

FROM THE EDITOR: WHY DO WE RUN?

I am sure that all runners ask themselves this question from time to time. We would probably answer it with one of the following answers: "I run for fun," "It keeps me in shape," "I like meeting fellow runners."

All runners experience mild pain and by times inflict a lot of pain upon themselves, but we seem to be motivated by that powerful feeling we get: "When it becomes as easy as a bird in flight." If we want to experience this feeling, we must accept the disciplines needed to be an athlete. We all know that nothing happens without effort. Establish priorities, and keep one full hour a day for ourselves in which we retire from the pressures of our job, responsibilities to family and friends and the demands put on us by everyone.

The practice of running can develop our ability to concentrate. We should seek the person that we are and then visualize where we want to be in the future. By practicing concentration when we run, we can bring ourselves to focus on our present situation in life and to resolve some of our personal problems or make resolutions to change some of our day to day obstacles in life. When we run, thoughts come along that help us solve our problems at work, we plan how to pay our bills or to resolve a fight with our loved-ones.

So continue to run, feel the joy, the exhilaration and the sweat.

Crazy Legs Harley

D A I R Y Q U E E N P O L A R R U N

Special thanks to Al Stewart, Race Sponsor; also to the media who helped advertise the event and to everyone who acted as race officials.

Oymbd

RESULTS OF DAIRY QUEEN POLAR RUN, DECEMBER 31, 1978

Women Under 25

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Suzanne Schmidt	26	1	38:35
Susan Rogers	30	2	39:40
Anna Paton	38	3	43:42
Nora MacAdam	39	4	43:43
Bethany Rogers	40	5	43:44
Karen Stewart	41	6	43:45
Carolyn Cox	42	7	46:34
Mary Louise MacAdam	43	8	46:37
Belinda Cummings	49	9	57:08

Women Over 25

Joan MacDonald	31	1	40:08
Kay Lund	44	2	46:45

Men Under 20

Mike Armitage	2	1	29:15
Andrew VanWicken	4	2	29:54
Roy Mason	8	3	31:48
Stuart Richardson	15	4	36:11
Joe Lund	29	5	39:38
Lee Blunston	36	6	42:29
Chris Head	48	7	56:36

Men (20-29)

Dale Friesen	1	1	29:04
Ed Fraser	5	2	30:13
Sterling Boulter	10	3	33:22
Jake Baird	11	4	33:46
Tony Forrester	13	5	35:28

Men (20-29) (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Ernie Maidment	17	6	36:24
Ray Axworthy	19	7	36:36
Mark Manning	21	8	36:55
Gary Mahar	23	9	37:57
Dave Manovill	25	10	38:09
Orest Hodinski	32	11	40:22
Bill Cummings Jr.	34	12	40:52
Don Harley	37	13	43:32
Al Stewart	47	14	48:59

Men (30-39)

Lawrence McLagan	3	1	29:42
Lance Miron	6	2	30:52:01
Clare Birch	9	3	33:03
Carl Phillips	12	4	34:27
Carl MacLeod	18	5	36:31
Paul Hickey	20	6	36:42
Jim Bruce	22	7	36:59
Earl Proude	27	8	38:37
Don Walters	28	9	39:15
Frank Lechowick	35	10	41:30
Mike McCarville	45	11	47:53

Men Over 40

Ewen Stewart	6	1	30:52
Parker Lund	7	2	31:47
Earl Wilkins	14	3	35:54
Don Moffett	16	4	36:14
Charlie Brown	24	5	38:06
Hugh Rankin	33	6	40:37
Bill Cummings	46	7	48:58

H A N C I C A P R A C I N G

Handicapping the faster runners in a race by allowing the slower runners a time advantage is a method of running races which gives everyone a similar chance of winning. A handicapping system used by the Rocky Mountain Road Runners Club of Denver, Colorado, works as follows:

Runners are first assigned handicaps based on measured performance in some previous distance race. The handicaps take the form of numbers from 15-100 with the lower numbers denoting the faster runners. The handicap number is derived from a simple mathematical equation which predicts running time for various distances based on the runner's previous performance.

