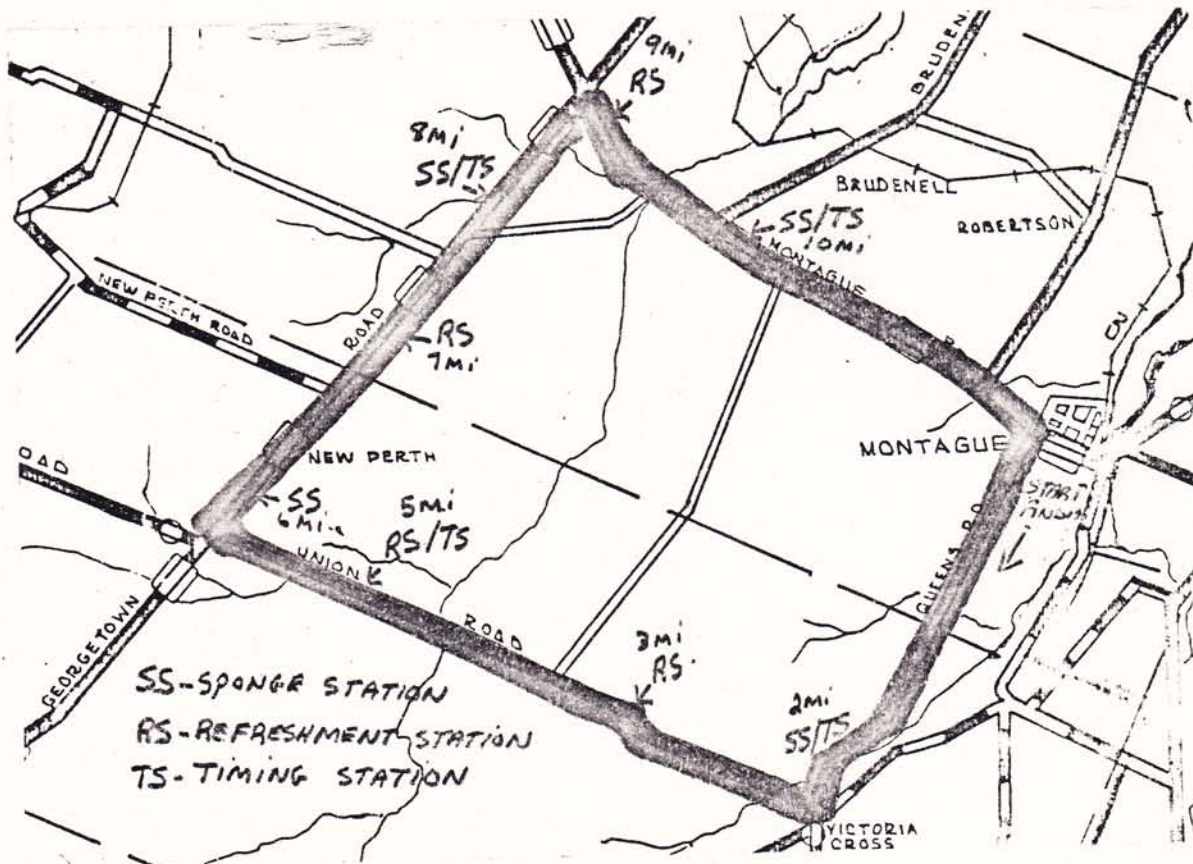


***** EVENTS IN KINGS COUNTY *****

FULTON CAMPBELL MEMORIAL 12 MILE ROAD RACE



DISTANCE - 12 miles
 DATE - July 22, 1978
 REGISTRATION TIME - 9:45 a.m.
 STARTING TIME - 10:30 a.m.
 CHANGING FACILITIES - Montague Regional High School
 ENTRY DEADLINE - July 20, 1978

CLASSIFICATIONS -

	MEN	WOMEN
	Under 20	Under 25
	20-29	Over 25
	30-39	
	Over 40	

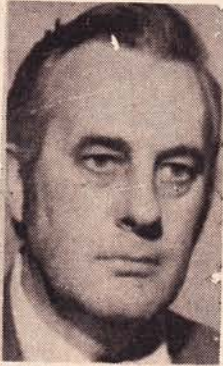
- AWARDS -
- 1) First five finishers
 - 2) First female finisher
 - 3) Winner of each age classification
 - 4) Youngest runner to finish the race
 - 5) Oldest runner to finish the race
 - 6) All runners who complete the run will receive small trophies plus a participation certificate
 - 7) All runners will receive a finish line photo
 - 8) All runners will receive a meal voucher from Col. Sanders Kentucky Fried Chicken

MEDICAL SERVICES - St. John Ambulance
 POLICING - R.C.M.P.

Get in the run

RUN FOR LIFE

Bill Ledwell



Lund achieves goal

Parker Lund, the man who has helped build the jogging craze into serious distance running in these parts, achieved a long-time goal last weekend when he qualified for the 1979 Boston Marathon with a strong performance at Oromocto, N.B.

