

FROM THE EDITOR

RACE OFFICIALS NEEDED! By the time this newsletter reaches you our first marathon will be only one month away. The race will start at high noon on Sunday, September 16.

We hope that all the planning which started back on December 16, 1978, will make our premiere marathon one of the best organized races that our club has ever staged.

As you know, planning for a twenty-six mile event requires many hours of hard work and the volunteer help of many people to assist our club on race day.

Many committee people have given many hours of their time for the past nine months to plan for this event, but without your help all this planning will prove to be worthless.

We need club members to help out in the following positions:

- 1 - Timers - Approximately fifteen timers are needed at checkpoints and finish line.
- 2 - Recorders - Two official recorders at finish line, eighteen time station recorders.
- 3 - Sponging stations - People required to work at six stations.
- 4 - Refreshment stations - Attended to by St. John Ambulance people, plus others.
- 5 - Drivers - We need drivers for six vans, one bus and other race official cars.

So if you are available on Sunday, September 16, from 10 a.m. to 5 p.m. we desperately need your help. This is one time that we cannot rely on a few people to do many jobs. Please help us by phoning Sport P.E.I. at 894-8879 and putting your name on the "Volunteer Race Help List".

P.S. After the race be sure to try our great clam chowder and many other refreshments which will be available to the most important people of any organization - "The Volunteers".

Hoping to hear from you,

Crazy Legs Harley



"Whatever happened to the loneliness of the long distance runner?"

Tom

NEW BOOK PUBLISHED ON RUNNING IN PRINCE EDWARD ISLAND

Approximately one runner in four in Prince Edward Island who responded to a 1978 survey aspires to run a full marathon.

The finding was one of many made by Paul Hickey in his newly published book, "Running on Prince Edward Island".

Of 140 runners who responded to a mail survey late in 1978, 38 (37%) said that they wanted to complete a marathon. Nine stated that they wanted to finish the 26 mile 285 yard distance in under three hours and one ambitious runner wrote that his goal was two hours and eight minutes (which would be a world record)!

Not all runners, however, had such demanding goals. The majority of Island runners, the book states, are in it strictly for recreation.

Hickey, in his introduction to the book, noted that he was moved to undertake the survey to satisfy his curiosity about who runs, how far and what runners feel about their sport.

The book reports statistical findings on aspects such as occupational groups (almost every second Island runner is either a teacher or a student), age groups, distances trained each week and the effect that running has on its participants.

Running for fitness was a goal mentioned by many of the respondents and one of the survey's findings confirmed that running seems to be having the desired affect. Twenty-eight percent of the runners said that they now miss fewer days due to illness as a result of running while no one said they missed more.

Much of the book is given to comments by the runners on aspects such as "higher states", and "personal effects".

Advice is also provided by the runners on how best to get started and keep going.

The book is well illustrated with drawings by Nancy Lee Walker adorning most pages.

The survey was done by Mr. Hickey with the assistance and cooperation of Sport PEI.

"Running on Prince Edward Island" was published by the P.E.I. Roadrunners as a fund raising project.

To obtain your own copy of the first book published by the P.E.I. Roadrunners Club, send \$2 to P.E.I. Roadrunners Club, P.O. Box 302, Charlottetown, PEI C1A 7K7, and a copy will be mailed out to you. Books are also available at Island Optical and the West Royalty Fitness Centre.



RESULTS COLONEL GRAY-MCDONALD'S TEN MILE ROAD RACE, JUNE 16/79

WOMEN UNDER 14

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Bethany Rogers	82	1	99:17

WOMEN UNDER 25

Nancy Freeze	23	1	68:15
Sherry McKenna	69	2	90:31
Wendy Hodinski	78	3	97:45

WOMEN OVER 25

Joan MacDonald	68	1	90:17
----------------	----	---	-------

MEN UNDER 14

James Bruce	66	1	89:17
Trent Hayes	72	2	93:17
Lee Blunston	79	3	97:50

MEN 15-19

Daniel Gallant	1	1	59:48
Roy Mason	10	2	64:59
Andrew VanWiechen	11	3	65:14
Darren Booth	12	4	65:27
Mike Mooney	18	5	66:39
Monty Wilkins	28	6	70:30
Randy MacNeill	30	7	71:24
Leo McCoshan	43	8	76:29
Melvin McQuillan	44	9	76:30
Kenny Arsenault	55	10	83:44
Willie MacDonald	72	11	93:17

