

Come... Run on Prince Edward Island



FROM THE EDITOR

Welcome to another edition of the Newsletter. We hope that it brings you a few smiles and a little inspiration.

On June 11 the P.E.I. Roadrunners Club held a general meeting at the Charlottetown Hotel. This kind of get together has been missing from our activities for quite some time now and, given the very positive reception, we are encouraged to hold more meetings in the future. The meetings provide an opportunity to socialize with other runners without having to run a race, to be entertained by short films or a guest speaker and to become involved in the organizational aspects of the club.

One concern that was stressed at the general meeting was that the P.E.I. Roadrunners Club not become a club primarily for the elite runner. Many members of the public equate our club with marathoning and heavy training. Some Island runners, it is unfortunate to say, are reluctant to enter our races because they feel that they are not "good enough". It bears repeating that we are not a club for the elite and that our primary objective is to encourage all levels of running.

In this edition of the Newsletter you will note that there are several items relating to marathoning. Ernie Maidment has contributed a particularly fine article that vividly relates the sense of pride and satisfaction that several members of the Charlottetown RCMP experienced in running the Johnny Miles Marathon. We are proud of Island runners, such as these Mounties, who make major accomplishments such as completing a marathon. But we are also very proud of runners who achieve personal goals whatever the speed or distance. We invite all runners to send articles to the Newsletter on their experiences, successes or insights.

We hope that through our meetings and the Newsletter that we can offer the opportunity for a wide base of interested members to participate in club affairs. With activities such as organizing races, fun runs, raising funds, promotion of running, putting on one of Canada's major marathons, etc., there is plenty to keep us busy. Let's hear from you.

STANDINGS FOR THE 1980 GRAND PRIX OF ROAD RUNNING (As At June 1, 1980)

With three road races completed to date (Dairy Queen Bunny Hop, Athena Seven Mile Run and Campers' City Five 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	62
	2. Lawrence McLagan	52
	3. Shawn McKenna	48
	4. Colin MacAdam	} 43
	5. Ross Brown	
	6. Salem Hashem	35
	7. Mike Armitage	33
	8. Don Pridmore	29
	9. Freeman Churchill	25
	10. Tony Forrester	24
	11. Carl Phillips	21
	12. Jake Baird	20
	13. Stew Freeman	} 19
	14. Julien Gallant	
	15. Phillip Lutwick	} 18
	16. Neil MacMullin	
	17. Kenny Arsenault	18
	18. Paul Wright	} 16
	19. John MacKenzie	
	20. Dennis Nickerson	} 15
	Clare Birch	

LADIES' TOP 20:	1. Monica LaPointe	75
	2. Sherry McKenna	57
	3. Eleanor Farrington	54
	4. Dale Claybourne	39
	5. Susan Bordage	31
	6. Gerianne McCarthy	29
	7. Susan Rogers	20
	8. Moya LaPointe	18
	9. Terri Grady	17
	10. Susan Clow	} 16
	11. Bethany Rogers	
	12. Shari Gallant	15
	13. Cindy Wedge	} 13
	14. Shelley Colwill	
	15. Valerie Johnston	} 12
	16. Karen Stewart	
	17. Tina Arsenault	} 11
	18. Barbara MacNeill	
	19. Helen Deighan	10
	20. Caroline Hamilton-Irving	9

AGE DIVISION STANDINGS - TOP 5

MEN UNDER 20:	1. Shawn McKenna	48
	2. Kenny Arsenault	18
	3. Mike Mooney	14
	4. Brian MacDonald	8
	5. Marcel Pineau	7
MEN 20-29:	1. Roy Mason	62
	2. Colin MacAdam	43
	3. Mike Armitage	33
	4. Don Pridmore	29
	5. Freeman Churchill	25
MEN 30-39:	1. Lawrence McLagan	52
	2. Ross Brown	43
	3. Salem Hashem	35
	4. Carl Phillips	21
	5. John MacKenzie	16
MEN 40 & OVER:	1. Stew Freeman	19
	2. Parker Lund	13
	3. Ewen Stewart	12
	4. Don Reeves	4
	5. Carl Stark	} 3
	Bill Cooper	

LADIES 25 & UNDER:	1. Monica LaPointe	75
	2. Sherry McKenna	57
	3. Dale Claybourne	39
	4. Gerianne McCarthy	29
	5. Susan Rogers	20
LADIES OVER 25:	1. Eleanor Farrington	54
	2. Susan Bordage	31
	3. Valerie Johnston	13

D I E T P E P S I R U N C A N A D A R U N R E L A Y

Where else in the Maritimes do you get half a dozen roadrunners in one race speeding along 12.4 mile stretches at a 5 minute 30 second per mile pace?

