

# Come... Run on Prince Edward Island



## FROM THE EDITOR

### THE SPIRIT OF THE FOX TROT

There is an incredible happening going on in this country that we are now witness to. Young Terry Fox, a 21-year-old student from Port Coquitlam, is jogging from Newfoundland to British Columbia on one good leg and an artificial one that has replaced a leg lost to bone cancer. He hopes to raise up to ten million dollars in the fight against cancer.

The courage and determination of this man are phenomenal. We who run know something about what it is like to jog for just a few miles each day. But to jog 26 to 30 miles a day, with an artificial leg, is to pass into a totally different dimension of dedication and perseverance. His efforts express the spirit within ourselves that tell us that the human body is capable of so much more than most men have ever dreamed.

Terry Fox can serve as an inspiration to all of us. In the context of running, he has shown us that desire can dismantle the many hurdles that trouble our ways. In the context of humanity, he has shown that one's scope and vision need not be limited by the disabilities life may place in our road.

As a nation too, especially in a time of regional squabbles, it does us good to see one man retracing the paths of our forefathers, crossing the land from the easternmost shore to that of the west. Perhaps his journey will mirror as much of the character of this country as all the constitutional talks that take place during its duration.

The cross-Canada run by Terry Fox is a rare and precious event. Our hearts travel with him as he pushes on toward self-victory and victory for us all.

Terry Fox, the P.E.I. Roadrunners Club thanks you for a gift no currency can buy ... inspiration.



STANDINGS FOR THE 1980 GRAND PRIX OF ROAD RUNNING (As At July 15, 1980)

With five road races completed to date (Dairy Queen Bunny Hop, Athena Seven Mile Run, Campers' City Five Mile Run, Colonel Grey-McDonalds Ten Mile Race and Seaman's Beverages Four Mile Run) the following are the standings in the 1980 Grand Prix of Road Running on P.E.I.

OVERALL STANDINGS

MEN'S TOP 20:	1. Roy Mason	107
	2. Lawrence McLagan	90
	3. Shawn McKenna	76
	4. Don Pridmore	62
	5. Mike Armitage	58
	6. Salem Hashem	56
	7. Ross Brown	} 43
	8. Colin MacAdam	
	9. Tony Forrester	38
	10. Carl Phillips	} 35
	11. Paul Wright	
	12. Ewen Stewart	34
	13. Phillip Lutwick	29
	14. Kenny Arsenault	28
	15. Stew Freeman	26
	16. Freeman Churchill	25
	17. Parker Lund	} 24
	18. Jake Baird	
	19. Julien Gallant	} 22
	20. Jim Wyatt	

LADIES' TOP 20:	1. Monica LaPointe	120
	2. Sherry McKenna	92
	3. Eleanor Farrington	86
	4. Dale Claybourne	75
	5. Susan Bordage	44
	6. Gerianne McCarthy	43
	7. Moya LaPointe	34
	8. Karen Stewart	26
	9. Mary Rossiter	25
	10. Valerie Johnston	21
	11. Michelle Alexander	} 20
	12. Susan Rogers	
	13. Mary Bates	} 18
	14. Esther Wilting	
	15. Terri Grady	17
	16. Susan Clow	} 16
	17. Bethany Rogers	
	18. Shari Gallant	} 15
	19. Francie Dunn	
	20. Cindy Wedge	} 13
	Shelley Colwill	

AGE DIVISION STANDINGS - TOP 5

MEN UNDER 20:	1. Shawn McKenna	76
	2. Kenny Arsenault	28
	3. Willie MacDonald	18
	4. Mike Mooney	14
	5. Andrew VanWiechen	9

MEN 20-29:	1. Roy Mason	107
	2. Don Pridmore	62
	3. Mike Armitage	58
	4. Colin MacAdam	43
	5. Tony Forrester	38

MEN 30-39:	1. Lawrence McLagan	90
	2. Salem Hashem	56
	3. Ross Brown	43
	4. Carl Phillips	35
	5. Jim Wyatt	22

MEN 40 & OVER:	1. Ewen Stewart	34
	2. Stew Freeman	26
	3. Parker Lund	24
	4. Don Moffett	8
	5. Don Reeves	7

LADIES 25 & UNDER:	1. Monica LaPointe	120
	2. Sherry McKenna	92
	3. Dale Claybourne	75
	4. Gerianne McCarthy	43
	5. Moya LaPointe	34

LADIES OVER 25:	1. Eleanor Farrington	86
	2. Susan Bordage	44
	3. Valerie Johnston	21
	4. Michelle Alexander	20
	5. Marilyn Walters	12