MEN 20-29

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Don Mersercail	2	1	60:34
Noel Nicholas	5	2	61:09
Christopher Amerault	6	3	61:14
Bob Benoit	8	4	64:06
Ralph Freeze	9	5	64:37
Don Davies	14	6	66:00
Colin MacAdam	16	7	66:33
Paul Wright	18	8	66:39
Don Pridmore	20	9	67:28
Jake Baird	25	10	68:30
Ed Fraser	27	11	69:37
Stacey Merritt	29	12	71:03
Philip Lutwick	33	13	71:47
Julien Gallant	36	14	74:32
Gary Mahar	38	15	74:50
Reg Doyle	41	16	75:52
Francais O'Donnell	42	17	76:18
Matthew Smith	46	18	77:22
Danial McCarthy	47	19	78:15
Brian Smith	48	20	78:28
Robert Postma	49	21	79:28
Don Harley	50	22	79:38
John Bureaux	51	23	79:39
Jacques Lacouffe	52	24	80:42
Bill Bassett	57	25	84:25
Joseph Hollett	59	26	86:20
Dave Manovill	61	27	87:39
Brian McInnis	62	28	87:44
Bill Murley	65	29	89:16
Stewart MacDonald	70	30	90:33
Don Love	75	31	97:04
Gilles Duguay	77	32	97:21
George Brammer	80	33	98:30
Dennis MacKay	81	34	98:39
Greg Skidmore	84	35	106:17

MEN 30-39

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Lawrence McLagan	3	1	60:45
Dick Hartnett	7	2	63:23
Carl Phillips	15	3	66:23
Terry Doyle	17	4	66:38
Bob Simmons	22	5	68:10
Gerald Mitchell	24	6	68:21
Guy Comeau	31	7	71:29
Ernie Maidment	32	8	71:31
Jim Bruce	34	9	72:19
Carl MacLeod	35	10	73:58
Don Bates	37	11	74:48
Arnold Murphy	45	12	76:55
David Darlington	54	13	82:59
Frank Johnston	56	14	83:47
Frank Lechowick	58	15	84:45
Paul Field	60	16	86:57
Roy MacCormack	63	17	87:55
Richard Papenhausen	64	18	89:07
Deane White	76	19	97:12
Leon Berrouard	83	20	102:02

MEN 40-49

Lance Miron	4	1	60:52
Don Reeves	21	2	67:50
H. Stewart Freeman	26	3	68:54
Charles Brown	38	4	74:50
Parker Lund	40	5	75:45
Ken Ozmon	53	6	81:23
Bill Cooper	67	7	89:58
Walter Fobes	74	8	95:06

MEN OVER 50

George Gallant	13	1	65:49
Ed Harris	71	2	92:26

PARISHIONERS JOG AFTER THEY PRAY

The squeaking sound seems almost out of place in a house of worship. But the noisy tennis shoes that grip the floor of Holy Innocent's Episcopal (Anglican) Church are on the feet of parishioners who jog after they pray.

Every Sunday from April until September a group of diehard runners meets at the suburban Atlanta church to attend holy communion services.

The congregation members aren't dressed in the usual Sunday attire. They're clad in whatever the well-dressed jogger wears--warm-up suits, shorts and t-shirts.

The service, called the Jogger's Mass, is in its second year, and the 75 runners in attendance on a recent spring Sunday indicate its popularity is growing.

"We began the mass about a year ago this spring," said Rev. Robin Myers, assistant rector at the church. "I saw a bumper sticker on a car that said, 'Do something for your heart and soul, run to church,' and I brought it up at a staff meeting.

