

P. E. I. ROADRUNNERS MARATHON

This will be the best marathon ever held on P.E.I.! We can say that, of course, because it will be the first ever held on the Island. Yet our optimism is also justified by the excellent results we have been attaining in our initial months of planning. The Course Committee, for instance, has come up with what just has to be one of the most scenic routes for a marathon in this part of the country. The Accommodations Committee has met with a very enthusiastic response from the tourist operators and has been able to confirm some very attractive rates for motels, cabins, guest homes, etc., in both the Cavendish and Charlottetown areas. The Transportation, Officials and Equipment Committees have made some very useful contacts, have devised their basic operations strategies, and have begun the arrangements for a smooth running event. The Awards Committee has lined up so many prizes that even their Chairman will probably get a trophy! Modesty forbids the Publicity Committee from commenting on their work, but it is understood that they have produced (and this is a direct quote from that Committee) "a simple yet dignified Information Kit that attractively packages the many fine promotional materials that we have developed on this marvellous race." Well, you get the idea.

The September 16 race date is less than four months away. While the organizing committee has done a great deal of work already, there remains a tremendous amount left to do. If we are to put on a first class marathon, as is our objective, we will need the support of all members of the P.E.I. Roadrunners Club and other running enthusiasts. The operation of a marathon requires upwards of 200 volunteers acting as officials, committee members, hospitality members, medical services, etc. If you would like to help with this race, we would be most pleased to have you. Printed below is a list of our organizing committee members. If you would like to be a part of P.E.I.'s first marathon, contact either of the race Co-Chairmen or any of the Committee Chairmen.

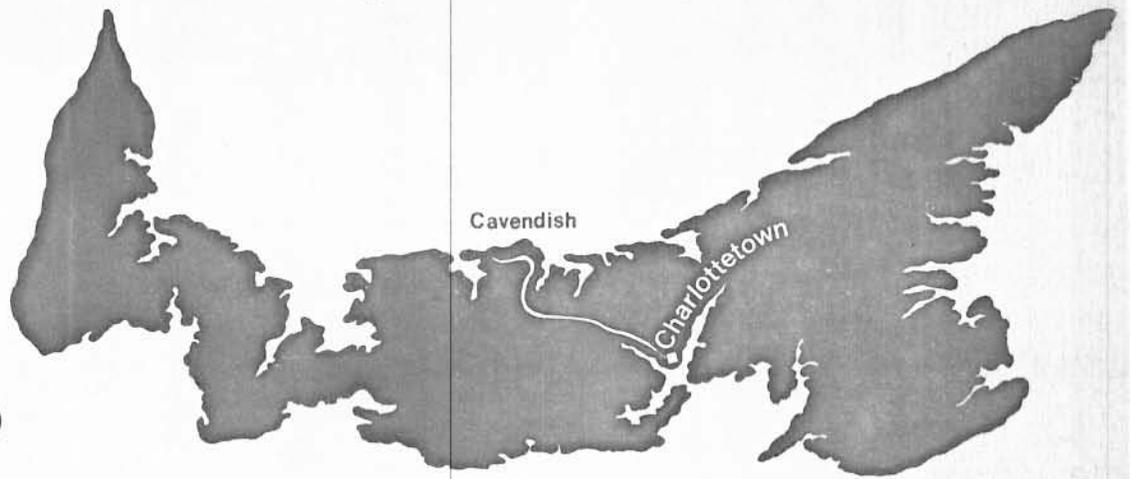
|                 |                           |                  |                  |
|-----------------|---------------------------|------------------|------------------|
| Chairmen -----  | Parker Lund<br>Don Harley | Transportation - | Ernie Maidment   |
| Awards -----    | Ken Campbell              | Hospitality ---- | Valerie Johnston |
| Course -----    | Ewen Stewart              | Registration --- | Lance Miron      |
| Officials ----- | Barrie Stanfield          | Publicity -----  | Don Pridmore     |
| Finance -----   | Frank Johnston            | Equipment -----  | Ed Fraser        |

Entries are already coming in for the race itself and we are looking forward to receiving yours. If you have not already received a copy of the brochure/registration form, we have reprinted a copy below (please excuse the print quality - this was copied from a colour brochure). The Schedule of Events is also reprinted for your interest.

