

RESULTS OF DUNK RIVER RUN, NOVEMBER 18, 1978

Women Under 25

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Suzanne Schmidt	30	1	59:09
Belinda Cummings	42	2	75:55

Women Over 25

Kay Lund	35	1	59:41
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Men Under 20

Mike Armitage	2	1	42:38
Andrew VanWiechen	4	2	43:08
Roy Mason	9	3	46:32
Rob Price	15	4	49:53
Robert Postma	20	5	51:28
Stuart Richardson	21	6	52:19
Rodney Dempsey	24	7	54:18
Todd Drummond	38	8	63:25
Lee Blunston	39	9	71:38
Chris Head	41	10	75:08

Men 20-29

Joe Lehmann	1	1	40:42
Ed Fraser	3	2	42:60
Paul Wright	8	3	44:19
Don Pridmore	11	4	47:57
Jake Baird	18	5	50:32
Ron Clarke	31	6	59:14
Ernie Maidment	32	7	59:32
Stewart MacDonald	34	8	59:41
Jean Guy Caron	36	9	60:10

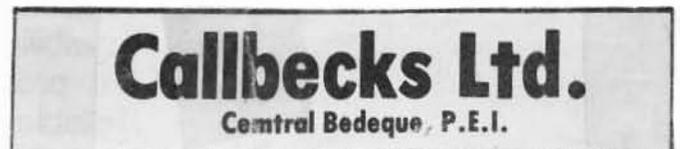
Men 30-39

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Gary Andrus	5	1	43:23
Lawrence McLagan	7	2	43:56
Dick Hartnett	10	3	47:12
Lance Miron	12	4	48:17
Carl Phillips	13	5	49:02
Ron Bellemare	17	6	50:27
Colin Peverly	22	7	53:23
Carl MacLeod	23	8	53:34
Don Walters	27	9	55:32
Paul Hickey	28	10	56:40
Earl Proude	29	11	58:48
Jim Bruce	31	12	59:14

Men Over 40

Ewen Stewart	6	1	43:33
Parker Lund	14	2	49:08
Rex Young	16	3	50:17
Don Reeves	19	4	50:38
Earl Wilkins	25	5	54:51
Frank Tucker	26	6	55:20
Charlie Brown	33	7	59:39
Bill Cummings	40	8	72:48

Special thanks to Bill Callbeck, Race Sponsor; Paul Wright, Race Co-ordinator; and to the residents of the Dunk River Area who acted as Race Officials.



FUN RUNS - YEAR ONE

At the conclusion of the first Fun Run of the year the reporters wanted to know who had won. They didn't quite know what to make of the response that "everyone did". Yet, probably the most important story about this year's Fun Runs was that virtually everybody who participated was a winner. They may not have been the first to cross the finish line, but they did set personal best times at many different distances, felt the challenge of racing against their own age group time standards, and attained a degree of recognition as they earned certificates for their achievements.

We have now come to the end of the first year of Fun Runs. From their beginning on May 20, they continued every second Saturday morning at Charlottetown's Victoria Park until November. At each meet, three races, at distances measuring from one quarter mile to six miles, were staged. Each race participant was awarded a certificate, the colour of which was determined by the runner's time as compared against established standards for that runner's age and sex. Altogether, fourteen Fun Runs were held during the 1978 season.

Generally, the runs were well attended, with up to twenty runners for many meets, although the number of competitors did drop off after the summer. Most participants were from the Charlottetown area, though occasionally runners dropped in from Summerside, Montague and other Island and off-Island localities. The runs even took on an international status when holidayers from California stopped by to pick up a few gold certificates. The runners came in all shapes, sizes and ages. Some were experienced runners, some were attempting "comebacks", remembering fondly their past championships, while some were racing for the first time. White certificates, given to a fair number of runners at the first few runs, soon made only rare appearances as greens, reds, blues, and even golds, began to become the more commonly awarded colours. Perhaps the most encouraging note, though, was that most participants just plained enjoyed the runs. Some, by way of their regular attendance at the runs, were even heard to be papering their walls at home with Fun Runs certificates.

