

Marathon Entries Increase As Race Date Nears Start

It appears that there will be a larger field of runners this year competing in the P.E.I. Roadrunners Marathon.

As of Sept. 2, the official entry deadline, the number of entries for the 1980 race stood at 87. Last year at this time there

were 81 entries for the first annual P.E.I. Roadrunners Marathon.

The marathon is to be held Sunday, Sept. 14, beginning at Cavendish at noon and finishing in Charlottetown in front of Province House. A

marathon is 26 miles 385 yards in length.

The entries this year come largely from Maritimes and New Brunswick. P.E.I. has 36 entrants, 22 from the U.S. and Ontario.

GOOD RACE
The entries indicate there could be a good race. The leading time for the lead runner is 2:40:00, a course record, since 1976. The previous record was 2:45:00, set by Tom Olsen in 1976. Olsen has not yet entered as yet but has indicated that he intends to defend the title.

Up to one third of the entrants may be first time marathoners. Twenty-six entrants will be challenging the distance for the first time.

The field will be predominantly composed of male runners, but the number of female entrants is expected to increase over the years.

And if you thought it was a young person's sport, the marathon field may surprise you. Almost two thirds of the entrants, 58 runners, are in their 30's.

Late entries will be accepted until the day before the race. For more information contact the P.E.I. Roadrunners Club at 1000 St. Johns Street, Charlottetown, P.E.I. A1A 1A1.

On Your Mark, Get Set For Annual Marathon

The Second Annual P.E.I. Roadrunners Marathon will be held this Sunday afternoon from Cavendish to downtown Charlottetown. Over 100 runners, from eastern Canada and the United States, will be participating.

During the race, the roads on which most of the marathon will take place will remain open for public use. Main intersections will be patrolled by the R.C.M.P. and Charlottetown Police for the safety of the runners. A short section of University Avenue, south of Euston Street will be closed off at 2:30 p.m.

The P.E.I. Roadrunners Club asks those who may be travelling along the marathon route on Sunday afternoon to keep a careful watch for the runners. Where possible, it is recommended that through traffic reach its destination by alternate routes.

The Club invites those who live along the route, as well as the general public, to come out and cheer the runners. A marathon is a gruelling event and the runners appreciate encouragement.

The "encouragement" of fierce looking dogs however, is not quite so welcome. Owners are asked to have their pets restrained along the marathon route.

The route for the marathon is as follows: east along the National Park Gulf Shore Road from Cavendish Beach to North Rustico; south on Highway No. 6 through South Rustico to Oyster Bed Bridge; joining Highway No. 7 at Oyster Bed Bridge and heading south to Milton; Highway No. 2 east to the Lower Malpeque Road, south on the Lower Malpeque Road to the Trans Canada at the Queens Arms corner; into Ch'town via the Trans Canada and University Avenue to Province House.

The major sponsor for the P.E.I. Roadrunners Marathon is CBCT-FM in Ch'town.



An interest in fitness has led Lorne Carmichael to accept the challenge of running a marathon. The Elliotvale native has been active in baseball and hockey in past years and hopes to add marathoning to his sporting

achievements. He will be one of the entrants in the P.E.I. Roadrunners Marathon on Sunday, September 14. The 26.1 mile race begins in Cavendish and finishes in Charlottetown in front of Province House.

Marathon Clinic Open To Public

What drives a runner to complete a marathon? Insights into this question may be gained at a runner's clinic being held Saturday morning as part of the P.E.I. Roadrunners Marathon schedule of events.

Dr. Don Mazer, of the Psychology Department at UPEI, will be conducting a session on the psychology of long distance running.

The session will be one of three topics to be covered at the clinic.

Dr. Douglas Macmichael, an orthopaedic specialist at the Polyclinic in Charlottetown, will discuss runner's injuries and their prevention. Dr. Macmichael, originally from Halifax, is currently in Charlottetown after a number

of years of practice.

The third speaker will be the director of the wall's Bob Jay, who will speak on the nutrition of health foods.

Mr. Jay is the proprietor of the Natural Harvest Count North River.

The clinic will be held from 10 a.m. to noon at the Basilica in Charlottetown.

The clinic is a free service for anyone interested in whether they should run a marathon. The mission fee is \$10.