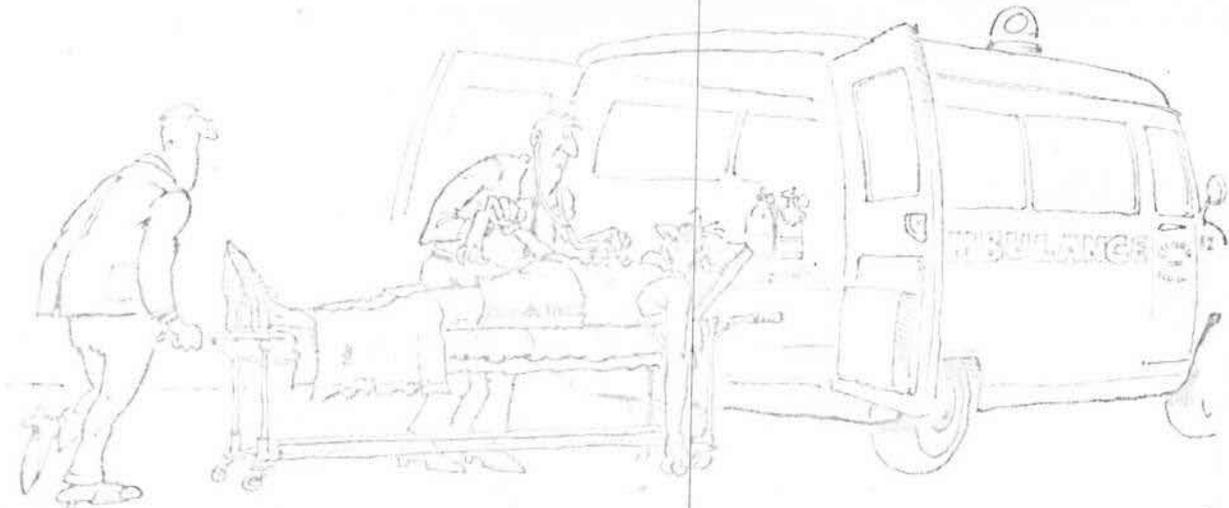
"Being a priest and a runner myself, I thought it might be a good way to interest people in church," said Myers, 34.

"In the beginning, we told everyone to come and worship and run," said Myers. "At first, all we got were five or six runners. Now we get about 50 or 60 each Sunday."

Myers changes his religious garments for a t-shirt and shorts before running with parishioners, who range in age from six to mid-50's.

There are many benefits to braving the early-morning humidity, said Myers, not the least of which is "Runner's high," a state of euphoria experienced by many runners.

"It's a spiritual and personal reward," said Myers. "But it's nothing you can pursue. It would be like chasing after God. The harder you run after it, the more elusive it is."



"My mind told my body to keep going..."

Ref.

RESULTS OF FULTON CAMPBELL MEMORIAL 20KM ROAD RACE, JULY 22/79

WOMEN - OVER 25

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Muriel Davies	39	1	106:34

MEN UNDER 20

Steve Wilsack	10	1	75:55
Ron Bellemare	21	2	84:32
Mike Mooney	31	3	94:52
Billy Davies	38	4	106:04
Lee Blunston	40	5	117:11

MEN 20-29

Ted McKeigan	1	1	64:30
Mike Armitage	4	2	70:11
Leo Sheehy	6	3	71:30
Paul Wright	7	4	73:15
George Piccott	8	5	74:24
Chris Amirault	9	6	75:54
Roy Mason	11	7	76:10
Don Pridmore	14	8	78:55
Don Davies	16	9	79:30
Ralph Freeze	17	10	79:31
Bob Maks	26	11	89:30
Matthew Smith	29	12	92:02
David Scannell	33	13	96:10
Brian McInnis	34	14	96:45
Alden O'Brien	35	15	105:08