**Jog Juice**

**1 cup fresh strawberries, hulled**

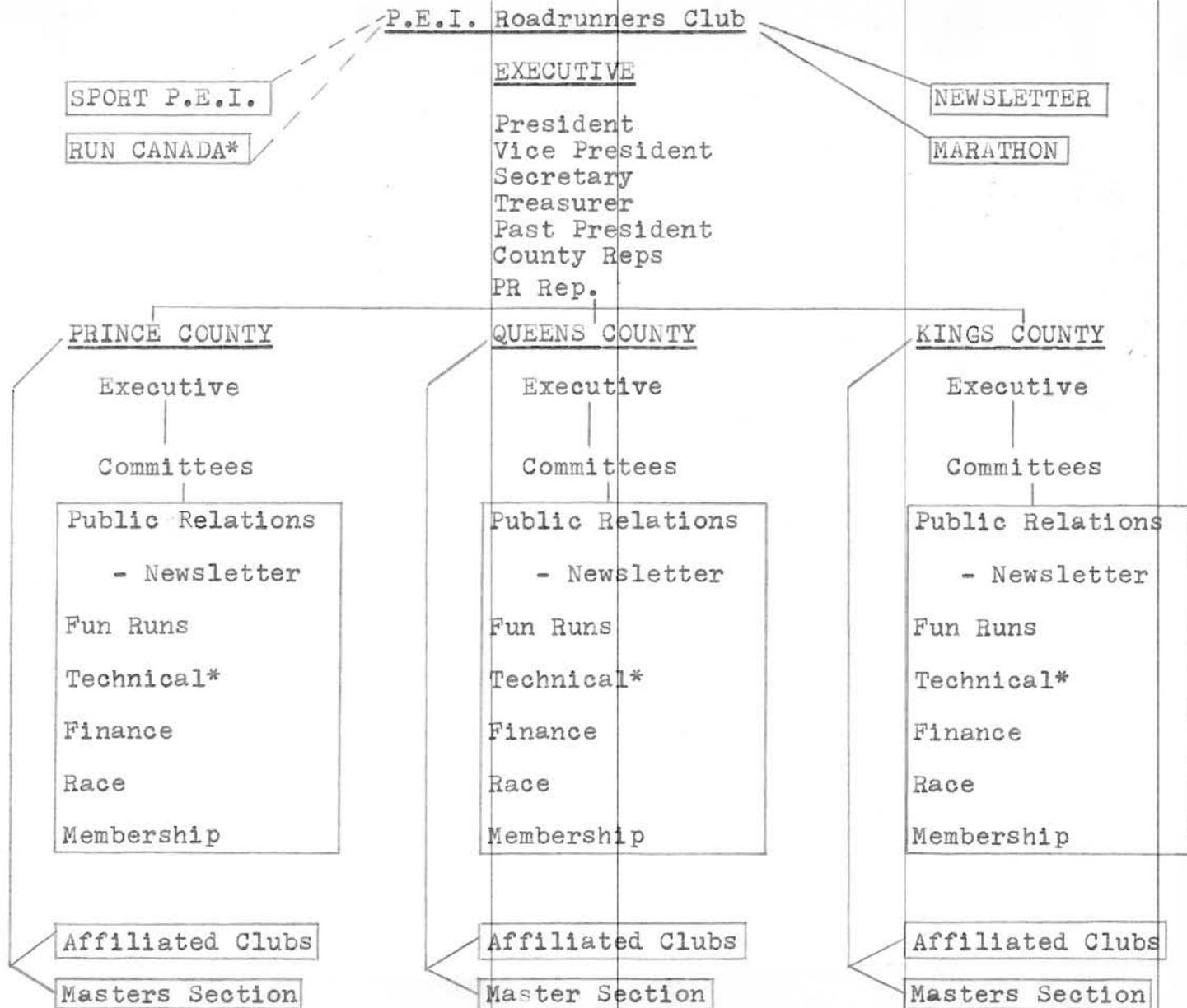
**1 cup unsweetened pineapple juice**

**1 cup ice cubes and water**

Combine all of the ingredients in a covered blender. Blend until the ice melts. Serve in tall glasses with straws. *Makes 2 servings*

ORGANIZATION - PROPOSED STRUCTURE OF THE P.E.I. ROADRUNNERS' CLUB

In an effort to have our Club operate more efficiently and have a greater Island involvement, a new structure has been proposed. Parts of this proposal are already in existence and it is hoped that by the end of 1980 the total concept will be realized. The proposed structure was presented at the last meeting of the Club and received a favourable response.



NOTES: Run Canada would provide assistance to the Technical and Race Committees.  
Members from outside the province will be the responsibility of the Provincial Executive.

R U N C A N A D A U P D A T E

For those who don't know, Run Canada is a road-running/off-track division of the Canadian Track and Field Association. The formation of this division was necessary because of the tremendous increase in the number of road races across Canada.

The latest accomplishment of the Run Canada Committee has been the development of a Policy Handbook. The purpose of this handbook is to upgrade the quality of events in Canada and to assure the participants the most basic of requirements:

- (1) A time;
- (2) An accurately measured course;
- (3) A safe running environment;
- (4) An efficient race organization.

The handbook will also serve as a means of clarification on the definition of various running events and jurisdictional controls/involvements.

Membership in Run Canada entitles a person to the following:

- (1) A Run Canada membership card (a C.T.F.A. division);
- (2) A Run Canada member does not have to pay any additional membership fees at accredited Run Canada events;
- (3) A Run Canada Fixtures Calendar (lists all accredited road races in Canada);
- (4) Discounts on fees at Run Canada clinics/seminars;
- (5) Access to Run Canada newsletters and/or information.

Membership fees shall be established by each provincial branch.

Other sections of the handbook, such as Accreditation, Course Measurement and a Race Director's Checklist, will be discussed in future newsletters.

Parker Lund

Run Canada - P.E.I. Branch

NOTE: Copies of the RUN CANADA CALENDAR OF EVENTS are now available (in a limited number) from Parker Lund. This calendar of events lists all national meets and provincial road races in Canada for the year 1980. If you would like a copy, contact Parker at 8 Maple Street, Ch'town, PEI, or phone him at 892-7544.

## Jogger's Skin Needs Extra-Special Attention

Running improves the complexion, but women who jog must also give their skin special attention. Don't wear makeup while jogging as it can clog pores opened

by perspiration.

For cooler weather, you'll need a protective film of moisturizer. After running, return your face to its normal temperature by

splashing it with cold, then lukewarm, then warm water.

Follow by cleansing away the outdoor grime and applying moisturizer.

R U N N I N G   A N D   W O M E N

We have had several articles in the past in the P.E.I. Roadrunners Newsletter on women and what running means to them. Here is a brief excerpt from Jim Fixx's Second Book of Running (New York, Random House, 1980) on some of his interesting findings.

"Many writers on running, even otherwise enlightened ones, make a great to-do about the cosmetic benefits women derive from running, as if women as a sex were uniquely interested in how they look. It is true, of course, that vigorous exercise makes people, men as well as women, look better. It is, however, just as true that less visible benefits are equally important and equally valued. The typical woman, for example, finds unsuspected pleasures in athletic competition. At first she may hesitate to enter a race. "Women," writes Nancy Anderson in the newsletter of the New Orleans Track Club, "have been conditioned to be supportive and cooperative rather than self-seeking and competitive. Many women equate competition with aggression and stressful battle for victory, qualities which they may feel are incompatible with the female personality and with the pleasure they find in non-competitive running." Eventually, however, they find that races are not the snarling, antagonistic enterprises they once seemed. Ms. Anderson continues: "Racing is aggressive, but we all, male and female, have aggressive impulses which can better be satisfied in honest, direct activities rather than more indirect, sometimes invidious ways.....So much in life seems inflexible and unchangeable, and part of the joy of running and especially racing is the realization that improvement and progress can be achieved."