When staging a handicap race, the runners are staggered in time. That the fastest runner starts last. The handicap race positions are then the actual order in which the runners finish the race.

Theoretically, all runners in a handicap race should approach the finish line at the same time. Since no handicapping system is perfect and since it is impossible to exactly predict an individual's performance on any given day, this does not quite happen. However, the majority of runners should finish within a very short time of each other.

Handicap races have both absolute winners (based on time) and handicap winners (based on finishing position). By increasing the number of winners and providing an added dimension to the race, handicapping would seem to be a good way of encouraging greater participation in competitive running. Perhaps the P.E.I. Roadrunners could organize such an event in 1979.

After reading Sheehan's 'Running and Being'

I am running again
As I did in my youth,
Not as fast as before
When winning came easy
And speed was my pride and joy
But once again feeling the pleasure
Of moving through space
Propelled by my own effort
Testing my limits
Doing it because I want to
Feel and know my body -
It connects me with myself.

There is pain now;
I don't move with the grace
And power of childhood romps
But I am growing stronger
I am growing
And it is good to be running again.

Barrie Stanfield

WINNING AGAINST THE WEATHER IN WINTER RUNNING

Been wondering lately why your hands get cold first? feeling more irritable lately? tiring more easily? These symptoms may be traced to your winter running program. Don't worry I'm not suggesting that you stop running for the winter months but I thought you might benefit from Dan Ellison's article, 'The Cold Facts about Winter Running' (Runner's World, December, '78). Following in point form is a brief synopsis on his article.

1. The challenge in winter running is to reduce the amount of heat exchange to the point where you can run comfortably.
2. Important variables in winter running include: temperature, wind speed, amount of snow cover, direction of runner relative to prevailing wind, relative humidity, amount of sunlight and cloud cover.
3. Wind Speed and Relative Temperature. An example. Running into a 12mph wind at 8mph equals a 20 mph relative wind speed. In a 20F degree weather, with wind chill factor (20mph) equals a 9 degrees below zero. But running with the wind under the same conditions gives a relative windspeed of 4 mph and a temperature of 16 degrees F.
4. A 20 degree F. temperature on a bright sunny day gives a felt temperature of 32 degrees F. and higher if there is snow cover because this reflects the sunlight.
- ** The author's example does appear a bit dramatic but we have all experienced the sensation of cold to very hot when we switch directions on a cold windy day.
5. Hypothermia - is caused by exposure to cold and is aggravated by wet, wind, and exhaustion. You begin to suffer from exposure the minute you start to lose heat faster than the body can produce it.
6. Danger - Too much clothing produces too much heat and too much perspiration soaking wet-danger of chilling and exposure, therefore danger of hypothermia increases.
7. Hands get cold first because the blood is shunted to the bodies' core and so the extremities lose heat first.
8. There is definitely a decrease in endurance when running in the cold. This relates to hydration and an increase in adrenalin output. Which in turn increases glycogen breakdown.
9. While recent studies that lung frosting is still almost impossible, air temperatures at the bifurcation of the trachea are much lower (80-90 degrees F.) than suspected.
Conclusion: It takes considerable energy to warm the air before it goes into the bloodstream. Solution: On very cold days wear a face mask.
10. Dehydration is particularly acute under cold conditions. It is not just a warm weather problem. Factors contributing to dehydration are: severe cold causes cells to give off more water, warmly dressed runners perspire more, high production of adrenalin causes greater glycogen breakdown and higher energy output, depressed thirst mechanism, and cold diuresis (frequent urination).

