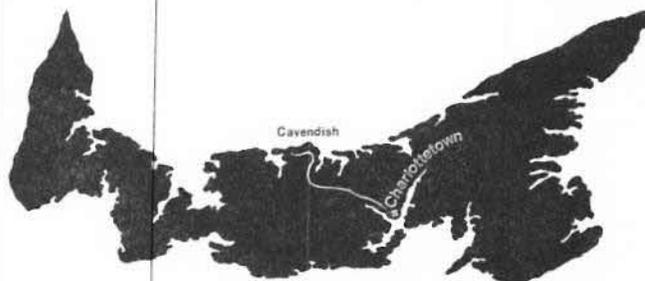


Come... *Run on Prince Edward Island*



FROM THE EDITOR

The running scene on P.E.I. has changed in the past two years, probably due to the efforts of the P.E.I. Roadrunners Club. The road races, fun runs and our first P.E.I. Marathon have created much interest in this sport. It is now a common sight to see a runner or maybe a group of runners running along the roads of P.E.I.

The main reason why our club has been successful in our endeavours is due to the hard work of many club members. One thing that has really impressed me is that they offer their time so freely and without some of the flimsy excuses that we sometimes hear, "Sorry, but I'm just too busy". The key to our success is that our club members work well together and seem to have a great time doing whatever task they have to perform.

A great deal of thanks goes to our race sponsors over the past two years:
Dairy Queen Polar Run & Dairy Queen Bunny Hop - DAIRY QUEEN, Al Stewart
CFCY Spring Fever Pace - C.F.C.Y., Frank Lewis (Mgr.), J.P. Gaudet, Malcolm Reid
Volume Rentals Half Marathon - VOLUME RENTALS, Edward MacLeod (President)
P.E.I. Roadrunners Marathon - (Race sponsors stated in previous newsletter)
Alice Faye's Oktoberfest Run - ALICE-FAYE'S HAIRSTYLING, Alice Faye Campbell (Mgr.)
Dunk River Run - CALLBECKS LTD., Bill Callbeck (Mgr.), & Paul Wright (Co-ordinator)

Special thanks also to all the media people who have given so much coverage to our club events: CBC-FM - Gordon MacAlpine, CFCY - Dave Holland, CHTN - Reg Trainor, CJRW - Paul Schurman, Guardian-Patriot - Don Morrison, Journal Pioneer - Bill Semple, CBC-TV - Chuck Hickey.

What can one say about the staff at Sport P.E.I.; only one thing - They're terrific people to work with.

The P.E.I. Roadrunners Club has become well known on P.E.I. and we are making ourselves known in many other parts of Canada and the United States. If we continue to work "hard" together for one common goal, someday we might become one of the top running clubs in Canada.

It's amazing what happens when you become a participant rather than an observer. Life seems more meaningful, more satisfying.

Happy running,
Crazy Legs Harley

REPORT ON THE ANNUAL BANQUET

The P.E.I. Roadrunners Club has had a great number of accomplishments in 1979 about which it can be justifiably proud. The success of our first annual P.E.I. Roadrunners Marathon, the organization or assistance in twelve Island road races, the Fun Runs, the encouragement of running at all levels and the achievements of our members both on and off the Island stand out in particular. The second annual P.E.I. Roadrunners banquet, held at the Broken Racquet Club on October 26, recounted many of these successes, and others, in a light hearted and sometimes touching fashion. But perhaps one of the most important aspects of the event was its demonstration of club spirit. For athletes who are supposed to be known for their individualism, the runners at the banquet showed a great deal of mutual support. The "stars" were recognized, but so were the rest of the pack.

If the banquet had a theme, it centered around the contribution of each of the runners, volunteers and sponsors. Often, a race is looked at as a collection of runners headed for a distant finish line. Runners make a race, and for that reason the Club is very pleased with the rate of participation that our races have enjoyed, but races are also dependent upon race officials, volunteers and sponsors for their ultimate success. The annual banquet gave us an opportunity to repay the very large debt that is owed to all those who have assisted us during the year and to the spouses and friends of runners who support our members in their running endeavours.

The good time that was had at the banquet can be attributed, in part at least, to the thoughtful address by Guest Speaker Larry Wright and the fine work of the Master of Ceremonies, Don Harley. The food and drink didn't hurt either! The banquet will be hard to top next year, but we are bound to have a good time trying.

MAJOR P.E.I. ROADRUNNER AWARDS FOR 1979

1. Male Roadrunner of the Year - Lance Miron

When the first P.E.I. Roadrunners banquet was held in October

1978, most members of the club were not acquainted with a new member by the name of Lance Miron. During 1979, however, Lance made himself known both through his remarkable performances in races on and off the Island and his support of running and runners in the Province. At the second annual banquet his contributions were formally recognized with his selection as the Male Roadrunner of the Year.

Lance's progress in running during the year made a strong statement for the value of training and dedication. The faithful schedule of early morning runs paid off handsomely in the development of speed and stamina. In October 1978, at the age of 39, he ran his first marathon at Oromocto N.B. in 3:17. Only five months later, after having turned 40, he brought his time down to 2:53:26 at Montreal. His major goal of running the Boston Marathon was realized in April. Once again he broke the three hour barrier with a 2:55:56 showing. Later in the year, just for good measure, he completed two more marathons. Lance won notoriety as well for his strong performances in middle distance races. He was a top Island finisher in the Col. Gray-McDonald's 10 mile run and represented the Province well in the 10,000 meters at the Midas Track Meet in Dartmouth.

Lance's contributions to running during the year were made not only with his strong performances but also with his support for other runners. One of the more knowledgeable runners on the Island Lance assisted many a runner with tips and advice. In a number of races he played the role of a pacer, helping other club members to achieve their racing goals. Lance also contributed to the club by acting as the Registrar for the P.E.I. Roadrunners Marathon and through his work on the Fun Runs Committee.

For the record, Lance is a resident of West Royalty and he and his wife Barbara have two daughters. During non-running hours Lance teaches school at Birchwood High in Charlottetown.

