

Roadrunners Planning West Prince Jaunt

The P.E.I. Roadrunners Club have scheduled the sixth race of its 1978 running circuit over a course in the Prince County area.

The 12 km (7.5 miles) Dunk River Run will take place Saturday, November 18, racetime 2:00 p.m.

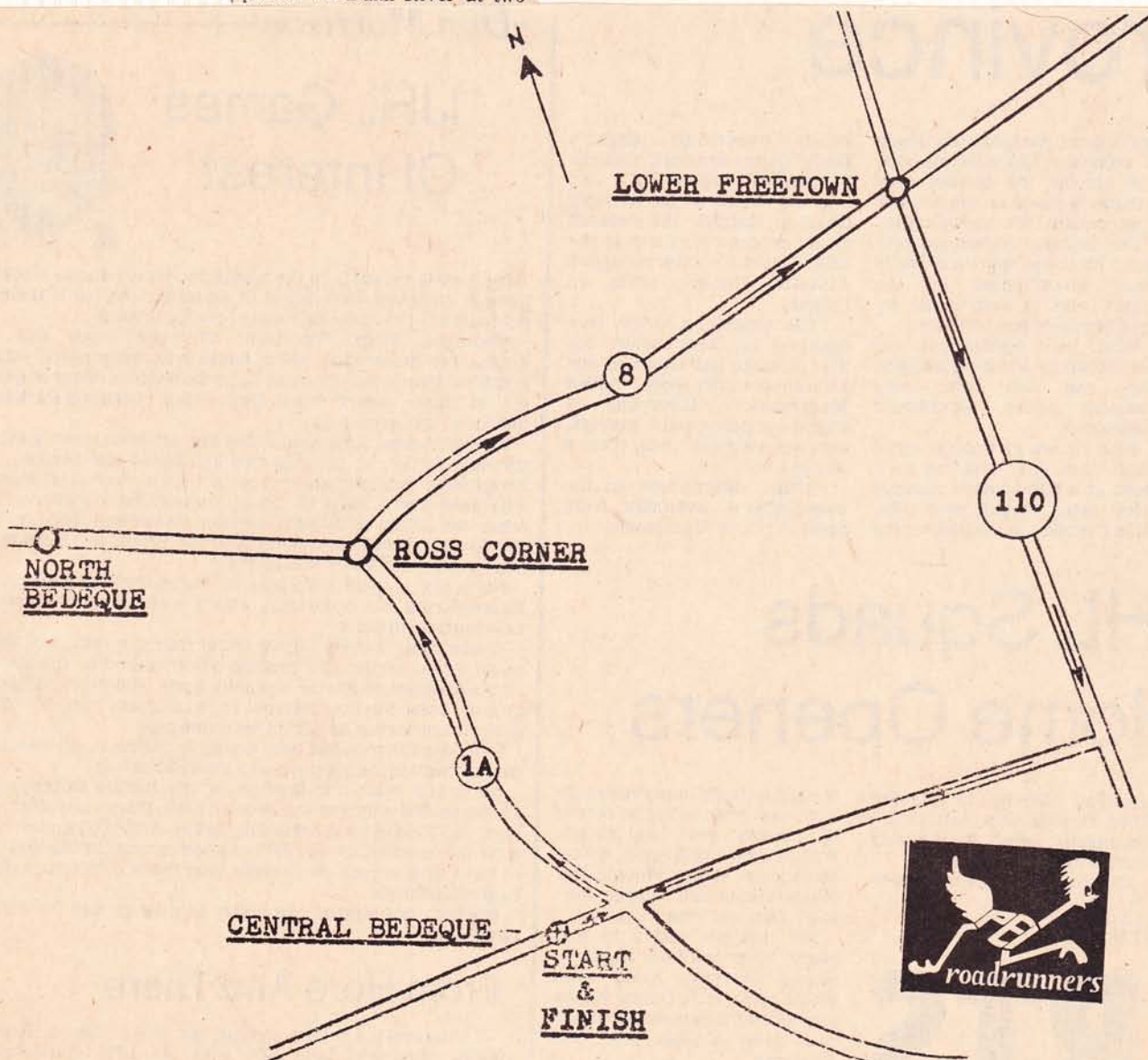
The club's attempt to promote running in Prince County is being sponsored by Callbecks Ltd., Central Bedeque.

