



## ISLAND MARATHON

# *Big Hills Defy Runners*

As if running 26 miles, 385 yards isn't challenge enough, the entrants for this Sunday's P.E.I. Roadrunners/CBCT-FM Island Marathon will also find themselves contesting with one of the hilliest marathon courses around.

The scenic Cavendish to Charlottetown route includes such sights as the National Park beaches, gulf inlets, quiet countryside and picturesque views but it also includes such strains to the legs as eight major hills.

While marathon runners like flat, fast courses, the Island marathon route has its advantages. Surprisingly, many runners recorded personal best times during the first two years of the Island Marathon. Times slowed somewhat the past two years, but that was due more to the unseasonably hot weather.

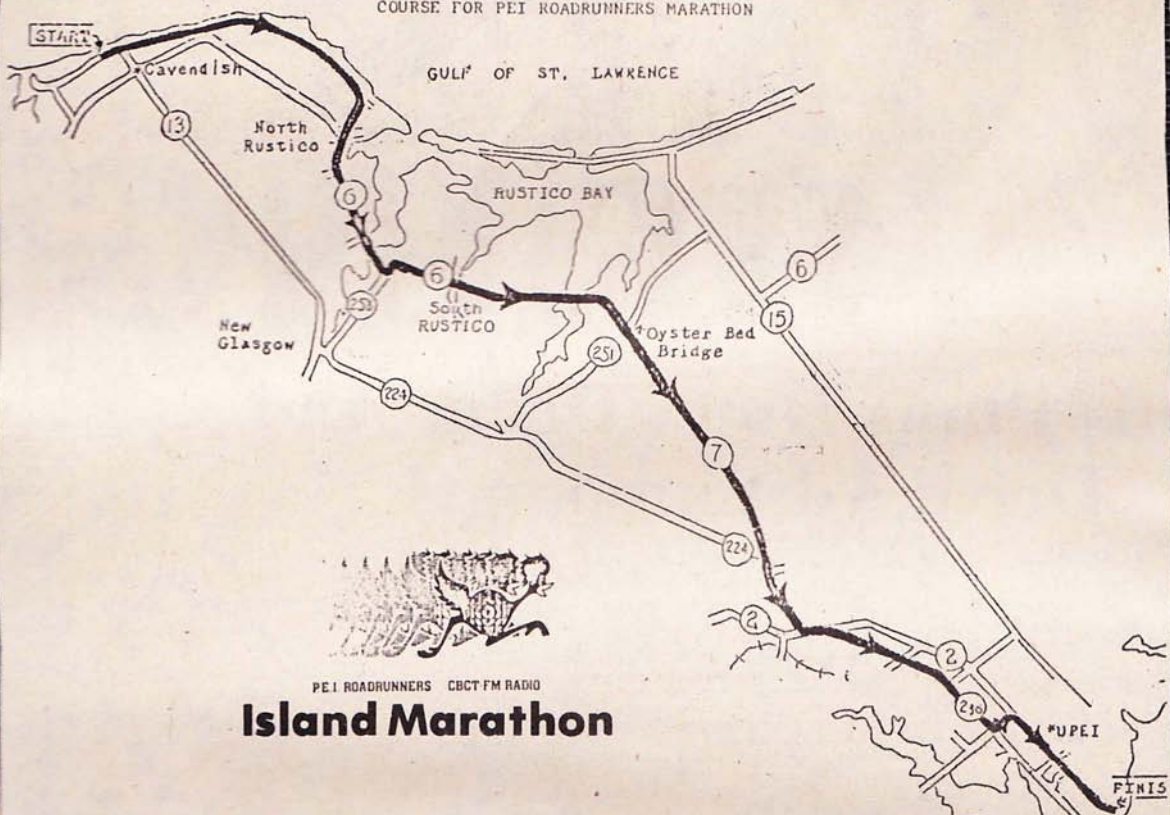
The hills on the course range from short

and steep, such as that after leaving the National Park and heading into North Rustico, to long gradual climbs, such as the three mile section between Oyster Bed Bridge and North Milton.

One of the most crucial spots on the course occurs just after the 20 mile mark as the runners turn onto the Lower Malpeque Road in Milton. This is the point where runners often 'hit the wall.' Yet they face an uphill section that lasts a mile and a half. The Malpeque hill is known as heartbreak hill for many runners.

The 75 runners expected in the run welcome encouragement and support and the public are urged to come out and cheer the runners on. The race starts at noon in Cavendish and the first runner should cross the line about 2:30 at the end of University Avenue.