Top Maritime runners such as Ken Doucette, Jacque Jean, Joe Fougere, John Tiani, John Taylor and Ralph Williams all matched that pace, or bettered it, at the second annual Diet Pepsi Run Canada Run Relay from Fredericton to Moncton held on April 26, 1980.

Although the P.E.I. Roadrunners finished fifth in the five team event, we had our share of very creditable performances as well. Paul wright posted our fastest leg of the day in one hour twelve minutes twenty seconds. Roy Mason had a time of 1:13:00 and posted the best time in his leg. Dennis Nickerson, who helped pace two other P.E.I. runners despite his shin splints, ran a 1:16:19 over a leg that was slightly longer than the others. If there was a characteristic that typified the P.E.I. Roadrunners, however, it was "pluckiness". Walter Lea and Kenny Arsenault ran like we wouldn't have believed possible only a few months ago. Dale Claybourne, a last minute volunteer, showed brackets of determination in tackling a distance for which she had not trained and staying with it until she had surpassed her crash point. "Wrong way" Marcel Pineau took a "long cut" due to a lack of directions, but took it all in stride and still managed to post a very respectable time.

In all, our ten runners had an enjoyable day competing in one of the most interesting road races in this part of the country. As for our placing, just wait til next year!

Our congratulations go out to the Southwest Striders of the Annapolis Valley, who won the 200 kilometer race in a record time of 12:04:33. Second was the Halifax Tartan Club in 12:19:58. Third was the Fredericton Track Club in 12:33:09 followed by the Southeast Striders of Moncton (13:02:07) and the P.E.I. Roadrunners Club (13:32.17). The times of the P.E.I. runners were as follows: Dennis Nickerson 1:16:19 Walter Lea 1:24:19 - Kenny Arsenault 1:26:29 - Roy Mason 1:13:00 - Don Pridmore 1:16:14 Paul Wright 1:12:20 - Parker Lund 1:19:29 - Dale Claybourne/Nickerson 1:39:48 - Marcel Pineau 1:26:11 - Lawrence McLagan 1:28:23.

RESULTS OF ATHENA SEVEN MILE RUN, MAY 10, 1980

NOVICE GIRLS

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Terri Grady	58	1	55:10
Tina Arsenault	74	2	62:33
Helen Deighan	75	3	62:57
Kelly Ellis	79	4	64:28
Lynn Waddell	81	5	64:33
Lori Waite	82	6	64:34
Julie MacLure	88	7	65:54
Lana Reeves	89	8	66:06

BANTAM GIRLS

Susan Clow	62	1	56:55
Cindy Wedge	72	2	61:33
Shelly Colwill	72	2	61:33
Cindy Dugay	78	4	64:26
Lisa MacDonald	86	5	65:18

MIDGET GIRLS

Sherry McKenna	50	1	53:22
Shari Gallant	66	2	58:57
Katharine Ings	83	3	64:35
Anne Marie DesRoghes	96	4	73:15
Tammy Baglole	97	5	73:49

SENIOR GIRLS

Monica LaPointe	31	1	48:30
Gerianne McCarthy	67	2	59:13
Caroline Hamilton-Irving	76	3	63:06

WOMEN 20-29

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Dale Claybourne	47	1	52:43

WOMEN 30 & OVER

Eleanor Farrington	52	1	54:03
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NOVICE BOYS

Alan Pineau	36	1	49:34
Darren Poirier	38	2	50:00
Paul Arsenault	57	3	55:05
Neil Simpson	60	4	55:33
Gerard Gaudet	61	5	55:35
Stephen Campbell	63	6	57:38
John Turner	69	7	61:03
Brian DesRoches	70	8	61:04
David Masson	71	9	61:13
Kevin Smith	80	10	64:32
Rodney Gallant	84	11	64:55
Doug Doyle	87	12	65:37
Shane Arsenault	90	13	66:18
Brian Francoeur	91	14	66:19
Kim Reeves	93	15	72:22