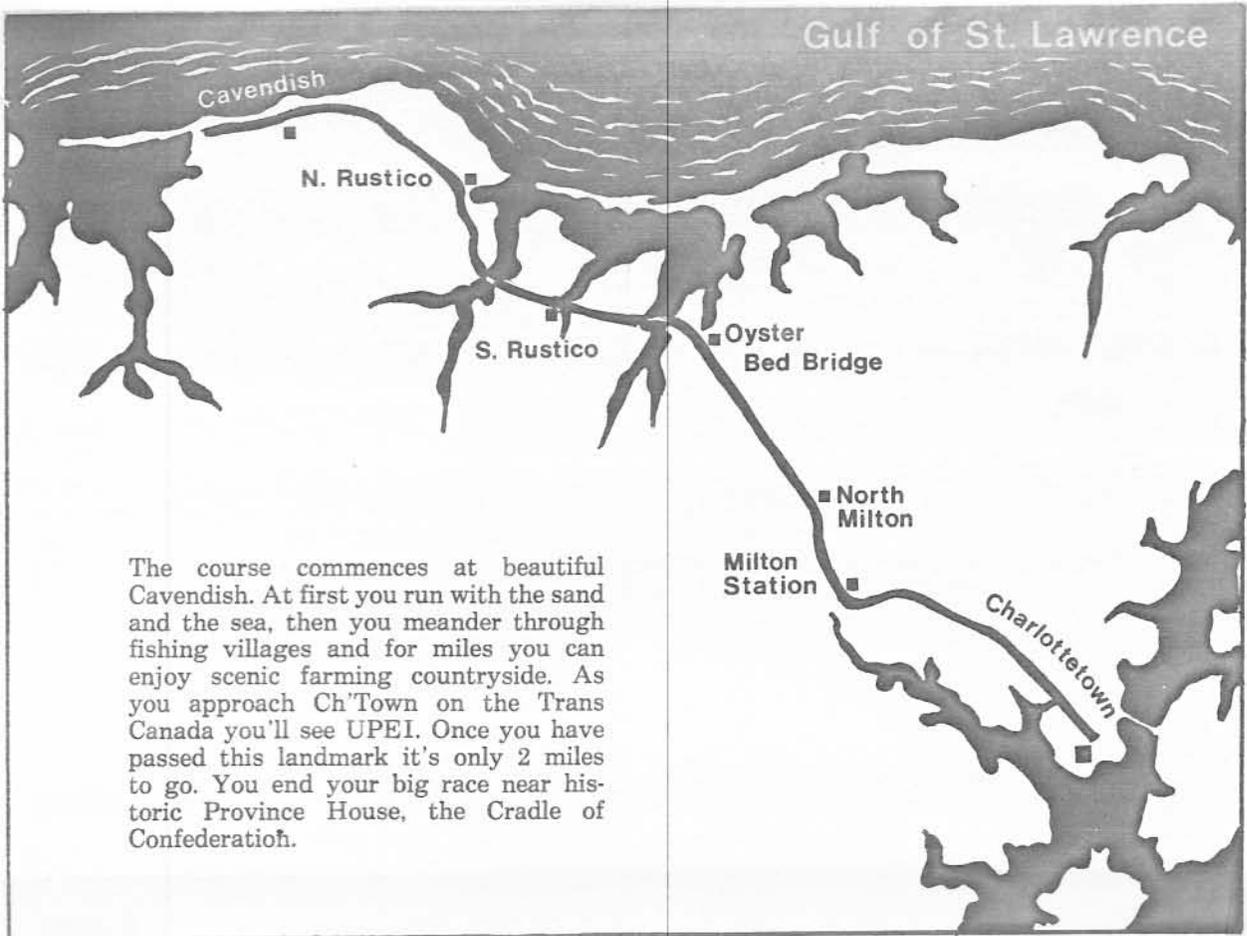


# Marathon

Sunday  
Sept. 16, 1979



*Come . . . Run On Prince Edward Island*



The course commences at beautiful Cavendish. At first you run with the sand and the sea, then you meander through fishing villages and for miles you can enjoy scenic farming countryside. As you approach Ch'Town on the Trans Canada you'll see UPEI. Once you have passed this landmark it's only 2 miles to go. You end your big race near historic Province House, the Cradle of Confederation.

**Race Details:**

- begins at 12:00 Noon at Cavendish, Sept. 16th.
- Average daily High is 18-20°C.
- Water, sponge, and refreshment stations every 3 miles.
- All entrants will receive an information package (includes: detailed map, tourist information package, tips on training, accommodations list, marathon poster).
- Registration Fee \$5.00.

**Awards:**

- All runners receive a T-shirt, souvenir, and free post-race chow.
- Prizes by sex and age categories.
- Awards include trophies, medallions, and merchandise.
- All finishers get a certificate.

**Accommodations:**

- Special rates for runners at Charlottetown and Cavendish.
- Camping at the National Park.

SCHEDULE OF EVENTS

Saturday, September 15, 1979 - "Psyche-Up Saturday"

8:00 - 9:30 a.m. - Free Pancake Breakfast, McDonald's Restaurant
University Avenue, Charlottetown
(Served by the P.E.I. Roadrunners)

10:00 - 11:30 a.m. - Fun Runs - 1/2 mile, 1 mile, 2 miles
Victoria Park, Charlottetown

10:00 - 12:00 noon - Marathon Clinic, YMCA, Corner of Euston & Prince Streets
Charlottetown

1:00 - 4:00 p.m. - Race Registration and Pre-Medical, YMCA, Corner of Euston and
Prince Streets, Ch'town

6:00 - 8:00 p.m. - Banquet, New Glasgow Lobster Suppers (or pasta for runners)
New Glasgow, P.E.I.

Sunday, September 16, 1979 - "Marathon Sunday"

9:00 - 11:00 a.m. - Race Registration & Pre-Medical, Cavendish, P.E.I.

12:00 noon ----- Race Start, Cavendish, P.E.I.

Registration Form (Deadline September 1, 1979)

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Best Race Time \_\_\_\_\_ Distance \_\_\_\_\_
(on Sept. 16, 79) T-Shirt Size (circle one) S-M-L-XL

Address \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Date \_\_\_\_\_

Signature \_\_\_\_\_

(Parent's Signature if under 18 Years)

Make \$5.00 Cheque Payable To:
P.E.I. Roadrunners Club and mail to:
Lance Miron
Race Registrar
P.O. Box 4
Ch'town R.R. 7, P.E.I.
C1A 7J9

ATHLETE'S RELEASE

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 -

IN PRAISE OF SPECTATORS

What race, whether a 4-mile dash or a marathon, would be complete without its cheering crowd? Even if it's no more than some mildly interested passers-by who stop in bemused silence, runners know what a difference spectators make. Their function in a race can be just as essential as broken-in shoes or enough water stops, because spectators are the refreshment of the spirit.

I found out about the importance of race watchers in the Long Island Marathon on May 6. Not only had my mother mobilized every relative and friend on the Island to stand along the route and pass out water, but fellow runners from New York City who weren't competing made the trip out to cheer and run me in, if needed. If I knew I was coming to a specific point where someone was waiting, having asked them to be there at a certain time, it gave me a little extra push to keep going to see them, and so make their efforts worthwhile. This became crucial at 23 miles when my hamstrings felt like unset Jello, and I met up with my closest runner girlfriend. At that point, I didn't need water or E.R.G., but encouraging TALK! And she did that so well I actually felt better the last two miles than I had before seeing her. Best of all, though, are the wonderful strangers who root for you. The local paper had published the entrants' names and numbers, so I was surprised at first to hear myself greeted by name by total strangers, but I gave them as big a smile or a wave as my friends got. And how can you be bored when every turn brings a new face and situation? As one of the front running women, I got a lot of attention from the women spectators, little girls and grandmothers alike, who for some reason referred to me as either a "lady" or a "girl" runner. But they were very excited to see a member of their sex keeping up with the men, and I was glad to be that sort of a symbol to them.

We runners get so much help, both physical and mental, from spectators that I try to return the favour whenever possible. We do pay back that debt during a race, I've learned, in the inspiring spectacle we present to the non-running world. It's difficult to think of another sport where such a mutually beneficial situation exists between the participants and the viewers as in running. So, fellow competitors, let's thank those who "stand and wait" as we race by--they have earned a stake in our victory laurels.