Most women find, too, that running changes their attitudes toward themselves and even, for that matter, toward being women. Phoebe Jones, who in 1979 helped organize a conference on women's running, told the gathering, "Running is a statement to society. It is saying 'no' to always being on call, to sacrificing our daily runs for others' needs, and to the poverty and overwork so many of us face. When we run we are doing something for ourselves, and that is not in society's game plan. We regain control over our bodies and our lives through running.""

### Side Stitch Not Fatal

One runner's ailment that can be bothersome to beginners is called side stitch, that annoying pain usually felt just under the rib cage and to one side of the body. If you should feel side stitch coming on during a run, do this: continue to run; breathe deeply; exhale extra strongly; change your stride.

If this should fail, you have two choices: simply endure it (easier said than done), or stop running until it goes away. It may hurt, but it does not denote a serious problem. As James Fixx points out in *The Complete Book of Running*, "No one has ever died of side stitch."

RESULTS OF COLONEL GRAY/MCDONALDS 10-MILE RACE, JUNE 14, 1980

WOMEN 25 & UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Mary Rossiter	34	1	1:07:28
Monica LaPointe	47	2	1:09:53
Dale Claybourne	66	3	1:14:41
Mary Bates	70	4	1:16:10
Sherry McKenna	78	5	1:21:04
Francie Dunn	82	6	1:21:34
Karen Stewart	88	7	1:32:20

WOMEN OVER 25

Eleanor Farrington	76	1	1:18:57
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MEN 14-19

Shawn McKenna	9	1	1:00:51
Andrew VanWiechen	13	2	1:02:48
Ken Arsenault	21	3	1:04:44
Randy MacNeill	22	4	1:04:57
Jean-Guy Bourque	29	5	1:06:23
Melvin McQuillan	30	6	1:07:18
Don Holland	45	7	1:08:02
Blair Cousins	46	8	1:08:24
Allan Armitage	51	9	1:11:23
Billy MacLean	60	10	1:12:38
Norman Brown	63	11	1:13:06
Jonathon Orlowski	65	12	1:14:01
Allan Trainor	80	13	1:21:29
Philip Arsenault	89	14	1:33:04
Kevin Trainor	90	15	1:35:45

## MEN 20-29

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Mike Armitage	1	1	54:47
Roy Mason	2	2	58:02
Paul Wright	3	3	58:02
Don Pridmore	5	4	59:26
Phillip Lutwick	12	5	1:02:13
Terry Urquhart	14	6	1:03:00
Gerald Skillan	18	7	1:03:53
Jake Baird	19	8	1:03:58
Ed Fraser	20	9	1:04:15
Eric Manuel	27	10	1:05:53
Tony Forrester	28	11	1:05:58
Matthew Smith	32	12	1:07:26
Maurice Bourque	33	13	1:07:27
Lorne Carmichael	43	14	1:07:52
Francis O'Donnell	44	15	1:07:54
Julien Gallant	49	16	1:10:53
Charles Flowers	55	17	1:11:59
Barry Gill	56	18	1:12:04
Ronnie MacKenzie	61	19	1:13:03
Ken MacDougall	62	20	1:13:05
Larry Stordy	64	21	1:13:37
Brian McInnis	67	22	1:15:25
Fred McArthur	68	23	1:15:26
Roger Richard	72	24	1:16:56
Rodney Dempsey	77	25	1:20:14
Gordon Chapman	81	26	1:21:33
George Wright	86	27	1:28:40

## MEN 30-39

Lawrence McLagan	4	1	59:26
Wayne Gerrior	6	2	1:00:12
Don Mersereau	7	3	1:00:17
Bill Martell	8	4	1:00:22
Salem Hashem	15	5	1:03:06

## MEN 30-39 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Carl Phillips	16	6	1:03:42
Jim Wyatt	17	7	1:03:47
Calvin Wiley	24	8	1:05:09
Carl MacLeod	31	9	1:07:24
Ken Campbell	35	10	1:07:32
Verner Smitheram	36	11	1:07:36
Jim Bruce	37	12	1:07:40
Guy Comeau	38	13	1:07:42
Dan McCarthy	40	14	1:07:46
Don Mazer	41	15	1:07:48
Gerald Mitchell	42	16	1:07:50
Bill MacKenzie	48	17	1:10:31
Arnold Murphy	50	18	1:10:58
Gary Mahar	52	19	1:11:30
Dave Darlington	53	20	1:11:42
Charles-Henri Landry	54	21	1:11:45
Don Harley	58	22	1:12:34
Gary Agnew	59	23	1:12:35
Leon Berrouard	69	24	1:16:05
Frank Johnston	71	25	1:16:37
Bob Benoit	74	26	1:17:20
Don Blane	75	27	1:17:58
Ron Blacquiere	79	28	1:21:09
Art Large	85	29	1:24:35

## MEN 40 &amp; OVER

Ewen Stewart	10	1	1:01:23
Parker Lund	11	2	1:02:04
Don Reeves	23	3	1:05:01
Don Moffatt	25	4	1:05:19
Walter Lea	26	5	1:05:23
George Gallant	39	6	1:07:44
William Tweed	57	7	1:12:24
Charles Brown	73	8	1:17:12

MEN 40 & OVER (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Ed Harris	83	9	1:21:43
Bill Cooper	84	10	1:23:01
Walter Fobes	87	11	1:28:49

MARATHON RUNNING GEAR GROUP REDUCTION

The P.E.I. Roadrunners Club is now eligible for twenty percent off the retail price of MARATHON running gear on orders of twelve or more units of the same outfit. As well, Campers' City is offering an additional ten percent on this offer.

Anyone interested in taking advantage of this offer should contact Judy (894-8879) and leave your name, address, phone number and size. If enough interest is shown, the Club may make an order and take advantage of this discount. (A price list is available on request.)

Campers' City also offers twenty percent off running shoes, clothing and accessories when twelve or more units are ordered at one time.

FOR THE INDIVIDUAL RUNNER - Campers' City is offering a ten percent discount of any running gear, provided a valid membership card is presented before the purchase is rung in on the cash register.

