

F U N R U N S A R E R E T U R N I N G !

Fun Runs are back! (almost) Beginning on Saturday, May 12, Fun Runs will enter their second season with a new emphasis on shorter distances and a weekly format. Some special events and activities are also in the works.

For casual (and some more than casual) runners, Fun Runs should provide the ideal occasions to come down to Victoria Park in Charlottetown and put in a few laps. Each week there will be a run of a half mile or less and another of one or two miles. For those with a yen for longer distances, there will also be a third run of between one and six miles. Everyone is welcome. There are no entry fees and each participant receives a certificate. We have time standards for runners of all ages and sexes. Run as hard or as easy as you like.

A special invitation goes out to beginning runners, intermittent runners, running families and runners "coming out of retirement." The increased number of runs of two miles or less should allow you plenty of opportunities to test yourself at distances that you are comfortable with. The schedule begins with shorter distances for the first few weeks so that you can build up as the season progresses.

Any person willing to lend a helping hand in organizing and assisting with the Fun Runs is more than welcome. Simply contact any of the members of the Fun Runs Committee: Ewen Stewart, Lance Miron, Gary Comeau, Barrie Stanfield or Don Pridmore.

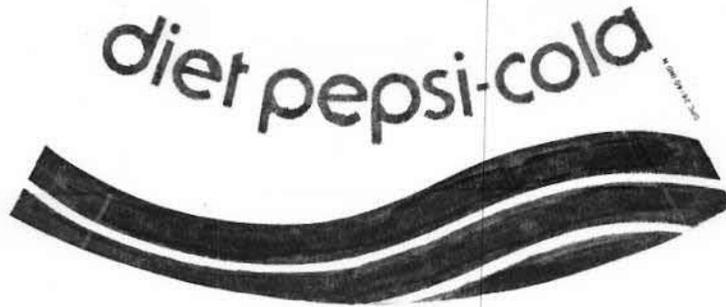
TIME: Each Saturday Morning at 10 a.m.

PLACE: Victoria Park, Charlottetown, PEI

The following is the Fun Runs Schedule for 1979:

<u>DATE</u>	<u>1st Run</u>	<u>2nd Run</u>	<u>3rd Run</u>	<u>DATE</u>	<u>1st Run</u>	<u>2nd Run</u>	<u>3rd Run</u>
May 12*	1/4 Mile	1/2 Mile	1 Mile	Aug 11	1/2 Mile	1 Mile	4 Miles
May 19	1/4 Mile	1/2 Mile	1 Mile	Aug 18	1/2 Mile	2 Mile	6 Miles
May 26	1/2 Mile	1 Mile	2 Miles	Aug 25*	1/2 Mile	1 Mile	2 Miles
Jun 2	1/2 Mile	1 Mile	2 Miles	Sep 1*	1/2 Mile	1 Mile	2 Miles
Jun 9	1/2 Mile	1 Mile	3 Miles	Sep 8	1/4 Mile	1/2 Mile	1 Mile
Jun 16*	1/4 Mile	1/2 Mile	1 Mile	Sep 15	1/2 Mile	1 Mile	2 Miles
Jun 23	1/2 Mile	1 Mile	3 Miles	Sep 22	1/2 Mile	1 Mile	3 Miles
Jun 30	1/2 Mile	1 Mile	4 Miles	Sep 29	1/2 Mile	2 Miles	5 Miles
Jul 7	1/2 Mile	1 Mile	2 Miles	Oct 6*	1/2 Mile	1 Mile	2 Miles
Jul 14	1/2 Mile	1 Mile	3 Miles	Oct 13	1/2 Mile	2 Miles	6 Miles
Jul 21	1/2 Mile	1 Mile	2 Miles	Oct 20	1/2 Mile	1 Mile	2 Miles
Jul 28	1/2 Mile	1 Mile	2 Miles	Oct 27	1/2 Mile	2 Miles	5 Miles
Aug 4	1/2 Mile	1 Mile	3 Miles	Nov 3	1/2 Mile	1 Mile	2 Miles

* denotes that a road running event (eg. Colonel Gray, Fulton Campbell run) is scheduled for the same day.