Mid-way during the year, an important ingredient was added to the Fun Runs menu. Instructional sessions, ranging in time from 15 to 25+ minutes, were added to the regular runs. The sessions were presided over by volunteer guest speakers with very valuable experience in various aspects of running competition. Unfailingly, the sessions proved to be both informative and practical. The schedule for the instructional sessions was as follows:

July	15	Freeman Churchill	-----	Warm-ups
July	29	Jo-Anne MacLean	-----	Diet
August	12	Gary Andrus Ewen Stewart	-----	Shoes
August	26	Parker Lund	-----	Training Tips
September	9	Gary Andrus	-----	Cross Country Running
September	23	Lee Forbes	-----	Children and Running
October	7	Dr. Don Taylor	-----	Injuries
October	21	Ewen Stewart	-----	Cold Weather Running

On behalf of the runners, and the Fun Runs Committee, we would like to thank, once again, each of our guest speakers for the fine jobs they did on these sessions.

If this year has provided a good start in introducing Fun Runs to the Island, then the coming year will hopefully build toward continued success. There are a number of ideas that have been put forward to help make the runs more interesting and fun. We could, for example, develop special awards to recognize consistency and improvement in our runners. Special runs could be held in different locations. Community groups could be invited to join in for specially organized runs. The instructional session could be expanded.

In preparing for next year, we would like to hear from you on ideas or suggestions that you might have for the runs. We will certainly be glad, as well, to accept a helping hand from anyone wishing to help with next year's programme.

As a final work, we would like to extend our sincere thanks to each of the other members of the Fun Runs Committee (Ken Ozmon, Joyce Burnett, Don Harley and Parker Lund), to Runners World Magazine, who help sponsor runs like this throughout the continent, and to all of you who participated in the runs. Without these enthusiastic people there would have been a lot less fun this year for runners on Saturday mornings.

Ewen Stewart

Don Pridmore

Co-Chairmen, Fun Runs Committee

#### NEW BRUNSWICK GOAL BALL TEAM DISPLAYS WHY THEY'RE NUMBER ONE

The New Brunswick Goal Ball Champions showed why they are ranked as the top team in the nation by going unbeaten to capture the first P.E.I. Invitational Goal Ball Tournament held on December 2 and 3 at Birchwood High School.

New Brunswick won in their red division on Saturday by beating St. Eleanors Lions 6-1, McSundaes 4-1, and getting by a surprisingly tough P.E.I. Roadrunners 7-3. St. Eleanors Lions took second spot with 5-1 and 4-2 victories over the McSundaes and Roadrunners respectively.

In blue division play Saturday, Nova Scotia took the top spot with victories over Newfoundland, McFries and McMuffins. Newfoundland walked over McMuffins with a 9-0 victory. St. Eleanors played good positional goal ball on Sunday, December 3, by beating the blue division champs, Nova Scotia, in a well-played game, 2-1. Meanwhile, New Brunswick rallied with two goals in the last minute and forty seconds to steal a 3-2 win from Newfoundland. The bronze medal game saw Nova Scotia escape with the honors in an overtime thriller with Newfoundland. The final score was 3-2.

The championship game featured New Brunswick and St. Eleanors Lions. New Brunswick proved to be too strong and won the game 6-0.

The following are the final standings in the divisions and championship round:

BLUE DIVISION: Nova Scotia 3-0; Newfoundland 2-1; McMuffins 1-2; McFries 0-3.

RED DIVISION: New Brunswick 3-0; St. Eleanors 2-1; PEI Roadrunners 1-2; McSundaes 0-3.

CHAMPIONSHIP: New Brunswick 2-0; St. Eleanors 1-1; Nova Scotia 1-1; Newfoundland 0-2.

When you're number two, three . . . you try harder!