**NOW IN STOCK**

- Brooks GT Hugger
- Brooks Super Villa Nova
- Nike LDV
- Nike Waffle Trainer
- HANG TEN Sweat Suits



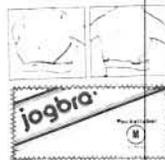
**OUTDOOR SPECIALTY SHOP**



**RUNNERS-  
ARE YOU WEARING  
THE RIGHT SHOE**



**Women's**  **men's**



Puma Cyclone



**THE NEW  
620 B**

**saucony**  
HORNET



**TRAVEL IN RW5-Star COMPANY**

**MARATHON WIND-RESISTANT SUITS**



Brooks Vantage

**Running Shoes.**



Puma Rockette

## RESULTS OF SEAMAN'S BEVERAGES FOUR MILE RUN, JULY 5, 1980

## LADIES 14 &amp; UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Sandy-lee Bedard	83	1	32:04
Elizabeth Jones	85	2	32:26
Heather McDonald	96	3	39:00
Shannon Fraser	98	4	42:14

## LADIES 15-19

Monica LaPointe	28	1	24:34
Sherry McKenna	49	2	27:28
Esther Wilting	54	3	27:48
Moya LaPointe	64	4	28:54
Gerianne McCarthy	69	5	29:56

## LADIES 20-29

Dale Claybourne	57	1	27:56
Susan Bordage	76	2	31:04
Judy Gaudet	87	3	32:48
Lucie LaFerrière	91	4	34:55
Leslie Birdsall	94	5	36:39

## LADIES 30 &amp; OVER

Michelle Alexander	34	1	25:20
Eleanor Farrington	65	2	29:02
Marilyn Walters	77	3	31:07
Lisette Dallaire	78	4	31:09
Rosemary Faulkner	82	5	31:39
Valerie Johnston	84	6	32:25
Millie MacCallum	88	7	32:50
Carol Bedard	92	8	34:56
Heather Stark	93	9	35:11
Barbara Fraser	100	10	43:27

## MEN 14 &amp; UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Mike Levangie	21	1	23:35
Philip Easter	22	2	23:49
Allan Armitage	31	3	25:04
Danny Gass	37	4	25:52
Ronnie Lund	52	5	27:42
Ralph Lea	70	6	30:30
Chris McDonald	81	7	31:24
Stacey Grant	86	8	32:39
Stephen Bedard	89	9	33:34
Greg Fraser	99	10	42:52

## MEN 15-19

Willie MacDonald	4	1	21:19
Shawn McKenna	7	2	21:44
Kenny Arsenault	13	3	22:37
Stephen Cousins	32	4	25:10
Peter Lord	35	5	25:43
Norman Brown	38	6	26:02
Marc Smitheram	42	7	26:42
Tim Easter	80	8	31:21

## MEN 20-29

Roy Mason	1	1	20:30
Steve McNeice	5	2	21:26
Don Pridmore	6	3	21:40
Tony Forrester	9	4	21:57
Tom McQuillan	10	5	22:03
Julien Gallant	18	6	23:12
Francis O'Donnell	29	7	24:59
Barry Gill	39	8	26:06
Lorne Carmichael	40	9	26:12
Bob Gray	41	10	26:23

## MEN 20-29 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Brian McInnis	44	11	26:41
Fred Affleck	60	12	28:23
Ernie Dunsford	63	13	28:49
Paul Gaudet	66	14	29:10
Bill Sigsworth	68	15	29:47
Jeff Geddes	74	16	30:42
Jake Baird	95	17	36:40

## MEN 30-39

Lawrence McLagan	2	1	20:53
Alan Wright	3	2	21:04
Salem Hashem	8	3	21:45
Jim Wyatt	11	4	22:04
Carl Phillips	14	5	22:47
Jim Bruce	16	6	23:03
Guy Comeau	19	7	23:23
Tom Stewart	23	8	23:53
Gerald Mitchell	24	9	23:55
Verner Smitheram	25	10	23:59
Don Mazer	26	11	24:00
Bill Fraser	27	12	24:28
Gary Mahar	30	13	25:00
Harry Banfield	33	14	25:16
Richard Papenhausen	43	15	26:30
Arnold Murphy	45	16	26:45
Moe Rodrigue	47	17	27:15
Lloyd MacCallum	48	18	27:24
Art O'Malley	50	19	27:32
Frank Johnston	53	20	27:46
Dennis MacKay	56	21	27:56
Ron Bender	62	22	28:44
Lee Forbes	71	23	30:33
Paul McGrath	72	24	30:36
Paul Mullin	79	25	31:18
Peter Stark	90	26	33:34

MEN 40 & OVER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Ewen Stewart	12	1	22:30
Stew Freeman	15	2	22:59
Don Moffett	17	3	23:08
Don Reeves	20	4	23:30
Walter Lea	36	5	25:43
Fred Kelley	46	6	26:47
Bob Jones	51	7	27:42
Charlie Brown	55	8	27:55
Mike Bedard	58	9	28:03
John McFarland	59	10	28:10
Don LeClair	61	11	28:27
Peter Gibson	67	12	29:43
Philippe Dallaire	73	13	30:38
Eric Bishop	75	14	30:48
Terry McDonald	97	15	39:01

### **Beantown Tradition**

The Boston Marathon, sponsored by the Boston Athletic Association, was begun in 1896, the same year that the first modern Olympic Games were held. It has been run every year since.



### **Man's Best Enemy**

At one time or another, all runners come to hate dogs — especially big, sleek, fast dogs. For good reason. Dogs distrust anyone who has two legs and runs . . . I never met a marathoner who could watch Lassie on television without getting the same feeling that an Indian must when he watches a John Wayne movie.

— Hal Higdon  
*On The Run From Dogs And People*

### **Running Around the World**

As a runner, I've gotten far more out of traveling than I ever would have without it. It's really the best way to travel. I've run in the moors of Wales; along the river Cam in Cambridge; on streets in Madrid, Brussels, and Dijon, France; and over a canal in Bath, England. And I've seen much more and experienced it more directly by running than I ever could from a car or a sight-seeing bus. When you run, you get a feeling for the geography of a place: you're right there in the middle of everything and your senses are keenly aware of everything you're observing. You discover things when you're running that you normally wouldn't find.