" R U N C A N A D A R U N " - R E L A Y

ATTENTION RUNNERS

Do you think that you could run ten miles?
Would you like to be a part of a Roadrunner Relay Team?
If so, read on.

The P.E.I. Roadrunners Club will be entering a ten-member team in the Fredericton, N.B. to Moncton, N.B., relay run (100 miles) hosted by the Southeast Stiders Running Club of New Brunswick and sponsored by Pepsi-Cola. Teams will be entered from P.E.I. and Nova Scotia, while New Brunswick will have two teams, Fredericton Track Club and the Southeast Striders.

The relay race will take place on Saturday, April 28, starting at City Hall in Fredericton, N.B., and finishing at Moncton's City Hall. The teams will start their first runner at 5:30 a.m. and the finishing time is expected to be between 7 and 8 p.m. on Saturday evening.

If you want to be a member of the Roadrunner's team, please call Parker Lund at 892-7544 before Tuesday, April 10. Remember that this means that you leave P.E.I. on Friday, April 27, and return on April 29, so you will be away for approximately three days. Each club will be sending their top runners, so if you feel that you could handle the 10-mile distance and want to be a part of our relay team, join the team and have a great "Running Weekend."

Please note: The team is open to both male and female runners. The team list with each participants signature must be sent to the race organizers two weeks in advance, so please call Parker Lund as soon as possible.

Further information such as departure times, accommodations, prizes and awards, awards luncheon, will be sent to you if you decide to join the team.

Please note that accommodations for Friday and Saturday nights will be paid for in full by Pepsi-Cola.

" I N S E N S I T I V E E D "

Ed Harris, a former Islander who has recently accepted a position with Imperial Oil in Moncton, New Brunswick, has earned the title of "Insensitive Ed."

At the first Mid-Summer Jaunt at Belfast on July 1978, while some of the runners were getting some stretches in prior to the start, Ed was in the men's changing room at Pinette Park getting his running gear on. While in the changing room he lost the only key to his car he had with him and desperately searched high and low until the time the race was to begin. "Boys, can I get a ride back to Charlottetown with you? I've lost my car keys so I've locked up the car and I'll have to come back tonight with my wife's keys to get my car." Ed was reassured he would have no problem getting a ride back, but even asked the starter to ask if any keys had been found and would they please turn them in to the race officials if they were located. The race went on as planned and finished with nobody finding Ed's keys so Frank Johnston gave him a lift back to Charlottetown.

The next day in church after the service was over, I caught Grace Harris, Ed's wife, and asked if Ed got the car back and if he had found his keys. It was on the church sidewalk, with Ed watching from a distance with an "I'll never live this down if he finds out" look on his face, that Grace told how her husband had dropped his keys amongst his running paraphernalia while changing at Pinette Park and ran eight miles in 24°C sunshine with his car keys in his jockstrap--and didn't know it.

That's concentration!

By Freeman Churchill

G O A L B A L L P L A Y - O F F ' S S E T

The P.E.I. Goalball league, which is comprised of five teams, three from Charlottetown and two from Summerside, will finish their regular season play the end of March. Play-offs are scheduled for Saturday afternoon, March 31, and Sunday afternoon, April 1, at St. Jeans School to determine the Island Goalball Champions.

The five teams will battle for a play-off berth on Saturday and the top three teams will advance into the final round on Sunday, April 1.

The league standings are as follows: St. Eleanor's Lions - First place, Roadrunners and McFries - tied for Second, McSundies - Fourth place, and McMuffins - Fifth place.

Tickets for the tournament can be purchased from players of the goalball teams, Phil Bower at the C.N.I.B. office, or at Island Optical, Kent Street, Charlottetown.

Come out and support the Roadrunners' team.

" ROADRUNNERS BREEZE THRU MONTREAL "

Ewen Stewart and Lance Miron completed their first 26 mile, 385 yard marathon for 1979. Both runners completed the Seventh Annual Montreal marathon on March 25 in excellent times.

Ewen was a bit off his normal bionic pace but finished 16th overall in a time of 2:48:52. Stewart said he didn't mind the course but would prefer to run on roads which offer picturesque scenes such as those here on P.E.I.

