

# *Come... Run on Prince Edward Island*



To the Editor:

On Sunday September 16, the first ever marathon in Prince Edward Island was run from Cavendish to Charlottetown. We of the P.E.I. Roadrunners Club would like to thank all those who assisted in this event.

It would be nice to thank all of our sponsors and volunteers by name, but the list would run a little long. Well over 200 people were involved in the planning, sponsorship and execution of the first annual P.E.I. Roadrunners Marathon. Island businesses, associations and individuals donated goods and services such as trophies, prizes, facilities, transportation, food supplies, medical services and equipment. Volunteers staffed timing and refreshment stations, aided runners in need, looked after the registration and race recording, operated a communications system, made clam chowder for the runners and oversaw a dozen other tasks. Lest we omit a name, let us just say that we recognize your contributions and are deeply grateful.

We would also like to extend a special word of thanks to those who came out to cheer on the runners. Your support helped many of the competitors to strong performances and to personal best times. Many participants commented favourably on the public support given to the race.

So, thanks to all those who helped out with the P.E.I. Roadrunners Marathon. Come next September we hope that with your support and encouragement we will be able to put on an even more successful race.

Parker Lund, President  
P.E.I. Roadrunners Club

RESULTS OF KENSINGTON HARVEST FESTIVAL 25 KM ROAD RACE, AUGUST 25, 1979

LADIES OPEN

| NAME         | RACE ORDER<br>OF FINISH | CLASS ORDER<br>OF FINISH | TIME    |
|--------------|-------------------------|--------------------------|---------|
| Diane Dodds  | 23                      | 1                        | 2:15:09 |
| Lena Caseley | 24                      | 2                        | 2:52:59 |

MEN UNDER 20

|                |    |   |         |
|----------------|----|---|---------|
| Steven Sampson | 9  | 1 | 1:47:09 |
| Eddie Bernard  | 12 | 2 | 1:52:29 |
| Lee Blunston   | 25 | 3 | 2:55:03 |

MEN 20-29

|              |    |   |         |
|--------------|----|---|---------|
| Dale Friesen | 4  | 1 | 1:39:35 |
| Roy Mason    | 5  | 2 | 1:42:48 |
| Don Pridmore | 10 | 3 | 1:47:24 |
| Don Harley   | 15 | 4 | 2:05:50 |

MEN 30-39

|                  |    |    |         |
|------------------|----|----|---------|
| Gary Andrus      | 1  | 1  | 1:32:46 |
| Lawrence McLagan | 2  | 2  | 1:34:19 |
| Keith Corkum     | 6  | 3  | 1:42:48 |
| Neil Ashton      | 8  | 4  | 1:46:49 |
| Carl MacLeod     | 16 | 5  | 2:07:34 |
| Dave Butt        | 18 | 6  | 2:08:03 |
| Eugene Anderson  | 19 | 7  | 2:09:16 |
| Allan Savidant   | 20 | 8  | 2:09:56 |
| Don Mazer        | 21 | 9  | 2:10:29 |
| Leon Berrouard   | 22 | 10 | 2:11:24 |

MEN 40 & OVER

| NAME         | RACE ORDER OF FINISH | CLASS ORDER OF FINISH | TIME    |
|--------------|----------------------|-----------------------|---------|
| Ewen Stewart | 3                    | 1                     | 1:35:24 |
| Lance Miron  | 7                    | 2                     | 1:43:13 |
| Parker Lund  | 11                   | 3                     | 1:49:38 |
| Roger Fisher | 13                   | 4                     | 1:53:07 |
| Frank Tucker | 14                   | 5                     | 1:56:04 |
| Doug Kerr    | 17                   | 6                     | 2:07:39 |



R U N N I N G   O N   P R I N C E   E D W A R D   I S L A N D

If by now you do not have a personal copy of our new publication "Running on Prince Edward Island" please do not despair. We just happen to have a few copies left (and a few copies for your friends and a few copies for their friends and a few copies for....). A great deal of interest has been expressed in the book, but we must sell copies of we are to recoup our investment in printing costs and raise a few dollars for the Club. The money we raise from the sale of the book will help us to sponsor races (such as the recent P.E.I. Roadrunners Marathon) and to promote running on the Island.

Readers have complemented us on the high quality of this initial publication. Author Paul Hickey has made some rather interesting findings about runners on P.E.I. and the way they feel towards running. His style is light and easy to read, yet it conveys a very substantive body of information. The illustrations of Nancy-Lee Walker have in themselves attracted considerable praise, especially since Nancy is not a jogger herself. The book is attractively bound and printed on coloured paper so that it makes an interesting display publication for the coffee table or book shelf.

Copies of the book are available at the Sport P.E.I. office for \$2 each. Or, you can fill in the form below and send a cheque made payable to the P.E.I. Roadrunners Club, P.O. Box 302, Charlottetown, PEI C1A 7K7.

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R U N N I N G   O N   P R I N C E   E D W A R D   I S L A N D

Please send me \_\_\_\_\_ copies of Running on Prince Edward Island. I have enclosed a cheque for \$ \_\_\_\_\_.

Please address the book (s) to:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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### Won't Slow-You-Down Dumplings

- 2 large potatoes, peeled, cooked, and drained
- 1/4 cup skim milk
- 1 egg
- 4 tbsp. flour
- 1 tbsp. minced onion
- 1 tbsp. chopped parsley
- 1/2 tsp. salt
- Dash paprika

Mash the potatoes, adding the skim milk a little at a time, until they are smooth. Then add all the rest of the ingredients, except

### Boston Baked Pears

- 6 ripe pears
- 2 tbsp. lemon juice
- 8 3/4-oz. can unsweetened crushed pineapple, drained reserving liquid
- 1/2 cup water
- 1/2 tsp. nutmeg
- 1/2 cup unsweetened white grape juice

Starting with the stem top, peel pears 1/3 of the way down. Brush the cut surface with lemon juice to prevent darkening. Core the bottoms of the pears (up to peeled part) and stuff with the drained crushed pineapple. Stand the pears, stem tops up, in a baking dish. Mix the reserved pineapple juice, water and nutmeg and pour into the dish. Spoon the grape juice over the pears. Cover with foil and bake in a preheated 375° oven, basting occasionally until the pears are tender, about 30 to 40 minutes. Serve warm or cold.  
*Makes 6 servings*

|             | Calories | Carbo-<br>hydrate (gm) | Protein<br>(gm) | Total<br>Fat (gm) | Saturated<br>Fat (gm) | Choles-<br>terol (mg) |
|-------------|----------|------------------------|-----------------|-------------------|-----------------------|-----------------------|
| Total       | 782.5    | 196.0                  | 7.4             | 6.3               | 0.0                   | 0.0                   |
| Per Serving | 130.4    | 32.7                   | 1.2             | 1.1               | 0.0                   | 0.0                   |

