



**5TH ANNUAL**  
**PRINCE EDWARD ISLAND ROADRUNNERS**  
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**ISLAND MARATHON**  
**SUNDAY, SEPTEMBER 11, 1983**

# Why Do People Run Marathons?

CHARLOTTETOWN (IIS) — Why would anyone want to run 26 miles, 385 yards? As many as 100 runners could be attempting that Herculean task in the P.E.I. Roadrunners - CBCT-FM Island Marathon on Sunday, September 11. So why do they do it?

"To me, the marathon is the ultimate accomplishment in running," says Helen Flynn of Sherwood. "The marathon is a goal; everyone has a goal," summarized Gary Hilton of Bunbury. "The marathon is the graduation day of running. It gives you membership in a new club — the marathon runner," mused Carl Cooper of West Royalty.

Each of these three runners will be attempting their first marathon in this year's Island Marathon. None have visions of winning and none expect to receive any great notoriety out of it. Yet they are ready to put themselves through one of the most physically demanding experiences of their lives. And looking forward to it!

For Helen Flynn, the marathon is the ultimate in a series of goals she had for running. The 35-year-old started running in early 1982 with a group of fellow employees at the Sleepy Hollow Correctional Centre. The group wanted an exercise activity to help lose weight and become more fit. In order to give herself something to work toward, she went in a two-mile race. That accomplished, she aimed at other longer races until she finally decided to tackle the marathon.

## FOUND MESSAGE

Over the summer, she has been training about 40 miles a week and cycling 12 miles a day to and from work. Still, she is concerned about making the marathon distance. "I'll find out on the 11th," she said. Prior to running, she had not been involved in any

sports activities. "I think there's a message there for women in their 30s with children, that yes, you can do something in sports," she added.

Gary Hilton, 32, also started running in the spring of 1982 and has progressed through longer and longer races. "To run a marathon is something that you just can't do without a lot of work," he said.

Although he had previously been active in team sports, he looked upon running as a different kind of athletic venture. "I thought it would be a nice change to depend on just myself, rather than five other guys," he said. "Running a marathon," he added, "provides a strong individual sense of accomplishment. Hilton, who has lost 30 pounds over the past year and a half, has been putting in up to 80 miles of training a week to get ready for the marathon.

Like the others, Carl Cooper started running as a way to recapture a degree of physical fitness that middle age had taken away.

## ALSO SOCIAL ASPECT

The 40-year-old West Royalty resident said that two years ago marathoning was a goal that just wasn't possible, given his level of fitness. He said he viewed marathoners at that time as being members of a different kind of club, a club that he soon became determined to gain entry to.

"There's also the social aspect to running. You become a part of a group," he said.

Although each of the three runners have certain times in mind that they would like to achieve for the marathon, they agree that for the first time marathoner, the biggest goal of all is to complete the distance.

Once they beat the challenge, they too will become members of a very special society of athletes — marathoners.