Lance Miron, who has been training with Ewen every day this winter, knocked off approximately twenty four minutes from his Oromocto marathon time (3:17:46) and completed the course in 2:53:26, placing 27th overall.

Congratulations to both of you!

B O S T O N M A R A T H O N - H E R E W E C O M E !

The thrill of running in the 83rd Annual Boston Marathon will soon be upon four Island runners. Two of these runners, Ewen Stewart and Lance Miron, have just this past weekend put in sub-three hour times and will certainly be ready for the Boston event on Monday, April 16.

Parker Lund, who said his dream was to someday run in the Boston Marathon, will be there even though he has been experiencing leg problems for the best part of February and has missed out on a lot of running time.

The fourth member making the trip will be Don Harley who said he will make the trip just for the thrill of running in the Great Boston Marathon. He said he has lost a lot of training time in the past year but hopes to be able to complete the 26-mile run. Plus, he states that putting a challenge like a marathon in your goals is one way of getting you out of bed each morning at 5:30 a.m. (especially those chilly January mornings).

Good Luck! and watch out for the stampede of over 5000 runners at the start.

P. E. I. ROAD RACES - FIXTURES LIST

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
Apr 14	Bunny Hop	Charlottetown	6.2 Miles	2:00 p.m.
May 5	CFCY Spring Fever Pace	Charlottetown	2 Miles	2:00 p.m.
May 12	Athena Road Race	Summerside	7 Miles	10:00 a.m.
Jun 16	Colonel Gray-McDonalds	Charlottetown	10 Miles	10:00 a.m.
Jul 21	Fulton Campbell Memorial	Montague	20 Km.	10:30 a.m.
Jul 28	Belfast Lions Summer Jaunt	Pinette	8 Miles	11:00 a.m.

P.E.I. ROAD RACES - FIXTURES LIST (Cont'd)

<u>DATE</u>	<u>EVENT</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
Aug 25	Kensington Harvest Festival	Kensington	25 Km.	4:00 p.m.
Sep 1	Volume Rentals Half Marathon	Charlottetown	1/2 Marathon	4:00 p.m.
Sep 16	PEI Roadrunners Marathon	Charlottetown	26 Miles, 385 Yards	12:00 noon
Oct 6	Alice-Faye's Octoberfest Run	Charlottetown	3 Miles	2:00 p.m.
Nov 10	Dunk River Run	Central Bedeque	7 Miles	2:00 p.m.
Dec 31	Polar Run	Charlottetown	5 Miles	3:00 p.m.

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

The 1978 Canadian Marathon Annual is now available. The book contains the names of runners and clubs who participated in a marathon event in 1978. Would you believe that the P.E.I. Roadrunners first marathon team have their mugs in this magazine, which only goes to show that they have certainly recognized the top runners in 1978!*

To obtain a copy, write to Eleanor Thomas
22 Findlay Avenue
Ottawa, Ontario
K1S 2T9

The price is \$5 + \$1 handling charges for a total of \$6.

LOST

One Large P.E.I. Roadrunners T-Shirt

If you happened to pick up this t-shirt by mistake after the Dunk River Run, call Parker Lund at 892-7544.

JOHNNY MILES MARATHON

The second meeting for all those who plan to run in the upcoming Johnny Miles Marathon on May 13 over in New Glasgow, Nova Scotia, will be held at Ewen Stewart's home, 159 Nassau Street, Charlottetown, on Wednesday, April 11, at 7:00 p.m.

Even if you don't have a 26-mile race in mind, come along and hear some different ideas on running.

THE TEN COMMANDMENTS OF THE P.E.I. ROADRUNNER'S CLUB

1. Thou shalt not covet thy neighbour's strength, flexibility, co-ordination, endurance or physique but concentrate on thine own capabilities and weaknesses. Thou shalt not compete with thy neighbour.
2. Thou shalt not steal thy neighbour's adidas, leotards, shorts, soap or the golf cover tubes in the gymnasium.
3. Thou shalt not subject thy neighbour to a foul exercising environment by failing to launder thy gym clothing on a regular basis.
4. Thou shalt honour thy neighbour's right to a clean working environment by showering thine body after exercise. Powder hath not the same cleansing action.
5. Thou shalt honour thy fitness instructor by marking thy attendance after every class.
6. Thou shalt honour thy fleet-footed brethren by pursuing a slower jogging pace on the inside of the track.
7. Thou shalt keep sacred thine exercise periods and not be led astray by sedentary temptation.
8. Thou shalt not abuse thy exercise equipment.
9. Thou shalt respect thy joints, muscles, ligaments, tendons, veins and arteries by warming up before exercise.
10. Thou shalt go forth and spread the gospel of the benefits of exercise and maintenance of good health.

