

DON LeClair, executive director of Sport P.E.I. receives a complimentary copy of *Running on P.E.I.*

published by P.E.I. Road Runners from Nancy-Lee Walker who illustrated the

book. The book is a fund-raising project for the roadrunners.

New Publication Takes Look At Running On Provincial Scene

Have you ever wondered where all the joggers in P.E.I. have come from in the past year or two?

Paul Hickey, a former Bunbury resident, has and his curiosity has led to the publication of a new book entitled *Running on Prince Edward Island*.

The book is a fund raising project of the P.E.I. Roadrunners Club. The club hopes to sell enough copies of the \$2 book to cover costs and to help finance activities such as the recent P.E.I. Roadrunners Marathon.

Hickey conducted a mail survey of Island runners in late 1978 to answer questions such as who runs, how far and how many runners feel about their sport. A total of 140 runners responded to the survey.

There is a good chance that the last runner you passed on the road is either a teacher or a student. Almost every second Island runner

comes from that grouping.

NOT ADVISABLE

For those drivers tempted to run a jogger off the road it may be best to think again. The survey found that seven per cent of the runners are peace officers.

The book also reports statistical findings on aspects such as age groups, distance trained each week and the effect that running has on its participants.

One significant finding was that approximately one runner in four aspired to run a 26 mile 385 yard marathon. Many of these runners, in fact, achieved that objective on Sept. 16 during the P.E.I. Roadrunners Marathon.

Not all runners, however, had such demanding goals. The majority of Island runners, the book states, are in it strictly for recreation.

FOR FITNESS

Running for fitness was a goal mentioned by many of the respondents and one of the survey's findings con-

firmed that running seems to be having the desired affect. Twenty-eight per cent of the runners said that they now miss fewer days due to illness as a result of running while no one said they missed more.

Much of the book is given to comments by the runners on aspects such as "higher states" and "personal effects".

Advice is also provided by the runners on how best to get started and keep going.

The book is well illustrated with drawings by Nancy Lee Walker adorning most pages.

The survey was done by Mr. Hickey with the assistance and co-operation of Sport P.E.I.

Copies are available from Sport P.E.I. at 200 Richmond Street, Charlottetown and from the Book Mark, the West Royalty Fitness Centre, Island Optical and several other book outlets.

Rogers tops race field in Alice Faye 3 miler

Susan Rogers of Charlottetown won the second annual Alice Faye's Hairstyling run for females in 19 minutes, eight seconds Saturday in Charlottetown.

Rogers, who led from the start, covered the three-mile distance in a fast sub-seven minutes a mile pace. The race winner was only two seconds off last year's time.

"Yeah, the wind helped at the start but that strong head wind along the final stretch slowed me down a little," said Rogers after the race.

Finishing second was the race winner's 10-year old sister Bethany Rogers, who crossed the finish line in 19:59. Bethany, who knocked two minutes off her 1979 time, said I ran really hard and tried to catch my sister near the end of the race." The third place finisher was Joan MacDonald of Southport in a time of 20:22.

TROPHIES PRESENTED

Following the race, trophies were presented to the winners in each age category.

Bethany Rogers was the top 10 and under runner; Susan Rogers top 11-15 year class; Carol Schruman (16-24); Dale Clayborne (21-25); Susan Bordage (26-30) and Joan MacDonald (over 30). Gift certificates were also presented by Alice Faye's and Camper City donated a pair of running shoes.

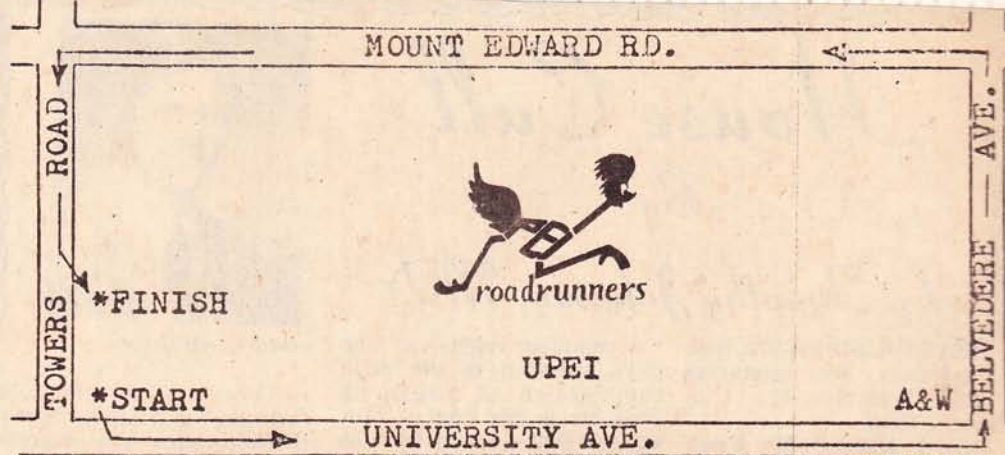
A field of 19 runners completed the fifth event of the P.E.I. Roadrunners 1979 road race schedule. The