COURSE FOR PEI ROADRUNNERS MARATHON



PEI ROADRUNNERS CBCT FM RADIO

## Island Marathon

### One Of Most Hilly Courses Around

As if running 26 miles, 385 yards isn't challenge enough, the entrants for this Sunday's (September 11) P.E.I. Roadrunners-CBCT-FM Island Marathon will also find themselves contesting with one of the most hilly marathon courses around.

The scenic Cavendish to Charlottetown route includes such feasts to the eyes as the National Park beaches, gulf inlets, quiet countryside and picturesque views, but it also includes such strains to the legs as eight major hills.

While marathon runners usually like flat, fast courses, the Island Marathon route has its advantages. Like beating a formidable opponent, a successful marathon in P.E.I. savors the event all the more.

Surprisingly, many runners recorded personal best times during the first two years of the Island Marathon. Times slowed somewhat in the past two years, but that was due more to the unseasonably hot weather.

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One of the most crucial spots on the course occurs just after the 20-mile mark as the runners turn onto the Lower Malpeque Road in Milton. This is the point where runners often "hit the wall". Yet

they face an uphill section that lasts a mile and a half.

The Boston Marathon may be known for its 'Heartbreak Hill' near the 20-mile mark, but 'Heartbreak' isn't nearly as long as the Malpeque Hill.

Runners facing such a challenging test need all the encouragement and support they can get. The P.E.I. Roadrunners Club invites the public to come out and cheer the runners on, especially on the hills. It might just get them over the top.

# World-class runner Dyon falls short of record mark

BY GARTH HURLEY AND BILL MCGUIRE

Conditions were almost perfect for a record breaking race — a cloudy day with cool temperatures, a world-class runner plus the record-setter at the starting line ready to attack the gruelling course.

But the runners in the fifth annual P.E.I. Roadrunners-CBCT FM Radio Island Marathon would end up fighting an invisible opponent, a 20 to 30 kilometer head-wind.

Mike Dyon of Rexdale, Ont., a member of the 1983 Canadian Pan-American team, won the race in 2:35.38, almost three minutes behind the record breaking time of second-place finisher and defending champion Tim Loftus of Florida.

The new race mark eluded Dyon and the wind was the biggest factor.

"This is one of toughest, if not the toughest marathons I've entered," said Dyon who blamed the strong winds for himself not setting a new Island Marathon mark.

The winner said his tendon, which forced him out of the Pan-Am Games marathon, was a little sore but he had no major problems. Dyon was here on business the past three weeks as he is president of Brooks Shoes of Canada Ltd. and decided to enter the marathon last week.

He said he took over the lead at the seven mile mark and figured that Loftus would be the runner to beat. "I wanted to break him early."



**TIM LOFTUS**

year in 1981, won the Canadian Marathon in 1981 and 1982 and ran in the marathon in the Commonwealth Games last year in Brisbane, finishing 9th. He has won the National Capital Marathon in Ottawa three times and plans on running on the Island next year in the National 20 km run.

**LARGE CROWD**

He was greeted by loud applause and cheers at the finish line on University Avenue by a large crowd of fans who lined both sides of the street to welcome home the runners.

"The head-wind was tremendous from start to finish," said Loftus, who finished almost seven minutes behind Dyon. "It was an effort to even go downhill."

The top Island runner and fourth overall was 26-year-old Paul Wright of Bedeque with a time of 2:55.12. Twenty-three-year-old Marlene Cos-

tain of Charlottetown continued her battering of this year's marathons finishing first, 32nd overall, in the female division with a time of 3:39.35.

Loftus said when he first heard that Dyon entered the race, he thought his record time would be broken. Dyon has a personal best record time of 2:14.28 set last year in Montreal.

"He's a runner by trade," said the Florida doctor, who doesn't race full time and has a personal best mark of 2:22.

The defending champion trailed the winner by two to three miles for most of the race, after Dyon broke from a pack of five leading runners after the 10 kilometer mark.

Loftus said he thought this year's field of 80 runners was stronger than last year's, but added "having a Canadian champion in the field is always a boost".

Loftus, who has been running for seven years, said the Island event is a warm-up for the New York City Marathon next month.

"I really like the course."

**FIFTH TITLE**

Ewen Stewart of Charlottetown captured his fifth straight Master Division title with a time of 3:08.26. He finished 13th overall.

The 50-year-old runner said blaming his slower than average time on the wind would not be right, but being ill-prepared for the race would be more correct.