2. Female Roadrunner of the Year - Eleanor Farrington

As with Lance, Eleanor only began running and training in earnest during the past year. She too enjoyed growing success, though in Eleanor's case it took the willpower of overcoming

injuries to do it.

Soon after moving to Quees County in 1978 Eleanor got in touch with the P.E.I. Roadrunners Club. Her interest in running grew as she found out more about the sport and she entered her first road race in April at the Dairy Queen Bunny Hop. During the year she became a regular at P.E.I. road races, though on occassion injuries forced her to play the role of spectator. Still, her performances placed her solidly among the top women. Her major achievement of the year was in completing the P.E.I. Roadrunners Marathon, becoming only one of two Island women to have ever completed the 26 mile 385 yard distance.

Eleanor has also supported running on P.E.I. through her participation with club events, such as Fun Runs, and her encouragement of other runners. Eleanor is interested in particular in the encouragement of women runners in the Province and her presence is perhaps one of the best illustrations that running is a sport that can be as rewarding for women as for men.

Eleanor is, in her own words, "over 25" and lives in New Glasgow with her 2 children.

3. Coyote Award for the Most Gutsy Runner - Dale Claybourne

When she spoke with club officials only a few weeks before the P.E.I. Roadrunners Marathon about competing in the marathon the fear was borne that Dale Claybourne did not know what she was letting herself in for. Until that time she had never run more than six or seven miles at one time. What she lacked in training, however, she made up in intestinal fortitude, or, more simply put, guts. It would have been perfectly justifiable for her to have given up part way through the marathon when her whole system told her that it was not ready for the punishment of those last few miles. Instead, Dale fought her way to the finish in 4:47:40 and became the first woman from P.E.I. to complete a marathon. There were many "gutsy" performances that afternoon, and they all deserve recognition, but Dale Claybourne's effort made her very deserving of a special award.

4. Most Improved Runner - Lee Blunston

While there are faster and more accomplished runners, there is probably no runner on the Island who has earned more respect for his desire and determination than Lee Blunston. Lee has seen the very back of the pack at a number of races, but he has never given up trying. Between races he has worked hard and has invariably come back stronger in his next outing. His success hasn't been dramatic in the sense that he has made it all the way to the front of the pack, but his times over the past year have improved remarkably. Although it occurred after the banquet, Lee's time in the Dunk River Run illustrates his gains. Last year the 7.5 miles took him 71:38. This year he covered the distance in 56:16. At 14, Lee has a lot of running ahead of him. And don't be surprised when you see him ahead of you at a future race.

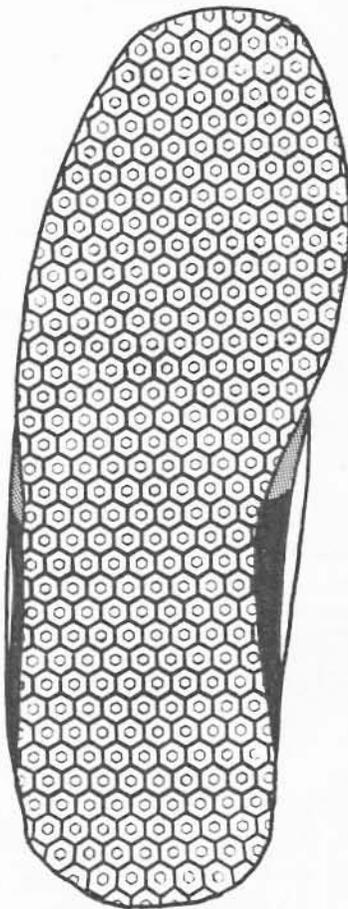
THE RUNNERS OF THE YEAR



Pictured above is newly elected President Don Harley presenting Roadrunner of the Year Awards to Eleanor Farrington and Lance

(Photo by Lawrence McLagan)

The Club also elected a new slate of officers for the up-coming year - President - Don Harley
Vice-President - Jake Baird
Secretary - Judy Hiscott
Treasurer - Eric Manuel
Publicity - Don Pridmore
Past President - Parker Lund

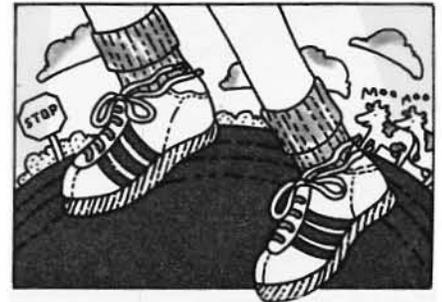


You Too Can Use Shoe Goo

Repairing your own running shoes can save you a good deal of money these days (with new running shoes costing upwards of \$30 and resoling \$10 to \$20). There are products on the market to enable you to become your own running shoe cobbler.

You can use such things as Shoe Patch, Sole Saver, or Shoe Goo to keep heels even and soles in good form. The products come with instructions.

(Available at Campers' City)



Do run run

*The red-suited runner
Walks casually,
Contemplating the moment
She should break into a jog.
Dirt yellow shoes
Quicken their pace on
Rough gravel—
She's off.
Hurdling mud puddles,
Past the cow pasture,
Meeting resentful stares of
Red hungry cattle,
She sets her goal:
Stop sign at the corner—
A grueling quarter-mile.
Muscles reaching,
Breath stretching. . . .
Arms raised in Rocky style,
Fists dropping
To clench the
Cold
Steel
Stop sign.*

—Becky Johnson, Hurley, S. Dak.

P R E S I D E N T ' S R E P O R T

The 1978-79 running season on Prince Edward Island was another very successful one which climaxed with the first official marathon in the Island's history. A considerable amount of work by a large number of club members and their friends was necessary to stage such an event.

The emphasis on the marathon, however, may have conveyed to the public that this is our main concern. It is important that this not become our only reason for existence and that we continue to promote fitness through running at the grass roots level. In this regard our club did continue to promote running at all levels which was apparent by the number of run runs held across the Island.

It important to have events which are social in nature such as the social runs which were held during the first year of the club's operation. These events help to keep running in perspective and to build a strong club core.

Two areas which I would like to see emphasized next year are cross-country running and youth running programs. These two areas are of particular interest to me because of the present fitness state of our Island youth and the alternative that cross-country running offers to road racing.