### Marathon Macaroni Salad

- 8 oz. protein-enriched elbow macaroni
- 1/2 cup diet mayonnaise
- 1 cup chopped celery
- 1/2 cup plain low-fat yogurt
- 2 tbsp. chopped onion
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- Dash paprika

Cook the macaroni according to the directions on the package;

RESULTS VOLUME RENTALS HALF MARATHON, SEPTEMBER 1, 1979

WOMEN UNDER 25

| NAME          | RACE ORDER OF FINISH | CLASS ORDER OF FINISH | TIME      |
|---------------|----------------------|-----------------------|-----------|
| Nancy Freeze  | 5                    | 1                     | 85:20.08  |
| Debbie Darrah | 27                   | 2                     | 107:28.07 |

WOMEN 25 & OVER

|                    |    |   |           |
|--------------------|----|---|-----------|
| Eleanor Farrington | 34 | 1 | 118:02.05 |
| Pinkie Noll        | 36 | 2 | 128:14.02 |

MEN UNDER 20

|                |    |   |           |
|----------------|----|---|-----------|
| Steven Sampson | 8  | 1 | 88:23.09  |
| Randy MacNeill | 12 | 2 | 92:41.01  |
| Lance Hastings | 15 | 3 | 98:28.03  |
| John Swallow   | 26 | 4 | 106:44.00 |
| Chris Pinsent  | 30 | 5 | 111:39.01 |
| Lee Blunston   | 37 | 6 | 130:55.07 |

MEN 20-29

|                   |    |    |           |
|-------------------|----|----|-----------|
| Joe Fougere       | 1  | 1  | 78:20.06  |
| Paul Wright       | 2  | 2  | 82:11.03  |
| Mike Armitage     | 4  | 3  | 84:34.05  |
| Don Pridmore      | 9  | 4  | 89:03.00  |
| Ed Fraser         | 10 | 5  | 90:55.02  |
| Jake Baird        | 11 | 6  | 91:59.01  |
| Gary Mahar        | 16 | 7  | 98:30.00  |
| Matt Smith        | 19 | 8  | 101:14.00 |
| Francis O'Donnell | 21 | 9  | 104:07.08 |
| Don Harley        | 25 | 10 | 104:50.06 |
| Ron MacGillivray  | 31 | 11 | 113:09.01 |
| Brian McInnis     | 32 | 12 | 113:13.00 |

MEN 30-39

| NAME             | RACE ORDER OF FINISH | CLASS ORDER OF FINISH | TIME      |
|------------------|----------------------|-----------------------|-----------|
| Lawrence McLagan | 3                    | 1                     | 83:14.00  |
| Clare Birch      | 6                    | 2                     | 86:48.04  |
| Guy Comeau       | 20                   | 3                     | 101:58.03 |
| Dave Butt        | 22                   | 4                     | 104:14.00 |
| Don Mazer        | 24                   | 5                     | 104:50.06 |
| Eugene Anderson  | 28                   | 6                     | 108:11.05 |
| Don Blane        | 29                   | 7                     | 109:21.04 |
| John Noll        | 33                   | 8                     | 113:48.02 |
| Phillip Tresch   | 35                   | 9                     | 127:16.04 |

MEN 40 & OVER

|                 |    |   |           |
|-----------------|----|---|-----------|
| Lance Miron     | 7  | 1 | 88:02.08  |
| Stewart Freeman | 13 | 2 | 93:06.09  |
| Parker Lund     | 14 | 3 | 96:56.01  |
| Ninian LeBlanc  | 17 | 4 | 99:16.02  |
| Charlie Brown   | 18 | 5 | 99:55.00  |
| Ewen Stewart    | 23 | 6 | 104:42.03 |

### In Support of LSD

Romeo: O, let us hence; I stand on sudden haste.

Friar Laurence: Wisely and slow; they stumble that run fast.

— William Shakespeare  
*Romeo and Juliet* (II, iii)

Maybe Shakespeare knew about runner's LSD. LSD in the runner's vocabulary has nothing to do with hallucinatory trips or Timothy Leary. LSD stands for "Long, Slow Distance," as defined and popularized by writer/editor/runner Joe Henderson. "It is a training method," he points out. All running is fun, he maintains, whether or not it is competitive. "LSD emphasizes lots of steady running at moderate effort. The simple, unharried, unworried, nearly painless daily tours of the countryside come to be as much fun in their own way as racing."

THE FIRST P. E. I. ROADRUNNERS MARATHON

There is, pardon the expression, a running gag that is shared by two members of the P.E.I. Roadrunners Club. Every time the Club puts on a new race, sends a runner to a marathon or breaks new ground, one runner turns to the other and in much seriousness proclaims the achievement to be "an historic event". The other then protests the statement as obvious over-emphasis. On Sunday, September 16, 1979, when the statement was made there was no protest.

The first P.E.I. Roadrunners Marathon is now history. It is an event that will be remembered and cherished by all those who were touched by it. For the first time, runners competed against Island hills and winds in a 26 mile and 385 yard footrace. Hundreds of spectators came out to watch, experiencing for the first time the atmosphere of one of the most physically demanding of sporting events. Twenty-nine Island residents completed the marathon, nineteen for the first time. With them were runners from six other provinces and two states. It was an afternoon when impressions were made and memories were planted for a lifetime.

A marathon is much more than a race with a winner and a field of also rans. Each runner experiences a share of victory in the conquest of a distance that taxes both the mind and the body. In many respects, the marathon is as much an individual contest as it is a competition between athletes because all runners can compete against a personal standard of excellence that is as meaningful to the final finisher as to the first. It is hard, then, to single out performances in the P.E.I. Roadrunners Marathon. There are, of course, some runners that easily come to mind. Tom Olsen's very strong run gave him the title of being the first race champion. Olsen lead, or shared the lead, all the way as he went out hard and fought off a side stitch part way through the race to post a very respectable 2:40:33 winning time. Ewen Stewart's run as top Island finisher and masters division winner was a masterpiece of pacing. Ewen moved up from 13th position at the half-way point in the race to his finish line fourth. Freeman Churchill and Lawrence McLagen both posted their first sub-three hour marathon. Don Reeves and Stewart Freeman, in completing their first marathons, came tantalizingly close to the three-hour standard. Runners such as Roy Mason and Eric Manuel lowered their original marathon times drastically. Then of the first time P.E.I. marathoners finished in the very respectable time of under four hours on a challenging course. A very rare and special kind of determination was shown by runners such as Dale Claybourne, Lee Blunston, Eleanor Farrington and Richard Papenhausen who would not quit until they had beaten the course. The performances of all these runners are very much the symbols of what a marathon is all about.