Katherine K. Redmond

P.S. I wore my P.E.I.R.R.C. t-shirt for this marathon, and drew two types of comments:

- (1) "What's a P.E.I.?" I told them.
- (2) "Prince Edward Island! I was there last summer--it was great! You're a long way from home, young lady!" To this, I agreed it was a wonderful place and I actually was not far from home, running at that point through the town where I grew up.

RESULTS OF DAIRY QUEEN BUNNY HOP, APRIL 14, 1979 (6 1/4 Miles)

WOMEN - UNDER 25

| NAME           | RACE ORDER OF FINISH | CLASS ORDER OF FINISH | TIME  |
|----------------|----------------------|-----------------------|-------|
| Sherry McKenna | 36                   | 1                     | 53:32 |
| Kathy Hilton   | 37                   | 2                     | 54:07 |

WOMEN - OVER 25

|                    |    |   |       |
|--------------------|----|---|-------|
| Eleanor Farrington | 38 | 1 | 54:25 |
|--------------------|----|---|-------|

MEN - UNDER 20

|                    |    |    |       |
|--------------------|----|----|-------|
| Mike Armitage      | 1  | 1  | 36:33 |
| Andrew Van Wiechen | 4  | 2  | 37:40 |
| Roy Mason          | 7  | 3  | 38:16 |
| Monty Wilkins      | 13 | 4  | 42:24 |
| David Groom        | 15 | 5  | 43:08 |
| Stuart Richardson  | 16 | 6  | 43:38 |
| Brian MacDonald    | 23 | 7  | 44:45 |
| Lee Blunston       | 35 | 8  | 53:18 |
| Jason Grasse       | 42 | 9  | 60:20 |
| David Hyndman      | 43 | 10 | 61:05 |
| Chris Head         | 44 | 11 | 61:05 |
| Tim Jenkins        | 45 | 12 | 61:20 |
| Peter Blane        | 47 | 13 | 71:48 |

MEN - 20-29

|                   |    |   |       |
|-------------------|----|---|-------|
| Colin MacAdam     | 3  | 1 | 37:30 |
| Paul Wright       | 5  | 2 | 37:45 |
| Bill Campbell     | 6  | 3 | 38:15 |
| Michael Gaudet    | 9  | 4 | 40:44 |
| Butch Postma      | 17 | 5 | 43:43 |
| Francis O'Donnell | 18 | 6 | 44:15 |
| Eric Manuel       | 21 | 7 | 44:33 |
| Dave Manovill     | 25 | 8 | 46:01 |
| ...               | 46 | 9 | 61:30 |

MEN - 30-39

| NAME             | RACE ORDER OF FINISH | CLASS ORDER OF FINISH | TIME  |
|------------------|----------------------|-----------------------|-------|
| Lawrence McLagan | 2                    | 1                     | 37:08 |
| Clare Birch      | 8                    | 2                     | 40:02 |
| Jim Bruce        | 10                   | 3                     | 40:58 |
| Carl Phillips    | 11                   | 4                     | 41:05 |
| Bob Simmons      | 12                   | 5                     | 41:54 |
| Ernie Maidment   | 14                   | 6                     | 42:44 |
| Gerald Mitchell  | 19                   | 7                     | 44:09 |
| Carl MacLeod     | 26                   | 8                     | 46:16 |
| Eugene Anderson  | 28                   | 9                     | 47:08 |
| Don Mazer        | 29                   | 10                    | 47:15 |
| Dave Butt        | 31                   | 11                    | 48:09 |
| Dave Darlington  | 32                   | 12                    | 48:43 |
| Deanne White     | 39                   | 13                    | 54:37 |
| Art Large        | 41                   | 14                    | 58:24 |
| Don Blane        | 48                   | 15                    | 71:48 |

MEN - OVER 40

|                 |    |   |       |
|-----------------|----|---|-------|
| Earl Wilkins    | 20 | 1 | 44:16 |
| Don Moffett     | 22 | 2 | 44:40 |
| Stewart Freeman | 24 | 3 | 45:43 |
| Charlie Brown   | 27 | 4 | 46:17 |
| Ken Ozmon       | 30 | 5 | 47:27 |
| Don LeClair     | 33 | 6 | 49:52 |
| Walter Fobes    | 34 | 7 | 50:57 |
| Ed Harris       | 40 | 8 | 54:57 |

T R O P H I E S

- Race Winner ----- Mike Armitage (36:33)
- Top Female Runner ----- Sherry McKenna (53:32)
- Youngest Male Runner ----- Peter Blane (71:48, Age 9)
- Youngest Female Runner ----- Sherry McKenna (Age 15)

SPECIAL THANKS TO AL STEWART, DAIRY QUEEN, FOR SPONSORING THE RACE.



P.E.I. ROADRUNNERS FOURTH AT RUN CANADA RUN RELAY

A strong performance by the Nova Scotia team brought them first place in the first annual Run Canada Run Relay from Fredericton to Moncton held on Saturday, April 28, 1979.

The ten Nova Scotia runners covered the 200 Km. distance in 12 hours, 14 minutes and 7 seconds.

Four teams, including the P.E.I. Roadrunners, took part in the relay.

The Fredericton Track Club was second in 12:51:32. A close battle for third was won by the South East Striders from Moncton with a time of 13:16:44, just 14 seconds ahead of the P.E.I. Roadrunners.

Each of the team members ran a 20 Km. leg of the 200 Km. race. After the seventh leg, the P.E.I. Roadrunners trailed the South East Striders by 12 minutes and 19 seconds. But very strong closing legs of David Groom, Lawrence McLagan and Mike Armitage almost pulled off a third place finish for the Island squad.

Mike Armitage had the P.E.I. Roadrunner's fastest time of the day with a run of 1:11:26.