During the last six or seven years I have seen a number of my dreams about fitness through running come true and there are still a few to be realized such as hosting the National Cross-Country Championships and the formation of a Junior Roadrunners Club. In terms of club organization I would like to see more structure in Kings and Prince Counties and a Masters Division within our club. This particular group could conceivably host a Maritime or National Masters competition on the Island.

Of course, any success the club has had would not be possible without the support of the many club members who have given freely of their time and effort. I would like to thank all the people who have helped the club over the last two years and who have given me their support as well. With your continued support our club will continue to be the main group on the Island who are promoting fitness for all Islanders.

Yours in running,
Parker Lund
Past President
P.E.I. Roadrunners Club



"He probably thinks you're afraid of him!"

PUBLIC RELATIONS REPORT

EVENTS 1978-79

P.E.I. ROADRUNNERS CLUB		MALE	FEMALE	TOTAL
Dunk River (November)		39	3	42
Polar Run (December)		39	11	50
Bunny Hop (April)		45	3	48
Spring Fever Pace (May)		142	72	214
Half Marathon (September)		33	4	37
P.E.I. Roadrunners Marathon		65	4	69
Alice Faye's (October)			19	19
	TOTALS	363	116	479
OTHER EVENTS				
Labour Day (September)				100
Athena Run		60	22	82
Montreal Marathon		2		2
Boston Marathon		5		5
Johnny Miles Marathon (May)		9		9
Fulton Campbell Memorial (July)		39	1	40
Belfast Mid-Summer Jaunt		27	1	28
Kensington Harvest Festival (August)		21	2	23
Colonel Gray-M Donald's 10 Mile Race (June)		79	5	84
Joseph Howe 10-Miles		2		2
Alpine Marathon, Halifax		2		2
Run Canada Relay (April)		10		10
Interscholastic Meets				500
	TOTALS	256	31	887

Total Participants in Club Events 479
 Total Participants in Other Events 887
 TOTAL PARTICIPANTS 1366

We hope you enjoyed participating in the above events, and look forward to seeing you in the Polar Run on Sunday, December 30.

Happy Running,
 Don Harley

M Y F I R S T M A R A T H O N

This has to rank in importance in my life as A-plus. The P.E.I. Roadrunners first 26.2 mile race was a class spectacle all the way. From a runner's eye, mine at least, it was organized to almost perfection. The Island should be proud of itself.

I was asked to write down my thoughts and feelings about this race so as inarticulate as I am, please forgive poor phrasing, grammar, etc.

First of all, I guess I was pleased with my training - 79-90 miles a week for 3-4 months. One week of steady hills which included one 19½ mile steep hill run day then four weeks of speed ending up with my first win (a modest one) in the Egmont Bay 10-mile race two weeks before the Marathon. The last two weeks were easy slow running ending with a carbohydrate boost the last six days. My goal was to break three hours and I knew I could do it. That's the way Alf Groom, my coach, tells me to think. Good plan!

I didn't sleep too well that last couple of days. I'm sure I ran that 26.2 miles five times every night.

Race day - Cavendish, hoardes of runners, wives, friends and well wishers all shaking hands. Myself, I just shook. We used four half-ton truckloads of toilet paper that morning. Everyone was nervous.

We got underway, Stu Freeman and I planning to run a slow first three miles. It wasn't of course. A good plan though. It was a lovely day with runners strung out along the highway in the bright sun all hoping just to finish the distance and then to finish it well.

For ten miles I was running along - pushing quite a bit but right on time. My left shoe was just pinching a little. I told my wife and son, who were following, to get my second pair of shoes ready, but put off changing.

13.1 miles - right on time - will break three hours - feel good!

Fifteen miles - have been passing people pretty steadily. Somewhere along here someone comes streaking down the highway with nothing on but a shoelace. I didn't see him myself, but I'm sure if my son hadn't been along I would have lost my wife.

Eighteen miles - time good - four runners show up ahead. Passed them in a group.

Twenty miles - last two miles, thirteen minutes. I didn't know it at the time, but it took its toll. Next one mill all uphill. I'm hurting like hell and to make matters worse a guy I had passed caught me and went by. I wished him luck - the dog!

Twenty-four miles - very tired but nothing sore except everything. Suddenly realized my pace had slowed badly.

24½ miles - I caught the one guy who before had passed me. His calf muscles were starting to cramp. I hung on his shoulder right into the city. Two hundred yards from the finish I outkicked him to the tape. Time 3 hours, 2 minutes and ten seconds. (Three hours next time.)

I am 45 years old, an alcoholic (retired) and ex-smoker who was overweight by forty pounds. Two years and two months ago I could not run six miles non-stop. If anyone wants to know the feeling of being a Marathoner, ask me - it's beautiful!

by Don Reeves

Ancient Sport Of Marathon Running Enjoying Boom

By BERT ROSENTHAL

NEW YORK (AP) — There is no sport older than marathon running — and there is no sport undergoing more of a boom than marathon running.

Fred Lebow, head of the New York Road Runners Club, which puts together the massive New York City Marathon, says:

"The marathon is a charismatic event. It has drama, it has competition, it has camaraderie, it has heroism, it has all the elements for good copy."

Marathon running began in 490 BC in Marathon, an ancient town in east central Greece, where the Greeks scored a victory over the Persians. The news of the triumph was carried to the capital city of Athens by a long-distance runner.

The distance from Marathon to Athens was 26 miles, 385 yards — currently the length of the race, which has become an Olympic highlight, the final track and field event of the quadriennial Summer Games.

In the United States, marathon running was considered only for the hardy few and virtually ignored until Frank Shorter, a slender, dark-haired Yale graduate became the first American in 68 years to win the Olympic marathon, in 1972 at Munich.

Shorter's dramatic and unexpected victory sparked a long-distance running craze that has far from reached its peak.

"The running boom has not really begun yet," Lebow said. "Look at the demographics of the New York City Marathon. Of the more than 14,000 runners who entered, more than 12,000 were college graduates.

"And when you look at the mean income of the New York Road Runners Club — and we have over 15,000 members—it is over \$30,000. We have mostly doctors, lawyers and executives. That means the running craze has not yet hit middle America.