— Phil Hersh  
Sports Writer  
*Chicago Sun-Times*

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

On July 1, 1980, Parker Lund competed in the Beazley Memorial Six Mile Road Race in Hantsport, Nova Scotia. He first ran this race four years ago finishing third last, having out run the only lady in the event and a young man who didn't know where the finish line was and stopped prematurely. In this year's event he finished 21st in a time of 36:18, his first sub six finish. He claims he is improving with age just like wine and cheese.

NOTES FROM PRINCE COUNTY

The First Annual P.E.I. Running Clinic and Camping Weekend is scheduled for this weekend, July 25-27, at Anglo Park in Tignish.

The weekend will include guest speakers (Dr. Stanish, Gord Valiant & Bob Lockhart), fun runs, movies, swimming, campfires, etc.

To register, contact R.E. Pierce, Secretary, Prince County Roadrunners Club, 46 Saunders Avenue, Summerside, PEI, C1N 2H9 (phone 436-9101).

\* \* \* \* \*

During a recent training run in Moncton, N.B., Ed Harris of Misplaced Key fame turned in one of his fastest efforts in a long time. The speed training began about the three mile point and lasted until he "blew a sneaker" just outside his front door. His speed run, however, was not planned but happened as follows: Running at dusk about three miles from his home he noticed some movement in the brush along the road and thought it was a small animal of some sort. As he continued down the road he noticed that the object was getting larger and when he got within 50 feet of it his burners ignited. To his surprise a large cow moose appeared in front of him. The result was probably an unofficial sprint record for the masters category. We will be looking for an improved performance by Ed in next year's Colonel Gray-McDonald's Ten Miler. This is one training aid that we don't have on P.E.I.



ABBREVIATED SUMMER EDITION

Due to summer vacations, the priority of the P.E.I. Roadrunner's Marathon and the darn good P.E.I. summer weather, this will be a short(er) edition and the last edition until October.

Have a good summer. Don't use up all the sunshine, save some for the tourists!



NEWS FROM UPPER CANADA

Katherine Redmond, a member of the P.E.I. Roadrunners' Club from Waterloo, Ontario, competed in the Alvinston to Watford 10 Mile road race on May 19, 1980, and placed in the top ten in the womens division. Katherine's time was 76:46, which put her in seventh place. It has been suggested that she list her affiliation as P.E.I.R.R.C. (Upper Canada Branch) -- to make things less confusing!

WE MISS OLD JED

(About as much as the Roadrunner misses Wile E. Coyote!)

There will be no article by Old Jed in this edition since Old Jed is off this month. Of course, he's been off before. Last month he was way off and before that he was slightly off and before that ...

**Sprinter's Spuds**

**4 well-shaped baking potatoes**  
**1/2 cup plain low-fat yogurt**  
**1 cup 99% fat-free cottage cheese**  
**1 tbsp. onion flakes**

**1/2 tsp. butter-flavored salt**  
**Pinch pepper**  
**Pinch paprika**  
**1/2 tsp. dried parsley flakes**

Pierce well-scrubbed potatoes with a fork. Bake in a preheated 400° oven 1 hour until they are soft. Remove them from the oven; carefully slice the potatoes in half. Scoop out the potato pulp and place it in a bowl. Mash together the potato pulp, yogurt, cottage cheese, onion flakes, salt, and pepper; or whip the mixture on the high speed of your electric mixer. Pile the potato mixture back into the baked potato skins and sprinkle the top with paprika and parsley. Turn the oven heat up to 425° and bake the potatoes until they are lightly browned.  
*Makes 8 servings*

T Y N E V A L L E Y 2 0 M I L E R O A D R A C E

1. Organizer - Brian Newcombe/P.E.I. Roadrunners' Club
2. Distance - 20 Miles
3. Date - Saturday, August 9, 1980
4. Registration Time - 8:00 a.m. to 8:30 a.m.
5. Starting Time - 9:00 a.m. SHARP!
6. Medical Service - Stewart Memorial Health Center & St. John Ambulance
7. Policing - R.C.M.P.
8. Entry Fee - \$2 (Please enclose with entry form)  
(Make cheque payable to PEI Roadrunners Club)
9. Changing Facilities - Tyne Valley Community Sports Center
10. Classifications -

Men	Women
1) Under 20	1) 25 & Under
2) 20-29	2) Over 25
3) 30-39	
4) 40 & Over	
11. Awards - Trophies for Top Male & Female Runner  
Medals for Top Three in Each Age Category  
Certificates for All Participants

Presentations at Tyne Valley Community Sports Center.

NOTE: Weather on race day one year ago - a high of 17°C  
a low of 8°C  
Winds were 19 km WNW and 32 NW  
Sunny intervals, mostly cloudy

FACILITIES AND ATTRACTIONS IN THE AREA:

Stewart Memorial Health Centre, Tyne Valley  
Tyne Valley Drug Mart, Tyne Valley  
Westway Restaurant (Open 9 a.m. - 8 p.m.), Mount Pleasant  
Tyne Valley Dairy Bar (Open 11 a.m. - 11 p.m.), Tyne Valley  
Green Provincial Historic Park & Shipbuilding Museum, Port Hill  
Bideford Biological Station (Oyster research, etc.), Bideford  
Lennox Island Crafts (Indian Handicrafts), Lennox Island  
Tyne Valley Studio (Local Craft, etc.), Tyne Valley  
Deep Sea Fishing (Roland Millar), Freeland

TYNE VALLEY 20 MILE ROAD RACE - COURSE DESCRIPTION

The course for the Tyne Valley 20 Mile Road Race is situated in an area comprised of gentle rolling farmland and hills. At least half of the course will take you along the very scenic Lady Slipper Drive, a route designed for its beauty and historical facts.

The race begins in front of the Tyne Valley Drug Mart and takes you downhill into the Village of Tyne Valley. You will very quickly face an uphill climb in order to leave the Village limits and begin a steady pace. You are now on Route 167 which is very flat, and as you approach its intersection you will be going downhill.

At the intersection you will greet Route 131 and only a mile down the road MacDougall's Corner. The unique situation concerning MacDougall's Corner is that, for all the houses there, only MacDougall's live there.