Bill Ledwell

57 Islanders run tomorrow

One of the more interesting and astounding bits of statistical information about tomorrow's second P.E.I. Roadrunners Marathon is the fact that 57 runners from P.E.I. will be on the start line tomorrow at Cavendish—as many Islanders as Heinz varieties.

This is remarkable, because it is fair to say that only 10 or 15 years ago, when the ordinary 35-year-old Canadian had trouble walking one block to the bus stop, it would have been im-



possible to find "one" resident of this province capable of running 26 miles, 385 yards, without a couple of motel and bar stops along the way.

The popularity of physical fitness, with its accompanying jogging craze, has turned that round in dramatic fashion, to the point where we do have 57 Spud Islanders who have trained long and hard to prepare themselves for such a gruelling test.

We did have long-distance runners in this province in earlier years, but most of the distance races earlier in this century were limited to five and 10 miles. The marathon-runners were few and far between, people like Michael Thomas, John Paul, and a few others.

As of last night, tomorrow's marathon had 116 entries, which is a substantial increase over last year's starting field of 74, and that's an encouraging sign for the people who have carried this project to reality, notably Parker Lund, who discussed the possibility of this race several years ago, and helped bring it to fruition. The starting field will include about six women, 15 runners from the USA, our 57 Islanders, and about 35 from other provinces.

As might be expected, in this kind of event, the mere staging of it, and the fact that people have enough guts and endurance to start and finish, are the main elements. The matter of the overall winner, unlike other sporting events, is almost of secondary importance. All the runners have their personal goals, and the vast majority are not at all concerned about winning or beating someone else. In a sense, they are competing against themselves.

For the record, however, Dr. Tim Loftus, from Florida, may be the morning-line favorite, based on his previous best winning time of 2:28. The existing mark for the P.E.I. run, which is one of the tougher tests on the marathon circuit, was set one year ago when Cape Breton's Tom Olsen broke the tape on University Avenue, in front of the War Memorial, at 2:40:33.

Spaghetti and lasagna

According to Parker Lund, who has logged a lot of marathon miles in his career, most runners would have hit the pavement for about a half-hour's work yesterday, and another half-hour today "just to keep loose."

As far as diet is concerned, the marathoners will fuel up tonight at the traditional pre-race banquet on spaghetti and lasagna, which is the universal fare for distance runners on the night before. "They serve lasagna and spaghetti the night before the Boston Marathon, and we are doing the same here, because that's what the runners like," Lund explained.

After pigging out on the load of carbohydrates, the runners will sit and listen to Charlie Ballem, the guest speaker, who will aid digestion and set the scene with an outline of the history of distance running in this province, which dates back to the late years of the 19th Century.

Before going to Cavendish for the start tomorrow at noon, most runners will eat very lightly—cereal, toast, jam, honey, and liquids. No scrambled eggs and sausages at this time.

The runners will be hoping for moderate temperatures, about 20 Celsius, and hopefully a bit of a tail-wind, which means anything blowing from the north-west, or thereabouts, which is likely. Sunshine or overcast is not a factor, and high humidity will not be a problem at this time of year.

The course will be well supplied with medical support, with first-aid stations close at hand along the way, and officials feel this requirement is more than adequate. One year ago, all but five starters finished the course, and there were no serious

American Runner Heads Early Marathon Favorites

A 29-year-old doctor stationed at Homestead Air Force Base in Florida is the early favourite to win the P.E.I. Roadrunners Marathon on Sunday.

Dr. Tim Loftus has the best previous time for a marathon of the 110 entrants to date. He ran the Boston Marathon this year in a very impressive two hours 28 minutes.

The P.E.I. Roadrunners Marathon Cavendish to Charlottetown route is a tougher course due to its hills, but if Loftus can come close to his personal best he would break Tom Olsen's course record of 2:40:33.

Olsen, of Sydney Mines, Nova Scotia, had not officially entered but has indicated that he will be back to defend his title. If he does run, he will definitely have to be considered a threat to win.

There is also expected to be very stiff competition from several other runners who have personal best times of 2:38 to 2:45.

Gerard Campbell, of Glace Bay, is another Cape Bretoner who has a shot at winning. He has run a 2:38 in the tough Ben Buffett Marathon.

Bill Koehler of Anders Air Force Base in Maryland also has a 2:38 to his credit.