SALAD

Carrots, grated - 2 tsp
Lettuce - 2 tbsps
1 Tomato, medium
Celery - 2 tbsps
Raisins, sprinkle
Red Cabbage - 2 tbsps
Banana, sliced
Dates - 2 or 3
Radishes
Apple, grated
Dressing on top

TRANQUILLITEA

Mix 1 oz. dry peppermint leaves
1 tbsps rosemary leaves
1 tsp sage leaves
Keep in tightly closed jar.
Use 1 heaping teaspoon of mixture to cup of boiling water. Let steep one minute. Strain, Sweeten with honey. Sip.



GRANOLA RECIPE

Granola is a nutritious addition to your diet. Furthermore, it is easy and fun to make - there are endless possibilities. Most granola makers develop their own recipes, adding a little more of this, less of that, etc.

Try this recipe and then start your own variations.

In saucepan, combine and warm on stove: 1 cup brown sugar
1/4 cup molasses
1/4 cup honey
2/3 cup oil (Safflower, Crisco, etc.)
1 tsp vanilla
1/2 tsp salt

When heated (should be smooth and syrupy), remove from heat and add 1/2 cup peanut butter.

In a large mixing bowl combine: 6 cups rolled oats
1 cup wheat germ

Add to taste: cashews (broken)
sunflower seeds
sesame seeds
salted soya nuts
(any other nuts, seeds, coconut, bran, etc.)

Pour liquid mixture over dry ingredients and mix well. Cook in flat baking pan(s) or roaster about 25 minutes at 300 degrees. Remove from oven and add dried fruit (raisins, dates, apricots, etc.). Let cook and store in air-tight container for best results.

This recipe makes granola that is very high in calories. However, it is also very filling; therefore, use your discretion when serving. As tasty as it is, all you really need is a couple of tablespoons full per day.

As the creator, you can cut down the caloric content by putting in less of the high calorie ingredients; for example, brown sugar, molasses, honey and peanut butter.

In any case, you will discover that healthy eating can be fun.

INDIVIDUAL EGG FOO YOUNG CAKES

1 1/2 cups bean sprouts
1 cup onion
1 tbsp red or green pepper (diced)
6 eggs beaten
Salt
1 cup cooked chicken, shrimp, tuna
1 tbsp soy sauce
Butter to Fry the cakes
Fry individually.
Pour Sauce over cakes.

Sauce: 1 tsp soy sauce
1 tsp molasses
1 tsp apple cider vinegar
2 tbsp whole wheat flour
3/4 cup chicken broth
Heat and cook.

LIVER CASSEROLE

3 chopped, unpeeled cooking apples
1 large onion, chopped
3/4 tsp salt
1/2 tsp pepper
1 lb. sliced baby beef, pork or veal liver
4 slices bacon cut in half
Paprika to taste
1/4 cup water or wine

Mix first ingredients well.
Place liver in oiled casserole.
Cover with apple mixture.
Top with bacon and paprika.
Add wine or water.
Cook 350° for 20-30 minutes.

"This, by the way, is very popular in our household. I also serve rice with it." K.L.

MARATHON

To run a Marathon takes much courage.
 For all who run one, I'm sure will endure
 The training is long, tiring, unending
 For twenty-six miles is no easy feat,
 Unless the people who run it have very strong feet.

K. L.

The secret to improved fitness

Measured motion is deliberate physical activity to improve one's level of fitness. It is the most effective way to improve the operating efficiency of the heart, lungs, and muscles (total fitness). And it can be fun!

It is referred to as measured motion because the objective is to perform a certain amount of activity within a set period of time.