The P.E.I. Roadrunners didn't make it to the finals in the Goal Ball Tournament but they proved to be a very big surprise to the New Brunswick National Team. The Roadrunners were without the help of five regular players from the team during the tournament. They played with two regulars, Sterling Boulter (center) and Ed Fraser (wing). On the day of the tournament, the Roadrunners played with help from Jake Baird and Herbie MacIntyre, members of the Roadrunners Club. They lost the first game to St. Eleanors Lions 5-1. The next game saw the Roadrunners defeat the McSundaes 5-2. To advance to the finals, the Roadrunners had to beat the New Brunswick National Champions. At one point in the game, the Roadrunners were leading the New Brunswick team by a score of 2-0 but were behind 4-2 at the half. The score was narrowed to 4-3. New Brunswick rallied and made it 5-3. With less than two minutes remaining in the game, the Roadrunners big center, Sterling Boulter, was injured and had to be taken out of the game. The New Brunswick team won the game 7-3.

The biggest surprise to everyone was the fact that the two players the Roadrunners picked up for the tournament, Jake Baird and Herbie MacIntyre, was that these two fellows had never played the game of goal ball before. They certainly gave 100 percent effort and deserve a lot of credit.

The Tournament was a great success and Frank MacIntyre, organizer for the Goal Ball Tournament, did a great job in putting it all together.

## ROADRUNNERS RECEIVE NATIONAL RECOGNITION

Jim Honsberger is the P.E.I. Representative on the Canadian Association for Health, Physical Education and Recreation (C.A.H.P.E.R.). Jim paid tribute to the P.E.I. Roadrunners Club in his recent semi-annual report to the C.A.H.P.E.R. Board of Directors. He identified the Roadrunners as the group who are presently doing the most to promote fitness and participation on the Island. We should take pride that our endeavours to promote the sport of running are being recognized by groups such as C.A.H.P.E.R.

The following is the excerpt from Mr. Honsberger's report that relates to the Roadrunners Club.

### FITNESS

In October of this year, the P.E.I. Roadrunners celebrated their first year of operation. The Roadrunners are a club dedicated to the promotion of fitness and fun through running. During their first year of operation, this organization (total membership in excess of 350) sponsored eight road races in the province. As well, "Fun Runs" are sponsored and promoted by the club. These "Fun Runs" are recreational runs that take place every second weekend where the participants range in age from 6-60 and average at 45 participants.

The P.E.I. Roadrunners have done a great deal to promote recreation and fitness in the province during the past year and seem destined as a force in the promotion of fitness in the years to come.

## Stewart Given Salute For Season Performance

Sport P.E.I. public relations committee chairman Paul H. Schurman announced Wednesday that Ewen Stewart of Charlottetown is the first winner of the Salute of the Season' award.

The 45-year-old member of the P.E.I. Roadrunners Club, and incidently Roadrunner of the Year, was chosen over a number of other deserving candidates submitted by member sport bodies.

Ewen capped off a highly successful season with his third marathon run of the year on Oct. 8 at the Atlantic Championships in Oromocto, New Brunswick. He was entered in the half marathon consisting of a 13-mile, 192-yard course. He finished fourth out of a field of 20 in a time of 82:03, but that wasn't enough. Ewen didn't feel like stopping at the finish line so he went on to complete the full marathon in his fastest time ever, 2 hours, 47 minutes, 24 seconds. Although the time was unofficial because he had only

entered the half marathon, Stewart finished second out of 20 runners.

Other achievements by the winner during the fall season were:

A first place finish in the master's division of the Canadian National Marathon Championships in New Glasgow, Nova Scotia on Sept. 17. Overall he finished 21st out of a field of 90 in a time of 2:51:37.

A first in the master's division of the 7.8 mile Joseph Howe Road Race at Halifax Oct. 1 in a time of 46:45. In this event he was 13th out of 73 overall.