MEN 30-39

Tom Conway	2	1	68:48
Bob Moore	3	2	68:55
Ron Bellemare	12	3	76:51
Dale Corkum	13	4	77:04
Carl Phillips	18	5	79:33
Clare Birch	19	6	81:34
Bill Martell	20	7	82:38
Gerald Mitchell	24	8	87:09
Carl MacLeod	25	9	89:10
Arnold Murphy	28	10	91:27
David Darlington	30	11	92:31
Don Mazer	32	12	95:12
Leon Berrourd	36	13	105:14
Ted Weiden	37	14	105:48

MEN 40 & OVER

Ewen Stewart	5	1	71:24
William Davies	15	2	79:09
Parker Lund	22	3	84:55
Frank Tucker	23	4	85:33
Charles Brown	27	5	90:48

SPECIAL THANKS to Bob Simmons for organizing the race, and to Kentucky Fried Chicken for sponsoring the event.



Col. Sanders

Kentucky Fried Chicken

TAKE HOME STORES ON P.E.I.

A T H L E T I C S H O E S B E C O M E C R A Z E

Athletic shoes have become almost as much of a craze as the jogging and fitness fads which started people's feet pounding through the streets.

But many of the shoes are more decorative than serviceable, and an athlete must take care to pick the right pair, says Winnipeg physiotherapist D'Arcy Bain.

"Shoes are probably the one thing that will save a runner from physical punishment," says Bain, who runs a sports injury clinic.

He says the sole of a good training shoe should have a tough bottom and two layers of soft material to cushion the foot. A good sole should be flexible at the point where the foot bends and stiff from the arch to the heel.

The heel itself should be reinforced to take the constant wear of distance running, Bain says.

He adds that heel protection is important because a runner who is training properly lands on the heel first and rolls the foot down.

Also essential are a firm heel counter that cups in the heel, making it fit snugly in the shoe, and a soft heel lift to protect the Achilles tendon.

Bain says the sole should be flared to a wedge-shape below the heel to permit equal distribution of impact and weight.

He says good shoes are often expensive, but are worth every penny to the runner who logs hundreds of miles each month.

And he has a final piece of advice to athletes shopping for new shoes:

"You shouldn't dash out early Saturday morning to try to beat the crowd. Your feet swell during the day, so you should wait until later and get your shoes fitted when your feet are largest."

Otherwise, Bain says, athletes might suffer while running because the shoes can't compensate for normal swelling.



RESULTS BELFAST LIONS MID-SUMMER JAUNT, JULY 28, 1979 (8 Miles)

WOMENS OVER 25

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Eleanor Farrington	26	1	70:31

MEN UNDER 20

Mark MacCosham	8	1	52:19
Charles Panton	15	2	58:03
Kevin MacLean	21	3	61:52
Lee Blunston	24	4	69:37
Roger MacLean	27	5	73:31

MEN 20-29

Mike Armitage	1	1	45:57
Paul Wright	4	2	48:24
Roy Mason	6	3	48:29
Jake Baird	9	4	52:23
Wayne Panton	16	5	58:03
David Scannell	18	6	59:11
David McGahey	22	7	62:45

MEN 30-39

Bob Moore	2	1	46:09
Lawrence McLagan	5	2	48:28
Clare Birch	7	3	51:25
Carl Phillips	10	4	53:28
Robert Keating	11	5	53:31
Calvin Wiley	14	6	55:30
Lambert Pauley	17	7	58:58
Donald Mazer	19	8	60:04
Gerry MacDonald	20	9	61:28
Gary Desborough	23	10	64:13

MEN 40 & OVER

Ewen Stewart	3	1	47:42
Don Reeves	12	2	54:28
Parker Lund	13	3	54:41
Ed Harris	25	4	69:46

P.E.I. Road Runners Club 1979

July 24 1979

Dear Fellow Athletes:

my somewhat tardy but none the less sincere thanks for Bird eye maple book ends presented to me on behalf of the P.E.I. Road Runners. It was very pleasant meeting and speaking with those involved in the marathon, and I will long cherish the gift as a token of true friendship.

Each year the committee try to make the marathon surpass the previous year. The P.E.I. Road Runners make a fine contribution to the success of this event, & I am looking forward to meeting the P.E.I. Road Runners in New Glasgow next year. Thanks again one & all. Wishing you all the best.

as ever,

Sincerely,
Johnny Miles

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

Word has it that our Club President is having a birthday this month - HAPPY FORTY-FIRST PARKER!