Research has found that activities involving vigorous, continuous movement and which use the large muscles of the body are best. To be beneficial, however, this activity must raise your heart rate (pulse beats per minute) to within the Heart Rate Target Zone and maintain it at that level for at least 15 minutes. Doing this as little as three times per week will produce surprising results. (Once or twice a week is not enough).

Heart rate target zone*

<i>Target Zone</i>	<i>Heart Rate (per minute)</i>
Upper Limit	200 minus your age
Lower Limit	170 minus your age

Above the upper limit there is little added benefit from increasing the intensity of the activity. Below the lower limit the intensity is insufficient to adequately improve fitness.

Remember, you need to spend a minimum of 15 minutes with your heart rate within the target zone, three times a week, to achieve a significant fitness improvement.

*Reference: The Canadian Home Fitness Test
Dept. of Health and Welfare
Canada



How to measure your heart rate

The speed of your heart rate (beats per minute) is one of the best ways to measure your fitness. To determine this rate, stop during your activity. Feel the pulse beat at your wrist or neck (instructions below), and count the number of beats for ten seconds beginning with zero. Multiply this ten second count by six to determine the number per minute. Then continue your activity immediately so as not to lose the benefits of continuous motion.

During your first few activity sessions, stop two or three times to check your heart rate. Once you become accustomed to how vigorous your activity needs to be, one check per session will be adequate.

Taking your pulse

There are two popular methods of taking one's pulse. Select the one you find most convenient.

(a) Radial Palpation (Wrist):

Place the middle three fingers of one hand along the edge of the wrist (of the opposite arm) just below the base of the thumb. Feel gently and you will locate the pulse in the small groove of the wrist.



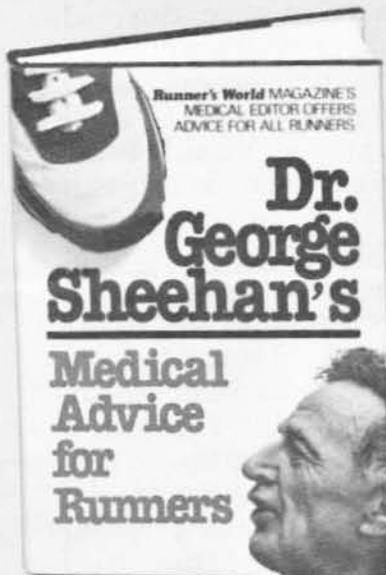
(b) Carotid Palpation (Neck):

Place the thumb on the chin, put the middle three fingers of one hand along the back edge of the pharynx (Adam's Apple) and locate the pulse at the side of the neck. Press only hard enough to feel the pulse and use just one side of the neck.



FOR EVERYONE

in a sport or exercise program—a sensible, sympathetic medical guide by a physician who is also a long-distance runner and the best-selling author of Running and Being



This book is available
for \$14.75 from:
RUNNER'S WORLD
1400 Stierlin Road
Mountain View, CA 94043

Dr. Sheehan answers
hundreds of questions on:
feet, knees, muscles and
back • colds • cardiovascular
and respiratory systems •
heel spurs • heart attacks •
hypertension • tendinitis •
groin strains • shin injuries
• swollen glands • dry
heaves • stomach cramps •
hamstring pulls • mono-
nucleosis • high arches •
Morton's foot...

FITNESS CENTRE CAPTURES FIRST CHALLENGE FUN RUN

The West Royalty Fitness Centre recently held its first Annual Winter Challenge with the P.E.I. Roadrunner's Club.

On the new indoor track (a rubberized surface with banked corners) the Centre invited members of the Roadrunner's Club to race in one, two and three mile events.

Sponsored by Moosehead Breweries, a trophy was awarded to the West Royalty Fitness Centre as the winning team of the competition (a total of 35 points over the Roadrunner's 32 points). As the first indoor track meet in P.E.I., all running times have been recorded for future competitions to challenge.

With 24 competitors in all, the entire challenge has set a precedent for outdoor joggers to keep working throughout the winter months. Individual awards (sponsored by Runner's World) were also presented to the following participants for significantly good times in specified events:

One Mile Run - Women - First, Carol Schurman (RR) 7:05 min.; Second, Hazel MacDonald (WRFC) 7:25 min.; Third, Karen Stewart (RR) 7:30 min.