In the 8000 metre Halifax Cross Country Tartan Club Invitational, Ewen placed 15th out of 25 in a time of 31:27. There was no master's division, so he entered the senior's division.

These events cover only the fall season for which this salute is made. However Stewart at 45 years of age, participated in numerous other races throughout the year with outstanding success.

# Running Commentary

-7-

by Joe Henderson

I am on the side of life's tortoises because I am one of them. We are the slow ones, and we may not be the fastest—but at least we'll be here after the fast-starting hares have dropped out.

I also say that the big victories aren't ever permanent. The sadder people I know are those who've won prizes and acclaim for a few moments, lost them, then spend the rest of their days trying to relive those moments.

The times, they have changed. There was only one definition of victory while I was growing up in the sport. That was the same one as used in other sports: Each contest had one winner; everyone else lost.

In 1965, a coach lectured me that "second place ain't worth a damn." He said that unless I won or was insulted by anything less, I shouldn't be racing.

Using his definition, I should have quit running a long time ago. I was a loser by his terms, since I only finished first in a few minor events and remember even fewer disappointments at not being out front.

Yet I'm a survivor in the sport, and one of the reasons is that long ago I redefined "victory" in more personal and sensible terms. I decided to measure *myself* against *myself* instead of against a world of runners or arbitrary standards. I decided the only person who could beat me was me.

Since then, I've still won some and lost some. And only later have I been able to tell which was which. The final score usually doesn't come in until long after the event is over.

Since the times have changed for me, and I've never thought of myself as a unique runner, lots of other people must have changed their thinking about victory and defeat, too. Otherwise, running wouldn't be growing as fast as it is, because chronic losers either don't start or stop early.

For them and myself, I list what I sense are the new definitions of winning and losing. Few of them have any resemblance to the ones I heard in the locker rooms of the 1950s and '60s.

1. Winning is realizing you already have won by being in the running. You may not finish ahead of many other runners, but you already have beaten the much bigger pack of people who

choose to move on wheels instead of on foot.

Losing is not starting, but being content to talk about what might be, or what might have been if . . .

2. Winning is finishing the distance you set for yourself, however humble it might be. Speed is a gift your parents either gave you or couldn't. You had little to say about it, so the time you take to run your distance doesn't say much about your spirit. But endurance and persistence are qualities that are largely trained and learned. Finishing is a victory of strong spirit over weak flesh.

Losing is dropping out for no other reason than a weak will. Quitting in the face of actual or potential injury is wisdom, but giving up to moderate inconvenience or mild discomfort is defeat.

3. Winning is measuring yourself against yourself. It is learning to take pride in your improvements, no matter how small. Later, it is taking pleasure in more subtle measures of victory which have little to do with time and place.

Losing is matching yourself against everyone else who runs. This is self-defeating, because few people ever win this way and those who do don't keep it up very long.

4. Winning is counting the number of runners ahead of you and recognizing your relative ability. You look up to them for advice and inspiration without viewing them with feelings of envy or inferiority.

Losing is being intimidated out of the sport by those ahead of you or counting as inferior anyone who comes in later.

5. Winning is working with other runners so all of your results are better than any of you could have gotten alone. It is in one sense selfish; you use someone to raise yourself. But it is constructive competition in the sense that it can lift everyone.

Losing is cutting someone else down so you can look taller. It is interfering in any way, physically or psychologically, with another runner's progress.

6. Winning is accepting results as they come, knowing that an occasional bad run will come even to those of us who look at competition this way.

These runs are important contrasts to help you appreciate the good ones.

Losing is choosing to ignore the real results and to quote exaggerated ones instead. It is calling a 9½-mile course "about 10 miles," or calling a time of 59:59 "in the mid-50s."

7. Winning is learning from your bad experiences. They often teach better than the good ones, because they force you to look for relief. I'm not saying you should intentionally make mistakes so you can learn from them; enough will happen automatically. Turn a minus into a plus when they do.

Losing is refusing to accept failure as a teacher or to examine the reasons for failing.