11. Women tend to get colder than men in the thigh area (higher fat content). Solution wear baggy sweat suit with a pair of nylon shorts on top.
12. Frostbite Affected areas - hands, ears and penis (males only). Solution - Wear wool cap with face mask and gloves with mittens on very cold days. The penis is best protected by wearing extra shorts,
13. Frostbite is evident from grayish or yellowish white spots on the skin. Treatment - Immerse in warm water (104-113 degrees F.) until pain stops.
14. Most clothes lose about 90 percent of their insulating value when wet. Cotton loses more; wool uses less.
15. Cotton when wet loses heat 240 times more quickly than when dry.
16. Wool, the natural fabric, is by far superior to any manmade fabric in its abilities to absorb moisture and still maintain a good insulating value.
17. Other hazards - Angina pectoris and asthma. If suffering from these conditions winter running is not recommended.
18. Depression - Exposure to cold and overtraining can cause fits of depression and irritability. It is important to keep this in mind when considering stepping up your winter training.
19. It's all in your head. Since you lose 30-40 percent of body heat through your head it is important to use it as a heat regulator.
20. Winter running can cause accidents. In the contest between cars and runners, the car always wins. So wear lots of reflective tape and a reflective vest, too.
21. Winter training is hard work but may even be better in terms of training than summer workouts. (Just remember stress and dress are important factors in winter running).

Paul Hickey

W O M E N ' S S E C T I O N

Greetings, fellow roadrunners! I had the pleasure of meeting some of you last August and have been reading about your collective exploits in the P.E.I. Roadrunners Newsletter. The editor has been kind enough to give me some equal time. By way of introduction, my name is Katherine Karlson, and I'm 26 years old, as well as a member of the New York City Roadrunners. My home trails are through the concrete canyons of Fifth Avenue to Washington Square Park (where one circuit equals exactly .55 mile) in the heart of Greenwich Villabe. But like most Apple runners, my favorite run is in Central Park. I started running in April 1978, and am looking to celebrate my one year's anniversary by running, and with luck finishing, the Long Island Marathon on May 6. I was born and raised on "The Island," as it's known in these parts, which shares some well known features with P.E.I.: lovely sand beaches, and lots of potatoes and fish.

I knew I wanted and was physically ready to start marathon training this year, but finding an individual program is as confusing as choosing a pair of running shoes these days--there are just too many! I checked with the office 2:29 marathoner, and became discouraged; I can't do 20 miles a day the way he does! But wasn't only 45 miles a week cutting it too close to finish comfortably? I got on the right track when I read a brief article in the N.Y.C. Roadrunners Newsletter, "Footnotes," about a three-month program used by the author's non-running friend in preparation for the New York City Marathon in October. It aims for a 52-mile week (exactly twice the marathon distance) in a classic "short-medium-long" pattern of daily runs. Looking at the final goals of 6 miles x 3, 10 x 1, 4 x 1, with one day of rest, I realized I was more than halfway there. So I'm happy with my new weekly running schedule because it's what I can do at my individual pace. And that seems to be the key to it, friends. No matter what your long range goals and present condition, you'll do better, more safely (the watchword is train, don't strain) if you make your own personal limits and capabilities the basis of any training program.

I'd like to invite any and all P.E.I. Roadrunners who will be in New York City for either business or personal reasons to give me a call at my office (212) 997-3106. It would be a pleasure to share a run with you, or just advise where you may go on your own. In the meantime, everybody keep on runnin!

Katherine Karlson

AUTUMN RUN

Pale gold leaves, like late butterflies,
Swarm around me. This wealth
I would take for my coffers alone.
Yet a slim moment later,
Nature glues these shining sheets
Onto the pages of her album, earth.

ATALANTA

Ghostly girl, greek-gowned
Runs at my elbow.
Her sandals mimic the slap of my Nikes.
"A-TA-LAN-TA, A-TA-LAN-TA"
Is cadence kept by heart and heel.

Fierce huntress of boar, and me,
Concerned with a dress size!
Yet freedom has the same fresh savour,
Early mornings,
In Macedonia or Manhattan.

W O M E N W H O R U N

Let's suppose a woman is over the age of thirty, twenty pounds overweight and wants desperately to shed those added inches. A friend suggests running as a means of getting into shape. How does she start? The first thing she must do is seek her doctor's approval before embarking on any fitness program.

In terms of equipment, all that is needed is a good pair of running shoes, a twenty to thirty dollar pair. This is most essential since your old sneakers or tennis shoes won't do.