One Mile Run - Men (18-30 years) - First, Andrew VanWiechen (WRFC) 5:20 min.; Second, Peter MacKinnon (WRFC) 5:20 min.; Third, Roy Mason (RR) 5:23 min.

One Mile Run - Men (31 years and over) - First, Lawrence McLagan (WRFC) 5:10 min.; Second, Ewen Stewart (RR) 5:21 min.; Third, Bob Simmons (RR) 5:25 min.

Two Mile Run - Men's Open - First, Andrew VanWiechen (WRFC) 11:03 min.; Second, Ewen Stewart (RR) 11:15 min.; Third, Lance Miron (RR) 11:25 min.

Three Mile Run - Men's Open - First, Lawrence McLagan (WRFC) 17:38 min.; Tied for Second, Ewen Stewart (RR) and Peter McKinnon (WRFC) 18:00 min.; Third, Lance Miron (RR) 19:20 min.

TOP MALE ATHLETE SAYS SIMPLY PLAYS

NEW YORK (AP) — Bruce Jenner labored eight hours a day for five years to prepare his body for the 1976 Olympics, where he won a gold medal in the decathlon. Now, Jenner says, he has put work behind him. He simply plays.

"I've got a lot of toys in my house — bicycles and motorcycles and a weight-lifting room," the athlete says. "I play tennis and racketball. I play a lot."

"My only motivation is to stay in good enough shape to feel good."

Jenner preaches what he practises. The lean, 29-year-old Olympian advises that those who want to get physically fit should not work at an athletic regimen. They should play instead.

"You should find something fun, something you enjoy. It should be something you really look forward to doing."

HE'S ALL RUN OUT

For instance, Jenner ran miles every day during all those years in preparation for the decathlon's 100-metre, 400-metre and 1,500-metre races. Today, he says, he rarely runs.

"If I have an hour of time, I'd rather do something that's fun for me — play some tennis, go out on a motorcycle."

Although Jenner says he plays as often as he can, "after all those years of training, now it seems like I'm doing absolutely nothing."

"Still, the average person can't keep up with me. I run them down."

Consider, for instance, Jenner's activities during a recent four-day stay here. He came to New York from his California home for a series of meetings with the sports equipment-maker for whom he works as physical fitness adviser.

HAVE WRONG ATTITUDE

Jenner spent his free time by playing tennis, lifting weights with a friend and going disco dancing. One evening he did "situps and pushups and stuff" alone in his hotel suite, "just to ease the boredom and loosen up a little bit."

Many people fail when they resolve to get fit because they go on an athletic binge, Jenner believes.

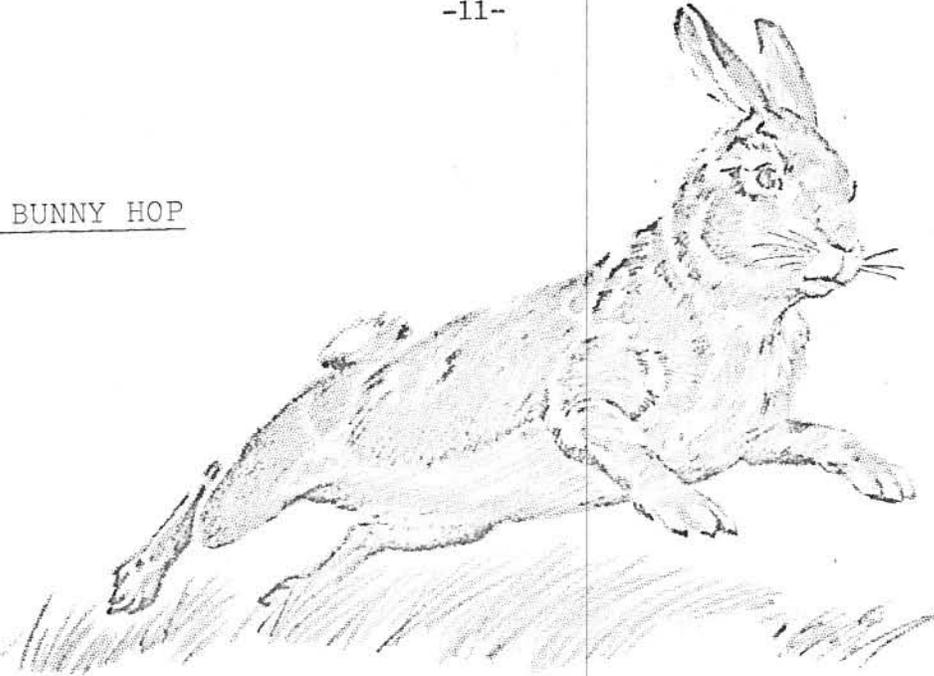
"I would rather see people do a little bit over a long period of time than a lot for a little while. People should begin much easier than they think they should so they don't get sore and give it up."

