



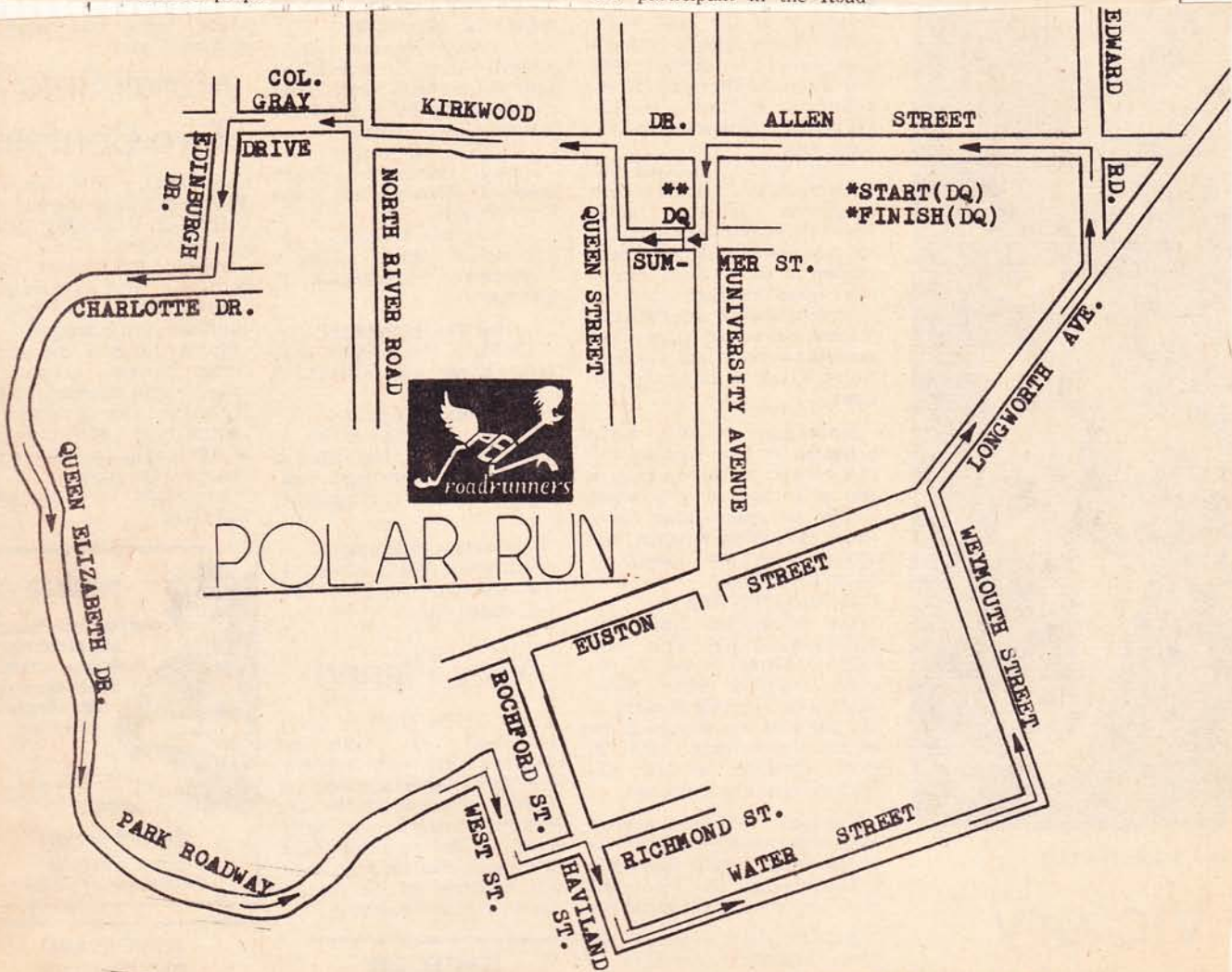
JOGGERS CONDUCT INFORMATION SESSION

Bill Stanish, RIGHT, was guest speaker at the Joggers Information session at the Summerside Fire Hall Saturday. Dr. Stanish discussed proper

training techniques for prevention of injury. Also involved with the session was Don Harley, CENTER, public relations, P.E.I. Roadrunner's

Club, Dr. Charlie Brown, SECOND RIGHT, representing the P.E.I. Central Track and Field Club, Dr. Cole, volunteer and participant in the Road

Runners Club and Ron Profit, RIGHT, Recreation director for Summerside who organized the session.