BEST OF LUCK to Earl Wilkins and his family in Medley, Alberta. Earl just recently got transferred out west with the Armed Forces. Both Earl and his son Monty will be missed at the starting line.

CONGRATULATIONS to Colin MacAdam for his fine showing at the qualifying trials in Quebec City.

Two speedsters have emerged from our ranks; both Lance Miron and Lawrence McLagan really turned it on in the 10,000 metre event at the Midas Meet in Dartmouth, Nova Scotia. Lawrence placed ninth in a time of 35:23, while Lance finished fifteenth in 36:18. Another Club member, Andrew VanWiechen, competed in the 1500 metre finishing eleventh in a time of 4:19.

BEST OF LUCK to Dick Hartnett who has been transferred with the Armed Forces to Lahr, Germany. Dick will probably now be training with the top European runners such as Fritz Mueller.

CLUB T-SHIRTS AND HOODED SWEATERS

We now have the above items available for sale. T-shirts are \$4 each and hooded sweaters are \$12.50 each.

Quantities are limited so if you want one, complete the order form below and forward it to P.E.I. Roadrunners Club, P.O. Box 302, Charlottetown, PEI C1A 7K7.

detach here

NAME _____ PHONE _____

ADDRESS _____

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

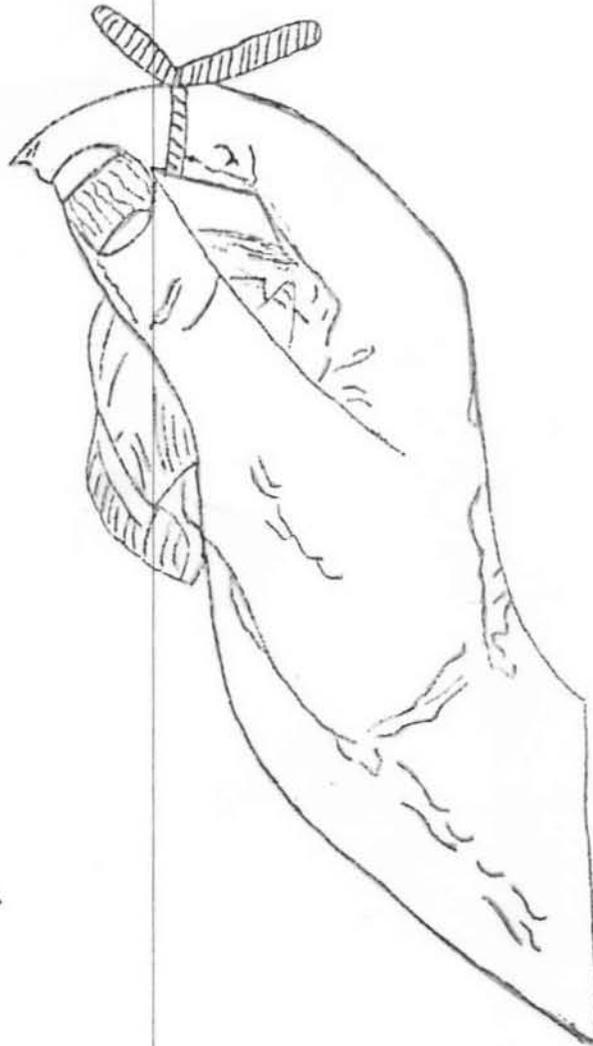
UPCOMING EVENTS

- August 25 Kensington Harvest Festival (25km), Kensington, PEI
September 30- } Atlantic Age Class Championships, Charlottetown, PEI
- 1 }
1 Volume Rentals Half Marathon, Charlottetown, PEI
2 St. Francis Half Marathon (Maurice Pelletier)
8 National Marathon Championships. St. John's, Newfoundland
8 Amherst Blueberry Festival (6 miles), Amherst Rec. Dept.
14-15 Newfoundland Track and Field Championships
16 PEI Roadrunners Marathon, Cavendish to Charlottetown, PEI
22 Cross-Country Meet, Antigonish, NS (Ron Fraser)
22 M.U.N. vs St. John's Dual Track and Field Meet
23 Fredericton Cross Country Meet (Under 17 & Open)
29 Tartan Track Club Cross Country Meet, Halifax, NS
30 Moncton Cross Country Meet (Under 17 & Open)
30 Joe Howe 8 Mile Road Race, Halifax, NS