The times of the P.E.I. Roadrunners in order of their legs were as follows:

- |                                |                                 |
|--------------------------------|---------------------------------|
| 1. Ewen Stewart ----- 1:21:57  | 6. Freeman Churchill - 1:18:54  |
| 2. Lance Miron ----- 1:16:36   | 7. Don Reeves ----- 1:25:04     |
| 3. Roy Mason ----- 1:22:47     | 8. David Groom ----- 1:19:15    |
| 4. Andrew Van Wicken - 1:19:17 | 9. Lawrence McLagan -- 1:14:15  |
| 5. Don Pridmore ----- 1:27:07  | 10. Mike Armitage ----- 1:11:26 |

The Run Canada Run Relay was sponsored by Diet Pepsi and organized by the South East Striders. Following are the results:

- |                         |   |
|-------------------------|---|
| STATION #1 - 20(+) KM - | 1:12:15 - R. Bullerwell, Nova Scotia            |
|                         | 1:18:14 - D. Davis, South East Striders         |
|                         | 1:21:28 - F. Steeves, Fredericton Track Club    |
|                         | 1:21:57 - E. Stewart, Prince Edward Island      |
| STATION #2 - 40 KM ---- | 1:10:36 - K. Doucette, Nova Scotia              |
|                         | 1:16:36 - L. Miron, Prince Edward Island        |
|                         | 1:19:45 - D. Mersereau, South East Striders     |
|                         | 1:20:47 - R. Gorman, Fredericton Track Club     |
| STATION #3 - 60 KM ---- | 1:18:28 - L. Currie, Nova Scotia                |
|                         | 1:20:03 - M. Brannon, Fredericton Track Club    |
|                         | 1:22:13 - T. Toner, South East Striders         |
|                         | 1:22:47 - R. Mason, Prince Edward Island        |
| STATION #4 - 80 KM ---- | 1:12:18 - T. Conway, Nova Scotia                |
|                         | 1:14:16 - P. Richardson, Fredericton Track Club |
|                         | 1:19:17 - A. Van Wicken, Prince Edward Island   |
|                         | 1:21:42 - D. Booth, South East Striders         |
| STATION #5 - 100 KM --- | 1:11:01 - E. Gilmore, Fredericton Track Club    |
|                         | 1:16:14 - W. Beazley, Nova Scotia               |
|                         | 1:22:13 - C. Amirault, South East Striders      |
|                         | 1:27:07 - D. Pridmore, Prince Edward Island     |

- STATION #6 - 120 KM --- 1:13:24 - J. Fougere, Nova Scotia  
1:18:54 - F. Churchill, Prince Edward Island  
1:20:03 - L. Sheehy, South East Striders  
1:29:29 - T. Noble, Fredericton Track Club
- STATION #7 - 140 KM --- 1:15:18 - G. Grondin, Fredericton Track Club  
1:15:07 - P. Demers, South East Striders  
1:17:55 - R. Latoure, Nova Scotia  
1:25:04 - D. Reeves, Prince Edward Island
- STATION #8 - 160 KM --- 1:15:42 - B. Norton, Nova Scotia  
1:17:59 - R. Freeze, Fredericton Track Club  
1:19:15 - D. Groom, Prince Edward Island  
1:27:40 - G. Gallant, South East Striders
- SECTION #9 - 180 KM --- 1:09:48 - R. McGraw, Nova Scotia  
1:14:15 - L. McLagan, Prince Edward Island  
1:14:40 - J. Lehman, Fredericton Track Club  
1:16:23 - D. Gallant, South East Striders
- SECTION #10 - 200 KM -- 1:07:27 - R. Englehutt, Nova Scotia  
1:11:26 - M. Armitage, Prince Edward Island  
1:13:26 - R. Gallant, South East Striders  
1:14:01 - J. Jean, Fredericton Track Club



STEWART TOP ISLANDER IN JOHNNY MILES RUN

Ewen Stewart, the 46 year old runner from Nassau Street, completed the fifth running of the Johnny Miles Marathon in 2 hours, 59 minutes, 28 seconds. Ewen placed 15th out of a field of 157 runners, the largest entries to date for the New Glasgow, NS, marathon.

Other Island runners were:

|                   |     |       |    |         |    |         |
|-------------------|-----|-------|----|---------|----|---------|
| Lance Miron       | - 3 | hours | 02 | minutes | 21 | seconds |
| Freeman Churchill | - 3 | "     | 03 | "       | 55 | "       |
| Terry Doyle       | - 3 | "     | 41 | "       | 18 | "       |
| Ernie Maidment    | - 3 | "     | 44 | "       | 06 | "       |
| Gerald Mitchell   | - 3 | "     | 49 | "       | 48 | "       |
| Guy Comeau        | - 3 | "     | 59 | "       | 24 | "       |
| Jim Bruce         | - 4 | "     | 24 | "       | 31 | "       |
| Roy Mason         | - 4 | "     | 27 | "       | 09 | "       |
| Eric Manual       | - 4 | "     | 29 | "       | 10 | "       |

The Island squad put in strong performances considering the very strong winds and hot mucky weather. It was probably a combination of the above weather conditions that hampered Dave Fudge from Dartmouth, Nova Scotia, from establishing a new winning time. Fudge finished in 2:38:17, which is within a few seconds of Pat Burke's 1978 time. Top female was Bev Earp, Dartmouth, Nova Scotia, in 3:46:41.

Again this year the race was really well organized, so hats off to George Manos and his crew for a great race. Special thanks to the committee people and the people of New Glasgow for all their fine hospitality to the Island runners and others who attended the race.



RESULTS OF CFCY SPRING FEVER PACE, MAY 6, 1979 (2 Miles)

LADIES UNDER 8

| NAME              | RACE ORDER<br>OF FINISH | CLASS ORDER<br>OF FINISH | TIME  |
|-------------------|-------------------------|--------------------------|-------|
| Katie LeClair     | 142                     | 1                        | 17:04 |
| Vanessa Lund      | 147                     | 2                        | 17:18 |
| Jennifer MacInnis | 201                     | 3                        | 29:29 |