"It has only touched the upper middle class. The storekeepers and the secretaries still haven't gone out to buy running shoes.

"They're still busy being spectators, or bowling, or just watching television. When those people start finding out about running, that's when you'll see the running boom. That will take years."

IT'S TAKEN OFF

Still, running, particularly marathoning — especially among women — has taken off in recent years.

In 1970, the first year of the New York City Marathon, the entry list included 125 men, 72 of whom finished, and one woman, who did not finish. This year, there were 11,553 starters, with 9,310 men and 1,206 women finishing. One woman, Grete Waitz of Norway, finished ahead of all but 65 men.

Waitz's time of two hours, 27 minutes, 33 seconds — in only her second marathon — broke by nearly five minutes the record of 2:32:30 she had set in winning the New York City Marathon in 1978.

Bill Rodgers, the men's winner for the fourth consecutive year, was amazed by Waitz's performance.

"I saw her come across the finish line," said Rodgers, "and it was inspirational."

It also was a major boost to women marathoners, who have been rejected in their fierce bid to have a women's marathon included in the 1980 Olympics, but now are pushing vigorously to make the event a part of the 1984 Games at Los Angeles.

During the 1980 Games in Moscow, the Women's committee of the International Amateur Athletic Federation, the world governing body of track and field, plans to present a request to the IAAF congress that a package of events — the 5,000 and 10,000 metres, plus the marathon — be added to the 1984 program.



Fastest Male Marathoner

The fastest a man has ever run the marathon is 2 hours, 8 minutes, 33.6 seconds — a record set by Australia's Derek Clayton at Antwerp, Belgium, on May 30, 1969.

There is no official world record for the marathon because the race is run on different courses, each of which has its own peculiarities.

RESULTS OF ALICE-FAYE'S OKTOBERFEST (3 MILE) RUN FOR LADIES, OCT. 6/79

10 AND UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Bethany Rogers	2	1	19:59.01
Katie LeClair	16	2	27:22.02
11-15			
Susan Rogers	1	1	19:08.09
Faith MacLeod	4	2	21:24.08
Kim Green	5	3	22:19.05
Sharon Pigot	11	4	24:57.03
Donna Noonan	12	5	25:05.04
Janice Humphrey	13	6	25:10.07
Nancy Whiteway	14	7	26:22.01
Michelle Ives	15	8	27:05.03
MaryBeth Moore	17	9	27:40.03
16-20			
Carol Schurman	7	1	23:16.09
21-25			
Dale Claybourne	6	1	22:46.06
Gail Ahearn	18	2	27:59.04
26-30			
Susan Bordage	9	1	24:30.07
Marion Manuel	19	2	29:29.07

OVER 30

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Joan MacDonald	3	1	20:22.04
Joyce Gaudet	8	2	23:24.03
Rosemary Faulkner	10	3	24:30.09

Island Runner Performs Well At National Cross Country

HALIFAX — Mike Armitage of Sherwood, P.E.I.'s only representative, competed well at the Canadian cross-country championships held here recently.

Each province was represented with the Greater Boston Track Club attending from the United States.

The field of 95 runners was

led to the finish by Boston's Greg Myers, the 1978 AAU cross country champion. Myers' teammates finished second, fourth, fifth, and sixth to win the overall team championship. The top Canadian runner was Peter Butler from Alberta who finished third. Butler was the winner of the 1978 Canadian championships.

The Toronto Olympic Club finished first among the Canadian teams.

Armitage placed sixth from the list of Maritime runners and 62 overall. This was a creditable performance considering that Tom Olson from Sydney Mines, and recent winner of the P.E.I. Roadrunners marathon finished 60th. Joe Lehman of the University of New Brunswick, and 1978 winner of the Dunk River roadrace was 56th. Ted McKeigan of Ontario, the 1979 Fulton Campbell winner, was in 52 spot.

The 12 km race was run on the Ashburn Golf Course in Halifax, and the 4km loop had long stretches of uphill terrain to challenge the competitors.

Vim, Vigor & Vitality Veal

1 lb. veal for scallopini (from leg), trimmed of fat and cut in 8 pieces

3 oz. part-skim pizza cheese, thinly sliced

3 oz. Canadian bacon, thinly sliced

1/4 cup seasoned bread crumbs

1 tsp. corn oil

Pound the veal slices with a meat tenderizer to make them as thin as possible. Top each piece with a slice of cheese and a slice of bacon. Then top each with another slice of veal to make 4 veal "sandwiches." Combine the bread crumbs with the oil, and brush the mixture lightly on both sides of the sandwiches. Place them on a cookie sheet. Bake in a preheated 350° oven for about 25 minutes until the veal is cooked and the cheese melts.

Makes 4 servings

	Calories	Carbohydrate (gm)	Protein (gm)	Total Fat (gm)	Saturated Fat (gm)	Cholesterol (mg)
Total	1196.4	19.9	161.9	57.3	18.3	446.1
Per Serving	299.1	5.0	40.5	14.3	4.6	111.5



"Mind if I jog along?"

RESULTS OF DUNK RIVER (7 MILE) RUN, NOVEMBER 10, 1979

WOMEN 25 & UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Monica LaPointe	31	1	56:77
Dale Claybourne	33	2	60:24

WOMEN OVER 25

Eleanor Farrington	35	1	62:17
Susan Bordage	37	2	70:08

MEN UNDER 20

Andrew VanWiechen	3	1	44:49
Eddie Bernard	17	2	51:19
Lee Blunston	30	3	56:16

MEN 20-29

Dennis Nicherson	1	1	43:33
Roy Mason	2	2	44:27
Don Pridmore	5	3	46:13
Paul Wright	7	4	47:07
Jake Baird	10	5	48:06
Eric Manuel	16	6	51:00
Dan McCarthy	21	7	52:36
Amand Arsenault	22	8	53:07
Frank Gaudet	26	9	55:11
Ken MacDougall	27	10	55:36
Brian McInnis	29	11	55:52
John Molson	34	12	61:49

MEN 30-39

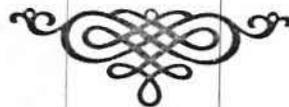
NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Lawrence McLagan	7	1	47:07
Calvin Wiley	9	2	47:48
Salem Hashem	11	3	48:46
Walter Lea	15	4	50:22
Carl MacLeod	18	5	51:44
Don Mazer	19	6	52:12
Ernie Maidment	23	7	53:40
Richard Papenhausen	25	8	55:10
Don Harley	28	9	55:46
Leon Berrouard	32	10	57:15
Frank Lechowick	36	11	62:17

MEN 40 & OVER

Ewen Stewart	4	1	44:53
Don Reeves	6	2	46:35
Parker Lund	12	3	49:15
Don Moffett	13	4	49:25
Frank Tucker	14	5	50:06
Ninian LeBlanc	20	6	52:25
Charlie Brown	24	7	54:43

Do You Have Morton's Toe?