POLAR RACE WINDS UP CLUB'S '78 SEASON

The Polar Race, the seventh event of the P.E.I. Roadrunners 1978 roadrace circuit takes place Sunday at 2:00. The event, sponsored by Dairy Queen, starts and

finishes at the Dairy Queen on University Ave. and covers a distance of five miles. Trophies will be presented to the top male and female runner and the

youngest male and female runner. Medals will be presented to the top three finishers in each of the following categories: female

25 and under and over 25; male under 20, 20-29; 30-39; and 40 and over. To enter phone Sport P.E.I. at 894-8879.

Friesen Sets Record In Winning Polar Run

Dale Friesen of Victoria, P.E.I., and now running for Queens University Track Club won the second annual Dairy Queen Polar Run, Sunday afternoon, with a record time of

29:04. The old record was 32 minutes, 50 seconds, set in 1977 by Ed Fraser of Charlottetown. A record field of 51 runners competed in the five mile run

over a course in the Charlottetown area; 50 runners completed the run. There was a noticeable increase of female runners, with ten compared to two in 1977. The top female runner was Suzanne Schmidt, Charlottetown, placing 26th overall in 38:35.

The front leader ran a close race averaging sub-six minute miles despite slippery conditions on some streets. Placing second to Friesen was Mike Armitage, Charlottetown, in 29:15. Third place finisher was Lawrence McLagan, Charlottetown, in 29:42, while Andrew VanWicken, Montague, was fourth in 29:54.

The masters winner (over 40) was 45 year old Ewen Stewart, who recently received the Sport P.E.I. Salute of the Season. Ewen placed sixth overall in 30:52. The oldest runner was 49 years old Bill Cummings, Charlottetown, in a time of 48:58.

YOUNGEST PARTICIPANTS
The race organizers, the P.E.I. Roadrunners Club, added two new trophies to encourage younger runners to participate. The youngest female runner was nine year old Bethany Rogers, Charlottetown. The youngest male runners was Chris Head and Lee Blunston, both thirteen and from Charlottetown.

Medal winners in the various divisions included Suzanne Schmidt (female 25 and under), Joan MacDonald (female over 25); Mike Armitage (men under 20), Dale Friesen (men 20-29); Lawrence McLagan (men 30-39), and Ewen Stewart (men over 40). The following are the top twenty-five finishers and their times: Dale Friesen 29:04, Mike Armitage 29:15, Lawrence McLagan 29:42, Andrew VanWicken 29:54, Ed Fraser 30:15, Ewen Stewart 30:52, Lance Miron 30:52:01, Parker Lund 31:47, Roy Mason 31:48, Clare Birch 33:03, Stirling Boulter 33:22, Jake Baird 33:46, Carl Phillips 34:27, Tony Forrester 35:28, Earl Wilkins 35:54, Stuart Richardson 36:11, Don Mottett 36:14, Ernie Maidmen 36:24, Carl MacLeod 36:31, Ray Axworthy 36:36, Paul Hickey 36:42, Mark Manning 36:55, Jim Bruce 36:59, Gary Mahar 37:57, Charlie Brown 38:06, and Dave Manóvil 38:09.

Roadrunners Schedule New Year's Eve Run

The P.E.I. Roadrunners Club will be staging the second and final race of their 1978 roadrace circuit on Sunday, December 31, at 2:00 p.m.

The Dairy Queen "Polar Run" will cover a five-mile course in the Charlottetown area, starting and finishing at the Dairy Queen on University Avenue.

Trophies will be presented to the first male and female runner to finish, plus this year the club has added two new trophies which will be given to the youngest male and female runner to complete the five-mile run. The club wants the younger runners to participate.

Medals will be presented to the top three male and female runners in the following age categories: Women 25 and Under, and Over 25; Men under 20, 20-29, 30-39, 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 one dollar.

SPORT NOTE

DEADLINE NEARS

Deadline for the annual Dairy Queen Polar Run, sponsored by Dairy Queen in cooperation with the P.E.I. Roadrunners Club, is Friday. The run will take place Sunday afternoon at 2:00. Entry fee is \$1.



Dairy Queen 5-Mile Run

Things are done quite differently now, in many fields of sports. On New Year's Eve, many will be making preparations to celebrate the arrival of the new year.

Be that as it may, a five-mile run will be carried out on the roads of P.E.I. on December 31st and it is the Dairy Queen Road Run, sponsored by the Dairy Queen and organized by the P.E.I. Roadrunners Club and assisted by Sport P.E.I. who have advertised the event.

Registration time is 1 P.M., starting time is 2 P.M. and the entry deadline is Friday, December 29th, 1978. Medical service will be from the St. John Ambulance and policing will be carried out by the Charlottetown Police Corps.