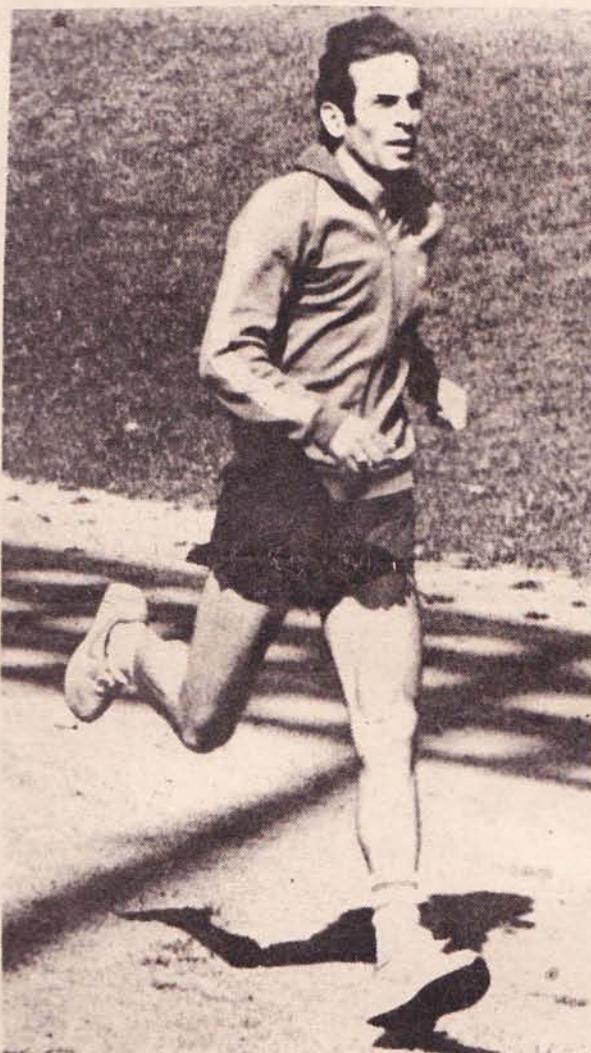
MAIN RUNNERS

Two runners from Maine, Deke Talbot and Stephen Dexter, have each posted a 2:41 and Thomas Egan of Rhode Island has had a 2:45.

Islanders who should finish near the top should include Charlottetown's Ewen Stewart, last year's top Island finisher in 2:47; Paul Wright of Bedeque who ran a 2:56 in the Johnny Miles Marathon this year, and Grand Prix points leader Roy Mason.

On the women's side, the race could be a two way battle between two Maine residents; Carol Roy of Bangor has a personal best of 3:19 coming into the race while Cindy Finlayson of Wolfesboro has a 3:11.

Top Island women runners include Monica and Wyna LePauze of St. Eleanors, Dale



SALEM HASHEM

Claybourne of Stanhope and Eleanor Farrington of New Glasgow.

The P.E.I. Roadrunners Marathon has attracted entries from four provinces and seven states.

The organizers are delighted with the number of Island en-

trants. To date, 56 Island residents have entered. That is a substantial increase over last year.

The P.E.I. Roadrunners Marathon is supported by Island businesses. The major sponsor is CBCT-FM in Charlottetown.

Entries Surpass 100 Mark For P.E.I. Roadrunners Marathon

The number of entries for the P.E.I. Roadrunners Marathon on Sunday has surpassed the 100 mark.

As of mid-week, there were 115 entries with 56 of those coming from Island runners.

Among those registered are Lawrence MacInnis of Goldsboro, Nova Scotia, who at 60 years of age is the oldest entrant. Eleven year old Adam Herring of Murray River, whose father Mike will also be running, is the youngest entrant.

The P.E.I. Roadrunners Marathon will begin at Cavendish at noon on Sunday and finish 26 miles 385 yards later in Ch'town at the foot of University Avenue.

Following is the entry list and the numbers the runners will be wearing (ages in brackets).

Spectators may wish to clip out this listing so that they can encourage runners by name on Sunday.

NOTE: All Island residents will be wearing numbers from 2 to 74.