The most difficult section of the course now confronts you. The hills are not steep, but at the same time deceptively long. A maze of right and left turns will take you back to MacDougall's Corner and onto Route 12, the Lady Slipper Drive.

Route 12 will have you cross Mill Creek, then pass Grand River's Roman Catholic Church, a very large yellow building. The course now overlooks Malpeque Bay, home of the World Famous Malpeque Oysters. For the runners intrigued by the oysters, there are plenty around; just ask.

The race for the last nine miles will be fairly flat with a few small hills. You will find yourself running through the small farming communities of Bayside, Birch Hill and Port Hill. The finish is uphill to the Tyne Valley Community Sports Center.

ACCOMMODATIONS IN THE AREA:

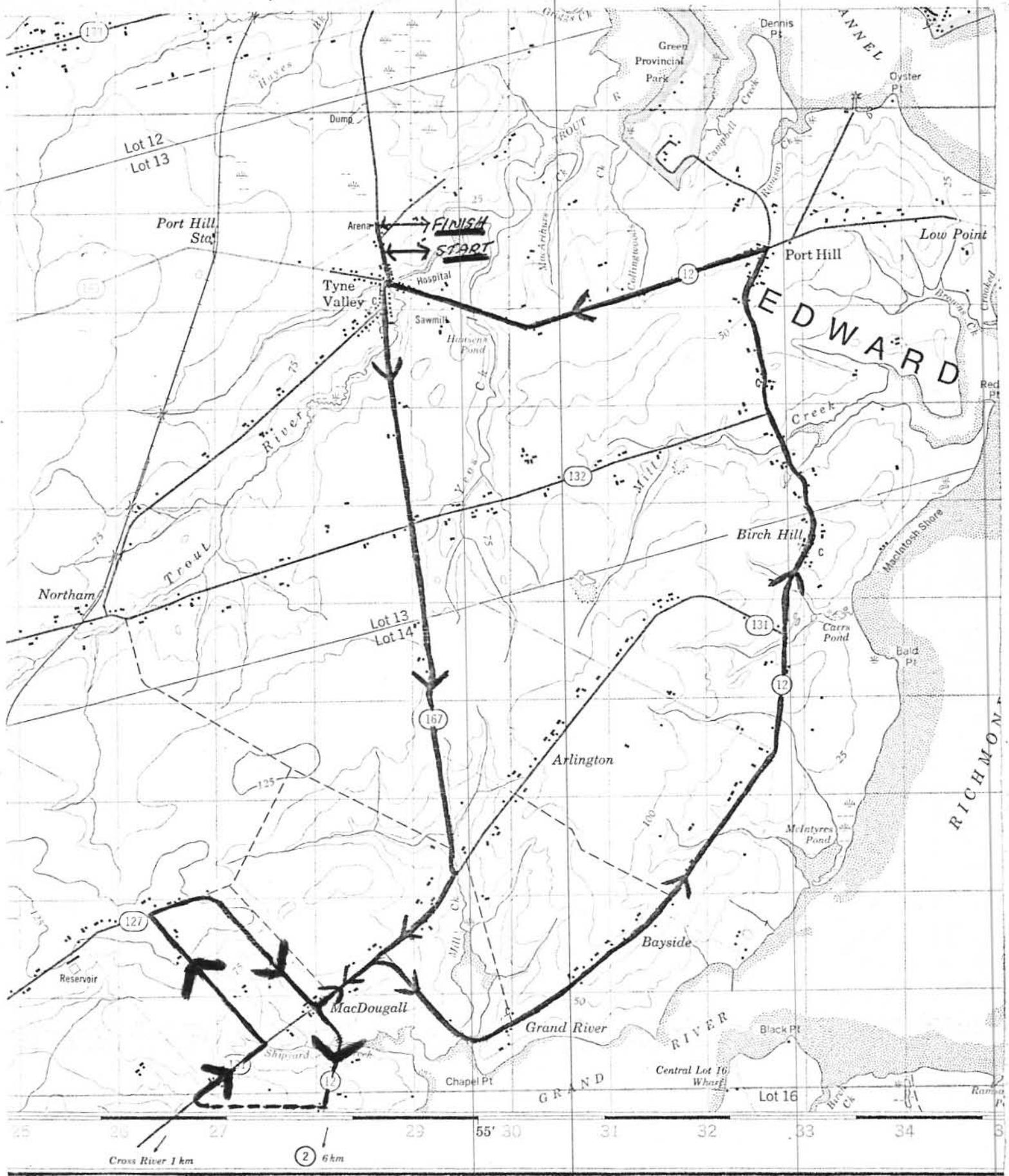
Senator's House, Port Hill -- 831-2071  
c/o Alban Gallant  
Double - \$22, \$6 per person extra  
Single - \$14, \$6 per person extra  
Breakfast - \$1.50 to \$3  
Evening Meal (Homemade) - \$5.50 to \$8

Foxley River Park, Foxley River -- 831-2382  
Sauna, playground, pets allowed on leash, etc.  
Trailers - 3-way hook-up, \$7  
2-way hook-up, \$6  
Camping -- \$5  
Outside pool, near store and golf course

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MacDonald's Tourist Home -- 831-2063  
c/o Ron & Hazel MacDonald  
Freeland, Route #12  
Double - \$15  
Meals extra - Breakfast & evening  
dinner if desired

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Ellerslie, c/o Mrs. Phillips -- 831-2506  
Overnight accommodations (no meals)  
Double or Single - \$10  
T.V. in each room

-----  
Green Provincial Park, Port Hill -- 831-2370  
Camping - \$4.50/night  
Trailers - 3-way hook-up - \$7  
2-way hook-up - \$6  
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TYNE VALLEY 20 MILE ROAD RACE

REGISTRATION FORM -- TYNE VALLEY 20 MILE ROAD RACE

NAME \_\_\_\_\_

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

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

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

AGE ON AUGUST 9, 1980 \_\_\_\_\_ SEX \_\_\_\_\_

BEST RACE TIME \_\_\_\_\_ DISTANCE \_\_\_\_\_

CLUB/TEAM \_\_\_\_\_

ATHLETE'S RELEASE - In consideration with your accepting this entry, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims of damage I have against the organizers holding this meet, their agents, representatives, successors and assigns, for any and all injuries suffered by me at said meet.