Many people have the condition known as Morton's Toe. It is a condition we are born with; the second toe is considerably longer than the big toe. Runners who have Morton's Toe are often susceptible to various foot and lower-leg injuries. If you experience such ailments you may have to consult a physician or podiatrist for help. You will also have to be especially careful in selecting running shoes.



OPINION

Running and the Media - A Balanced Approach?

During the past few months it seems to be increasingly common to happen upon television, magazine and newspaper articles that warn us of the dangers of running. Dr. Spoiledsport writes one week that the pounding of feet against pavement will leave runners crippled for life. Professor Deadpan follows up the next week with the assertion that marriages are good only for 5000 miles or 10 marathons, whichever comes first. Actually I don't worry unduly about such warnings myself since articles on the dangers of acid rain, nuclear power, mother's milk and economists' predictions have already convinced me that I won't live past thirty anyway. But I do worry about the ability of the national media to adopt a balanced approach in their coverage of running.

First of all, I think we can admit that not all things that can happen to running enthusiasts are positive. Through personal experience I have found that running can result in physical injuries such as sore knees, foot problems and shin splints. I have seen people around me become so "addicted" to running that they have lost perspective on their true priorities in life. I do not doubt at all that the learned people who publish articles on the ill-effects of running have identified valid problem areas. Yet, I wonder if the reports we are seeing today tend to a trendy backlash against a once unsullied leisure activity. Is only one side of a coin to be exposed by the media at a time?

Only a few years (months?) ago the media seemed entranced in the marvels of running. In the passing of an ordinary week most citizens were informed that running would make them healthier, hardier and happier. Like drugs, transdental meditation and cult religions before it and skateboarding, disco and roller skating after it, running had been decreed by the cognosenti of southern California as a part of meaningful existence. History, though, progresses quickly in our modern age and it is only a matter of time before it is declared that drugs are destructive, EST fraudulent, cults mad, disco dull and running harmful. In their new wisdom, the media who once created the myth of spiritual

uplift through running, now rush to defrock its adherents before the eyes of the world.

Perhaps the true misjustice that running has suffered has been the lack of balance in its appraisal from the beginning of the 1970's. During the period of growing fascination with the sport there seemed to be not a dissenting voice. Undoubtedly, expectations ran too high. Since a good story is a controversial story, the media have changed directions and are blaming the sport for not being the answer it was supposed to be. How can you win?

As a defender of the running faith I am now endlessly annoyed at the proliferation of unbalanced negative articles. Some articles conclude that running leads to serious injuries and leave the impression that people who wish to remain in tact ought to take up something like rugby (which may be next on the media's hit list). What they do not point out is that most running injuries are caused by improper footwear, lack of stretching exercises or fool hardy training schedules. The articles also fail to mention the improvement to the cardiovascular system and other health giving benefits of running. Other articles point to things such as a high divorce rate among runners. Yet, they do not consider other factors such as the divorce rates of people in similar age categories and occupation groupings or the break up rates of people who become obsessed with any activity be it chess, mountain climbing or frog jumping. Of course runners are going to suffer from marital problems. But is a sensible approach to running going to destroy a good relationship? Does not running in fact improve many marriages through such benefits as uplifted self-esteem, increased energy and weight loss?

So where is the balance? Probably somewhere in between the enthusiasts of the early 1970's and the pessimists of the late 1970's. Running is not a panacea but neither is it a curse. In our own discussions with potential runners it is probably the best approach to point to the many rewards it brings to our lives but it is also prudent to add that there are pitfalls to be avoided and that running is not the best or only sport for all people. The media have convinced me that it lacks balance but that is little excuse for you or I to do the same.

TIME OF FIRST 38 BOSTON MARATHONERS APRIL 24, 1911

The following table shows the time of the first thirty-eight runners in the Boston Marathon.

It will be noted that Mike Thomas position is 26th and not 18th as at first reported. His time for the distance is good for his first marathon race. He was 28 min 21:4-5 secs behind the winner. He made better time than any of the four Maritime Province men, Gordon Wolfe, Halifax, was the nearest of the four to his time but he was 5 min. 36 1-5 secs. behind Mike.

Mike's time would have won first place in the marathons of the years 1897, 1899 and 1909.

At the different stations along the route Mike held the following positions:

South Framingham, 30th; Natick, 18th; Wellealey, 20th; Boulevard, 28th; Coolidge Corner, 27; Finish, 26th.