youngest runner was six-year-old Katie LeClair of Sherwood.

Following are the remainder of the results:

Faith MacLeod 21:25; Kim Green 22:19; Dale Clayborne 22:46; Carol Schurman 23:16; Joyce Gaudet 23:24; Susan

Bordage 24:30:07; Rosemary Faulkner 24:30:09; Sharon Pigot 24:57; Donna Noonan 25:05; Janice Humphrey 25:10; Nancy Whiteway 26:22; Michelle Ives 27:05; Katie LeClair 27:22; Mary Beth Moore 27:40; Gail Ahern 27:59; Marion Manual 29:29.



'Females Only' Run Goes Saturday

The P.E.I. Roadrunners Club will be holding the Second Annual Alice-Faye's Hairstyling three-mile run for "Females Only" on Saturday, October 6th, at 2 p.m.

Trophies will be presented to the top female in each of the following age categories: Under 10, 11-15, 16-

20, 21-25, 26-30, and Over 30.

To register call Sport P.E.I. at 894-8879. Registrations will be accepted until race time and the registration fee is one dollar.

Shown above is the race course which starts and ends at the Charlottetown Mall.

Roadrunners Slate Race For Females

The P.E.I. Roadrunners Club will be staging the second annual Alice-Faye's Hairstyling three-mile run on Saturday, Oct. 7, starting at 2 p.m. at the Charlottetown Mall, near the main entrance on University

Avenue.

The fifth event of the Roadrunners 1979 roadrace schedule for females only will be run over a three-mile course starting at the Charlottetown Mall and advancing uphill past University of P.E.I. to Belvedere Avenue. The runners will then turn left and proceed on a flat stretch to Mount Edward Road. Another left with an uphill trek past Mount St. Mary's to the rear entrance of the Mall. The final stretch will be along the Mall Road to the front parking lot, at University Avenue.

The Roadrunners want to exceed last year's entries of 26 runners, who will have to set a fast pace to beat the 1978 winner's time of 19 minutes and six seconds, set by Suzanne Schmidt from Charlottetown.

Trophies will be presented to the first place finisher in each of the following categories: 10 and under, 11-15, 16-20, 21-25, 26-30, and Over 30.

To register, call Sport P.E.I. at 894-8879. Registrations will be accepted until racetime.



The look you want this fall. Expert hair care and styling a cut above the rest at

Alice-Faye's

CHARLOTTETOWN MALL

PHONE 892-5146



RACE winner Susan Rogers, LEFT, accepts a trophy from Cindy Oulton representing race sponsor

Alice Faye's Hairstyling. Rogers, who led all the way, captured the three mile roadrace in 19 minutes and

eight seconds Saturday. Also receiving trophies are Bethany Rogers, second RIGHT who finished second

in 19:59 and Joan MacDonald, who was third in 20:22.