Lund missed out on a chance to qualify for Boston several weeks ago when he missed the New Glasgow run because of illness. At Oromocto last Sunday, his standard was 3 hours, 30 minutes (for runners 40 years of age and over), and he made it with plenty to spare, finishing 10th in the good time of 3 hrs., 6 mins., 55 seconds, or about 23 minutes under the standard. Parker and Ewen Stewart plan to be on the starting line at Boston next April.

Four local runners took part in the Oromocto race, the usual 26 miles, 385 yards, and all finished well. Lawrence McLagan placed 8th with a time of 3 hrs., 3 mins. Sterling Boulter placed 9th in 3 hrs., 5

mins., 58 secs. Lance Miron was 17th in 3 hrs. 17 mins., 46 secs.

Ewen Stewart, who qualified easily for Boston at the recent New Glasgow marathon, ran the half-marathon (13 miles, 190 yards) at Oromocto and placed fourth with a time of 1 hr., 22 mins., 3 secs. Kay Lund also ran in this race and finished well with a time of 2 hrs., 4 mins., 4 seconds.

The next event for the runners takes place tomorrow (Saturday) afternoon when a three-mile race for women will start from Charlottetown Mall at 2 p.m., sponsored by Alice Faye's Beauty Salon. The gals will travel south on University Ave., to the A and W corner, along Belvedere Avenue to Mount Edward Road, then back to Charlottetown Mall via the back road from Mount Edward Road. They expect to have 50 women in the race, and the Lund family will be well represented—mother, Kay, and four daughters.

Jogging Pains Clinic Topic

If there is anything that takes the enjoyment out of jogging more quickly than anything else, it is probably nagging injuries.

Shin splints, blisters, sore feet and pulled muscles, can not only take the spring out of any runner's step, but can also make him want to hang up his running shoes.

Yet, these injuries can be avoided. If they do occur, the misery caused by these ailments can be lessened by proper care.

This Saturday at 10 a.m. at Memorial Field in Victoria Park the P.E.I. Roadrunners

will have Dr. Don Taylor of Charlottetown give a short talk on the topic injuries, what to do about them and how to avoid them.

Along with the talk there will be three fun runs held with the distances this week being one-half mile, one mile and five miles.

Fun runs are being held every second Saturday morning at the park. Runners of all ages and levels of experience are invited. There is no entry fee or formalities and every participant receives a certificate for each run completed.



RACE TROPHY PRESENTED

Frank Johnson, RIGHT, presents the McDonald's trophy to Daniel Gallant, LEFT, of Cap Pele, New

Brunswick, as overall winner of the recent Colonel Gray-McDonalds ten mile road race held in Charlot-

tetown. Mr. Gallant had the best time in a large field of entrants.

Although the Belfast Lions may not have been too happy about Saturday's weather, the 27 runners who took part in the 2nd annual Belfast Lions Mid-Summer Jaunt didn't mind at all. Most runners in fact said the rain helped keep them cool.

Winner of the event was Michael Armitage of Sherwood who beat last year's time of 46.47 by almost one full minute. Mr. Armitage's time was 45.57.

Bob Moore of Regina, Saskatchewan, came second in the event with a time of 46.09 and Ewen Stewart of Charlottetown came third with a time of 47.42.

The first Belfast runner was Mark MacCoslum at 52.19. The oldest runner in the race was 51 year old Ed Harris of Moncton and the youngest was 14 year old Lee Blumston of Sherwood. The only woman in the race was Eleanor Farrington of New Glasgow, P.E.I.

All 27 runners finished the eight mile race which started at the Pinette Bridge on the Trans Canada, went up the Pinette Road and then past the Belfast Church, through Eldon, back to the Trans Canada and onto the Pinette Racetrack. Runners came from as far away as South Bend, Indiana, Boston, Mass; New Hampshire and Regina Saskatchewan. Many were members of running clubs.

Organizers of the race were Albert MacDonald and David MacKenzie. Trophies were donated by the Lions Club except for the Belfast Trophy which was donated by the Island Lightning Rod Company.



Race winner

Winner of the Belfast Mid-Summer Jaunt, Michael Armitage, finishes off the race beating last year's time by 50 seconds. Lion Ken MacKenzie, times the runners.

GUARDIAN TEAM OF DAY



P.E.I. ROADRUNNERS CLUB SEEKS RELAY HONORS

The P.E.I. Roadrunners Club will be entering a 10-member team today in the Fredericton, N.B. to Moncton, N.B., relay run (120 miles) hosted by the Southeast Striders Running Club of New Brunswick and

sponsored by Pepsi-Cola. Teams will be entered from P.E.I. and Nova Scotia, while New Brunswick will have two teams, Fredericton Track Club and the Southeast Striders. The

teams will start their first runner at 5:30 a.m. and the finishing time is expected to be between 7 and 8 p.m. on Saturday evening. Back row, from LEFT: David Groom, Freeman Churchill, Paul

Wright, Andrew VanWichen and Lawrence McLagan. Front row, from LEFT: Roy Mason, Mike Armitage, Ewen Stewart and Don Reeves. Missing from photo is Lance Miron.