LADIES 8-14

|                    |     |    |       |
|--------------------|-----|----|-------|
| Debbie Boulanger   | 20  | 1  | 12:37 |
| Natalie Pirch      | 37  | 2  | 13:20 |
| Maura Ryan         | 51  | 3  | 13:48 |
| Cindy Wood         | 52  | 4  | 13:57 |
| Sharon Lacey       | 81  | 5  | 14:43 |
| Heather Huston     | 83  | 6  | 14:59 |
| Carol Wood         | 94  | 7  | 15:23 |
| Monique Lund       | 100 | 8  | 15:30 |
| Rejenna Paulan     | 109 | 9  | 15:53 |
| Belinda Cummings   | 114 | 10 | 15:56 |
| Angela Rudgene     | 115 | 11 | 16:00 |
| Caroline Foster    | 119 | 12 | 16:07 |
| Carey MacInnis     | 122 | 13 | 16:10 |
| Michelle MacKinnon | 125 | 14 | 16:20 |
| Elizabeth Bradley  | 130 | 15 | 16:34 |
| Anne McLure        | 137 | 16 | 16:59 |
| Lana Richards      | 144 | 17 | 17:13 |
| Deana Field        | 146 | 18 | 17:17 |
| Bonnie Constable   | 155 | 19 | 17:45 |
| Janice Verhulp     | 163 | 20 | 18:16 |
| Jane Nickerson     | 164 | 21 | 18:44 |
| Michelle Scott     | 165 | 22 | 18:45 |
| Kim Gillis         | 166 | 23 | 18:46 |
| Paula Gallant      | 167 | 24 | 18:47 |
| Lisa Thibeau       | 168 | 25 | 18:48 |
| Anita MacDougall   | 169 | 26 | 18:58 |
| Michelle Ives      | 170 | 27 | 18:59 |

## LADIES 8-14 (Cont'd)

| NAME             | RACE ORDER<br>OF FINISH | CLASS ORDER<br>OF FINISH | TIME  |
|------------------|-------------------------|--------------------------|-------|
| Sharon Paulan    | 176                     | 28                       | 19:28 |
| Christine Doyle  | 177                     | 29                       | 19:47 |
| Martha Daley     | 185                     | 30                       | 21:47 |
| Kendi Ozmon      | 189                     | 31                       | 22:21 |
| Darlene Oraniuk  | 190                     | 32                       | 22:40 |
| Shelley MacIsaac | 191                     | 33                       | 22:41 |
| Marjie Johnston  | 193                     | 34                       | 23:04 |
| Sheri Dunn       | 194                     | 35                       | 23:04 |
| Michelle Flynn   | 195                     | 36                       | 23:12 |
| Alana MacLeod    | 197                     | 37                       | 23:37 |
| Cindy MacLure    | 198                     | 38                       | 24:34 |

## LADIES 15-19

|                  |     |   |       |
|------------------|-----|---|-------|
| Sherry McKenna   | 53  | 1 | 13:58 |
| Natalie Chandler | 63  | 2 | 14:13 |
| Linda Lank       | 121 | 3 | 16:07 |
| Heather Cudmore  | 157 | 4 | 17:52 |
| Michelle Guidon  | 171 | 5 | 19:00 |
| Lorie Richards   | 172 | 6 | 19:02 |
| Barbara Fanning  | 180 | 7 | 20:02 |
| Joanne Verhulp   | 188 | 8 | 21:55 |

## LADIES 20-29

|                     |     |   |       |
|---------------------|-----|---|-------|
| Joanne MacNeil      | 26  | 1 | 12:52 |
| Nora MacAdam        | 62  | 2 | 14:12 |
| Linda Stewart       | 88  | 3 | 15:05 |
| Nancy Kelly         | 97  | 4 | 15:28 |
| Mary Louise MacAdam | 108 | 5 | 15:52 |
| Marjie Chandler     | 124 | 6 | 16:14 |
| Valerie Johnston    | 126 | 7 | 16:22 |
| Susan Boudage       | 132 | 8 | 16:35 |
| Grace Ling          | 149 | 9 | 17:22 |

LADIES 20-29 (Cont'd)

|                |     |    |       |
|----------------|-----|----|-------|
| Judy Richard   | 152 | 10 | 17:33 |
| Theresa Coffin | 175 | 11 | 19:10 |

LADIES 30-39

|                    |     |   |       |
|--------------------|-----|---|-------|
| Eleanor Farrington | 75  | 1 | 14:34 |
| Marjorie Richards  | 134 | 2 | 16:39 |
| Marion Pirch       | 140 | 3 | 17:02 |
| Sandra Burgoyne    | 187 | 4 | 21:54 |

LADIES 40-49

|                 |     |   |       |
|-----------------|-----|---|-------|
| Sybil Cutcliffe | 136 | 1 | 16:57 |
| Jean MacRae     | 159 | 2 | 18:02 |
| Caroll Tweedy   | 174 | 3 | 19:07 |
| Johanna Verhulp | 199 | 4 | 23:06 |
| Lois Carew      | 200 | 5 | 24:36 |

MEN UNDER 8

|                    |     |   |       |
|--------------------|-----|---|-------|
| Kent Bagnall       | 103 | 1 | 15:33 |
| Raymond Carmichael | 141 | 2 | 17:03 |

MEN 8-14

|                 |    |    |       |
|-----------------|----|----|-------|
| Larry Docherty  | 3  | 1  | 11:20 |
| Robert Whalen   | 13 | 2  | 11:54 |
| Jim Burge       | 18 | 3  | 12:31 |
| David Walsh     | 21 | 4  | 12:38 |
| Gordie Stewart  | 31 | 5  | 13:05 |
| Stephen LeClair | 33 | 6  | 13:05 |
| Mike Docherty   | 34 | 7  | 13:05 |
| Jimmy Cullen    | 36 | 8  | 13:15 |
| Michael Gormley | 40 | 9  | 13:27 |
| Garry Burke     | 42 | 10 | 13:28 |