SIGNED \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT OR GUARDIAN,  
IF PARTICIPANT IS UNDER 18 \_\_\_\_\_

MAIL ENTRIES TO: Tyne Valley 20 Mile Road Race  
P.O. Box 302  
Charlottetown, PEI  
C1A 7K7

ENTRY DEADLINE - AUGUST 8, 1980

Registration Fee (\$2) Enclosed \_\_\_\_\_

N A T I O N A L P A R K R U N

1. Sponsors - Stanhope Beach Inn, Dalvay House  
Shaw's Motel
2. Organizers - P.E.I. Roadrunner's Club
3. Distance - 6.2 Miles (10 KM)
4. Date - Saturday, August 16
5. Registration Time - 9:00 a.m.
6. Starting Time - 10:00 a.m.
7. Entry Deadline - August 15, 1980
8. Medical Service - St. John Ambulance
9. Policing - R.C.M.P.
10. Entry Fee - \$1 (Please enclose with entry form)  
(Make cheque payable to PEI Roadrunners Club)
11. Classifications -

Men	Women
1) 14 & Under	1) 14 & Under
2) 15-19	2) 15-19
3) 20-29	3) 20-29
4) 30-39	4) 30 & Over
5) 40 & Over	
12. Awards - Trophies -
  - 1) Presented to Race Winner
  - 2) Presented to Top Female Runner

Medals -

  - 1) Presented to Top Three Finishers in Each of the Categories Listed Above
  - 2) Presented to Youngest Female Runner
  - 3) Presented to Youngest Male Runner

Certificates - Presented to All Those Who Participate
13. NOTE: Start of race - Bear right at Brackley Beach Center and drive approximately 500M to small change houses on left.  
Presentation of awards - at the finish line, main entrance to Dalvay House.

Entry form appears on last page of newsletter.

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

1. Sponsors - Kensington Area Recreation Association
2. Organizers - P.E.I. Roadrunners Club
3. Distance - 25 Kilometers
4. Date - Saturday, August 23, 1980
5. Registration Time - 12:30 p.m. (At Community Gardens)
6. Starting Time - 1:30 p.m.
7. Changing Facilities - Community Gardens
8. Awards - Trophies to first three place finishers  
Trophy to first Master to finish  
Trophy to first lady to finish  
Medallions will be presented to all participants
9. Medical Service - Ambulance Service
10. Policing - Kensington Police
11. Entry forms to be sent to: HARVEST FESTIVAL 25 KM RACE  
c/o P.O. Box 302  
Charlottetown, PEI  
C1A 7K7

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

### **Leaping Lydiard**

The Lydiard Leap is a technique devised by well-known track coach and author Arthur Lydiard. He explained it in a recent issue of *Runner's World*.

"Using gentle slopes, we spring uphill with a bouncing action, keeping as relaxed as possible and lifting the center of gravity, not just the knees. The forward momentum should be slow so that the body weight is taken more fully by the flexing ankles. This tends to develop strong, flexible ankles and stretch tendons and muscles. On the same slope, and by driving hard off the toes, lift the knees high and take long strides, the arms pushing forward. Running up steep hills and steps helps develop good knee lift. Always try to keep the arms and shoulders as relaxed as possible and swing them naturally as long as you can maintain good balance. Hill training taken in small doses initially will gradually strengthen the legs."

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

1. Sponsors - Volume Rentals Ltd.
2. Organizers - P.E.I. Roadrunners Club
3. Distance - Half Marathon (13 miles, 385 yards)
4. Date - Saturday, August 30, 1980
5. Registration Time - 3:00 p.m.
6. Starting Time - 4:00 p.m.
7. Entry Deadline - Friday, August 29, 1980
8. Classifications -

<u>Men</u>	<u>Women</u>
1) Under 20	1) 25 & Under
2) 20-29	2) Over 25
3) 30-39	
4) 40 & Over	
9. Awards -
  - 1) Trophy to First Place Finisher
  - 2) Merchandise to First Three Finishers and First Female Finisher
  - 3) Medals to First Three Finishers in each Class
  - 4) Certificates to All Participate
10. Medical Service - St. John Ambulance
11. Policing - City Police and R.C.M.P.
12. Entry Fee - \$1 (Please enclose with entry form)  
(Make cheque payable to PEI Roadrunners Club)
13. Presentations - At Finish Line (Victoria Park)

Entry form appears on last page of newsletter.