1—Clarence De Mar, North Dorches-

- ter A. A., 2:21:39 3-5.
- 2—Festus J. Madden, South Boston A. C., 2:24:51.
- 3—Edward Fabre, National A. C., Montreal, 2:29:22 1-5.
- 4—Robert Fowler, Cambridge, 2:29:31.
- 5—R. F. Piggott, Medford, 2:30:45.
- 6—Daniel Sheridan, Vermont A. A., Toronto, 2:31:44.
- 7—Albert Harrop, Fall River, 2:32:31 1-5.
- 8—William Galvin, Mercury A. C., Yonkers, 2:33:10 4-5.
- 9—M. J. Ryan, Irish-American A. C., New York, 2:36:15 3-5.
- 10—Joseph Lorden, St. Mary's A. C., Cambridge, 2:36:33.
- 11—James Cleary, Worcester A. A., 2:37:07.
- 12—Anastus K. Sturgis, Boston, 2:38:46.
- 13—E. W. McIlernan, Alpine A. A. Worcester, 2:38:56 3-5.
- 14—Clifton Horne, Haverhill Y. M. C. A., 2:42.
- 15—Charles McCarthy, Lawrence

- Y. M. C. A., 2:42:15.
- 16—Charles Appleyard, Mercury A. C., New York, 2:42:41 4-5.
- 17—Andrew Sockalexis, Oldtown, Me., 2:43:45.
- 18—Albert Ellis, Pastime A. C., Brockton, 2:44.
- 19—George Gaskill, Fall River, 2:45:21 1-5.
- 20—Stanley Root, Philadelphia, 2:45:47 3-5.
- 21—Hugh F. Maguire, Providence, 2:45:48.
- 22—John J. Monaghan, Dartmouth, N. S., 2:46:14.
- 23—William Fallon, St. Alphonsus A. A., 2:46:48 3-5.
- 24—Thomas Patton, Caughnawaga, Que., 2:48:43.
- 25—Charles Timmins, Morningside, A. C., New York, 2:49:29 3-5.
- 26—Mike Thomas, Abegweit A. A., Charlottetown, P. E. I., 2:50:01 2-5.
- 27—James M. Lawson, Headville, 2:50:36 1-5.
- 28—Alex. Duncan, Cabot Street Gym, 2:52:56 3-5.
- 29—Oswald Sparson, Lewiston, Me., 2:53:06 4-5.
- 30—A. Monteverde, Delhi, N. Y., 2:53:17 3-5.
- 31—Nicholas Granacopolis, Mercury A. C., Yonkers, 1:55:33 3-5.
- 32—Gordon Wolfe, Halifax, 2:55,—

Modest Marathon Man

Clarence DeMar took up distance running at the age of 21 in 1911, and promptly won his first Boston Marathon. He won six more after that — the last in 1930 when he was 41. No other marathoner has come close to winning seven Boston Marathons.

But DeMar didn't limit himself to running in Boston. Over the years, he ran in more than 1000 marathons. He didn't give up competitive running until his 69th year.

He was stimulated, he said, to accomplish something important in life. He chose cross-country. "But back in those puritanical days when I was practicing, I felt so ashamed to be seen with so few clothes on that I scuttled out of sight as quickly as possible if I saw anyone out on the road."

The Patriot's Marathon Race Won By The Island's "Longboat"

Dawson a Plucky Runner from Westville, was a Good Second, and Harley of the Victoria Athletic Club of This City Was Third

Eleven Runners Waited for the Starter's Pistol and Nine of These Crossed the Finish Line—It was a Great Race on a Rare June Evening and Thousands of People Were at Every Vantage Point—One of the Most Exciting Finishes Ever Witnessed in This Province—The Fourth Regiment Band Rendered Choice Selections at the Finish Line Which Were Much Enjoyed by the Vast Throng



And the Indian won the race! The Patriot's Marathon Race is over and beyond doubt it was one of the greatest events in the sporting or athletic lines ever held in the Province of Prince Edward Island. Indeed, competent authorities in sport here unhesitatingly assert that it was by far the best long distance race ever run in the Maritime Provinces, for such a "drag" as the fighting finish to a Marathon Race has never been seen, at least in Eastern Canada.

Ontario, for Upper Canada, has produced a Longboat, and Lennox Island—Prince Edward Island—for Eastern Canada, has produced another Longboat, namely, Michael Thomas, the noble Indian brave.

The scene at the race was both inspiring and thrilling. Flags on all the public buildings and the big stores were flying in the gentle breeze, and the evening was perfect

in its rare June beauty and peace—not too warm—just right.

Shortly before 8.30 o'clock a large crowd assembled in front of the Patriot Office, Victoria Row, and on the squares in that vicinity. Promptly on time, the runners—eleven in all—were ready, and a few minutes later they stood on the line, when a pistol shot, fired from a revolver in the hands of starter James (Toby) McMillan, split the air, and the gallant racers were off. The Indian, Michael Thomas, leading at a swift pace.

By this time the streets in the City, principally Market, Grafton, Prince and near the Baptist Church corner, were thronged with people, and, when the racers were coming in to town, from the corner of Easton and Prince Streets, down to Worth's corner, was packed with people who here had a splendid view of the runners in almost the middle of the race. They were then travelling at a tremendous clip, having bettered the time of the previous year to Worth's Corner by half a minute. The Indian was still leading about one hundred and fifty yards, with Harley a strong second and Dawson of Westville, N. S., a close third.

At St. Dunstan's College, scores of the Roman Catholic clergy, who are at present in retreat there, as well as large numbers of the residents,

were assembled to see the sprinters go by and to heartily cheer them on their course. Across the country they rushed to the Lower Malpeque Road, where all the way the sides of the roads were thronged with spectators and every opportunity was given the runners. At this point the contestants were met by their attendants, who sponged off their faces and parts of their bodies with cold water, greatly refreshing the runners who had still maintained the great pace set by the Indian.

The first three, namely, Thomas, Harley and Dawson, were about fifty yards behind each other, in the order named, at the Willow Corner, and the others were pretty well strung out, some distance behind. Large, the wee wonder, running a splendid race and holding his own with the others.

The excitement at this point and as they entered the Park Roadway was the greatest of any, except at the finish, for it was here that the remarkable and thrilling battle for the lead commenced between Thomas, Harley and Dawson. All along the splendid roadway they flew at top speed and almost in front of the old historic Government House, Harley took the lead, which was soon wrested from him by Dawson, and the Indian now ran in third place—

the others just entering the Park. When nearing Kent Street, Thomas, encouraged by his trainer, put on a grand burst of speed, and amid the deafening cheers of thousands passed the great runner Harley and fought like a tiger with the plucky and gritty Nova Scotian for first place.

The Indian again held the lead all the way up Kent Street to the City Building corner down Queen to Prowse's Corner, Thomas kept front place with grim pluck and speed, feeling the closeness and swiftness of Dawson, who was running a desperate race to win.