## MEN 8-14 (Cont'd)

| NAME               | RACE ORDER<br>OF FINISH | CLASS ORDER<br>OF FINISH | TIME  |
|--------------------|-------------------------|--------------------------|-------|
| Mark Derry         | 43                      | 11                       | 13:29 |
| Randy Bell         | 45                      | 12                       | 13:37 |
| Frankie O'Hanley   | 46                      | 13                       | 13:37 |
| Wade Squires       | 48                      | 14                       | 13:41 |
| Ronnie MacDonald   | 50                      | 15                       | 13:47 |
| Ronnie LeClair     | 54                      | 16                       | 14:00 |
| Jeff Wood          | 55                      | 17                       | 14:00 |
| Kent Ford          | 56                      | 18                       | 14:00 |
| Lee Blunston       | 57                      | 19                       | 14:02 |
| Walter Pirch       | 58                      | 20                       | 14:02 |
| Scott Costello     | 61                      | 21                       | 14:11 |
| Trevor Henry       | 64                      | 22                       | 14:17 |
| Eric Keith         | 65                      | 23                       | 14:18 |
| Leonard Lacey      | 66                      | 24                       | 14:20 |
| Gordie Cameron     | 67                      | 25                       | 14:21 |
| Chris Bernard      | 68                      | 26                       | 14:23 |
| Scott Bell         | 71                      | 27                       | 14:27 |
| Danny Birt         | 72                      | 28                       | 14:29 |
| Steven Lee         | 73                      | 29                       | 14:30 |
| Trent Henry        | 74                      | 30                       | 14:33 |
| Barry Stevelman    | 78                      | 31                       | 14:38 |
| Stephen Bagnall    | 79                      | 32                       | 14:42 |
| George MacMillan   | 80                      | 33                       | 14:43 |
| Joe Mitchell       | 82                      | 34                       | 14:46 |
| James MacInnis     | 86                      | 35                       | 15:04 |
| Andy Squarebriggs  | 89                      | 36                       | 15:06 |
| Andy McCauley      | 91                      | 37                       | 15:10 |
| Peter Blane        | 92                      | 38                       | 15:10 |
| Stephen Fitzgerald | 95                      | 39                       | 15:24 |
| Randy McSwain      | 96                      | 40                       | 15:26 |
| Colin Naves        | 98                      | 41                       | 15:29 |
| Scott Turnbull     | 99                      | 42                       | 15:30 |
| Todd King          | 101                     | 43                       | 15:30 |
| Kent Wun           | 102                     | 44                       | 15:32 |

## MEN 8-14 (Cont'd)

| NAME              | RACE ORDER<br>OF FINISH | CLASS ORDER<br>OF FINISH | TIME  |
|-------------------|-------------------------|--------------------------|-------|
| Kenny Spencley    | 104                     | 45                       | 15:35 |
| Mike MacIsaac     | 107                     | 46                       | 15:51 |
| Allan Quinn       | 113                     | 47                       | 15:56 |
| Bruce Cameron     | 116                     | 48                       | 16:02 |
| Sterling Perry    | 117                     | 49                       | 16:02 |
| Gordon Nickerson  | 120                     | 50                       | 16:07 |
| Heath Henderson   | 123                     | 51                       | 16:13 |
| Derrick Llewellyn | 127                     | 52                       | 16:29 |
| Freddie Doucette  | 128                     | 53                       | 16:30 |
| Danny Dart        | 129                     | 54                       | 16:32 |
| Jamie Diamond     | 131                     | 55                       | 16:35 |
| Paul Griffith     | 133                     | 56                       | 16:36 |
| Lloyd MacDougall  | 135                     | 57                       | 16:39 |
| Shane Flanagan    | 138                     | 58                       | 17:00 |
| Francis Wiegers   | 145                     | 59                       | 17:16 |
| John MacMillan    | 148                     | 60                       | 17:19 |
| Richard Bagnall   | 151                     | 61                       | 17:26 |
| Jamie Blanchard   | 154                     | 62                       | 17:36 |
| Stanley Johnston  | 156                     | 63                       | 17:46 |
| Kent Pitre        | 158                     | 64                       | 17:53 |
| Bill MacMillan    | 160                     | 65                       | 18:10 |
| Shawn Blane       | 161                     | 66                       | 18:11 |
| Ian O'Brien       | 162                     | 67                       | 18:12 |
| Robbie Joseph     | 173                     | 68                       | 19:04 |
| Joel Ives         | 178                     | 69                       | 19:50 |
| Paul Daley        | 179                     | 70                       | 19:55 |
| Thane Arsenault   | 181                     | 71                       | 20:08 |
| Colin Stanfield   | 182                     | 72                       | 20:09 |
| David Peters      | 184                     | 73                       | 20:30 |
| Matthew Hilton    | 186                     | 74                       | 21:49 |
| John MacGuigan    | 192                     | 75                       | 22:59 |
| Ricky MacDougall  | 196                     | 76                       | 23:13 |

## MEN 15-19

| NAME             | RACE ORDER<br>OF FINISH | CLASS ORDER<br>OF FINISH | TIME  |
|------------------|-------------------------|--------------------------|-------|
| Willie MacDonald | 1                       | 1                        | 10:51 |
| Stephen Quinn    | 2                       | 2                        | 11:06 |
| Mark McCosham    | 4                       | 3                        | 11:21 |
| Leo McCosham     | 5                       | 4                        | 11:34 |
| Michael Mooney   | 6                       | 5                        | 11:36 |
| Randy MacNeil    | 9                       | 6                        | 11:41 |
| Alan Kelly       | 11                      | 7                        | 11:47 |
| Stephen Bryenton | 12                      | 8                        | 11:49 |
| Shawn MacCormack | 17                      | 9                        | 12:17 |
| Ian MacDonald    | 23                      | 10                       | 12:43 |
| David Herring    | 24                      | 11                       | 12:44 |
| Mike Gamble      | 27                      | 12                       | 12:57 |
| Glen Pitre       | 30                      | 13                       | 13:05 |
| Billy MacNeill   | 32                      | 14                       | 13:05 |
| Jerry Kickham    | 39                      | 15                       | 13:23 |
| David Ives       | 41                      | 16                       | 13:28 |
| Don Cullen       | 59                      | 17                       | 14:06 |
| Mike McTague     | 60                      | 18                       | 14:10 |
| Wade Lewis       | 69                      | 19                       | 14:24 |
| William Gauthier | 70                      | 20                       | 14:25 |
| David Luddington | 85                      | 21                       | 15:01 |
| Bart Mair        | 93                      | 22                       | 15:21 |

## MEN 20-29

|                |    |   |       |
|----------------|----|---|-------|
| Robin Frid     | 7  | 1 | 11:37 |
| Peter Norton   | 8  | 2 | 11:38 |
| Gary Newport   | 16 | 3 | 12:16 |
| Cliff Reed     | 22 | 4 | 12:42 |
| Bernie Gallant | 25 | 5 | 12:49 |
| Wayne Shelfoo  | 35 | 6 | 13:09 |
| Gerry Dowling  | 38 | 7 | 13:22 |
| Ken MacDougall | 44 | 8 | 13:34 |
| Jim Honsberger | 87 | 9 | 15:05 |