The race itself was over in a matter of hours. But what impressed many people was the efficiency and enthusiasm that characterized the whole weekend. The events all ran on schedule and the race, despite the breakdown of a supply truck and tie up of an official in getting to the finish line, ran like clockwork. The mechanical proficiency of the race lent it the air of professionalism but perhaps more important than any other ingredient during the weekend was heart. There was a special kind of friendliness and closeness that lasted throughout the event. Runners were treated almost as a family. Spectators gave warm encouragement and officials never forgot that the personal touch makes the P.E.I. Roadrunners Marathon more than just another race.

The success that was enjoyed on September 16 can be attributed to many people. Over forty Island firms helped sponsor the event with contributions ranging from trophies and prizes to clam chowder and doughnuts. Guest speaker Bill Stanish and his crew put on a truly fine seminar and after dinner presentation. Volunteers such as the St. John Ambulance team, the Island Telephone radio crew, the timers, the station attendants and the kitchen crew all kept things running smoothly. Sport P.E.I., and in particular Judy Hiscott, gave major assistance in mailings, publicity and secretarial work. The organizing committee spent nine months in preparing for the event and members such as Barrie Stanfield, Ernie Maidment, Guy Comeau, Lance Miron, Ken Campbell, Ed Fraser, Valerie Johnston, Kay Lund, Jake Baird, Frank Johnston, Margaret Stewart, Gary Andrus, Ewen Stewart, Foch McNally and Paul Hickey deserve a special word of thanks. Without the efforts of two people, however, the P.E.I. Roadrunners Marathon might never have become a reality. Parker Lund and Don Harley have nurtured the idea of a marathon for P.E.I. for several years. Their fine job in developing the idea, bringing together the organizing committee, keeping that committee active and enthused, providing support and backing to all the committee members in demonstrating what leadership is all about was the prime reason that the marathon was the success it was. Thanks guys and thanks to all who helped out!

Don Pridmore

### Marathon Mushrooms

4 cups tiny fresh mushrooms  
1 onion, sliced, in rings  
3/4 cup tarragon vinegar  
1/4 cup water  
3 tbsp. corn or safflower oil

1 garlic clove, minced  
1 1/2 tsp. salt  
1/4 tsp. pepper  
1/8 tsp. cayenne pepper

Combine all the ingredients in a bowl. Cover and refrigerate 24 hours. Drain before serving. *Makes 8 servings*

|             | Calories | Carbo-<br>hydrate (gm) | Protein<br>(gm) | Total<br>Fat (gm) | Saturated<br>Fat (gm) | Choles-<br>terol (mg) |
|-------------|----------|------------------------|-----------------|-------------------|-----------------------|-----------------------|
| Total       | 698.9    | 65.9                   | 30.0            | 46.0              | 3.0                   | 0.0                   |
| Per Serving | 87.4     | 8.2                    | 3.8             | 5.8               | 0.4                   | 0.0                   |

NOTES FROM LABRADOR

Dear P.E.I.

I'm six hundred miles as the crow flies from Prince Edward Island, but on Sunday, September 16, I was here in body only, for my mind was en route to P.E.I.'s first marathon ever. I imagined myself at the starting line, full of anticipation and just raring to go. A few handshakes, some final goodlucks to friends and acquaintances, and bang....the race is on! Tremendous, simply tremendous. It must have been wonderful to be there as a runner, organizer, volunteer, or even as a spectator. I was six hundred miles away and it was a big day for me. It must have been something very special to cross the finish line. Well, I do hope this historic occasion was enjoyed by those who participated and especially by those who put in the hundreds of hours it took to make it a big success. For this year I'll have to content myself with running up Smokey.

The Smokey Mountain Road Race is a big annual event here. About 100 runners, joggers and walkers turn out for this ten-mile challenge. When you start out you're at 1700 feet. Five miles later and 1000 feet higher you're gasping from the exertion and you're gasping at the lovely view. Then it's downhill over a rock-strewn road that twists and turns down the mountainside. The run up Smokey is a punishment from God, but the descent is exhilarating. Half the fun is the speed; the other is the danger. When you're charging downhill at top speed, the challenge is to find sure footing amongst the gravel and boulders. A bad choice means a twisted ankle or a sudden dive into the bush.

Smokey is the big road race, but they have others too. These aren't so well attended nor are they well organized either. (The P.E.I. Roadrunner's Club have me badly spoiled. Compared to Labrador events, the races on P.E.I. are examples, par excellence, of good organization.) Even though the race turnouts are small, there are plenty of runners here in Lab City. I see them in ones and twos every day. I think with better promotion and organization here they could triple the attendance.

Running in Labrador's interior has its advantages. It is never very hot, and dogs are not a problem. Oh, there are lots of dogs, but they're all tied or leashed. There's plenty of quiet places for a nice solitary run too. If you like hill running come to Labrador. When I'm not suffering the torment of a steep vertical climb, I'm gliding effortlessly (well, almost effortlessly) down the other side. There's variety for fitness enthusiasts too. It is still only September, but I'm digging out my cross-country ski gear already (we had snowflurries yesterday). I'm told there's good skiing from October 'til May.