BANTAM BOYS

Roger Wood	22	1	47:38
Shane Gallant	24	2	47:59
Kimball Johnston	34	3	49:10
Ronald Deighan	40	4	50:33
Kevin Stordy	54	5	54:25
Todd Drummond	55	6	54:27
Donald Rice	68	7	60:43
Kevin Forbes	92	8	71:35

BANTAM BOYS (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Graham Deighan	94	9	72:24
Robbie Phillips	95	10	72:29
Darcy Ripley	97	11	73:49

MIDGET BOYS

Brian MacDonald	14	1	44:10
Kevin Profit	19	2	46:50
David Windsor	26	3	48:11
Bobby Burns	32	4	48:31
Allan Armitage	39	5	50:03
Allan Sonier	65	6	57:49

SENIOR BOYS

Shawn McKenna	4	1	40:41
Kenny Arsenault	5	2	41:32
Mitch Murphy	27	3	48:14

MEN 20-29

Roy Mason	1	1	39:30
Tony Forrester	7	2	42:45
Phillip Lutwick	8	3	42:49
Mike Armitage	9	4	42:50
Jake Baird	11	5	43:33
Julien Gallant	15	6	44:52
Peter Richard	18	7	46:44
Ed Hamilton-Irving	33	8	49:04
Amand Arsenault	37	9	49:41
Brian McInnis	43	10	51:53
Jimmy Clark	44	11	51:56
Kenny MacDougall	46	12	52:25
Paul Phaneuf	49	13	52:58

MEN 20-29 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Ernie Dunsford	51	14	54:00
John Callbeck	77	15	64:06

MEN 30-39

Lawrence McLagan	2	1	40:36
Ross Brown	3	2	40:40
John MacKenzie	6	3	42:32
Carl Phillips	10	4	42:51
Salem Hashem	11	5	43:33
Peter Kittilsen	13	6	44:02
Calvin Wiley	16	7	45:16
Carl MacLeod	17	8	45:45
Arnold Murphy	23	9	47:46
George McDonald	25	10	48:10
Dan McCarthy	28	11	48:15
Jim Wild	29	12	48:18
Bill MacKenzie	30	13	48:26
John Molson	35	14	49:26
Eugene Anderson	41	15	50:56
Gordon Forbes	12	16	51:04
Robbie Anderson	45	17	52:02
Leon Berrouard	48	18	52:50
Frank Lechowick	53	19	54:16
Allan Savidant	56	20	55:02
Bill Bassett	64	21	57:48
Bob Pierce	85	22	64:58

MEN 40 & OVER

Stewart Freeman	20	1	47:21
Ewen Stewart	20	1	47:21
Bill Cooper	59	3	55:15

RESULTS OF CFCY SPRING FEVER PACE (2 MILES), MAY 18, 1980

LADIES 8 & UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Katie LeClair	135	1	15:17
Vanessa Lund	159	2	16:07
Joyce Weiden	216	3	23:05

LADIES 9-14

Susan Rogers	21	1	11:36
Patti Downe	50	2	12:30
Bethany Rogers	62	3	12:50
Monique Lund	106	4	14:01
Lori Lund	107	5	14:05
Maura Ryan	109	6	14:09
Michelle Ives	117	7	14:26
Charlotte Hashem	118	8	14:27
Toby Jones	119	9	14:28
Cindy Kenny	130	10	15:10
Laurie MacLean	141	11	15:18
Barbara Ann Conway	143	12	15:19
Erma Toole	150	13	15:47
Michelle Bruce	155	14	16:00
Vanessa Lund	157	15	16:02
Lisa MacDonald	160	16	16:15
Krista Driscoll	162	17	16:18
Jennifer Darby	175	18	17:04
Tracey Ridlington	178	19	17:10
Gloria Praught	186	20	18:41
Darlene Oraniuk	195	21	19:17
Amal Raad	198	22	19:51
Cathy McNally	200	23	19:57
Mary Beth Moore	205	24	20:22
Josie Seely	206	25	20:42
Kathy Blouin	210	26	22:11
Tracey Rogerson	211	27	22:12
Gwen Chappell	213	29	22:59
Joyce Rae	214	29	23:00

LADIES 15-20

Monica LaPointe	14	1	11:18
Sherry McKenna	66	2	12:57
Moya LaPointe	79	3	13:05
Debbie Boulanger	80	4	13:06

LADIES 15-20 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Shari Gallant	87	5	13:16
Marlene Costain	92	6	13:26
Ann Keizer	108	7	14:05
Janet Armstrong	131	8	15:10
Susan Hogg	132	9	15:11
Heather Taweel	152	10	15:57
Sheila O'Connor	170	11	16:33
Crystal Roper	188	12	18:56
Mary Ann Taweel	191	13	19:12

LADIES 21-25

*There were no ladies in the 26-30 age category.