MEN 20-29 (Cont'd)

| NAME           | RACE ORDER<br>OF FINISH | CLASS ORDER<br>OF FINISH | TIME  |
|----------------|-------------------------|--------------------------|-------|
| Ron Carmichael | 143                     | 10                       | 17:05 |
| Eric Manuel    | 150                     | 11                       | 17:23 |
| Roger Richard  | 153                     | 12                       | 17:34 |

MEN 30-39

|                  |     |    |       |
|------------------|-----|----|-------|
| Julian Gaudin    | 10  | 1  | 11:46 |
| Arnold Murphy    | 14  | 2  | 12:00 |
| Paul Field       | 19  | 3  | 12:33 |
| Don Taylor       | 29  | 4  | 13:05 |
| Allen Savidant   | 47  | 5  | 13:38 |
| Dan Stevelman    | 77  | 6  | 14:38 |
| Frank Huston     | 84  | 7  | 15:00 |
| George Bagnall   | 90  | 8  | 15:09 |
| Bruce Foster     | 105 | 9  | 15:44 |
| Rick Callaghan   | 106 | 10 | 15:48 |
| Jim Griffith     | 111 | 11 | 15:54 |
| Barrie Stanfield | 183 | 12 | 20:10 |

MEN 40-49

|                    |     |   |       |
|--------------------|-----|---|-------|
| Jack Chandler      | 15  | 1 | 12:09 |
| Sterling MacRae    | 28  | 2 | 13:01 |
| Alward MacKay      | 49  | 3 | 13:42 |
| Tom Kays           | 76  | 4 | 14:35 |
| Gord Tweedy        | 110 | 5 | 15:54 |
| James Walker       | 112 | 6 | 15:55 |
| Bill Cummings      | 118 | 7 | 16:07 |
| J.A. (Bun) LeClair | 139 | 8 | 17:01 |

SPECIAL THANKS to race sponsor, CFCY, and to the COOKIE MONSTER for acting as our race starter.

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

ROADRUNNER JACKETS

The Roadrunners now have their own official club jackets. They are made of a light material but can be worn in the spring and are warm enough for winter weather.

The color is black with orange piping on the sleeves; also, cresting has orange color intermixed. The cost is \$35.

If you want a jacket, call George MacGuigan at 892-8381 to arrange for a fitting.

PLEASE NOTE: We now have orders for three jackets, but we need a basic order of six before an order can be sent away. If interested, please call now! Please specify if you want the Marathoner or Runner symbol.

UPCOMING EVENTS

- |        |       |   |                            |
|--------|-------|---|----------------------------|
| June   | 9     | Atlantic Trophies, 5 & 10 miles                                 |                            |
|        | 10    | Signal Hill Clumb, 2 miles, St. John's (12 noon)                | Joe Ryan                   |
|        | 16    | COLONEL GRAY-MCDONALD'S 10 MILE ROAD RACE, CH'TOWN (10:00 a.m.) |                            |
|        | 16    | Burt's Corner 7.5 mile Road Race, Fredericton                   | Larry Gould                |
|        | 16    | Waverley Gold Rush 9 mile Road Race                             | Gordon Warnica             |
|        | 16    | N.B. Legion Zone Meets  |                            |
|        | 23    | JUNEFEST TRACK AND FIELD MEET, CH'TOWN                          | Bernie Chivilo             |
|        | 23    | Moncton Midget/Open T&F   | Roddie MacKenzie           |
|        | 23    | Antigonish 10 miles and Track & Field Meet                      | Blaise Cameron, R. Cormier |
|        | 30    | N.B. Legion Provincial, Oromocto                                | Janet Morell               |
|        | 30    | Festival of the Straight, 10 miles, Port Hawkesbury             | Ray Belland                |
|        | 31    | TIGNISH TRACK AND FIELD, P.E.I.                                 |                            |
| July   | 1     | Evening Telegram 10 miles, St. John's                           |                            |
|        | 1     | Campbellton 6 mile Road Race                                    | Perry Kennedy              |
|        | 2     | Liverpool 5 mile  | Joe Mason                  |
|        | 2     | Hansport Road Race  |                            |
|        | 7     | Atlantic Open Championships, Dartmouth                          | Randy Barkhouse            |
|        | 13-14 | Antigonish Highland Games                                       |                            |
|        | 14    | Woodstock 10 Km Road Race                                       | Joe McGuire                |
|        | 14    | Shediac 1/2 Marathon  | Daniel Gallant             |
|        | 14-15 | Canadian Junior Championships, B.C.                             |                            |
|        | 18    | SUMMERSIDE LOBSTER FESTIVAL TWILIGHT MEET                       | Cletus Dunn                |
|        | 21    | FULTON CAMPBELL MEMORIAL ROAD RACE, 20 KM, MONTAGUE (10:30)     |                            |
|        | 21    | Midas Meet, Dartmouth   | Bill Norton                |
|        | 23    | Halifax Natal Day Road Race, 5.2 miles                          |                            |
|        | 27-29 | Canadian Senior Championships, Quebec                           |                            |
|        | 28    | BELFAST LIONS MID-SUMMER JAUNT, 8 MILES, PINETTE, (11:00 a.m.)  |                            |
|        | 28    | Dalhousie 12 Mile Road Race                                     |                            |
|        | 28    | Stillwater 7 Mile Road Race                                     |                            |
|        | 28-29 | Stoney Highland Games   |                            |
| August | 1     | Billy Taylor 10 Mile, Sydney Mines Department of Recreation     |                            |
|        | 4     | N.B.T.F.A. Track & Field Championships, Oromocto                | Janet Morell               |
|        | 6     | Dartmouth Natal Day 6 Miles                                     |                            |
|        | 11    | Festival of Tartans 5 Miles and Track & Field Meet, New Glasgow | Art Palmer                 |
|        | 12    | 20 Km Road Race, Memramcook                                     | Daniel Gallant             |
|        | 25    | KENSINGTON HARVEST FESTIVAL, 25 KM, KENSINGTON (4:00 p.m.)      |                            |
|        | 26    | Fredericton 5 Mile Road Race (10:30 a.m.)                       | Fred Steves                |

HOMEMADE GRANOLA

- 2½ cups rolled oats
- 1 cup shredded coconut
- ½ cup coarsely chopped almonds
- ½ cup sesame seeds
- ½ cup shelled raw sunflower seeds
- ½ sup unsweetened wheat germ
- ½ cup honey
- ½ cup cooking oil
- ½ cup chopped dried fruit -  
(apricots, apples, dates or prunes)
- ½ cup raisins

In a large bowl combine first six ingredients. Mix honey and oil and stir into oat mixture. Spread out into 13x9x2" baking pan. Bake in a 300° oven until light brown (about 40-50 min.) stirring every 15 minutes. Remove from oven and stir in dried fruit and raisins. Remove to another pan to cool. Stir occasionally during cooling to prevent lumping. Store in tightly covered jar or plastic bags. Makes 6½ cups.