Rogers Captures Female Run

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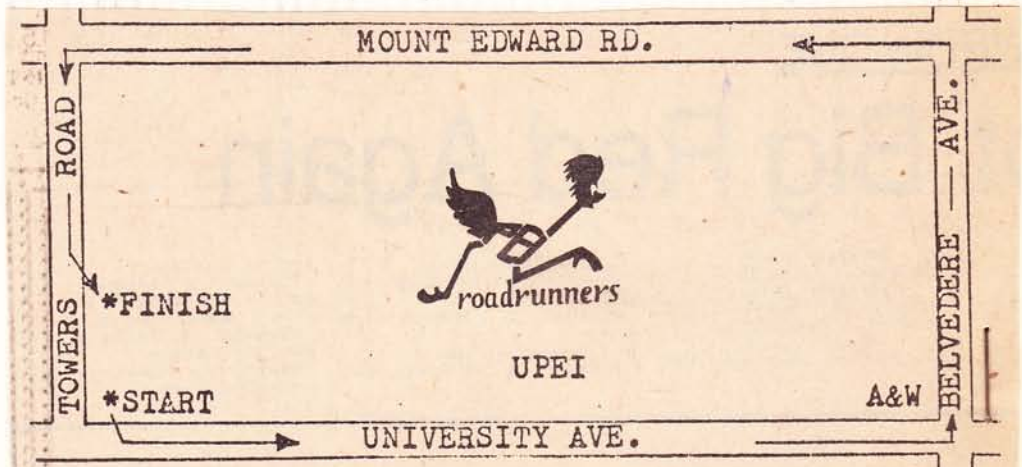
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OKTOBERFEST RUN GOES SATURDAY

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cepted until race time and the registration fee is one dollar. Shown above is the race course which starts and ends at the Charlottetown Mall.

A field of 19 runners completed the fifth event of the P.E.I. Roadrunners 1979 road race schedule. The youngest runner was six-year-old Katie LeClair of Sherwood.

Following are the remainder of the results:

Wright To Address Banquet For P.E.I. Roadrunners Club

Larry Wright, principal of Miscouche School and just recently appointed vice president of the Canadian School Sports Federation, will be the guest speaker at the P.E.I. Roadrunners Club second annual dinner meeting Friday at 8:00 at the Cascade banquet room.

Wright, who received his degree in physical education from the University of New Brunswick, has been very active in the physical education program in Unit II. He became physical education co-ordinator for the Unit Two school board in 1971 and has been the provincial representative on the board of the Canadian School Sports Federation since 1972. Wright will speak on the relationship between running and other related



LARRY WRIGHT

sports.
**ROADRUNNER
OF THE YEAR**

The club will announce both the female and male roadrunners of the year. These two runners will be chosen from a poll taken from club members who nominate the runner who has performed well not only in road races, but someone who has helped organize club activities.

The Roadrunners will also be honoring those whom they think are the most important part of their club - the workers or volunteers who have given many hours of their time to help with club activities.

If you are planning to attend, please call Sport P.E.I. at 894-8879.

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The banquet will be held at the Cascade Banquet Room. If you are planning to attend, please call Sport P.E.I. at 894-8879.

Runners Hold Annual Banquet

The P.E.I. Roadrunners Club held their second annual dinner meeting at the Cascade Banquet Room Friday. Close to seventy-five members were on hand to congratulate both the female and male Roadrunners of the Year.

Female Roadrunner of the Year is 35 year old Eleanor Farrington from New Glasgow. Eleanor has captured top female honors (25 and over) in the Dairy Queen Bunny Hop, the Volume Rentals Half Marathon race, held on September 16 from Cavendish to Charlottetown. She finished third in the 30-39 age category in a time of 4 hours, 55 minutes, 57 seconds. Eleanor has been an active member and a strong supporter for the club over the past year.

Male Roadrunner of the year is 40 year old Lance Miron from Charlottetown. Lance has competed in many Island races, finishing with good times and in the top ten. He has competed in five marathons in the past year. His best time, 2:53:26, was achieved at the Montreal Marathon. In the famed Boston Marathon his time was only two minutes

slower, 2:55:56. Lance was the registrar for the recently held P.E.I. Marathon; he also competed in the marathon event.

Awards were presented to the workers of the club in acknowledgement of their hard work on various committees or at club activities during the 1978-79 road race circuit. A special award was also presented to Sport P.E.I. for all their assistance. A club spokesman said that without Sport P.E.I. the club would only be at the crawling stage instead of running at full stride.

Other awards presented included the Most Improved Runner Award, which was presented to Lee Blunston; and the Coyote (Gutsy and Persevering Runner) Award, presented to Dale Claybourne.

The guest speaker for the event was Larry Wright.

The club also elected their new executive offices for the upcoming year. They are: President - Don Harley, Vice President - Jake Baird, Secretary - Judy Hiscott, Treasurer - Eric Manuel, and Public Relations Director - Don Pridmore. Past President is Parker Lund.