After the initial purchase you dress in comfortable clothing and are now ready to begin jogging. The best place to start is right from your own door. Try and pick a scenic but flat area to begin, otherwise find a park or a track. Usually a track is not recommended because you can get very bored and may be turned off.

Start running at a comfortable pace, one in which you can carry on a conversation with a friend. If you become out of breath, walk, then when you have regained your breath, resume jogging. Keep doing this until you have gone a mile, or ten to fifteen minutes according to your watch. As time goes on, you will find yourself walking less and running more.

Joan Ullyat, M.C., has this to say about the amount of running a woman should do: "I'm often asked how much running is necessary. It depends on what your goals are. If you wish to keep in good physical condition (better condition than 95 percent of American women) and have an enjoyable daily routine, just stick with the ...2-3 mile program. This is all you need to be glowing with health and have many of the benefits of running. It's not the amount you do but the regularity that's important..."

No matter how enthusiastic you are about your jogging program, it often becomes boring. Try and vary your schedule occasionally. Run with a friend. Try the evening instead of the morning. Don't go the same distance, or the same route, each day.

It's most important to do some stretching exercises before and after your run. A little toe touching and hamstring stretching is most helpful. Be very gentle. Do not bounce or jerk, since this will only cause tension within the muscle fibers. The purpose of the warm-ups is to ease your muscles, including your heart muscles, into vigorous demands of exercise.

Some ways were discussed on how a female can begin an exercise program. Just to review them: she checks with her doctor, buys good footwear, selects a time and place to run, and does all her important stretching exercises before and after running.

In conclusion, I would like to share some of my personal feelings on running. Women in any age group can reap the many benefits derived from a regular running program. Women in general can arrive at a good sense of well-being and control within themselves. This comes only when the mind and body are in peace and harmony with one another.

Kay Lund

S P R I N T S A N D I N T E R V A L S

MORE MONEY FOR THE BANK

From time to time when Parker is out running, he finds pennies, nickles and dimes. I don't know whether his eye sight is better than the rest or he runs with his head down. When he finds a coin he always says, "That's more money for the bank!"

One morning last fall while we were running on Emerald Drive, he spied a quarter on the pavement. He stopped quickly, hardly believing his eyes. When he reached down it pick it up, it wouldn't come, so he gave it a couple of good kicks before he could get it loose.

I wonder who glued the quarter to the pavement?

Kay Lund

ATTENTION ALL MARATHON RUNNERS

The P.E.I. Roadrunners Club will once again be holding meetings for all those who plan to run a marathon in 1979. The first marathon that some Island runners are planning to run is the "Boston Marathon" to be held in Boston Massachusetts, U.S.A., on April 16, 1979.

Again this year, we will be following the "Three-Month Training Program." So if you have plans to run in the JOhnnny Miles Marathon in Mew Glasgow, Nova Scotia, May 13, you are welcome to attend our first "Marathon Training Meeting," which will be held at Ewen Stewart's home, 159 Nassau Street, Ch'town, on Tuesday, Feb. 6, 7:00 p.m.

PLEASE NOTE: This meeting is open to you, even if you do not plan to run a marathon, but want to follow a good training program to get in shape for summer racing or fun runs.

UPCOMING EVENTS

February 2	Maple Leaf Indoor Games (Invitational)	
3	Universite de Moncton Indoor - University Open	Jean-Guy Vienneau
4	Fredericton Indoor Meet (½ day)	Mel Keeling
5	20th Frozen Foot Classic - Dartmouth	Gordon Warnica

UPCOMING EVENTS (Cont'd)

February 10 Halifax Armories Indoor
 10-11 Canadian Junior Indoor Championships - Montreal
 18 Moncton Indoor Meet (Full Day)
 24-25 Canadian Senior Indoor - Edmonton
 25 Saint John Indoor (½ day) Walter Ellis

TWO MILE SOCIAL RUN

The Saturday morning social run will now consist of a short two-mile run. So come and meet us at McDonald's Restaurant each Saturday morning at 9:00 a.m. Hopefully it will be the best way to start your day!