Wishing you many miles and good times,

Paul Hickey

RESULTS OF FIRST ANNUAL P.E.I. ROADRUNNERS MARATHON, SEPTEMBER 16, 1979

WOMEN 21-29

| NAME            | RACE ORDER OF FINISH | CLASS ORDER OF FINISH | TIME          |
|-----------------|----------------------|-----------------------|---------------|
| Dale Claybourne | 65                   | 1                     | 4:47:40 (PEI) |

WOMEN 30-39

|                    |    |   |               |
|--------------------|----|---|---------------|
| Gertrude Mooney    | 31 | 1 | 3:20:19 (NB)  |
| Jean Dinwoody      | 38 | 2 | 3:29:20 (QUE) |
| Eleanor Farrington | 67 | 3 | 4:55:57 (PEI) |

MEN 20 & UNDER

|                 |    |   |               |
|-----------------|----|---|---------------|
| Roy Mason       | 32 | 1 | 3:21:28 (PEI) |
| John MacEachern | 43 | 2 | 3:40:54 (NS)  |
| Lee Blunston    | 66 | 3 | 4:49:20 (PEI) |

MEN 21-29

|                    |    |    |                |
|--------------------|----|----|----------------|
| Tom Olson          | 1  | 1  | 2:40:33 (NS)   |
| William MacEachern | 5  | 2  | 2:48:40 (NS)   |
| Adélard Boudreau   | 6  | 3  | 2:49:56 (NS)   |
| Freeman Churchill  | 8  | 4  | 2:52:26 (PEI)  |
| Lauchie McKinnon   | 9  | 5  | 2:52:26 (NS)   |
| Randy Chapman      | 10 | 6  | 2:55:09 (SASK) |
| Leo Sheehy         | 11 | 7  | 2:56:26 (NB)   |
| Chris Amirault     | 15 | 8  | 3:02:44 (NB)   |
| Roger Doiron       | 23 | 9  | 3:11:13 (NB)   |
| Don Pridmore       | 25 | 10 | 3:12:10 (PEI)  |
| Richard Richard    | 27 | 11 | 3:14:48 (NS)   |
| Jake Baird         | 30 | 12 | 3:19:45 (PEI)  |
| Daniel Russell     | 33 | 13 | 3:23:29 (NB)   |
| Gary Mahar         | 39 | 14 | 3:30:45 (NS)   |
| Ralph Saulnier     | 40 | 15 | 3:31:29 (NS)   |
| Tom Decoste        | 45 | 16 | 3:42:08 (NS)   |

MEN 21-29 (Cont'd)

|                   |    |    |               |
|-------------------|----|----|---------------|
| Eric Manuel       | 48 | 17 | 3:45:41 (PEI) |
| Don Harley        | 50 | 18 | 3:49:28 (PEI) |
| Francis O'Donnell | 51 | 19 | 3:51:18 (PEI) |
| Bill MacKenzie    | 57 | 20 | 4:06:47 (PEI) |
| Kevin Green       | 61 | 21 | 4:22:50 (NB)  |
| Richard Flanagan  | 64 | 22 | 4:37:32 (NB)  |

MEN 30-39

|                     |    |    |               |
|---------------------|----|----|---------------|
| Leo Glavine         | 2  | 1  | 2:45:01 (NS)  |
| Dominik Machek      | 3  | 2  | 2:45:42 (ONT) |
| Joseph Fertitta     | 7  | 3  | 2:51:21 (USA) |
| Lawrence McLagen    | 12 | 4  | 2:58:55 (PEI) |
| Tim Doyle           | 14 | 5  | 3:02:10 (NS)  |
| Colin Schihl        | 17 | 6  | 3:04:48 (QUE) |
| Ron Bellemere       | 22 | 7  | 3:10:29 (NS)  |
| Bill Roblee         | 24 | 8  | 3:12:10 (NS)  |
| Art Graves          | 26 | 9  | 3:13:53 (NS)  |
| Charles Landry      | 29 | 10 | 3:16:21 (NS)  |
| Clare Birch         | 35 | 11 | 3:27:09 (PEI) |
| Stanley Watts       | 41 | 12 | 3:38:52 (NS)  |
| Ken Campbell        | 44 | 13 | 3:41:29 (PEI) |
| Bob Hall            | 47 | 14 | 3:45:23 (QUE) |
| David Darlington    | 49 | 15 | 3:45:48 (PEI) |
| Donald Blane        | 52 | 16 | 3:52:14 (PEI) |
| Don Mazer           | 53 | 17 | 3:53:33 (PEI) |
| Stephen Fry         | 55 | 18 | 3:54:47 (NS)  |
| Paul Field          | 56 | 19 | 4:04:33 (PEI) |
| Jim Vance           | 58 | 20 | 4:19:24 (ONT) |
| Dave Butt           | 59 | 21 | 4:22:36 (PEI) |
| Carl MacLeod        | 59 | 21 | 4:22:36 (PEI) |
| Bruce Dow           | 62 | 23 | 4:32:15 (NB)  |
| Leon Berrourard     | 63 | 24 | 4:37:32 (PEI) |
| Richard Papenhausen | 69 | 25 | 4:58:12 (PEI) |

MEN 40-49

|                  |    |    |               |
|------------------|----|----|---------------|
| Ewen Stewart     | 4  | 1  | 2:47:01 (PEI) |
| Don Reeves       | 13 | 2  | 3:02:18 (PEI) |
| Gerald Desfosses | 16 | 3  | 3:03:08 (QUE) |
| Carl Stark       | 18 | 4  | 3:05:41 (NS)  |
| Charles Grant    | 18 | 4  | 3:05:41 (NS)  |
| Mike Breeze      | 29 | 6  | 3:06:26 (QUE) |
| Stewart Freeman  | 21 | 7  | 3:07:26 (PEI) |
| John DesRochers  | 29 | 8  | 3:16:38 (QUE) |
| Parker Lund      | 34 | 9  | 3:24:48 (PEI) |
| Lance Miron      | 36 | 10 | 3:27:09 (PEI) |
| Ninian LeBlanc   | 37 | 11 | 3:29:19 (PEI) |
| Frank Tucker     | 42 | 12 | 3:40:25 (NS)  |
| Charlie Brown    | 46 | 13 | 3:44:13 (PEI) |
| Gary Dick        | 68 | 14 | 4:58:10 (ONT) |

MEN 50 & OVER

|              |    |   |               |
|--------------|----|---|---------------|
| Wally Herman | 54 | 1 | 3:54:01 (ONT) |
|--------------|----|---|---------------|

### Javanese Jogging Soup

- |   |                                 |
|---|---------------------------------|
| 2 cans (10 <sup>1</sup> / <sub>2</sub> oz.)<br>condensed chicken<br>broth | 1/8 tsp. ground nutmeg          |
| 1/4 lb. fresh mushrooms,<br>finely chopped                                | 1/8 tsp. salt                   |
| 2 soup cans water   | 1/8 tsp. ground black<br>pepper |
| 1/2 cup finely chopped<br>onion   | 1 tsp. cornstarch               |
| 1/8 tsp. ground cinnamon  | 1 tbsp. cold water              |

Skim the fat from the broth by chilling it until the fat rises to the top and can be whisked away. Combine the mushrooms, broth, 2 cans of water, onion, cinnamon, nutmeg, salt, and pepper in a medium-sized saucepan. Bring this mixture to a boil; then reduce the heat, cover the pan and simmer it for 15 minutes. Mix the cornstarch with the 1 tablespoon water and slowly stir this into the hot soup. Continue cooking until the soup is slightly thickened and clear. If you like, serve the soup sprinkled with toasted onion flakes.