8. Winning is standing on the shoulders of the giants. It is absorbing the written and spoken lessons of people who've run before, instead of using up an entire career resolving by trial and error the puzzles that already have been solved.

Losing is refusing to share with others your solutions to running puzzles or claiming someone else's solutions as your own.

9. Winning is continuing to run after fate has decided that you are past your prime and will never again break a personal record. It is going on when there are no races left to do.

Losing is setting goals you either can't reach or can too easily. Goals are stopping places if they're made too rigid and important. If you don't reach them, you stop from frustration. If you reach them too quickly, you stop with no other peaks left to climb.

10. Winning is knowing you are only as good as your last run. The good effects and feelings don't store well, so you have to renew them all the time. Mediocre fresh runs are far better than spectacular stale ones.

Losing is living in the past. It is trying to restore old glories to the condition they were in during their short life. □

*Joe Henderson is consulting editor for Runner's World, and the former editor of the magazine. An early exponent of long, slow distance, Henderson has written such best-sellers as Long Run Solution and Jog, Run, Race.*

REMARKABLE RUNNERS REMARKS

One of the best aspects of doing a study on running is reading the runners remarks. Following are a few of the more interesting ones taken from the runners survey. The final report will be ready by late January.

Why do some people stop running?

"Runners quit because they started off too fast, too far, too soon and found it too much." (Don Bates)

"I feel some people get bored. They don't give themselves enough time to see improvement; they lack discipline in their lives." (Kay Lund)

What advice would you offer to would-be running enthusiasts?

"Pick a reasonable goal; start slowly and increase gradually. Run with someone at your level. Proper shoes and proper diet, medical exam (if necessary)." (Dr. Don Taylor)

In addition to this, Dr. Allan Cole says "Warm up and cool down. Enjoy!"

"Start slow and easy, and don't hurt yourself. Much can be accomplished without hard running. People can run with just as much pleasure (if not more) and benefit without running competitively, and just relaxing. For those who want to compete, you must listen to what your body tells you (aches, pains, etc.); otherwise injury and an over-tired body will give somewhere." (Lawrence McLagan)

"I would advise the would-be runner to get a good beginner's program in terms of (1) proper equipment; (2) warming up and down (stretching); (3) training program with realistic goals; and (4) join the P.E.I. Roadrunners Club." (Parker Lund)

"Start slow! Enjoy your runs! Set reasonable goals! Don't strain yourself into exhaustion. Vary your program to keep it interesting. Warm up to prevent injury. Do some reading or get some advice on the finer points of running." (Carl Phillips)

"Run your own pace and mileage at your own time. Run regularly. . . . Don't worry about other running pros around and don't try to pace them with your running abilities." (Timothy Swinamer)

"Bear with it for a few weeks until it becomes a joyful experience." (Don LeClair)

Does running have any significant impact on any part of your life?

"Daily running has become a very important part of my life. Without it I feel out of sorts and begin to get headaches." (Earl Wilkins)

"Running is also very relaxing. It is hard to stay tense or angry during a run." (Jake Baird)

"You meet so many nice people." (Ewen Stewart)

Many people speak of higher states of mental awareness when running long distances.

"Peacefulness--calmness. I think about the environment I run through . . . . Problems of everyday life come to mind and I generally can think them through to a favourable conclusion. I am aware of my body too; I listen to its complaints and ease up if necessary." (Lawrence McLagan)

"A long distance run allows me to get rid of the seventh of our six senses (ie. the sense of ourselves or self-consciousness). When you lose that, then you are able to experience the world directly. This allows you to overload your senses in a totally uninhibited, non-analytical and thoroughly child-like manner." (Brian Chambers)

"Fatigue - pain - joy - triumph - determination - failure--highs and lows heretofore unexperienced." (Larry Wright)

"It is like complete relaxation where time becomes irrelevant and I feel like I could run all day. My legs do not feel like they are working and my mind and body seem completely in tune with each other." (Ralph Freeze)