JUST A REMINDER
TO ALL RUNNERS
WHO PLAN TO RUN
IN THE UPCOMING
P.E.I. ROADRUNNERS
MARATHON.

PLEASE SEND IN
YOUR ENTRY FORMS.

IF YOU HAVE NOT ALREADY
RECEIVED A REGISTRATION FORM,
CALL SPORT P.E.I. (894-8879)
AND THEY WILL SEND ONE TO YOU.



When I run, my body
draws in upon itself,
hones down.

My bones are within reach;
old rhythms restore themselves.

Harmonies reappear.

I sing my own comeback.

Each inhalation/exhalation
has so many notes
like a chord of music.

Something in me tunes in
on my own clearest frequencies;
something resonates with a clarity,
the high perfect sound
a crystal bell might make.

I am inside this fine body,
tending to the miles as they pass.

I fit perfectly inside my skin;
nothing is left over. Nothing!

The miles become perfect as I finish them.

I can run only where I am,
each step a new place of its own.

Nothing is more right than this:
the grass, the sky and my body
in between, moving and beautiful.

By Grace Butcher

The Incomplete Runner

GLOSSARY

Athletic Supporter: A fat friend who drags you off the jogging track when you collapse.

Jogger: Any clod who runs slower than you, weighs less than you, or who just took up the sport.

Marathon: (1) A 26.2 mile race widely believed to provide "permanent insurance" against heart attacks to those who finish. Unfortunately, there's no guarantee that you won't drop dead from any of a variety of other ailments while trying to finish.
(2) A very long and gooey candy bar that anyone can finish.

Runner: Any fanatic who runs faster than you, weighs less than you, or who has actually run in a marathon.



"I can't understand it. I've been jogging for a month and I haven't lost a single pound."

CROSSROADS C.I.C.

August 9, 1979

Road Runners Club,
c/o Sport P.E.I.,
P. O. Box 302,
Charlottetown,
Prince Edward Island

Attention: Ed Fraser,
Ewen Stewart
Herb MacIntyre

Dear Sirs:

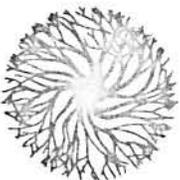
The members of the Cross Roads Community Picnic Committee wish to thank you for your generosity towards our day, July 14, 1979.

We greatly appreciated your time and organization put in to our "Picnic Day", and helping to make it such a successful one.

Once again a special thank you to each!

Yours truly,

for P. Cook
Geraldine Redmond
Cross Roads Community Picnic Committee



Charlottetown RR #1
Prince Edward Island
C1A 7J6

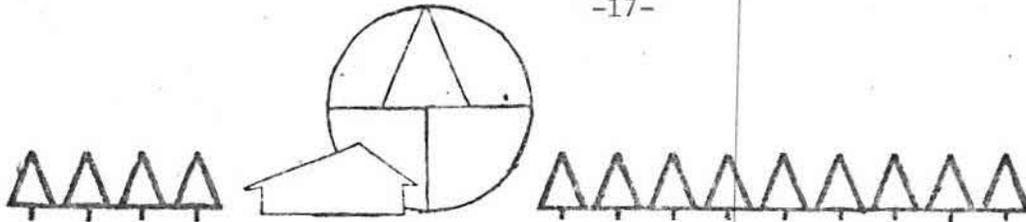
ANNUAL HARVEST FESTIVAL (P.E.I.) OPEN 25 KM ROAD RACE