*Makes 6 servings*

|             | Calories | Carbo-<br>hydrate (gm) | Protein<br>(gm) | Total<br>Fat (gm) | Saturated<br>Fat (gm) | Choles-<br>terol (mg) |
|-------------|----------|------------------------|-----------------|-------------------|-----------------------|-----------------------|
| Total       | 227.5    | 31.1                   | 25.5            | 1.3               | 0.0                   | 73.4                  |
| Per Serving | 37.9     | 5.2                    | 4.3             | 0.2               | 0.0                   | 12.2                  |



*"And he's right on time!"*

ANNUAL P.E.I. ROADRUNNERS MARATHON 1979 AWARDS PRESENTATION

The first annual P.E.I. Roadrunners Marathon is now history. The Roadrunners Club worked hard attempting to make the race a success in hopes that it will become one of the more popular and prestigious events in Eastern Canada. For most runners the satisfaction of completing a 26-mile run is reward enough! However, awards are an important aspect of any competitive event and this marathon is no exception. The Awards Committee, under the capable direction of Ken Campbell and Jake Baird, has been able to obtain some attractive awards to properly recognize top runners in each of the various categories.

The philosophy of the Organizing Committee of this marathon was to make it an "Island event". Involvement from everyone - participants, planners, officials, sponsors and spectators - was considered important. In order to obtain the many beautiful awards it was necessary to solicit sponsors; the individuals and businesses who were approached responded very enthusiastically. A great deal of thanks must go to all those who donated trophies or prizes for the marathon; their support allows us to recognize the deserving runners who have demonstrated both extraordinary effort and excellence.

CATEGORIES

- (A) TOP FIVE FINISHERS - Trophies/sports jacket (winner), sweaters (2nd-5th place)
- (1) Race Winner - Championship Trophy Donated by Tourism Industry Assn. of P.E.I.  
Presented to TOM OLSON (2:40:33, Nova Scotia)  
Sport Jacket Donated by Henderson & Cudmore
  - (2) Second Place Finisher - Trophy Donated by Holman's of P.E.I.  
Presented to LEO GLAVINE (2:45:01, Nova Scotia)  
Sweater Donated by Holman's of P.E.I.
  - (3) Third Place Finisher - Trophy Donated by Tweel's Gift Shop, Charlottetown  
Presented to DOMINIK MACHEK (2:45:42, Ontario)  
Sweater Donated by Holman's of P.E.I.
  - (4) Fourth Place Finisher - Trophy Donated by Tim Horton's Donuts, Charlottetown  
Presented to EWEN STEWART (2:47:01, Charlottetown, PEI)  
Sweater Donated by Moore and MacLeods, Charlottetown
  - (5) Fifth Place Finisher - Trophy Donated by Bonnie Brae Restaurant, Cornwall  
Presented to WILLIAM MACEACHERN (2:48:40, Nova Scotia)  
Sweater Donated by Island Optical Ltd., Charlottetown
- (B) FIRST FEMALE FINISHER - Trophy/sweater  
Trophy Donated by McDonald's Restaurant, Charlottetown  
Sweater Donated by Chippin's Clothing Store, Charlottetown  
Presented to GERTRUDE MOONEY (3:20:19, Saint John, New Brunswick)

(C) FIRST ISLAND RESIDENT TO FINISH - Trophy Donated by Rodd's Motor Inn, Charlottetown  
Presented to EWEN STEWART, Charlottetown, PEI

(D) FIRST FINISHER FROM EACH COUNTY

(1) Kings County - Trophy Donated by Scott's Gift Shop, Montague  
Presented to RICHARD PAPENHAUSEN (4:58:12, Morell)

(2) Queens County - Trophy Donated by Paul's Flowers, Charlottetown  
Presented to EWEN STEWART, Charlottetown, PEI

(3) Prince County - Trophy Donated by Wilmot Owarkara Running Club  
Presented to DON REEVES (3:02:18, Wilmot)

(E) AGE CATEGORY AWARDS - Medals (Gold, Silver & Bronze) Donated by Camper City  
1st, 2nd & 3rd place finisher in each age category

| CATEGORY         | GOLD            | SILVER          | BRONZE             |
|------------------|-----------------|-----------------|--------------------|
| Men 20 & Under   | Roy Mason       | John MacEachern | Lee Blunston       |
| Men 21 - 29      | Tom Olsen       | Bill MacEachern | Adélard Boudreau   |
| Men 30 - 39      | Leo Glavine     | Dominik Machek  | Joseph Fertitta    |
| Men 40 - 59      | Ewen Stewart    | Don Reeves      | Gerald Desfosses   |
| Men 50 & Over    | Wally Herman    |                 |                    |
| Women 20 & Under |                 |                 |                    |
| Women 21 - 29    | Dale Claybourne |                 |                    |
| Women 30 - 39    | Gertrude Mooney | Jean Dinwoody   | Eleanor Farrington |
| Women 40 - 49    |                 |                 |                    |
| Women 50 & Over  |                 |                 |                    |

(F) MASTERS AWARD (40 & Over) - "Harry A. Harley Memorial Trophy"  
Trophy Donated by the family of the late Harry Harley  
Presented to EWEN STEWART, Charlottetown, PEI

(G) YOUNGEST RUNNER - Trophy Donated by Taylor's Jewellers, Charlottetown  
Presented to LEE BLUNSTON (4:49:20, Charlottetown)

(H) OLDEST RUNNER - Gift Certificate Donated by Harvey's Sports, Charlottetown  
Presented to WALLY HERMAN (3:54:01, Ottawa, Ontario)

(I) TEAM AWARD - Plaque (team)/sterling silver mugs (individual) Donated by Island Optical  
The top five runners for each province or state comprise a team. The winner of this  
award is the province or state with the lowest total time for their runners.  
Presented to NOVA SCOTIA - Tom Olson, Leo Glavine, William MacEachern, Lauchie  
MacKinnon and Tim Doyle - 31 Points

In addition to the above awards, all those who completed the marathon will receive:  
Certificates, a Sport P.E.I. Pin, and a Souvenir T-shirt.