June Coyle	75	1	13:03
Susan Forwell	99	2	13:42
Anne McInnis	123	3	14:36

LADIES 31-39

Joan Adams	166	1	16:26
Kay Lund	173	2	16:54

LADIES 40 & Over

Iris Jamieson	194	1	19:17
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MEN 8 & UNDER

Darren Trainor	100	1	13:42
Kent Bagnall	112	2	14:10
Omar Hashem	117	3	14:26
Chris Ing	144	4	15:32
James Mitchell	183	5	18:24
Joel Blouin	193	6	19:17
Mark Likely	196	7	19:18
Eric Comeau	208	8	21:53

MEN 9-14

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
David Walsh	15	1	11:21
James Bruce	16	2	11:26
JoJo Ryan	17	3	11:27
Jamie Driscoll	25	4	11:42
Billy MacLean	26	5	11:48
Allan Armitage	27	6	11:53
Andrew Scyner	31	7	11:53
Danny Gass	33	8	11:53
Philip Easter	34	9	11:54
Darrin McCloskey	35	10	11:55
Kevin MacLeod	39	11	12:05
Eugene Dowling	40	12	12:06
Jim Burge	43	13	12:09
Randy Bell	44	14	12:12
Ronnie LeClair	45	15	12:13
Danny Sark	49	16	12:21
Gary McQuaid	52	17	12:31
Leo Hussey	55	18	12:32
David MacEachern	56	19	12:33
Stephen Moore	57	20	12:34
Robbie Craig	59	21	12:35
Randy Holmes	60	22	12:40
Ormie Hopkinson	63	23	12:50
John Hashem	64	24	12:51
Mark Derry	67	25	12:57
Ronnie Lund	68	26	13:00
Tom Gass	69	27	13:01
Robbie Howatt	72	28	13:02
Jason Grasse	73	29	13:02
Brian Duffy	74	30	13:03
Ralph Lea	76	31	13:04
Troy Longaphie	77	32	13:04
Leonard Lacey	78	33	13:05
Scott Bell	82	34	13:11
Ian Wood	89	35	13:22
Michael Gormley	91	36	13:26
Joe Mitchell	93	37	13:30
Evan Ford	94	38	13:31
Jimmy Stewart	95	39	13:32
Steven Hagen	98	40	13:39
Michael Connolly	101	41	13:46
Mark Holmes	102	42	13:52
Julies Rethy	105	43	14:01
Jamie MacIssac	114	44	14:22
Eric Seely	115	45	14:23
Benny Sark	121	46	14:35
Jim Stewart	122	47	14:39
Greg McManus	124	48	14:47
Derek Llewellyn	125	49	14:49
Kevin Clancey	127	50	14:57
Shawn Blane	128	51	15:01
Thachbuy Phan	129	52	15:04
Mark Kenny	133	53	15:12
Stephen Fitzgerald	134	54	15:13

MEN 9-14 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Mike MacIssac	137	55	15:17
Colin Moore	138	56	15:17
Kenny Laybolt	139	57	15:18
Danny Dart	140	58	15:18
Kevin Moore	146	59	15:41
Kim Reeves	148	60	15:43
Rodney St. Pierre	149	61	15:45
Wayne Gass	153	62	16:00
David Hagen	156	63	16:02
Kippy Cormier	158	64	16:07
Ken Spenceley	161	65	16:15
Chris MacGregor	163	66	16:18
John Pineau	164	67	16:22
Stephen MacLaren	167	68	16:26
Robbie Likely	169	69	16:33
Richard Bagnall	171	70	16:43
Rodney Stewart	174	71	17:04
Wally Young	176	72	17:05
Hugh Donnelly	177	73	17:06
Brad Duplisea	179	74	17:15
Mark Comeau	180	75	17:23
Joel Ives	181	76	18:04
Thane Arsenault	182	77	18:05
Ian O'Brien	187	78	18:42
Mark Burgoyne	189	79	18:57
Lance Jones	190	80	18:59
Tommy Vail	199	81	19:52
Russell MacKenna	202	82	20:12
Timothy Keizer	203	83	20:13
Glen Roberts	204	84	20:14
Keith MacManus	212	85	22:12
Stevie Doiron	215	86	23:00
Doug Callin	217	87	23:06