As the three foremost runners, Thomas, Dawson and Harley, sped through the human avenue the excitement grew in intensity and the thronging thousands swayed and surged like the tumultuous waves of the stormy ocean.

In the lane of roadway roped off for the runners, the Indian came pushing to the finish line and passed over it amid the tremendous roar of cheering thousands and the splendid playing of the Fourth Regiment Band. A moment or so afterwards the great Bluebonnet, Dawson, of Westville, flew over the line closely followed by the indomitable Charlottetoman Harley. All got a magnificent reception, the immense crowd

cheering, ladies waving handkerchiefs, boys throwing their caps in the air, while the band played on.

Percy Large, the "wee wonder," as he crossed the wire was lifted up by a big strong man and carried off the track, the crowd manifesting its appreciation of his pluck and speed. All the runners who started—but two—bravely finished, and not one was completely exhausted. One, Stewart, continued right along after crossing the line till he reached the Y. M. C. A.

The finish was as follows—

1. Michael Thomas, Lennox Island, Abegweits.
2. George Dawson, Westville, N. S., A. Association.
3. Harry Harley, City, Victorias.
4. H. A. Lawson, Stanhope, Abegweits.
5. H. M. Robertson, Marshfield, Abegweits.
6. Percy Large, City, Abegweits.
7. Harry Galbraith, City, Abegweits.
8. Edward Carter, City, Abegweits.
9. Frank Stewart, City, Victorias.
10. James Duffy and James Kinslow did not finish and Anthony Flynn did not start.

NOTES.

Besides the Market Square, which was crowded with people, the side walks and the streets from the Park

Roadway to the finish were thronged, while hundreds were on the roofs in all the front offices and even on the telegraph poles.

The Patriot wishes to sincerely thank all the officials of the race, who discharged their respective duties so exceedingly well. No race has ever been conducted here with greater satisfaction to both contestants and spectators.

The Fourth Regiment Band, under the capable leadership of Mr. John McParlane, played beautifully. The selections were just right and the great crowd realized that this is indeed one of the best—if not the very best—band in the Maritime Provinces. Thank you, gentlemen of the band.

Marshal Cameron, with his excellent police force, and Chief Ranahan, with his gallant firemen, had the home stretch roped off and maintained the very best order throughout the entire race. Strangers present from "Montreal and elsewhere remarked on the perfect order and the grand appearance of the great crowd.

The hearty thanks of all are due the merchants of this City who so kindly and generously donated the



gold medals and other valuable prizes for the Marathon.

"The wee wonder!"

Harley is a true sport, and is a credit to the athletic circles of this City.

Three cheers for Thomas, Dawson and Harley—and all the rest.

It was a great race.

The Marathon is over.

The Cup goes to Lennox Island.

Charlottetown wants more clean events like that of last evening.

The official time was one hour and three minutes, nearly five minutes better than that of last year's race.

1 hour and 3 minutes.

Dawson left for home this morning. He's all right.

If the Indian had not won the Cup and first gold medal would have gone to Nova Scotia.

REPORT ON FUN RUNS - YEAR TWO

Once again this spring, summer and fall, Fun Runs were held Saturday mornings at 10:00 a.m. at Victoria Park in Charlottetown. This year saw a schedule of 26 meets with distances ranging from one-quarter mile to six miles. Unlike last year, when the Fun Runs were held every second week, this year's schedule included weekly runs.

There were a number of successes achieved in the sponsorship of Fun Runs this past year that are worthy of special mention. The term "fun runs" has caught on around the Island and during the summer of 1979 many communities began to organize their own runs. Although the format differed from place to place, runs in areas such as O'Leary, St. Eleanors, Sherwood and Crossroads, spread the idea that running is an activity to be enjoyed by all ages. The trend to municipalities initiating their own runs serves one of the Roadrunners main objectives of reaching potential runners throughout the Island. The Roadrunners have tried to assist other areas get involved in such runs by contacting local Recreation Directors and by providing Fun Run kits where interest is shown. Montague initiated Fun Runs this summer after receiving a kit and Summerside and Morell may add Fun Runs to their recreation program.

One of the highlights of the summer was the holding of the first Beach Fun Run at Brackley Beach in the National Park on August 11. Unfortunately the weatherman didn't co-operate and the turnout was small. Still, the concept of short races on the beach proved to be appealing to those who made it and the National Park interpretive staff have expressed a desire to hold weekly Saturday morning Fun Runs next summer.

Along with the high points, though, there were disappointments with the 1979 season. The number of runners attending each of the Fun Runs remained small during the summer, with averages of only four to eight runners. Contacts with service clubs and organizations turned up little interest in holding special events for their members. The low turnouts bring into serious question the continuation of Fun Runs as they now are. Given their simplicity, it is recommended that they be held in 1980 but the Fun Run Committee for next year may have to look to changes, such as early weekday evening runs, to attract more participants.

The work of putting on the Fun Runs was shared by five committee members, and I would like to thank fellow members Ewen Stewart, Guy Comeau, Barrie Stanfield and Lance Miron for their contributions and enthusiasm during the year.

by Don Pridmore

Mittens vs. Gloves

For cold weather running, mittens will keep your hands warmer than gloves with fingers. The reason: the body heat generated by each finger and the hand itself is shared.

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

Congratulations go out this month to Matt Smith on the completion of his first marathon in a very respectable time of 3:32.02. Matt covered the distance at the Alpine Marathon in Halifax-Dartmouth on October 14. Earlier this season he participated in the P.E.I. Roadrunners Marathon, but was unable to finish. His fine effort in the mainland has now made him a marathoner to be reckoned with.