STANLEY CUP PAY-OFF TICKETS

We're late again with the big push to sell the Stanley Cup Pay-off tickets. This is the fourth fund raising project of this type put on by Sport P.E.I., but we have over a month to make some money for the club, so if you want to sell these tickets, call Parker Lund at 892-7544.

CLUB T-SHIRTS AND HOODED SWEATERS

We have just received a small order of the above items. The cost of our Club T-shirts is \$4 each while the hooded sweaters are \$12.50.

If you want one, drop into Island Optical, 113 Kent Street, Charlottetown, and get yourself a club T-shirt or sweater at cost price "ONLY" or call 892-1673 and they will hold your choice for a few days. If you wish to order through Sport P.E.I., complete the following, detach and forward to Sport P.E.I., P.O. Box 302, Ch'town, PEI

detach here

NAME _____ PHONE _____

ADDRESS _____

ITEM	SIZE			QUANTITY	COST
	S	M	L		
T-SHIRT					\$ 4.00
HOODED SWEATERS					\$12.50

E N T R Y F O R M

WEST ROYALTY FITNESS CENTRE/P.E.I. ROADRUNNERS CLUB
" F I R S T C H A L L E N G E R A C E "

LAST NAME _____

FIRST NAME _____ INITIAL _____

MAILING ADDRESS _____

CITY _____ PROVINCE _____

POSTAL CODE _____

DATE OF BIRTH _____ SEX _____

AGE ON FEBRUARY 24, 1979 _____

CLUB/TEAM _____

In consideration with your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims of damage I have against the organizers holding this meet, their agents, representatives, successors, and assigns, for any and all injuries suffered by me at said meet.

SIGNED _____

MAIL ENTRY FORM TO: Sport P.E.I.
P.O. Box 302
Ch'town, PEI
C1A 7K7

NOTE - ENTRY DEADLINE - Friday, February 16, 1979.

* * * * * MONTHLY MEETING * * * * *

* * * * *

* DATE ----- Thursday, February 1, 1979 *
* PLACE ----- St. Jeans Elementary School *
* TIME ----- 8:00 p.m. *
* GUEST SPEAKER - Terry Sutherland *
* TOPIC ----- "How Yoga can improve your running" *
* Terry will conduct an introductory yoga class, so come prepared *
* with loose fitting clothing. *
* Refreshments will be served to all those attending. *
* * * * *

ARE YOU READING OUR NEWSLETTER?

We have heard some fine comments about our newsletter and have received some great ideas about what to put in this newsletter. We have also received a lot of personal stories and hints from many of our readers.

Now that our mailing list is approaching the 500 mark, we have decided to do a "Mini Survey" to try to determine if you are reading this newsletter and want to continue receiving it.

We are conducting this survey for two reasons:

- (1) We want to find out if you are reading our newsletter; and
- (2) As our mailing list grows, it gets more costly. As you know, this cost is covered completely by Sport P.E.I.; but we certainly do not want to misuse this service as some of our readers might not want to continue receiving our newsletter.

Please complete this survey in one of the following ways:

- (1) If you live within the no-charge calling area of Charlottetown, take two minutes and give Sport P.E.I. a call at 894-8879; or
- (2) Complete and detach the survey and drop it in the mail to Sport P.E.I.,

P.O. Box 302
Ch'town, PEI
C1A 7K7

N E W S L E T T E R M I N I - S U R V E Y

NAME _____

ADDRESS _____

1. Do you enjoy reading the Roadrunners
Newsletter? YES _____ NO _____

2. Do you read the Newsletter

(a) Regularly _____

(b) Occasionally _____

3. What parts do you read?

(a) Race Results _____

(b) Personal Happenings
From Club Members _____

(c) Helpful Hints From
Fellow Runners _____

(d) Upcoming Roadrunner Events _____

(e) Other _____

4. Do you wish to remain on our Newsletter
mailing list? YES _____ NO _____

5. COMMENTS _____