The race will start at the Bedeque Rink (where changing facilities are available) making their way through the village of Central Bedeque, along the Trans-Canada Highway 1A to Ross's corner. The joggers will then turn right onto Highway Route 8 into the Lower Freetown area. The final stretch starts with a right turn onto Highway 110 finishing at the starting point, Central Bedeque. The 7.5 mile course passes the Dunk River at two

points, giving the run its name.

Trophies will be presented to the top five race finishers and the top female runner. Medals will be presented to the top three runners in each of the following age categories: Female - Under 25, and 25 and over; Male - Under 20, 20-29, 20-29, 40 and over. Plus, all those who participate will receive Roadrunner certificates.

Anyone wishing to enter may do so by phoning Sport P.E.I. at 894-8879. The registration fee is \$1.



ROADRUNNERS PLAN SIXTH RACE

The P.E.I. Roadrunners Club has scheduled its sixth race over a course bordering on the Central Bedeque area. The Dunk River run will take

place Saturday starting a 2:00. The course, as shown ABOVE, covers 7.5 miles. There will be six age categories starting at under

20 and ranging to over 40. Trophies will be presented to the top five finishers and the first female finisher. Medals will be presented to the top

three in each of the age categories. Registration fee is \$1 and entries may be phoned to Sport P.E.I. at 894-8879 until Friday.



STEWART CHOSEN TOP RUNNER

Ewen Stewart, LEFT, gets some help from guest speaker Ken Ozmon to tie his sneakers during the annual dinner meeting of the P.E.I. Roadrunners Club Thursday at McCready's Shore Acres.

Stewart was named the 1978 Roadrunner-of-the-Year at last night's gathering. Stewart won the masters title (over 40) at the Canadian National Marathon last month in New Glasgow, N.S.

Stewart has also been highly successful in runs in this province. Seventy-five members of the club and friends attended the meeting.

"ROADRUNNER" FIRST SALUTE OF SEASON WINNER



At an age when most athletes have called it quits, Ewen Stewart appears to be just hitting his peak. The 45-year-old resident of Charlottetown was recently named "Roadrunner of the Year" by the P.E.I. Roadrunners Club for his many accomplishments during 1978. Now he becomes the first Sport P.E.I. Salute of the Season winner.

Ewen capped off a highly successful season with his third marathon run of the year on October 8 at the Atlantic Championships in Oromocto, New Brunswick. He was entered in the Half Marathon consisting of a 13 miles, 192 yard course. He finished fourth out of a field of 20 in a time of 82:03, but that wasn't enough. Ewen didn't feel like stopping at the finish line so he went on to complete the full marathon in his fastest time ever, 2 hours, 47 minutes, 24 seconds. Although the time was unofficial because he had only entered the half marathon, Stewart finished second out of twenty

Other achievements by our winner during the fall season were:

A first place finished in the Master's division of the Canadian National Marathon Championships in New Glasgow, Nova Scotia on September 17. Overall he finished 21st out of a field of 90 in a time of 2:51:37.

A first in the Master's division of the Volume Rentals Half Marathon at Charlottetown September 2nd in a time of 83:14. He was sixth out of 37 overall.

A first in the Master's division of the 7.8 mile Joseph Howe Road Race at Halifax October 1 in a time of 46.45. In this event he was 13th out of 73 overall.

In the 8000 metre Halifax Cross Country Tartan Club Invitational Ewen placed 15th out of 25 in a time of 31.27. There was no Master's division, so he entered the Senior's division.

These events cover only the Fall season for which this Salute is made. However, Ewen Stewart at 45 years of age participated in numerous other races throughout the year with outstanding success.



STEWART RECEIVES HONOR SCROLL

Paul H. Schurman, LEFT, of Summerside, chairman of the Sport P. E. I. public relations committee, presents the Salute of the Season

scroll to Ewen Stewart of Charlottetown. The 45-year old member of the Roadrunners Club is the first winner of the award, which will be

presented by Sport P.E.I. every three months to recognize the achievements of amateur athletes, coaches or administrators.