GRANOLA RANGER COOKIES

- ½ cup shortening
- ½ cup granulated sugar
- 1 cup brown sugar (packed)
- 1 egg
- ½ tsp vanilla

- 1 cup flour
- ½ tsp baking soda
- ½ tsp baking powder
- ½ tsp salt
- 2 cups granola

Heat oven to 350°. Mix shortening, two sugars, egg and vanilla. Stir in remaining ingredients. Shape dough by rounded teaspoonfuls into balls, and place about 2" apart on ungreased cookie sheet. Bake until set but not hard (13-15 min). Cool 1 minute. Remove from sheet.

(Makes 3 dozen cookies)



"HE'S JOGGIN' FOR HIS HEALTH... AN' THIS MORNIN' HE GOT HIT BY A BIKE, BIT BY A DOG AN' TRIPPED BY A LITTLE OL' LADY WITH A CANE!"

IT MUST BE SPRING

"The loneliness of the long distance runner" -- one of the necessary evils of a runner's life, you say? Well, that opinion will be tried, and probably found wanting when the first 'couples only' race, the Trevira Ten-Mile Twosome, is run on April 28, in New York's Central Park.

A computer was used to match up single men and women runners of similar times and ages. The race is sponsored by Trevira, a high fashion fabric manufacturer, and organized by the New York City Road Runners Club. This unique race concept has gotten great acclaim and support from Apple runners, so much so that the N.Y.C.R.R.C. found itself shy 150 women runners one week before the race. It became a very common sight in Central Park for a solitary woman runner to be surrounded by a cluster of polite, yet eager male runners, all trying to win the lady's hand (feet?) and partnership for the race. It was as if all the 'singles bars' put on Adidas and hit the street!

I run daily with a group of single women of all backgrounds and lifestyles, and several of them have entered. One used the race to approach a fellow she had admired from a distance, and with whom she now has established a very happy relationship. Perhaps tennis should lend running its "love"! Another friend is gambling on the computer's choice for her. "I'm curious as to how good a matchmaker this computer is--it can't do any worse than I have lately!" And for myself, I received the ultimate compliment when our office marathoner, who did a personal best at Boston this year of 2:27, asked me to be his partner. Unless Bill Rodgers should give me a quick call this coming week, I'm pretty thrilled to be running with such a high calibre athlete.

Whether I'm capable or not of a performance equal to his really doesn't matter. The important point of this race, as with all others, is that runners of both sexes are looking forward to an exciting, fun race on a favourite course, but no one, I'm sure, will mind if romance jumps in at the starting line.

Katherine Karlson, N.Y.C.R.R.C.



STORIES WANTED

We need your stories or ideas on any aspect about running. They do not have to be lengthy or in great detail; just a short story about something that happened to you along the run or maybe your thoughts about one particular type of running shoe. We have different sections that you may contribute to such as: Women's Section, Down Memory Lane, or Sprints and Intervals.

So please help us out and get your stories in for our next newsletter.

Send any entries to P.E.I. Roadrunners Club, c/o P.O. Box 302, Ch'town, PEI C1A 7K7.

SHERWOOD JUNEFEST

A two mile fun run starting at Centennial Park, Sherwood, is just one of the events of the Sherwood Junefest which is being held on Saturday, June 23, at 1:00 p.m. This run is open to all runners. For further information contact Ron Carmichael (894-8422).



CLUB T-SHIRTS AND SWEATSHIRTS

An order from Ontario will be arriving shortly. If you want one of the above items, please complete the order form below and mail to P.E.I. Roadrunners Club, c/o P.O. Box 302, Charlottetown, PEI C1A 7K7, along with cheque or money order.

detach here

NAME \_\_\_\_\_ PHONE \_\_\_\_\_

ADDRESS \_\_\_\_\_

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

COLONEL GRAY - MCDONALD'S 10 MILE ROAD RACE

1. Distance - 10 Miles
2. Date - June 16, 1979
3. Registration Time - 9:00 a.m.
4. Starting Time - 10:00 a.m.
5. Changing Facilities - Colonel Gray High School
6. Entry Deadline - Wednesday, June 13, 1979
7. Classifications - 

| <u>Men</u>      | <u>Women</u>  |
|-----------------|---------------|
| 1) Under 20     | 1) 25 & Under |
| 2) 20-29        | 2) Over 25    |
| 3) 30-39        |               |
| 4) 40 & Over    |               |
| 5) Grandfathers |               |
8. Awards: Trophies ---
  - 1) First Five Finishers
  - 2) Winner of Each Classification
  - 3) First Female Finisher
  - 4) City of Charlottetown Trophy - First Charlottetown Citizen to Finish

Medals --- Top Three Finishers

Certificates --- Awarded to All Participants Who Finish The Race
9. Medical Service - St. John Ambulance
10. Policing - City Police and R.C.M.P.

RACE SPONSORED BY YOUR FAMILY RESTAURANT



E N T R Y F O R M

COLONEL GRAY - MCDONALD'S 10 MILE ROAD RACE

LAST NAME \_\_\_\_\_

FIRST NAME \_\_\_\_\_ INITIAL \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PROVINCE \_\_\_\_\_

POSTAL CODE \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ SEX \_\_\_\_\_

AGE ON JUNE 16, 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: COLONEL GRAY-MCDONALD'S  
TEN MILE ROAD RACE  
P.O. Box 302  
Ch'town, PEI C1A 7K7

NOTE - ENTRY DEADLINE - MIDNIGHT JUNE 13/79