The goal of a fitness activity should be to have a good time, he advises. If it's fun, you'll keep it up and eventually begin to see some results — a few lost pounds, better wind, improved skills.

But the Olympian warns not to expect too much too soon.

"It would take me three or four years of training to get back into the shape I was in for the Olympics."

DAIRY QUEEN BUNNY HOP



- 1. Sponsors - Dairy Queen
- 2. Organizers - P.E.I. Roadrunner's Club
- 3. Distance - 6 1/4 Miles
- 4. Date - Saturday, April 14, 1979
- 5. Registration Time - 1:00 p.m.
- 6. Starting Time - 2:00 p.m.
- 7. Entry Deadline - Thursday, April 12, 1979
- 8. Medical Service - St. John Ambulance
- 9. Policing - Charlottetown Police and R.C.M.P.
- 10. Entry Fee - \$1 (Please enclose with entry form)
(Make cheques payable to PEI Roadrunners Club)
- 11. Changing Facilities - Available at Dairy Queen
- 12. Classifications -

<u>Men</u>	<u>Women</u>
1) Under 20	1) Under 25
2) 20-29	2) Over 25
3) 30-39	
4) 40 and Over	
- 13. Awards - Trophies --- Presented to race winner
 Presented to top female runner
 Presented to youngest male runner (with best time)
 Presented to youngest female runner (with best time)
 Medals --- To the top three finishers in each category
 Certificates --- To all those who participate
- 14. NOTE - Awards will be presented in the Dairy Queen

E N T R Y F O R M

P.E.I. ROADRUNNER'S CLUB/DAIPY QUEEN

B U N N Y H O P

LAST NAME _____

FIRST NAME _____ INITIAL _____

MAILING ADDRESS _____

CITY _____ PROVINCE _____

POSTAL CODE _____

DATE OF BIRTH _____ SEX _____

AGE ON APRIL 14, 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.