STEWART ACCEPTS PLAQUE

Ewen Stewart, LEFT, accepts a plaque from Dr. Dave Boswell, director of youth, fitness and recreation for the provincial government in recognition for his dedication to jogging. Stewart, a member of the P.E.I. Roadrunners Club, has jogged for 500 consecutive days.

(May 25, 1978)

Jogging Info Session Slated For Summerside

SUMMERSIDE — The Summerside Recreation Department and the P.E.I. Road Runners Club are sponsoring a jogging information session Saturday from 1:30-3:30 at the fire hall on Foundry Street.

Guest speaker will be Dr. Bill Stanish, director of Dalhousie University's sports medicine centre. He will speak on proper training techniques for prevention of injury.

Dr. Stanish will be guest speaker at the Boston Marathon scientific assembly later this year and Summerside recreation officials say they are pleased to have him volunteer to speak at this session.

Don Harley, vice president of the P.E.I. Road Runners Club

and Dr. Charlie Brown of the P.E.I. Central Track and Field Club will also be speaking.

Harley will speak on proper equipment, training and warm-ups while Dr. Brown will speak on the benefits of running and fitness programs.

Officials say the jogging information session will be designed to appeal to both individuals wishing to start jogging and experienced joggers.

Dr. Stanish will start off the session by speaking to both groups after which participants will break into two groups for further discussion and speakers.

The clinic is open to all ages. Inquiries may be directed to Ron Profit at 436-3431 or Dr. Al Cole at 436-3310

DOWN MEMORY LANE:

"MILES RECALLS CAREER AS MARATHON RUNNER" Winning a desk lamp and a 98-pound bag of flour in his race was not the highlight of Johnny Miles' career — something he remembers with amusement.

The 69-year-old North Sydney, Nova Scotia, native was become one of the world's top long-distance runners and Canada's most spectacular athletes.

Miles was in Halifax not too long ago to visit relatives, old acquaintances and reminisce about a running career that saw him win two Boston Marathons and represent Canada in the Olympic Games.

He now is living in Hamilton, Ontario, after retiring from a managerial position with an American company. He lived in Chicago from 1954 to 1971.

In what he describes as "the biggest thrill of my lifetime, totally unexpected one at that," the wholly-unknown 21-year-old Miles entered and won the 1926 Boston Marathon, setting a record.

"I walked over the course with my father the day before the race, just so I'd be familiar with any landmarks. My strategy was to stay with the top two runners, Finnish Olympic star Stenroos and former Boston Marathon winner Clarence Brown, who won the event six times."

STAYED WITH LEADERS

After the noon start, "I stayed right with the two favorites, caught Stenroos at about the 22-mile mark and tried to stay behind him as quietly as I could so he wouldn't know I was there. I finally came abreast of him and he looked really tired. I overtook him and gained a minute a mile on the next four miles of the race."

Unable to compete in the 1928 version of the Boston Marathon because it was an Olympic year, he returned to the English city in 1929 and outran Al Michelson, an American marathoner, to win the event for the second time.

Miles ran on the Canadian Olympic team in both 1928 and 1932.

LACKED TRAINING

"I don't want to make excuses or say that I might have been able to win, but the Olympic long-distance runners in those days really lacked good coaching and training. The track coaches just didn't know that much about long-distance running and the training involved.

"A lot of times a long-distance runner will peak too early in the year, late for the Olympics and this of course is very detrimental to your performance."

Thanks to Sports P.E.I. for info' on the Dairy Queen Road Race and the Johnny Miles' memorandum.

We hear a few saying that they are not in shape to go to the New Year's Eve dance. Wonder if they would be in shape to go to the miles before the New Year's Eve affair. And, it all depends on whether we are talking about eating, drinking, dancing or whatever.

The changes in the sports scene would open your eyes to what has disappeared from the Island scene for a number of years and then returned.

You would be in for a number of surprises, including a running on December 31st. All the best to the runners and good luck to them all.