"It is very difficult to run and worry at the same time. When I am running and relaxed, I sense a feeling of being above human problems." (Parker Lund)

"I find there are days when I'm very high when I run and days when I am down. However, after the run, the high never fails." (Dave Butt)

"Personally, I find the greater mental awareness comes after the run." (Carl Phillips)

"It's almost like my body was going along for a ride on someone else's legs." (Bob Simmons)

## WOMEN'S SECTION

### Advice to Beginners

"Disregard what others might think of you as you jog down the highway." (Rosemary Faulkner)

Most women agree that you should start off slowly, combining running and walking; wear good comfortable running shoes; and increase your speed and distance at your own pace. Run with a friend and enjoy.

"Do plenty of stretching exercises before and after running. Be consistent and patient with yourself." (Kay Lund)

### Impact on Life

"I feel very relaxed and happy to be in shape. I think about how good my body feels to be working efficiently. I find my whole day goes better when I run." (Diana Torrens)

"Running has given me a new vitality and a feeling of exuberance that follows me throughout the day. Mind you, I need a lot more sleep than previously, but that is only a small price to pay." (Karen Stewart)

Higher Mental States

"Sharpened perception, especially visual and body awareness. Attention floats-- everything becomes a source of pleasure. Feel an inner power. Sense of time becomes rather amorphous." (Wendy MacDonald)

(Comments in the Women's Section were taken from the Runner's Survey also.)

NOTICE TO ALL HIBERNATING JOGGERS

We realize that many of our members do not like to run during the winter because of the cold air, chilly winds, or other reasons. Well, now you can run indoors at the West Royalty Fitness Centre - "The Spa". They have recently opened their new indoor track. The track has three lanes with outside banking that makes the turns easy to manoeuvre. The track is located in a very large room next to the tennis and racquetball courts. So if you want to jog indoors in well-ventilated surroundings (with music supplied), go out to the Spa and try out the track. After your run take a refreshing swim, relax those sore muscles in the whirlpool, or lose some weight in the saunas. And if you feel like a beer or a glass of orange juice, drop into their new "Broken Racquet" (the private bar/lounge for members and their guests).

PLEASE NOTE - Wedged or studded bottom running shoes, like the Nike Waffles or New Ballance (cross-country), are not allowed on the turf track. Please wear flat-bottomed shoes, or those with soft crepe wedge bottoms.

Listed below are the rates for the General Fitness and Racquetball memberships. If you specifically want to use the indoor track, I would recommend the "General Fitness" group. This also allows use of the pool and fitness rooms, plus you could also enroll in the special classes which the Spa offers. In both the male and female change areas there are sauna rooms, a sun room and a whirlpool.

	FITNESS	RACQUET	
Men -----	\$180	\$220	
Ladies -----	155	220	
Junior (Between 16-18) -----	75	110	) Member With Parent
Child (Full) -----	75	75	
Child (Children's Hours) ----- (Mon-Thurs - 6:00-8:30 p.m.) (Sunday all day)	35	35	
FAMILY: Fitness -----	\$345 (2 Adult Fitness)		
Split -----	380 (1 Fitness and 1 Racquet)		
Racquet -----	405 (2 Racquet)		

Includes all children under 15 years (Mon-Thurs - 6:00-8:30 p.m., and Sunday all day)  
If child accompanies adult every time, it is an additional \$35 per child.

D O W N M E M O R Y L A N E

MILES RECALLS CAREER AS MARATHON RUNNER

Winning a desk lamp and a 98-pound bag of flour in his second race was not the highlight of Johnny Miles' career, but it is something he remembers with amusement.

The 69-year-old North Sydney, Nova Scotia, native went on to become one of the world's top long-distance runners and one of Canada's most spectacular athletes.

Miles was in Halifax not too long ago to visit relatives, renew old acquaintances and reminisce about a running career which saw him win two Boston Marathons and represent Canada twice in the Olympic Games.