MEN 15-20

Willie MacDonald	1	1	9:52
Shawn McKenna	2	2	9:55
Mike Mooney	3	3	10:03
Kenny Arsenault	5	4	10:20
Brian MacDonald	6	5	10:37
Brent Cutcliffe	8	6	10:49
Lee Gauthier	10	7	11:03
Larry Docherty	11	8	11:07
Charles Dowling	13	9	11:08
Mike McInnis	18	10	11:27
Reggie Power	19	11	11:30
Tim McQuaid	22	12	11:39
Kent Molyneaux	23	13	11:40
Jon Orlovski	24	14	11:41

MEN 15-20 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Wade MacDonald	28	15	11:53
Terry Jeffrey	36	16	12:04
Donny Hambly	37	17	12:04
David Herring	41	18	12:06
Scott MacKenzie	42	19	12:07
Kevin Tweel	48	20	12:21
Ian MacDonald	51	21	12:30
Kent Osborne	53	22	12:31
John McQuaid	54	23	12:32
Allan Moore	58	24	12:34
Kevin Barrett	61	25	12:42
Chris Bernard	65	26	12:54
Stephen Zaat	71	27	13:01
Kent Ford	81	28	13:11
Allan Sonier	83	29	13:12
Brooke McMillan	86	30	13:13
Tim Easter	90	31	13:22
Mel Shoemaker	142	32	15:18
William Gauthier	145	33	15:32
Henry Gauthier	165	34	16:22

MEN 21-25

Julien Gallant	7	1	10:39
Sterling Keizer	32	2	11:53
Barry Gill	38	3	12:05
Stephen Scott	84	4	13:12

MEN 26-30

Phillip Lutwick	4	1	10:12
Bill MacKenzie	29	2	11:53
Bob Gray	46	3	12:21
Art O'Malley	70	4	13:01
Austin MacDonald	88	5	13:18
Jake Baird	96	6	13:32
Eric Manuel	97	7	13:39

MEN 31-39

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Carl Phillips	9	1	10:55
Jim Wyatt	30	2	11:53
Jim MacCallum	104	3	13:55
Lee Forbes	110	4	14:09
Don Derry	111	5	14:10
David Ing	113	6	14:12
Gary Craswell	151	7	15:47
Ron Kenny	154	8	16:00
Myron Yates	168	9	16:29
Rick Callaghan	172	10	16:51
Foch McNally	201	11	20:03
Guy Comeau	209	12	21:53

MEN 40 & OVER

Don Reeves	12	1	11:08
Don Moffatt	20	2	11:36
Colin Easter	47	3	12:21
Peter Gibson	103	4	13:52
Mr. Madan	116	5	14:26
George Bagnall	120	6	14:32
Doug Carmody	126	7	14:52
Don LeClair	136	8	15:17
Andy Jamieson	147	9	15:41
Charles Blouin	192	10	19:17
John Sandham	197	11	19:34
Neil Ross	207	12	20:43

NOTE: Following this race a blue plaid shirt and navy blue sweater were left behind, probably by some youngster who ran the race. These can be picked up at the Sport P.E.I. office, 200 Richmond Street, any week day between 8 a.m. and 4 p.m.

RESULTS OF BIG RUN FOR LITTLE BROTHERS, MAY 25, 1980

WOMEN 25 & UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Susan Rogers	27	1	45:30
Dale Claybourne	30	2	45:53
Bethany Rogers	33	3	47:19
Gerianne McCarthy	39	4	55:47
Lisa MacDonald	41	5	60:43

WOMEN OVER 25

Eleanor Farrington	35	1	48:05
Susan Bordage	40	2	57:46

MEN UNDER 20

Ken Arsenault	3	1	36:49
Trent Hayes	13	2	40:36
James Bruce	18	3	42:04
Randy MacNeill	24	4	43:07
Leo Hussey	32	5	47:04
Ronnie LeClair	34	6	47:50
Andrew MacAdam	37	7	51:39
Tony Zakem	38	8	54:11
Darren Scott (Biked)	11	-	40:06