# 10 STEPS TO SUCCESSFUL CROSS-COUNTRY RUNNING

by Amby Burfoot

The American cross-country season lasts less than three short, but intense, months. This intensity leads to problems that often can't be ironed out before the season ends. The following guidelines are designed to explain cross-country training techniques that work while helping you avoid some of the most common pitfalls.

**1. Establish your training base before the season begins.** This is the single most important bit of cross-country training and racing advice . . . and the one that, unfortunately, is most often not observed and leads to the greatest problems. Runners who haven't established a training base inevitably turn to crash programs that sometimes produce spectacular short term results, but much more often lead to constant soreness and fatigue or injury. It also produces the kind of fitness that's "here today, gone tomorrow."

The best way to build a strong base is through a steady, relaxed training schedule. This means that most of your training should be easy distance work at an aerobic level. The specific, sharpening work that you will need for fast, competitive efforts can wait until the season begins.

**2. Don't peak too soon.** This is both the second most important and the second most often violated rule of cross-country running. Legion are the racers who have set course and personal records during the September meets only to fade like the fallen leaves in November.

Some runners pile on so much summer mileage and racing that they peak on the first day of cross-country training. It's easy to understand why they push so hard so soon—the desire to make the team, the expectation of a dazzling senior year, the need to impress a new coach and teammates—but the results are almost always disastrous. No one can run five all-out workouts and two races a week and keep it up for long. But a lot have tried.

Other runners will reach September in fine fettle—in good but not overextended condition—and still go berserk from day one of cross-country drills. Often they do this out of fear of their competition. Cross-country races aren't standardized like track distances and it is difficult to gauge the condition of your crosstown rival. One day, for example, you'll read that Sue Jones ran a 2.5-mile course in 14:46; three days later you'll see newspaper results that credit her with a 14:39 over a 2.8-mile course. Needless to say, you won't know which results to believe, but the chances are you'll start worrying about the fastest times you see and decide to redouble your own training efforts just to be sure.

And the chances are this strategy will backfire for you. Most cross-country runners peak too soon at one time or an-

other. Some learn and figure out how to time their peak perfectly. Others don't and repeat their mistakes over and over again.

Most early-peaking comes from too much all-out racing. To avoid this, it's necessary to skip some races or to run an occasional easy race. This may seem like a contradiction in terms, but it shouldn't be. There are many ways to run through a race without making it an all-out, last gasp effort. One favored technique is to run the first half of the race at a relaxed pace (perhaps 80 percent) and then to kick in to the finish line. This makes it more of a workout than a race. You can practice the important skill of finishing fast without going through the mental concentration and deep-down physical effort of a race that is flatout from the gun. Another method used by many teams is the group race in which the entire squad runs the distance together at slower-than-normal pace.

Your workouts and races should build gradually until the last two weeks in October—the best time for your hardest efforts in both training and racing. At this point in the season you can run a long, hard speed workout, follow it by several easy days and then cap it off with a race effort that simulates the races you'll want to run in November. The next week you can do an over-distance run, another hard, anaerobic workout and a second fast race.

From late October on, all your running should aim directly at the championship races in November.

**3. Run hills.** Cross-country running is a sport of many ups and downs, literally and figuratively. If you want to be "up" at the right time, you'll have to do some hill training.

This doesn't mean that you have to run hill workouts four times a week or that you should sprint up every slope you encounter during training runs. Since hill workouts are extremely arduous, you should space them out cautiously. Do most of your hill work early in the season, and try to leave yourself a week between any hill session and a race.

Remember that there are not only two sides to every hill, but different strategies for running each side. Many runners practice the technique of running hard up the last third of a hill and then continuing this hard effort for the first 100 yards or so at the top. This sprint at the top is devastating to competitors who feel more like staggering than picking up the pace as they reach the end of a long hill. It's also a technique that can be learned—as can any other—during rehearsals that make up daily training efforts.

Some runners prefer to sprint at the beginning of a hill, feeling that this will demoralize rivals who automatically slow down at the mere sight of a hill. And then there are those who have so much confidence in their downhill running and their kick, that they don't worry much about the eager beavers who scurry away on the slopes. They figure that they'll catch up soon enough.

Which leads to the best point one can make about hill running. The key isn't in being able to run hills faster than anyone else but in coming to understand your own strengths and limitations on hills.

**4. Run fartlek workouts.** The whole concept of fartlek (running a varied course at different speeds) meshes perfectly with cross-country. There's nothing—sprints, long repeats, uphill, downhill, jumping barriers, jogging, walking—that fartlek can't encompass, and at one time or another it should include all of these.

This isn't to say that fartlek is just an idle mishmash of activities. Quite the contrary, a hard fartlek workout can push you as far as any other kind of workout. Many top cross-

country runners never do specific workouts on the track and never do hill repetitions. Instead, they do both of these, and more, in a couple of good fartlek workouts per week.

**5.** Practice on the surface you'll be racing on. The days when you do fartlek are a good time to practice running on the surface you'll come up against in your championship meets. Golf courses, for example, have an entirely different feel and even use muscles differently than do roads. The same is true for loose, gravel trails, or rutted paths, or concrete sidewalks, or whatever other surfaces you might encounter. Running fartlek over them will let you practice occasional race-type bursts while mixing in the relaxed jogs that make for a workout and not an all-out effort.

**6.** Practice cross-country race starts. No, this isn't advice misplaced from a manual for sprinters, but a suggestion voiced by many racers and coaches. The size of a typical cross-country field and the fact that many courses narrow down quickly after the wide starting area make cross-country starts much faster than the starts of track and road races of a similar distance.

Obviously, there are two ways to deal with this crunch. One is to practice going out fast with the leaders and fighting for your turf. The alternative—going out at your own, sane pace and working your way up through the field—is favored by those who believe that even pace running is the best tactic at all times and in all situations.

Most top runners and virtually all coaches, however, argue for the fast start. They point out, quite correctly, that a cross-country race is no laboratory experiment. The racer has more to contend with than oxygen debt. The list of additional foes is almost endless due to the infinite variety of cross-country courses, but among them are fields of 300-500 competitors, poles set 10 yards apart to mark the course, turns of from 90-175 degrees, rotten, squashed apples and leaf-covered rocks, roots and rubble that are invisible from behind a pack of runners. There is, clearly, ample reason for fast starts.