He now is living in Hamilton, Ontario, after retiring from a managerial position with an American company. He lived in Chicago from 1954 to 1971.

In what he describes as "the biggest thrill of my lifetime and a totally unexpected one at that," the wholly-unknown 21-year-old Miles entered and won the 1926 Boston Marathon, setting a record.

"I walked over the course with my father the day before the race, just so I'd be familiar with any landmarks. My strategy was to stay with the top two runners, Finnish Olympic star Albin Stenroos and former Boston Marathon winner Clarence DeMar who won the event six times."

STAYED WITH LEADERS

After the noon start, "I stayed right with the two favorites. I caught Stenroos at about the 22-mile mark and tried to run behind him as quietly as I could so he wouldn't know I was close. I finally came abreast of him and he looked really tired. I passed him and gained a minute a mile on the next four miles of the race."

Unable to compete in the 1928 version of the Boston Marathon because it was an Olympic year, he returned to the New England city in 1929 and outran Al Michelson, an American marathoner, to win the event for the second time.

Miles ran on the Canadian Olympic team in both 1928 and 1932.

LACKED TRAINING

"I don't want to make excuses or say that I might have been able to win, but the Olympic long-distance runners in those days really lacked good coaching and training. The track coaches just didn't know that much about long-distance running and the training involved.

"A lot of times a long-distance runner will peak too early or too late for the Olympics and this of course is very detrimental to your performance."

SPRINTS AND INTERVALS

F O R S A L E

One Pair of Brooks Vantage

Size 8, \$40.

If interested call Parker Lund at 892-7544

M E M B E R S H I P C A R D S

To date, only about twelve members of the club have purchased their 1978-79 membership cards. Last year approximately 100 people purchased membership cards; these funds were used to purchase equipment and miscellaneous things that the club needed to carry out club races and monthly meetings.

So, if you want to support and help out the club, you can obtain a card in one of the following ways:

1. Send your name and address along with \$1 to Sport P.E.I., P.O. Box 302, Charlottetown, P.E.I. C1A 7K7, and they will mail a card to you.
2. Pick up a card at our central uptown headquarters, Island Optical, on Kent Street.
3. Obtain a card at any of the clubs events or monthly meetings.

WE JUST WANT TO BE A HEALTHY ACTIVE CLUB, NOT A WEALTHY ONE!

S O C I A L R U N S

Apparently the Saturday morning social runners are sleeping in these days. Last winter we averaged about twelve joggers on our Saturday morning social runs. So to start off our winter program and get in the "Healthy Christmas Mood" we will be meeting at McDonald's Restaurant at 9:00 a.m. this coming Saturday, December 23, for a "Half Hour Run."

The main objective of the social run is for runners to get together and socialize on a short, slow-paced run. The group jogs at the pace of the slowest runner, as this outing is not a race but a relaxed run. These social runs will be held each Saturday morning at 9:00 a.m., and the meeting place will be McDonald's Restaurant.

See you this coming Saturday morning; all those who attend will receive a "Free Hot Chocolate" compliments of McDonald's.

The following Walk/Jog Recipe for Physical Fitness is a good guideline for all to follow:

Ingredients: Combine - 1 healthy heart  
2 lungs in satisfactory working order  
2 legs with average wear and tear  
1 enthusiastic mind  
and other functional, miscellaneous body parts, that is  
1 body, willing and able . . . . .

THINKER ' S THOUGHT

A leader is best  
When people barely know he exists  
Not so good  
When people obey and acclaim him  
Worst when they despise him  
But of a good leader  
Who talks little  
When his work is done  
His aim fulfilled  
They will say  
"We did it ourselves."

- Lao Tse (565 B.C.)



# Have a MERRY Runner's CHRISTMAS!



\*\*\*\*\*  
The staff of the newsletter  
would like to wish  
all joggers, runners and walkers  
a very Merry Christmas and a Happy New Year!  
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