MEN 20-29

Roy Mason	1	1	35:00
Don Pridmore	4	2	37:07
Julien Gallant	6	3	37:51
Jake Baird	11	4	40:06
Tony Forrester	14	5	41:06
Lorne Carmichael	17	6	41:53
Matt Smith	21	7	42:30

MEN 20-29 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Mike Lloyd	23	8	42:56
Kevin Fraser	26	9	43:27
Brian McInnis	29	10	45:43
Barry Gill	31	11	46:52
Ernie Dunsford	36	12	51:34

MEN 30-39

Lawrence McLagan	2	1	35:26
Salem Hashem	5	2	37:40
Jim Wyatt	10	3	39:51
Carl MacLeod	15	4	41:14
Don Mazer	16	5	41:51
Brian Smith	19	6	42:10
Jim Bruce	20	7	42:30
Arnold Murphy	25	8	43:12

MEN 40 & OVER

Parker Lund	7	1	38:00
Ewen Stewart	8	2	38:42
Stewart Freeman	9	3	39:30
Walter Lea	22	4	42:36
Ninian LeBlanc	28	5	45:34
Don LeClair	34	6	41:50

Becoming the Person You Are

The runner does not run because he is too slight for football or hasn't the ability to put a ball through a hoop or can't hit a curve ball. He runs because he has to. Because in being a runner, in moving through pain and fatigue and suffering, in imposing stress upon stress, in eliminating all but the necessities of life, he is fulfilling himself and becoming the person he is.

— Dr. George A. Sheehan

RESULTS OF CAMPERS' CITY FIVE MILE RUN, MAY 31, 1980

WOMEN 25 & UNDER

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Monica LaPointe	24	1	32:38
Susan Rogers	39	2	34:17
Dale Claybourne	61	3	37:15
Sherry McKenna	63	4	37:28
Bethany Rogers	68	5	39:00
Gerianne McCarthy	75	6	43:42
Karen Stewart	79	7	46:04
Barbara MacNeill	83	8	47:07

WOMEN 26-39

Eleanor Farrington	66	1	38:32
Susan Bordage	76	2	44:00
Valerie Johnston	77	3	44:14

MEN UNDER 20

Shawn McKenna	6	1	29:42
Mike Mooney	8	2	30:25
Blair Cousins	26	3	32:53
Randy MacNeill	31	4	33:12
Reggie Powers	38	5	34:17
Allan Armitage	40	6	34:32
Billy MacLean	45	7	34:54
Philip Easter	46	8	34:57
Kevin Barrett	50	9	35:05
Gary McQuaid	52	10	35:45
Ronnie Lund	65	11	38:12
David MacEachern	78	12	44:14
Stephen McLaren	80	13	46:04
Kim Reeves	82	14	47:00
Tim Easter	84	15	47:11

MEN 20-29

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Colin MacAdam	1	1	27:40
Roy Mason	2	2	27:43
Don Pridmore	5	3	29:32
Julien Gallant	10	4	30:45
Brian Newcombe	11	5	30:52
Jake Baird	13	6	31:07
Ed Fraser	16	7	31:19
Tony Forrester	21	8	32:23
Eric Manuel	23	9	32:38
Francis O'Donnell	27	10	33:02
Lorne Carmichael	34	11	33:30
Matt Smith	37	12	34:16
Kenny MacDougall	43	13	34:49
Roger Richard	48	14	35:05
Brian Rodd	49	15	35:05
Ronnie MacKenzie	53	16	35:53
Charles Flowers	55	17	36:11
Barry Gill	58	18	36:52
Ernie Dunsford	73	19	40:30

MEN 30-39

Lawrence McLagan	3	1	28:33
Ross Brown	4	2	29:22
Salem Hashem	7	3	29:52
Carl Phillips	14	4	31:09
Jim Wyatt	17	5	31:32
Clare Birch	18	6	31:47
Carl MacLeod	19	7	32:10
Calvin Wiley	20	8	32:18
Kenny Campbell	25	9	32:42
Brian Smith	28	10	33:03
Dan McCarthy	29	11	33:05
Don Mazer	30	12	33:08
Bill MacKenzie	32	13	33:18