ENTRY LIST

- No. 1. Thomas Olsen (26) of Sydney Mines, Nova Scotia.
 No. 2. Kenny Arsenault (17) of Summerside, P.E.I.
 No. 3. Larry Arsenault (26) of St. Eleanors, P.E.I.
 No. 4. Jake Baird (28) of Charlottetown, P.E.I.
 No. 5. Clare J. Birch (32) of Vernon Bridge, P.E.I.
 No. 6. Roy Boudreau (41) of Summerside, P.E.I.
 No. 7. Jim Bruce (37) of Charlottetown, P.E.I.
 No. 8. Ken Campbell (34) of North River, P.E.I.
 No. 9. Lorne Carmichael (25) of Mount Stewart RR No. 5, P.E.I.
 No. 10. Dale Claybourne (25) of Stanhope, P.E.I. (Female).
 No. 11. Guy Comeau (35) of Charlottetown, P.E.I.
 No. 12. David Darlington (38) of Charlottetown, P.E.I.
 No. 13. Calvin DesRoches (18) of Freetown, P.E.I.
 No. 14. Ronnie Drake (3) of Vernon Bridge, P.E.I.
 No. 15. Eleanor Farrington (40) of New Glasgow, P.E.I. (Female).
 No. 16. George Ferguson (27) of Murray River, P.E.I.
 No. 17. Paul Field (35) of Charlottetown, P.E.I.
 No. 18. H. Stewart Freeman (42) of North Granville, P.E.I.
 No. 19. Barry Gill (20) of Cornwall, P.E.I.
 No. 20. Ron Gillis (32) of Charlottetown, P.E.I.
 No. 21. Bob Gray (29) of Charlottetown, P.E.I.
 No. 22. Don Harley (30) of Charlottetown, P.E.I.
 No. 23. Salam Hashem (38) of Charlottetown, P.E.I.
 No. 24. Adam Herring (22) of Murray River, P.E.I. and No. 25. Mike Herring (33) of Murray River, P.E.I. (Father-Son Team).
 No. 26. Roger Scott Hewlett (20) of Slemon Park, P.E.I.
 No. 27. Frank Huston (36) of Sherwood, P.E.I.
 No. 28. Kenneth Jones (31) of Tignish RR 3, P.E.I.
 No. 29. Monica LaPointe (17) of St. Eleanors, P.E.I. and No. 30. Moya LaPointe (17) of St. Eleanors, P.E.I. (Twin Sisters).
 No. 31. Walter Lea (40) of Victoria, P.E.I.
 No. 32. Ninian N. LeBlanc (48) of Parkdale, P.E.I.
 No. 33. Parker Lund (42) of Charlottetown, P.E.I.
 No. 34. Ronnie Lund (11) of Mermaid, P.E.I.
 No. 35. Dave MacDougall (24) of Charlottetown, P.E.I.
 No. 36. John MacKenzie (36) of Summerside, P.E.I.
 No. 37. Ronnie MacKenzie (22) of Parkdale, P.E.I.
 No. 38. Carl C. MacLeod (33) of Miscouche, P.E.I.
 No. 39. Randy MacNeill (19) of Winsloe RR 2, P.E.I.
 No. 40. Mark McCosham (19) of Winsloe RR 2, P.E.I.
 No. 40. Mark McCosham (19) of Wood Islands, P.E.I.
 No. 41. Don Mazer (35) of Suffolk, P.E.I.
 No. 42. Brian McInnis (28) of Charlottetown, P.E.I.
 No. 43. Gerald E. Mitchell (38) of Charlottetown, P.E.I.
 No. 44. Lambert Pauley (37) of Belfast RR 1, P.E.I.
 No. 45. Carl Phillips (34) of Tyne Valley RR 1, P.E.I.
 No. 46. Don Pridmore (29) of Charlottetown, P.E.I.
 No. 47. Don S. Reeves (46) of Summerside, P.E.I.
 No. 48. William D. Sigsworth (25) of Cornwall, P.E.I.
 No. 49. Brian F. Smith (30) of Charlottetown, P.E.I.
 No. 50. Matthew Smith (29) of Charlottetown, P.E.I.
 No. 51. Verner Smitheram (39) of West Covehead, P.E.I.
 No. 52. James T. Spears (38) of Southport, P.E.I. and No. 53. Timmy Spears (12) of Southport, P.E.I. (Father - Son Team).
 No. 54. Ewen M. Stewart (47) of Charlottetown, P.E.I.
 No. 55. Calvin Wiley (36) of Summerside, P.E.I.
 No. 56. Ken Wilson (30) of Charlottetown, P.E.I.
 No. 57. Paul Wright (23) of Bedeque, P.E.I.
 No. 58. Jim Wyatt (37) of Long River, P.E.I.
 No. 75. Christopher Amirault (23) of Bridgewater, Nova Scotia.
 No. 76. Dennis Arpin (28) of Grand Falls, New Brunswick.
 No. 77. Gregory Barker (29) of Saint John, New Brunswick.