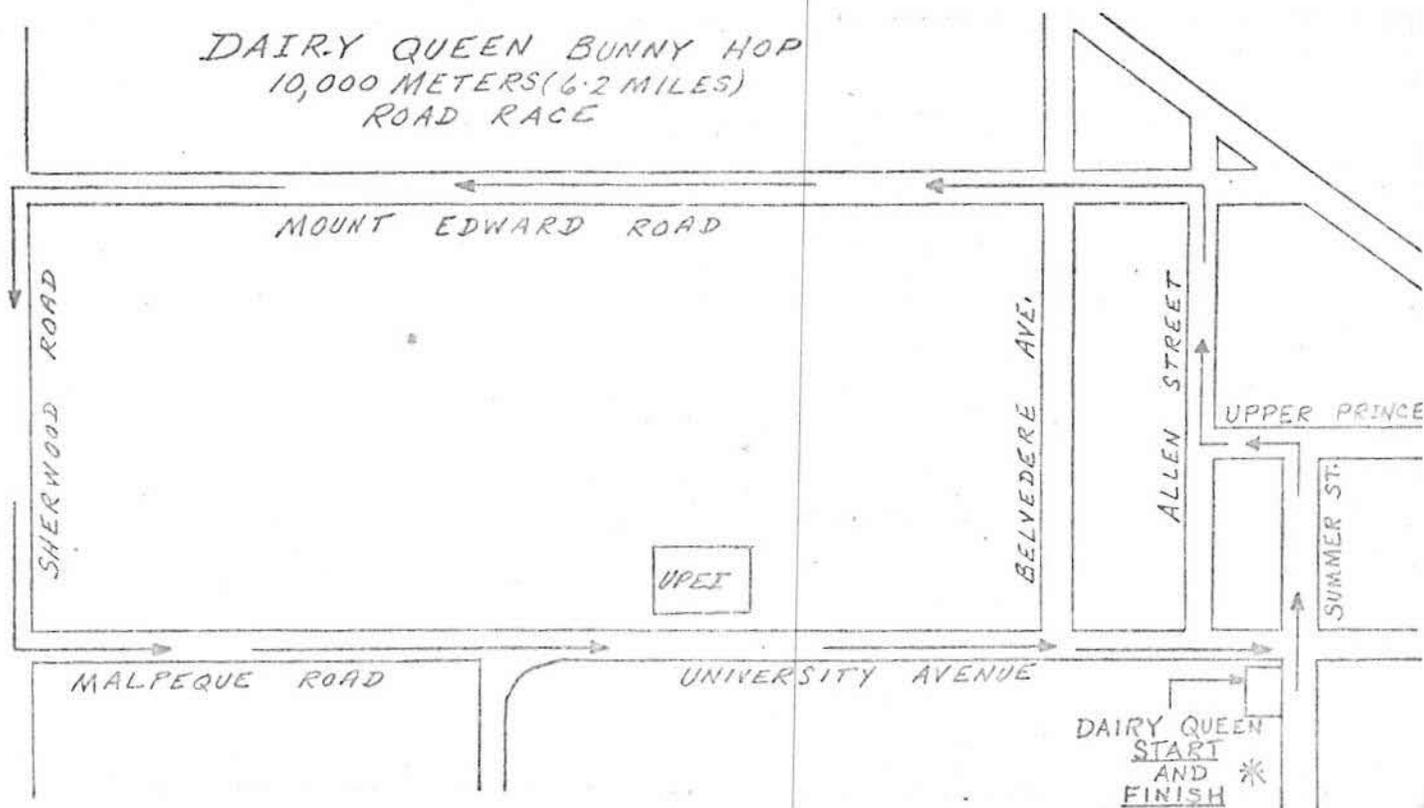
SIGNED _____

SIGNATURE OF PARENT OR GUARDIAN,
IF PARTICIPANT IS UNDER 18 -

MAIL ENTRY FORM TO: BUNNY HOP ROAD RACE
P.O. Box 302
Ch'town, PEI
C1A 7K7

NOTE- ENTRY DEADLINE - NOON, THURSDAY, APR. 12/79.

The Bunny Hop is only two weeks away. Try out the course before then and get ready for a good 6¼ mile race.



FROM THE EDITOR

Before you put this newsletter away, May I ask you one question?

DID YOU COMPLETE THE MINI-SURVEY?

If not, please take two minutes now and jot down your answers and mail the questionnaire to Sport P.E.I. Or, if you wish, you may call 894-8879 and give your answers to Judy or Leah.

This newsletter was started because one runner said it would be a good way to find out what's happening with the running scene here on P.E.I. and elsewhere. What we are attempting to find out now is, do you read the newsletter and maybe get a few comments about it.

From time to time we have added new sections to our newsletter such as Down Memory Lane and the Female Runners Section; but if you have ideas or suggestions as to what you would like to read about, please let us know. We have also received some very interesting stories such as the one in this issue about Ed Harris. I wonder what Ed was getting all "keyed-up" for?

We solicit your support and hope to receive your reply shortly.

Gotta go for a run - Spring Fever has really hit me!

Crazy Legs Harley

* * * * * IMPORTANT NOTICE * * * * *
 *
 * We have not received your reply to the Mini-Survey that
 * appeared in our last newsletter.
 * Please reply by "April 30" if you wish to continue to
 * receive our newsletter, or else your name will be dropped
 * from our mailing list!
 *
 * You may reply by: (1) Calling Sport P.E.I. at 894-8879;
 * (2) Sending this survey to Sport P.E.I.
 * P.O. Box 302
 * Ch'town, PEI
 * CIA 7K7
 * * * * *

NEWSLETTER MINI - SURVEY

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 _____
 (d) Other _____

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

5. COMMENTS _____