1. Sponsors - Kensington Area Recreation Association
2. Organizers - P.E.I. Roadrunners Club
3. Distance - 25 Kilometers
4. Date - Saturday, August 25, 1979
5. Registration Time - 3:00 p.m.
6. Starting Time - 4:00 p.m.
7. Changing Facilities - Community Gardens
8. Awards - Trophies to first three place finishers
Trophy to first Master to finish
Trophy to first lady to finish
Medallions and participation certificates
will be presented to all participants.
9. Medical Service - Ambulance Service
10. Policing - Kensington Police
11. Entry forms to be sent to: Gerry MacDonald, Chairman
Road Race Committee
P.O. Box 121
Kensington, PEI
COB 1M0

NOTE: Times will be given at the one, three, five and ten mile points and at the finish line.
Refreshments will be available at the two, six, eleven and thirteen mile points.

We Promise You...

*...the best running
proposition you'll
ever get!*



COMMUNITY GARDENS

KENSINGTON, PRINCE EDWARD ISLAND — 902-836-3509 — MANAGER Gerry MacDonald

APPLICATION FORM

The Annual HARVEST FESTIVAL (P.E.I. OPEN) 25 Kilometer Road Race
 STANCHEL TO KENSINGTON
 August 25, 1979, 4:00 p.m.

NAME _____

ADDRESS _____

AGE _____ HAVE YOU ANY LONG DISTANCE RUNNING EXPERIENCE _____

LIST RACES _____

I _____ do hereby agree to abide by the rules and regulations set up by the road race committee, and absolve the Kensington Area Recreation Association sponsors of the Harvest Festival P.E.I. Open 25 Kilometer Road Race from all blame in case of accident or injury whilst a participant in the event. I agree that my medical condition and physical fitness will be solely my responsibility.

Signed _____

Please return application as soon as possible to:

Gerry MacDonald, Chairman
 Road Race Committee
 P.O. Box 121
 Kensington, P.E.I.
 C0B 1M0

P.E.I. ROADRUNNERS CLUB/VOLUME RENTALS LTD. HALF MARATHON RACE

1. Sponsors - Volume Rentals Ltd.
2. Organizers - P.E.I. Roadrunners Club
3. Distance - Half Marathon (13 miles, 385 yards)
4. Date - Saturday, September 1, 1979
5. Registration Time - 3:00 p.m.
6. Starting Time - 4:00 p.m.
7. Entry Deadline - Friday, August 31, 1979
8. Changing Facilities - It is planned to use the facilities at the University of P.E.I. after the race.
9. Classifications -

<u>Men</u>	<u>Women</u>
1) Under 20	1) Under 25
2) 20-29	2) Over 25
3) 30-39	
4) Over 40 (Veterans)	
10. Awards -
 - 1) Trophy to first place finisher
 - 2) Merchandise to first five finishers and first female finisher
 - 3) Medals to first three finishers in each class
 - 4) Certificates will be presented to all participants
11. Medical Service - St. John Ambulance
12. Policing - City Police and R.C.M.P.
13. Entry Fee - \$1.00
14. Presentations - At U.P.E.I.

o o o o o o o o o o o o o o o o

SPECIAL THANKS to Frank Johnston of McDonald's Restaurant for sponsoring the Colonel Gray/McDonalds 10 Mile Road Race and to Glen Claybourne, Ron MacDougall and Richard Chinery for organizing the well run event.

E N T R Y F O R M

P.E.I. ROADRUNNERS CLUB/VOLUME RENTALS LTD.

HALF MARATHON RACE

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.

LAST NAME _____

FIRST NAME _____ INITIAL _____

MAILING ADDRESS _____

CITY _____ PROVINCE _____

POSTAL CODE _____

DATE OF BIRTH _____ SEX _____

AGE ON SEPTEMBER 1, 1979 _____

CLUB/TEAM _____

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

MAIL ENTRY FORM TO: HALF MARATHON RACE
P.O. Box 302
Charlottetown, PEI
C1A 7K7

NOTE: ENTRY DEADLINE - AUGUST 31, 1979.

PHONE _____

place for signature