 No. 78. Brian Bishop (29) of Halifax, Nova Scotia.
 No. 79. Robert Booker (33) of Holden, Maine U.S.A.
 No. 80. Thomas C. Brooks (26) of Fredericton, New Brunswick.
 No. 81. James D. Brown (32) of Kingston, Ontario.
 No. 82. Guy Burneau (22) of Chatham, New Brunswick.
 No. 83. Larry Buhagiar (19) of Greenwood, Nova Scotia.
 No. 84. Gerard Campbell (34) of Glace Bay, Nova Scotia.
 No. 85. Stephen A. Dexter (22) of Waterville, Maine, U.S.A.
 No. 86. Garry Dick (41) of Pickering, Ontario.
 No. 87. C.J. Dockendorff (51) of Oromocto, New Brunswick.
 No. 88. Jeri Doucette (26) of Ingonish, Nova Scotia (Female).
 No. 89. Bruce Dow (36) of Riverview, New Brunswick.
 No. 90. Chris Dunfield (16) of Fredericton, New Brunswick.
 No. 91. Kevin R. Dyer (22) of Old Town, Maine, U.S.A.
 No. 92. Thomas Egan (34) of Cumberland, Rhode Island, U.S.A.
 No. 93. Danny Everett (20) of Slickney, New Brunswick.
 No. 94. Cindy Finlayson (33) of Wellesley, Maine, U.S.A. (Female).
 No. 95. Dan Finlayson (35) of Wellesley, Maine, U.S.A. (Husband - Wife).
 No. 96. M. Scott Guphill (26) of Moncton, New Brunswick.
 No. 97. George S. Hawkins (56) of Halifax, Nova Scotia.
 No. 98. Rick Hession (37) of Kingston, Ontario.
 No. 99. S.G. House (45) of Hartford, Connecticut, U.S.A.
 No. 100. Tom Hutchinson (39) of Ottawa, Ontario.
 No. 101. Peter Jennegren (17) of Halifax, Nova Scotia.
 No. 102. Ben Johns (44) of Dartmouth, Nova Scotia.
 No. 103. Eddie Kavanagh (40) of Mississauga, Ontario.
 No. 104. Steven Kemerythly (37) of McKean, Pennsylvania, U.S.A.
 No. 105. Bill Kaehler (25) of Andrews Air Force Base, Maryland, U.S.A.
 No. 106. Charles Henri Landry (38) of Pictou, Nova Scotia.
 No. 107. Paul Leroix (21) of Oromocto, New Brunswick.
 No. 108. Donald Lightfoot (46) of Wolfville, Nova Scotia.
 No. 109. Dr. Tim Loftus (29) of Homestead, A.F.B., Florida, U.S.A.
 No. 110. Cindy Lowry (30) of Bangor, Maine, U.S.A. (Female).
 No. 111. Brian D. MacDougall (20) of Glace Bay, Nova Scotia.
 No. 112. Alex MacEachern (34) of Waverley, Nova Scotia.
 No. 113. Lawrence MacInnis (40) of Goldsboro, Nova Scotia.
 No. 114. Fred B. McArthur (24) of Stellarton, Nova Scotia.
 No. 115. Peter McLearn (40) of Halifax, Nova Scotia.
 No. 116. Gary A. Mahar (30) of Halifax, Nova Scotia.
 No. 117. Eric G. Manuel (29) of Moncton, New Brunswick.
 No. 118. James V. Miccio (30) of Milford, Connecticut, U.S.A.
 No. 119. Rita Marie Monteith (32) of Fredericton, New Brunswick, (Female).
 No. 120. R. Terry Morris (23) of Dartmouth, Nova Scotia.
 No. 121. Christopher Newcombe (22) of Shelburne, Nova Scotia.
 No. 122. Tom D'Connell (27) of Halifax, Nova Scotia.
 No. 123. Myles John O'Toile (22) of Sydney Mines, Nova Scotia.
 No. 124. George Piccoli (29) of Wolfville, Nova Scotia.
 No. 125. Anthony Pilling (31) of Halifax, Nova Scotia.
 No. 126. Bill Roblee (31) of Lunenburg, Nova Scotia.
 No. 127. Carol Roy (31) of Bangor, Maine, U.S.A. (Female).
 No. 128. Douglas D. Smith (26) of Fredericton, New Brunswick.
 No. 129. Phillip J. Stuart (22) of Machias, Maine, U.S.A.
 No. 130. Deke Talbot (27) of Machias, Maine, U.S.A.
 No. 131. Dr. Matthew A. Vail (30) of Bridgewater, Nova Scotia.
 No. 132. John Weiler (35) of Halifax, Nova Scotia.
 No. 133. Gordon Young (32) of Pictou, Nova Scotia.