The way to train for these starts is not to line up with your teammates and sprint for 300 yards. Not even if you do it a half-dozen times. Anyone can do that. The thing to do is to run several such sprints (whether fartlek or on the track) and then, with little rest, to move into long repeats (880-mile) at a relaxed and efficient, but fast pace. After 3-4 of these long repeats, finish up the workout with some more sprints that will prepare you for the race to the tape.

**7.** Run with a group. Whether you run with the whole team, or a part of the team that you fit into comfortably, group running is one of the great pleasures and great strengths of cross-country. On a day-to-day basis, the benefit comes from the support and motivation all will feel as members of a tight team. At the same time, the individual flourishes too. Many of the hardest workouts just can't be done alone, but when the entire group tackles the challenge, each individual reaches a new height.

The best team running involves play as well as training. An example of this is *Indian file* running in which teammates run in a long line and take turns sprinting to the front and leading the pack for awhile. Many coaches use handicap workouts to equalize their athletes' abilities. The slower runners are given a headstart and the chance to finish a workout first, ahead of the so-called stars whose names regularly make the newspaper headlines.

Team racing lends an additional strategical aspect to meet days. While every coach and every team eventually wants each runner to sprint for the finish line with every bit of speed he or she has left, there are many times early in a race when group running is helpful. The best teams change strategies from day-to-day depending on the course and the competition. For example, if a certain course is known to have a monster hill at the two-mile mark, the team might decide to go out slowly and save themselves for the hill. Conversely, on a narrow, winding, forest trail, a team might decide to get a block of runners out front right from the start and then to fight to maintain their positions.

**8.** Watch what you eat before a race. As tired and time-worn as this sounds, it's never more important than during the cross-country season. Why? Because the wind-sapping cross-country start, the gut wrenching uphill and the steep, jolting downhill, the sharp-angled turns, the jumping over obstacles, and the constant, momentary losses of balance on uneven surfaces will put your stomach through a workout unmatched by any other kind of running.

The best food advice for the cross-country racer is to eat sparingly and well in advance of the meet. A hearty meal the night before the race should more than take care of your energy requirements since there's no need to carbohydrate load for distances of 2.5-6 miles. The best race day foods are simple, light, bland foods you're accustomed to, such as juices and breads.

If Saturday morning races are commonplace in your area, be sure to plan for this well in advance of your first meet by finding out what combination of breakfast foods and running works best for you. In all likelihood, you'll decide that "less is better."

**9.** Pack all-weather gear in your travel bag. Your cross-country travel bag should be bursting with gear. The extra pound or two won't tire you out and you'll likely be thankful for every last piece of equipment in the bag.

To begin with, you should carry an extra pair of warmup socks and shoes to go with your competition footwear. On those rainy, muddy days it's especially important to jog the course before racing it to check out where the biggest puddles are, where slick patches obliterate the shortest distance between points, and so on. If you have to jog the course in the one pair of competition shoes you've brought, then you're going to end up toeing the line with a couple of pounds of mud clinging to each shoe. So bring an extra pair of shoes, wrapped in a plastic bag where you can keep them dry and light until lacing them on just before the start. You should really have a complete dry change of everything—from jocks to jersey—for those days when the race is run in a torrential downpour.

A nylon windbreaker or rainsuit is necessary for those end-of-season races that will almost inevitably see you competing in cold, blustery conditions. You'll still work up a sweat during the race, but that will quickly turn to a chill as you stand in the chute while your time and place are recorded. By the time you get back to your travel bag, your whole body may be trembling from the cold. A nylon suit pulled over your normal sweat clothes will quickly stop this process by preventing the wind from evaporating more sweat off your skin. As soon as you've got the nylon suit on, start jogging again, both to warm down your muscles and to warm up your body

temperature again.

However, don't use the nylon suit as you warm up before the race. Except under the most frigid conditions, you won't need it then. Your normal sweat suit will do fine. What you want to avoid is sweating profusely before the race. If you do, then your body temperature will drop swiftly and you might stiffen up in the minutes between stripping down for the start and the starter's gun.

On the coldest days, many cross-country racers wear a long-sleeve, cotton turtleneck under their competition singlets to keep their arms and wrists warm and wool mittens to keep their hands warm. Hands and arms are far from the body's furnace and have a tremendous amount of surface area to cover a relatively small mass. This means that they chill easily and become stiff and rigid, which will throw off an otherwise relaxed running form.

**10.** Don't let the above "Do's" and "Don'ts" interfere with your enjoyment of the sport. In 1967, Gerry Lindgren, more harried by journalists after another of his NCAA cross-country victories than he had been by competitors during the

race, finally confessed to one unsuspecting sportswriter, "The reason I win so many races is that I'm a left-footed runner. That gives me a big advantage over the other guys who are mostly right-footed." The writer furiously scribbled down every word and then raced off to the nearest phone. The next morning, sports fans read about the "key" to Lindgren's astounding achievements.

Of course, no runner would ever have believed Lindgren's words, but many runners do seem to believe that there are more "keys" to running success than actually exist. Most cross-country runners will succeed in relation to their willingness to experience both the fine textures and the rough edges of the sport. These runners will crave the exhaustion that follows a long hill workout as much as they seek out the glorious colors of October. They'll taste the cold, thick flakes of the first snowfall as well as the sweet, salty sweat of late summer.

By putting their physical and spiritual selves on the line and searching for the fullest and closest possible encounters with the boundless world of cross-country running, they'll succeed in every manner. □

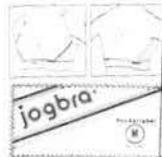


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ROADRUNNERS FORM NATIONAL ORGANIZATION

Canada now has a national roadrunners organization called RUN CANADA. The need for a separate organization was due to the growth of road racing in Canada. It is estimated that approximately 750-1000 running events will be staged in Canada during 1979. The co-ordinating body for Run Canada is the Canadian Track and Field Association.

At a national workshop held September 28-30, 1979, in Ottawa, a Policy Handbook was formulated which will attempt to upgrade the quality of events in Canada and to assure participants the most basic of requirements: a time, an accurately measured course, a safe running environment, and an efficient race organization.

Some of the topics included in the handbook are: Definition of fun runs and road races, Membership, Course accreditation, Race director's kit, and Bicycle calibration of courses (check with Ewen Stewart and Gary Andrus locally).

A number of recommendations from the workshop will be presented to the C.T.F.A. Board of Directors before the end of the year. It was planned to have a third workshop around the end of January to react to the decisions of the Board and to solidify the position of Run Canada as the representative of roadrunners in Canada.