"I didn't prepare myself enough for the race," said Stewart, who completed his 20th mar-



**MIKE DYON** of Rexdale, Ont., claims the winning trophy from Jesse Clarey, representing CBCT-FM Radio, after his first place finish in the 11th annual P.E.I. Roadrunners-CBCT FM Radio Island Marathon Sunday. Dyon completed the course in 2:35.38, falling short of the record time set by second-place finisher Tim Loftus last year.

(PHOTO BY BRIAN MCININIS)

athon. A back-injury forced him to stop running for two weeks early in August and that break hampered his performance Sunday.

"The masters was quite strong this year, and I wasn't sure if I could win it."

He said he was quite dehydrated near the end of the race, which caused a problem with his performance.

The master's winner, who competed in this year's Boston Marathon, said he will enter this weekend's 10-kilometer Terry Fox Run.

When Helen Flynn of Sherwood entered the marathon she didn't

know what to expect, nor how to tackle the course.

But assistance from a veteran runner proved beneficial as she captured the Female Master's Division (35 and over) title with a time of 4:02.31.

**ULTIMATE RUN**

"If it wasn't for Don (Harley) my time would have been slower," she said.

Flynn said she entered the race because "people told me I could do it" and "for the challenge of it".

"The marathon is the ultimate run," said the exhausted runner following the race.

"I wanted to see if I

could finish the course."

Flynn, who has only been running for only nearly a year, said she found the marathon extremely demanding physically.

"You really got to save yourself for the last five or six miles."

And to top it off, the strong wind didn't help either.

"The wind was a real nuisance."

She said there definitely will be no more marathons for her in the near future, but she will enter the upcoming Alice Faye three-kilometer run.

The P.E.I. team lost their team title to Nova

Scotia. Island runners have won the division two years in a row.

The following are the top five finishers: 1. Mike Dyon, Rexdale, Ont., 2:35.38; 2. Tim Loftus, Maranra, Florida, 2:42.58; 3. Jamie Thompson, Antigonish, N.S., 2:54.54; 4. Paul Wright, Bedeque, 2:55.12; 5. Wayne Gerrior, New Glasgow, N.S., 2:59.50.

Top three female finishers: 1. Marlene Costain, Charlottetown, 3:39.35; 2. Margaret MacDonald, Charlottetown, 3:53.32; 3. Helen Flynn, Sherwood, 4:02.31.

Top county finishers: Kings County- Lambert Pauley, Belfast, 4:07.56; Queens County- Peter Kitlsen, Clinton, 3:07.27; Prince County- Paul Wright, Bedeque, 2:55.12.

Men 20 and under: 1. Ronnie Lund, Mermaid, 4:25.57.

Men 21-29: 1. Mike Dyon, Rexdale, Ont., 2:35.38; 2. Jamie Thompson, Antigonish, N.S., 2:54.54; 3. Paul Wright, Bedeque, P.E.I., 2:55.12.

Men 30-39: 1. Tim Loftus, Naranja, Fla., 2:42.58; 2. Wayne Gerrior, New Glasgow, N.S., 2:59.50; Ray Axworthy, Islington, Ont., 3:00.26.

Men 40-49: 1. Stew Freeman, North Granville, P.E.I., 3:14.43; 2. Mel Cowgill, Murrysville, Penn., 3:24.50; 3. Carl Cooper, Charlottetown, 3:30.12.

Men 50 and over: 1. Ewen Stewart, Charlottetown, 3:08.26; Curtis Faulkner, Truro, N.S., 3:37.30.

Women 21-29: 1. Marlene Costain, Charlottetown, 3:39.35; 2. Renee Walker, Halifax, N.S., 4:06.02.

Women 27-34: 1. Margaret MacDonald, Charlottetown, 3:53.32; 2. Juliann Russell, Franklin, Maine, 4:36.27.

Women 35 and over: 1. Helen Flynn, Sherwood, 4:02.31; Eleanor Freeman, N. Granville, 4:55.31.

Fastest first-time marathoner: Mike O'Neill, London, Ont., 3:02.12.

Most Improved Runner: Al Swin, Lunenburg, 3:33.12 (improved 30 minutes from last year).

Masters Award (Men 35 and over): Ewen Stewart, Charlottetown, 3:08.26.

Masters Award (Women 35 and over): Helen Flynn, Sherwood, 4:02.31.

Team Award: 1. Nova Scotia, 36 points (Jamie Thompson 3rd, Wayne Gerrior 5th, Richard Richard 8th, Justin MacDonald 9th, Reid A. McClaire 10th); 2. Ontario, 44pts.

# Winds Slow Runners; Dyon Misses Record

BY GARTH HURLEY  
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