— Sunday —

Drive Carefully If You're On P.E.I. Marathon Route!

The Second Annual P.E.I. Roadrunners Marathon will be held this Sunday afternoon from Cavendish to downtown Charlottetown. Over 80 runners, from eastern Canada and the United States, will be participating.

During the race, the roads on which most of the marathon will take place will

remain open for public use. Main intersections will be patrolled by the R.C.M.P. and City of Charlottetown Police for the safety of the runners. A short section of University Avenue, south of Euston Street, will be closed off at 2:30 p.m.

The P.E.I. Roadrunners Club asks those who may be

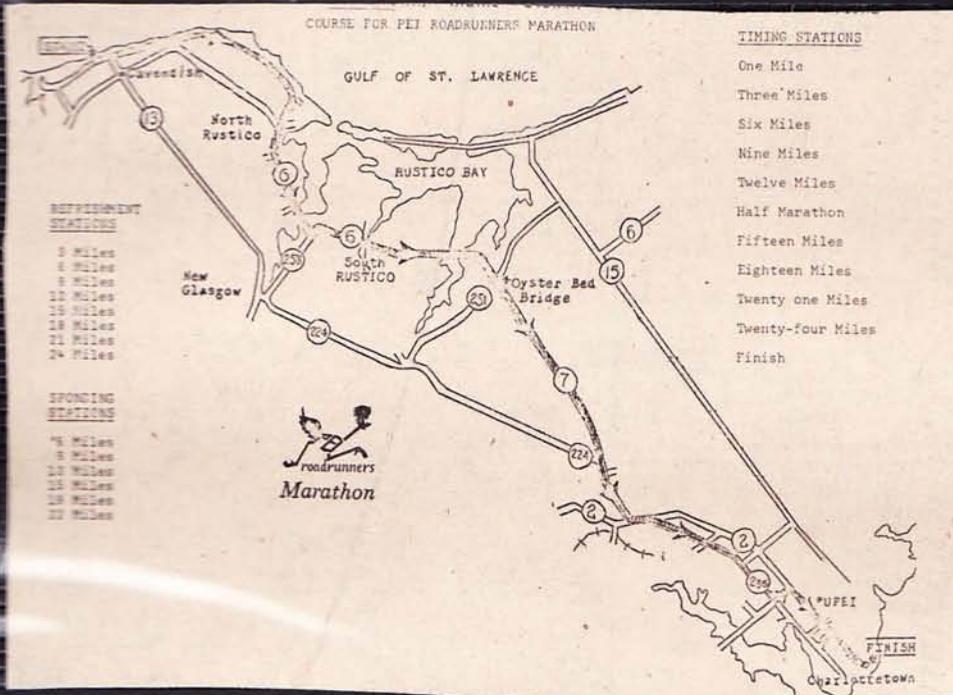
travelling along the marathon route on Sunday afternoon to keep a careful watch for the runners. Where possible, it is recommended that through traffic reach its destination by alternate routes.

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The major sponsor for the P.E.I. Roadrunners Marathon is CBCT-FM in Charlottetown.



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TAHO362 56 NL
CRT HAMILTON ONT 11
PARKER LUND
8 MAPLE ST CHARLOTTETOWN PEI (DELY PD)

SEP 80 14:07

BT
MAY I EXPRESS MY BEST WISHES TO THE PARTICIPANTS IN THE MARATHON RACE AND TO THE VOLUNTEERS WHO HAVE GIVEN SO MUCH OF THEIR TIME AND ENERGY TO MAKE THIS RACE POSSIBLE SUNDAY SEPTEMBER 14. SORRY I AM UNABLE TO BE WITH YOU. GOOD LUCK IN THE PROMOTION OF THIS GREAT EVENT. YOURS IN SPORTS
JOHNNY MILES