The contacts at these workshops are very important for our Club and for roadrunning in general. A solid communications system is being established which will result in a sharing of ideas and information on roadrunning all across Canada.

Any questions or concerns you have about Run Canada can be directed to Parker Lund.

On the official Run Canada Logo, the maple leaf is red and the runner is blue.

Parker Lund



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

CONGRATULATIONS CRAZY LEGS!

A well-known pair of "Crazy Legs" reaches another checkpoint in the marathon of life on November 5 when he arrives at the 30th milestone. He has also decided to add a running mate for the rest of the race, and on November 24 will be joined in matrimony with Rhonda Cooper. Congratulations "Kid" and all the best in the future!

From Your Buddies



FUN RUNS CONTINUE AT VICTORIA PARK

The 1979 season for the Saturday morning Fun Runs is quickly coming to an end. The runs will continue at Victoria Park until November 3. Now that summer is over, if you are looking for a pleasurable recreation activity for Saturday mornings, or if you wish to test yourself against the Fun Run standards, come on down to the park around 10:00 a.m. We'll be glad to see you!

P.E.I. ROADRUNNER'S FUN RUNS - 10:30 A.M. - MEMORIAL FIELD, VICTORIA PARK, CH'TOWN.

MARATHON T-SHIRTS

The marathon t-shirts are now in; they are a gold color with a black roadrunner logo and lettering. They really look sharp!

All marathoners who paid their registration fee for our Premiere Marathon will receive their t-shirt with this newsletter (their photo at the finish line will also be enclosed).

Shirts Now On Sale - Any member of the club who did not run the marathon can purchase a t-shirt for only \$4.00 We only have 50 shirts left, so order now.

Please make cheque or money order payable to the P.E.I. Roadrunners Club, P.O. Box 302, Charlottetown, PEI C1A 7K7

detach here

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

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

PHONE \_\_\_\_\_ TOTAL ENCLOSED \_\_\_\_\_

UPCOMING EVENTS

November 10, 1979, 2:00 p.m. - DUNK RIVER RUN - Central Bedeque, PEI (7 miles)

December 31, 1979, 3:00 p.m. - DAIRY QUEEN POLAR RUN - Ch'town, PEI (5 miles)

"ROADRUNNER OF THE YEAR"

This year we will be honoring both a "Female" and "Male" Roadrunner of the Year!  
Again this year we are asking our club members to send in their nominations for the female and male roadrunner of the year. Your nominations should be based on their contributions in the following areas:

- (a) Helped organize club activities or served on special club committees;
- (b) Showed a sincere interest in running, and maybe helped encourage beginner runners;
- (c) Trained hard over the past year and showed improvement in road races, or personal training program;
- (d) Always gave his or her best.

Please complete and return immediately to: Nomination Committee

"Roadrunner of the Year"

c/o P.O. Box 302

Charlottetown, PEI CIA 7K7

(or phone your nominations to  
Sport P.E.I. at 894-8879)

REMEMBER - NOMINATIONS CLOSE THURSDAY, OCTOBER 25, 1979.

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NOMINEE FOR "FEMALE" ROADRUNNER OF THE YEAR

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

NOMINEE FOR "MALE" ROADRUNNER OF THE YEAR

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

SIGNED \_\_\_\_\_



# P.E.I. ROADRUNNERS CLUB



## SECOND ANNUAL DINNER MEETING

PLACE ----- Cascade Banquet Room, West Royalty Fitness Centre  
Charlottetown Mall (Use main entrance to Broken  
Racquet Lounge on Mall Level next to Buildall Store)

TIME ----- Friday, October 26, 1979, 8:00 p.m. (Bar Opens 7:30 PM)

CHOOSE FROM - "The Roadrunner Buffet"

3 Hot Dishes  
10 Cold Salads  
2 Jellied Salads  
Plus Homemade Pickles, Relishes, Rolls and a  
Variety of Homemade Desserts, Beverage

EAT ALL YOU CAN FOR \$7.95 (Plus tax) Please pay at door.

GUEST SPEAKER - TO BE ANNOUNCED

PRESENTATION OF FEMALE AND MALE ROADRUNNER OF THE YEAR AWARDS

PRESENTATION OF OTHER AWARDS:

|                                |                    |
|--------------------------------|--------------------|
| The Turtle Award               | The Coyote Award   |
| The Blister Award              | The Torture Award  |
| The Legs Award                 | The Vaseline Award |
| The Hemi Attack Award          |                    |
| The Most Improved Runner Award |                    |

PLEASE NOTE - Last year about 75 club members enjoyed a fine meal and an enjoyable evening, so this year we hope to have a bigger and better show. If you are going to attend our banquet, please call Sport P.E.I. (894-8879) before Wednesday, October 24th, as we have to notify the Cascade of an approximate number that will be attending.

MARATHON PHOTOGRAPHS AVAILABLE

David Stewart, a student photographer at Holland College, has taken some terrific shots of various runners in our first marathon. He has both action shots along the route and pictures taken of runners before the race and at the finish line. Pictures were taken of the following runners:

- |                      |                       |                         |
|----------------------|-----------------------|-------------------------|
| 77 - Ken Campbell    | 92 - Lawrence McLagen | 75 - Charlie Brown      |
| 89 - Eric Manuel     | 14 - Jean DesRochers  | 69 - Ninian LeBlanc     |
| 61 - Art Graves      | 57 - Frank Tucker     | 39 - Dominik Machek     |
| 71 - Jake Baird      | 72 - Clare Birch      | 58 - Tom Olson          |
| 90 - Roy Mason       | 24 - Charles Grant    | 23 - Leo Glavine        |
| 79 - Dave Darlington | 9 - Randy Chapman     | 98 - Ewen Stewart       |
| 44 - Richard Richard | 27 - Bob Hall         | 37 - William MacEachern |
| 40 - Gary Mahar      | 43 - Gertrude Mooney  | 19 - Joe Fertitta       |
| 62 - Tim Doyle       | 50 - Colin Schihl     | 10 - Freeman Churchill  |
| 63 - Chris Amirault  | 52 - Carl Stark       | 82 - Stewart Freeman    |
| 94 - Don Pridmore    | 6 - Mike Breeze       |                         |

If you want to obtain a brilliant color photo (5x7 for \$5.50 or 8x10 for \$10) contact David Stewart, 138 Bunbury Road, Bunbury, P.E.I. CIA 7G8, or telephone him at 902-569-3722.