## Bob Gray

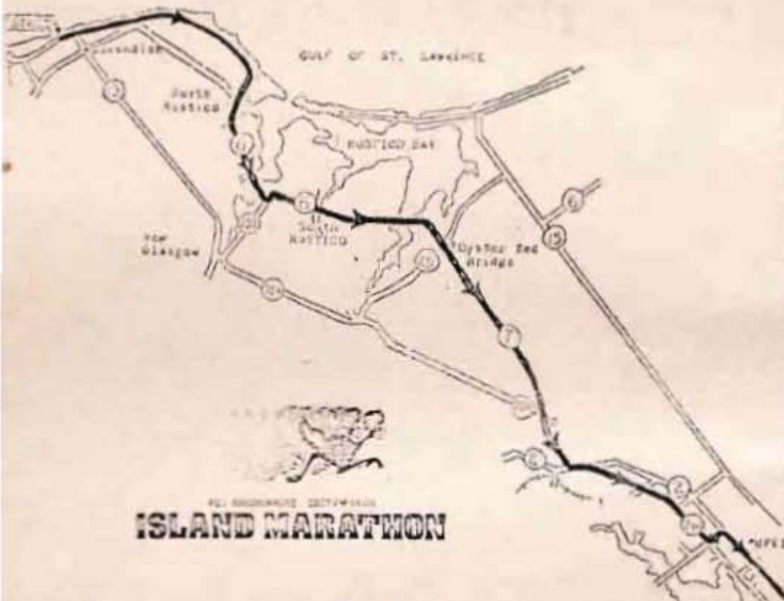


## Fever Striking Many Top Marathoner Will Visit

One of Canada's top marathoners will be very active in the 1983 P.E.I. Roadrunners/CBCT-FM Island Marathon, which will be run Sunday. Mike Dyon of Toronto, winner of the 1981 and 1982 Canadian Marathon championship titles, will be here on the weekend conducting a runners' clinic and speaking at the marathon banquet Saturday night. Dyon, who holds a personal marathon best time of 2:14:28 (that's flying, friends! will not be running the marathon. Brian McInnis says it's because he's afraid he'll get beat, but Don Pridmore (who knows better) says Dyon is coming for a vacation on the Island after a rough summer of running in top international competition.

The clinic conducted by Dyon, who is a representative of Brooks running wear goods in Canada, will be held at the West Royalty Fitness Centre (The Spa) on Saturday from one to three p.m. It is open to the public. There are still some tickets available for the banquet on Saturday night at the Idle Oars restaurant in North Rustico, and they can be reserved by calling Rosemary Faulkner in Southport.

The fact that one of the big functions of the weekend is being held in Rustico is only fair, because that town is certainly the highlight of the marathon course. The Rustico residents make a big thing of the race, and are out no matter what the weather with their noisemakers and cheery smiles and waves to inspire the runners. It's quite a treat for a runner on the Island to come around a corner or over a hill to a big cheer from a large crowd, and it comes in handy to know that people care (particularly when there are still 20 miles to go). The Island marathon course is one of the toughest in Canada, and every little bit of enthusiasm helps a great deal.



## ISLAND MARATHON

ROUTE FOR THE ISLAND MARATHON SUNDAY

### ISLAND MARATHON REPORT

# Defending Champ Loftus Appears Runner To Beat

Tim Loftus, defending champion of the P.E.I. Roadrunners/CBCT-FM Island Marathon appears to be the runner to beat in this Sunday's Cavendish to Charlottetown marathon run.

Loftus' personal best time of 2 hours, 21 minutes, 47 seconds is well ahead of that of any other registered runner. Loftus holds the Island Marathon course record of 2:12:36 and may be able to better that if the weather conditions are cool and cloudy.

But all marathons have an element of the unknown and no victory is assured until it is earned.

Any one of up to a dozen registered runners could come through with a big day and emerge victorious. Then too, there could be late entries that could reduce a contender. Last year's second place finisher, Bob Legge, registered only an hour before the race.

Based on current entries, the two runners who should give Loftus his best test are former Islander Ray Axworthy, 46, of Islington, Ontario and Bedeque five Paul Wright, winner of three Island races this summer. Axworthy has a 1:39 personal best and Wright seems set to improve on the 2:30 he ran in the Island Marathon in 1980. Al Normansky of Burlington, Ontario has 1:47 to his credit and could also pull an upset.

Several other runners, including Ewen Stewart of Charlottetown (2:47) and Mel Cowgill of Pennsylvania

(2:53), Ron Bellemar of Dartmouth (2:55), Stew Freeman of North Granville (2:57), Andrew Hutcheson of Alberta (2:57), Stephen Anderson of New Jersey (2:57) and William Loomis of Vermont (2:58) should also be vying for top spots.

The women's competitions, meanwhile, could be a battle of first time marathoners. Four of the five registered women will be running their first marathon.

Lea Roberts of Moncton, winner of the Tyne Valley 20 mile run, appears to be in a strong position to win but should get some close competition from Helen Flynn of Sherwood and Ena MacPherson of Halifax. Eleanor Freeman, a regular Island Marathon entrant, will also be running as well as Deborah Allen of Halifax.

One of the more interesting divisions to watch for is the male Masters category (age over 40). Ewen Stewart has won that division in each of the first four years of the Island Marathon, but the competition should be formidable this year.

Island Masters Stew Freeman and Salam Hashem, who has had a very strong summer season, should be in a good position to challenge Stewart's supremacy record as should Americans Stephen Anderson and Mel Cowgill.

An unknown factor in the race are the first time marathoners. Twenty-two of the fifty-three entrants as at September 7th are running their first marathon.