Entry fee is one dollar.

Classification in the women's ranks will be under 25 years of age, and over 25 years of age.

In the men's ranks, there will be four classifications including under 20 years of age; 20-29 years of age; 30-39 years of age, and 40 and over.

Awards will consist of trophies to race winners; trophy to top female runner, trophy to youngest male runner and to the youngest female runner.

There will be medals to the top three finishers in each category; and a certificate to all those who participate.

Awards will be presented in the Dairy Queen in Charlottetown following the races. Map of the course and other information can be gathered from P.E.I. Roadrunners Club, or Dairy Queen.



THE DALHOUSIE UNIVERSITY cross country team will compete in the Canadian Intercollegiate Athletic Union cross country championships this weekend in Toronto. Front row, left to right, Dave Mitton, Randy Bullerwell, Robert Englehutt and Andy Walker; back row, left to right, coach Bob Book, Len Currie, Pat Theriault and Glen Currie. Missing Tim Craft.

Dal squad competing in CIAU cross country championships

The Dalhousie cross country team has left for Toronto where it will compete in the Canadian Intercollegiate Athletic Union cross country championships this weekend.

The 10,000-metre race will be held at Hyde Park and will feature the best college runners in Canada. Each of the five regions will be represented by the winning university as well as the top three runners from each region.

Defending champion Univer-

sity of Toronto is once again expected to be the team to beat with the western representative also expected to provide tough opposition.

Dalhousie, which has gone undefeated in the Atlantic region this year is given an outside chance of taking top honors. Dal coach, Bob Book would not make any predictions, but felt with the experience and depth of the Dal team that "anything could happen." He also indicated that his team was one of

the strongest teams ever to come out of the Atlantic conference.

Individually the team has no less than four former AUAA winners who have several years of national competition among them. Robert Englehutt and Randy Bullerwell, both former champions, are expected to lead the team.

Pat Theriault, who is making a strong comeback after a two-year layoff, is another former AUAA winner while Book him-

self, has the most experience on the team, having won two AUAA titles and twice has finished seventh in the CIAU championships.

Andy Walker, the only non Nova Scotian on the team, is a newcomer to Dal but is actually in his fifth year of intercollegiate competition. He gained his experience while attending Dartmouth College in New Hampshire for four years where he was one of their top runners. On two different occasions he competed in the NCAA championships.

Leonard Currie, who was the top high school runner in Nova Scotia last year, along with brother Glen, and Tim Craft round out the team. All three have limited experience at the national level but are in top form and certainly provide Dal with additional depth.

Boston Marathon Here We Come!



The famed Boston Marathon will be run Monday and four Island runners, all members of the P.E.I. Roadrunners Club, will be par-

ticipating in the prestigious race. From LEFT is, Lance Miron, Don Harley, Ewen Stewart and Parker Lund. Mr. Miron, Mr. Stewart and

Mr. Lund have all qualified for the race while Mr. Hardy, who has not, will be going just for the thrill of

running this race. For those who do not know, a marathon is 26 miles, 385 yards.

Island Runners To Quebec Meet

Ewen Stewart and Lance Miron, members of the P.E.I. Roadrunners Club, will be entered in the Masters Division (40 years of age and over) of the seventh annual Montreal Marathon Sunday.

The 26-mile, 395 yard roadrace will consist of four laps of 10km-549m course starting in Riviere Des Prairie, east Montreal. Both Stewart and Miron will be vying for one of the top three awards in the masters class.

A quick look at the results of the Boston Marathon gives you some idea of the quality of the field in that huge mob of 8,000 starters. The first 50 finishers in the event had times ranging between 2 hrs. 9 minutes and change, and 2 hrs. 19 minutes. The five Island runners achieved their goals, with some to spare in most cases, and their collective effort represents a new kind of milestone for amateur sport in this province. The gung-ho gang from the PEI Roadrunners Club is expected home sometime today.

Ewen Stewart, competing in the class for runners over 40 years, had a terrific time of 2 hours, 47 minutes, 53 seconds, which just about equalled his personal best time for the 26 miles, 385 yards, and that time of Ewen's would have been good enough to win the Boston race not too many years ago. Lance Miron was well under three hours, at 2:56, which would place him well up in the top bracket, Don Pridmore finished in 3:19, and Parker Lund finished in 3 hours, 25 minutes in spite of leg trouble that forced him to curtail his running in recent weeks. Don Harley got home in 3 hours, 30 minutes to round out the P.E.I. effort.