LABOR DAY

HALF MARATHON RACE

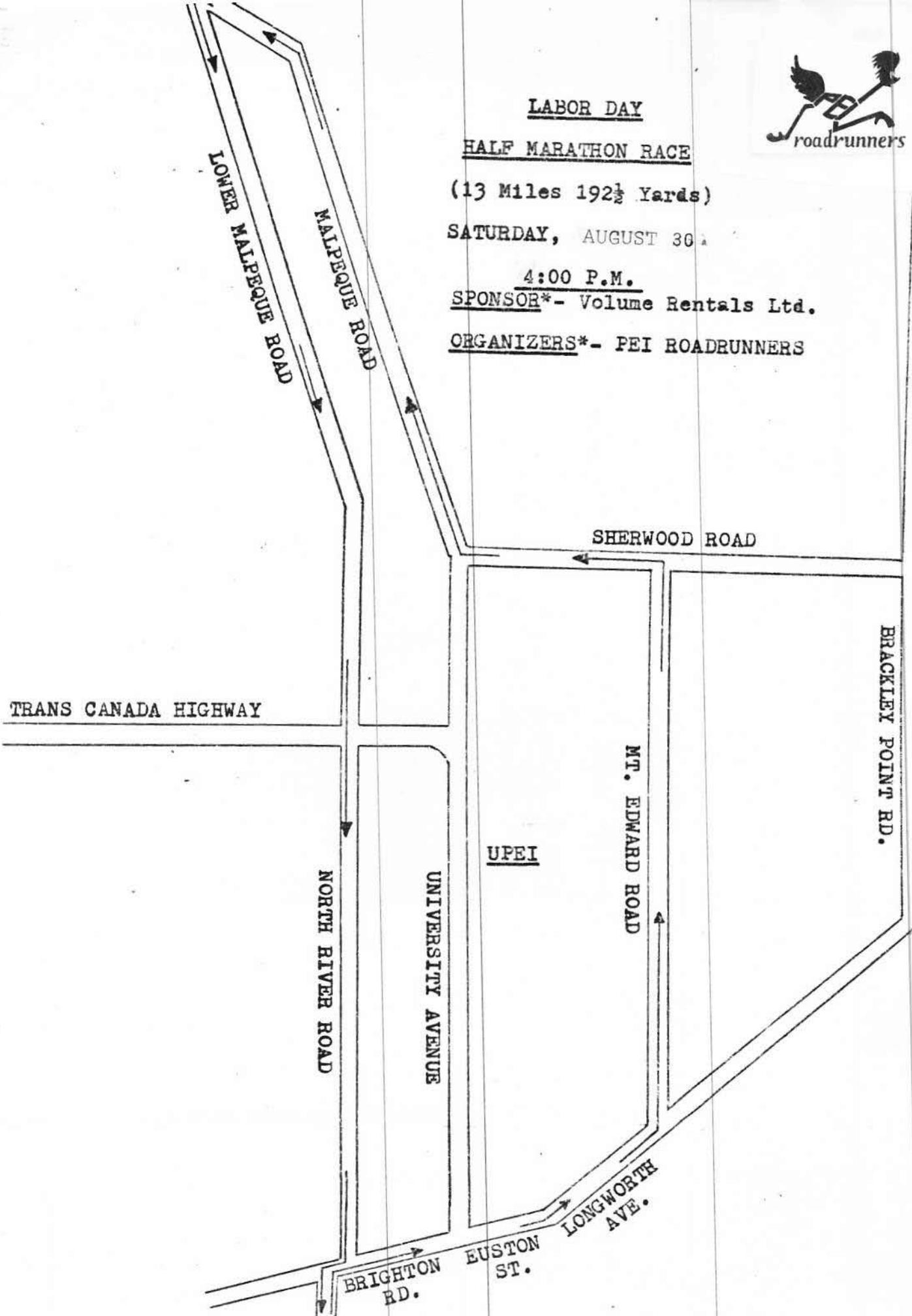
(13 Miles 192½ Yards)

SATURDAY, AUGUST 30

4:00 P.M.

SPONSOR\*- Volume Rentals Ltd.

ORGANIZERS\*- PEI ROADRUNNERS



START  
FINISH Victoria Park (Cannons)

ENTRY FORM - NATIONAL PARK RUN

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INITIAL \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_ PROVINCE \_\_\_\_\_  
 DATE OF BIRTH \_\_\_\_\_ AGE ON AUGUST 16, 1980 \_\_\_\_\_ SEX \_\_\_\_\_  
 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: National Park Run  
 P.O. Box 302  
 Ch'town, PEI C1A 7K7 DEADLINE - August 15, 1980

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

LAST NAME \_\_\_\_\_ FIRST NAME \_\_\_\_\_ INITIAL \_\_\_\_\_  
 MAILING ADDRESS \_\_\_\_\_ PROVINCE \_\_\_\_\_  
 DATE OF BIRTH \_\_\_\_\_ AGE ON AUGUST 30, 1980 \_\_\_\_\_ SEX \_\_\_\_\_  
 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: Half Marathon Race  
 P.O. Box 302  
 Ch'town, PEI C1A 7K7 DEADLINE - August 29, 1980

NOTES "FROM AWAY"

Road Races in Nova Scotia and New Brunswick (August & September)

Centennial Half Marathon	Windsor	13.1 Miles	July 26
Halifax Natal Day Road Race	Halifax	5.2 Miles	July 28
Dalhousie News Classic	Dalhousie	11.5 Miles	Aug. 2
Dartmouth Natal Day Road Race	Dartmouth	6.0 Miles	Aug. 4
Billy Taylor Road Races	Sydney Miles	---	Aug. 6
Southeast Striders Road Race	Moncton	20.0 KM	Aug. 16
Annapolis County Exhibition	Lawrencetown	6.0 Miles	Aug. 16
Lighthouse Road Race	Yarmouth	10.0 Miles	Aug. 17
Nova Scotia Marathon	Shelburne	26.2 Miles	Aug. 24
Fredericton Road Race	Fredericton	5.0 Miles	Aug. 24
St. Francois Half Marathon	St. Francois	13.1 Miles	Aug. 31
Fisheries Exhibition Road Race	Lunenburg	5.0 Miles	Sept. 6
National 20 KM Championship	Halifax	20.0 KM	Sept. 7
Cranberry Travellers Road Race	Sydney Mines	10.0 KM	Sept 13
Tartan Womens Road Race	Halifax	10.0 KM	Sept 14
Memramcook Road Race	Memramcook	18.0 KM	Sept 14
Joe Murray Road Race	Amherst	6.0 Miles	Sept 21
Joseph Howe Road Race	Halifax	8.1 Miles	Sept 28

For further information on these, and future, road races in Nova Scotia and New Brunswick contact:

N.S. - Bob Book, P.O. Box 3010 South, Halifax, N.S., B3J 3G6

N.B. - Leo Sheehy, RR#1 Hopewell Cape, N.B., EOA 1Y0

UPCOMING P.E.I. ROAD RACES (August & September)

BELFAST LIONS MID-SUMMER JAUNT	July 26 Saturday	Belfast	8 miles	11:00 a.m.
TYNE VALLEY OYSTER FESTIVAL RUN	August 9 Saturday	Tyne Valley	20 miles	9:00 a.m.
NATIONAL PARK RUN	August 16 Saturday	Stanhope/ Brackley	6 miles	10:00 a.m.
KENSINGTON HARVEST FESTIVAL	August 23 Saturday	Kensington	25 KM	1:30 p.m.
VOLUME RENTALS HALF MARATHON	August 30 Saturday	Ch'town	13.2 miles	4:00 p.m.
P.E.I. ROADRUNNERS MARATHON	September 14 Sunday	Cavendish	26 miles, 385 yards	12:00 noon