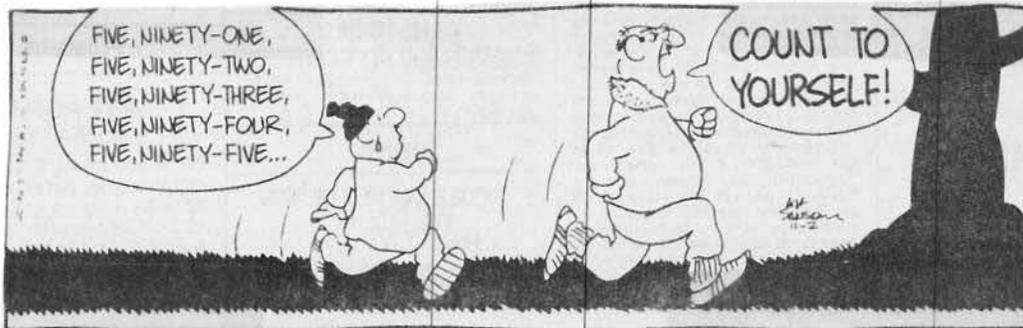
P.E.I. Roadrunner alumni member Ken Ozmon also completed the Alpine Marathon. We thought that the banquet circuit for the new St. Mary's University President might have taken its toll, but Ewen appears to have trained him well enough that he'll keep going for another twenty years.

Congratulations also go out to our new Club President, Don Harley, who will be marrying Rhonda Cooper on November 24. They plan on spending their honeymoon in Honolulu, Hawaii. In the middle of this honeymoon, Don somehow plans to run the Honolulu Marathon on December 9 at six o'clock in the morning.

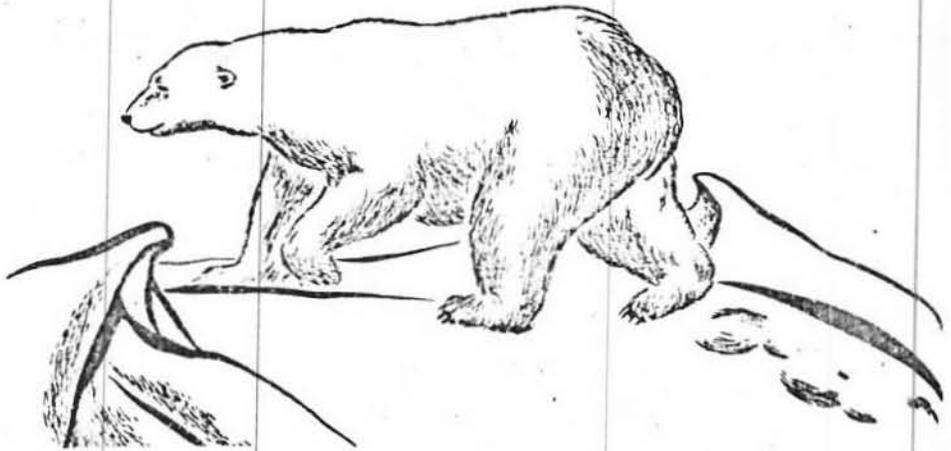
BEST OF LUCK to them both.

SEND US YOUR BRIEFS!

We now have a number of club members who reside in other provinces, and we would be most pleased to hear from them on what is happening in their area and how their own running is going. We encourage all members to give us their thoughts, stories or comments by writing to the P.E.I. Roadrunners Club Newsletter, P.O. Box 302, Charlottetown, P.E.I. C1A 7K7.



Since the majority of our newsletter staff will be in Hawaii or running around somewhere else next month, this will be the last newsletter of 1979. We would therefore like to wish all joggers, runners and walkers a very Merry Christmas and a Happy New Year!



DAIRY QUEEN POLAR RUN

1. Sponsors - Dairy Queen
2. Organizers - P.E.I. Roadrunners Club
3. Distance - 5 Miles
4. Date - Sunday, December 30, 1979 (Please Note Date Change)
5. Registration Time - 1:00 p.m.
6. Starting Time - 2:00 p.m.
7. Entry Deadline - Friday, December 28, 1979
8. Medical Service - St. John Ambulance
9. Policing - Charlottetown Police
10. Entry Fee - \$1 (Please enclose with entry form)
(Make cheques payable to PEI Roadrunners Club)
11. Changing Facilities - Available at Dairy Queen
12. Classifications -

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

E N T R Y F O R M

P.E.I. ROADRUNNERS CLUB/DAIRY QUEEN

P O L A R R U N

LAST NAME _____
FIRST NAME _____ INITIAL _____
MAILING ADDRESS _____
CITY _____ PROVINCE _____
POSTAL CODE _____
DATE OF BIRTH _____ SEX _____
AGE ON DECEMBER 30, 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: P.E.I. Roadrunners Club
P.O. Box 302
Ch'town, PEI
CIA 7K7

NOTE - ENTRY DEADLINE - Friday, December 28, 1979.

PLEASE RETURN AS SOON AS POSSIBLE!

S U P P O R T Y O U R C L U B

THE P.E.I. ROADRUNNERS CLUB HAS JUST RECENTLY PUBLISHED ITS FIRST BOOK. TO DATE WE HAVE ONLY SOLD ABOUT ONE HUNDRED COPIES.

WE NEED YOUR SUPPORT IN THIS FUND RAISING VENTURE. SO, FOR ONLY \$2, PURCHASE A COPY OF "RUNNING ON P.E.I." FOR A FRIEND OR FAMILY MEMBER AS A CHRISTMAS PRESENT.

TO ORDER YOUR COPY JUST SEND A CHEQUE OR MONEY ORDER FOR \$2 (MADE PAYABLE TO THE CLUB) TO P.O. BOX 302, CH'TOWN, P.E.I. C1A 7K7, ALONG WITH YOUR NAME AND ADDRESS, AND YOUR COPY WILL BE MAILED TO YOU.

Soupe du Jogger

2 cans chicken broth
1/2 cup chopped onion
1/2 tsp. oregano

1 cup chopped canned tomatoes, undrained
1 tbs. chopped parsley
1/4 cup uncooked elbow macaroni

Skim the fat from the broth by using a bulb-type baster. In a large saucepan combine all of the ingredients except the macaroni.

The Marathon with the Strangest Name

It's the *Third Annual St. Ann's & Turtle Mountain Days Marathon*, scheduled for July 1979 in Belcourt, North Dakota. Last year, the marathon attracted 70 participants, but organizers say they expect the race to become bigger and better with each passing year.

More information about the Third Annual etc. etc. can be obtained from:

Jim Oslin
Save the Children Federation Office
P.O. Box 1A
Belcourt, ND 58316