MEN 30-39 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Dave Darlington	33	14	33:20
Jim Bruce	35	15	33:34
Arnold Murphy	36	16	33:41
Ronnie Drake	41	17	34:38
Robert Murray	43	18	34:49
Ray Bates	47	19	34:58
Gerald Mitchell	51	20	35:38
Don Harley	54	21	36:03
Jeff Brown	56	22	36:23
Richard Papenhausen	59	23	36:53
Art O'Malley	62	24	37:27
Eric Burgeois	64	25	37:58
Dennis MacKay	67	26	38:49
Lee Forbes	71	27	40:16
Frank Johnston	72	28	40:18
Rod MacIntyre	74	29	42:03

MEN 40 & OVER

Parker Lund	9	1	30:33
Ewen Stewart	12	2	30:59
Stew Freeman	15	3	31:13
Don Moffett	22	4	32:35
Walter Lea	44	5	34:50
Don LeClair	57	6	36:38
Colin Easter	60	7	37:03
Peter Gibson	69	8	39:17
Bill Cooper	70	9	40:02
Lorne Toole	81	10	46:40

M A R A T H O N I N G M O U N T I E S M E E T M A T C H

At our office, the Boys love a challenge! So, early in the New Year 1980, the extended tummies and over-strained belts convinced the Boys it was time to take corrective action. The plan - run it off.

Through snow, ice and chilling winds, five of Canada's so-called "Finest" commenced a 15- mile club. Bill MacDonald, Stew MacDonald, Deane White, Lew Robinson and Ernie Maidment of the R.C.M.P. in Charlottetown started their fight against the Battle of the Bulge.

As March rolled in it was becoming obvious that running was indeed a great way to shed the excess baggage, and now our challenge did not seem to be much of a challenge any more. One Friday night over a couple of friendly ales, the seed was planted; why not train to complete the ultimate in physical endurance tests - the marathon - the Johnny Miles.

Soon thereafter we were running a program which resembled Joe Henderson's program for marathoners who want to participate and complete. Our program called for an average in the last month of 50/60 miles per week.

Unfortunately, during the second from the last week of training Deane developed a groin injury which he could not shake. To his and the group's disappointment, Deane had to withdraw as the injury persisted despite medication and treatment.

When May 10th, the day before the event, finally rolled around we were ready to go. The strategy was to go to New Glasgow a day early to get used to the foreign water and to have an early look at the course. We drove around the course and when we were finished, Stew was quiet. When I inquired the reason for his silence, Stew replied, "There are no level stretches, it just keeps going up and down."

Race Day, May 11th, started early. Lew got us out of bed early at 6:30 a.m. We can't believe he is up so early, but Lew says he is nervous and couldn't sleep. On to an early breakfast of pancakes and maple syrup. Then this brave group of Mounties really start to buzz with anticipation. Billy got sick and lost his carbo load and everyone ached for 12:30 p.m. to roll around.

Bang - the gun went off and the race was on. What transpired in the next hours was a situation one has trouble to describe in words. At first everything went so well and the run was most enjoyable with time to share conversation with newly-made acquaintances. Then came the half-way point of the race, the 20-mile mark. The enjoyment having disappeared, the objective now was survival. Every step now having become a major physical task, hearts pounding and insides aching - so this is it, the proverbial wall. Our minds tell us we are crazy but deep inside that little voice keeps whispering, "You will make it if you persist for just a while longer."

Finally, the Aberdeen Mall and the finish. Completely drained physically, we all cross the line. The emotional feeling of having completed the challenge is one which a man seldom experiences. To have completed a marathon gives one a great sense of accomplishment. The memories we made that day will remain part of us for the rest of our lives.

And for the next challenge - a seed has been planted to possibly run the P.E.I. Roadrunners Marathon in September and to do that one a little faster and a little easier. If there is a moral to this story, it surely would be that if you intend to run a marathon there is no substitute for training mileage. Get your hands on a good program and stick to it. Every mile run during training will make the marathon a little more pleasurable. If you are thinking of training for a marathon, make a commitment for three months and train hard. You will never regret your commitment.

And yes, we did lose pounds - a total of 96 pounds among the five of us.

By Ernie Maidment

THE P. E. I. ROADRUNNERS MARATHON PUSHES ON

Organizing a marathon may just be as much of a challenge as running one.

The organizing committee for the P.E.I. Roadrunners Marathon began several months ago at a relaxed pace. Gradually we've picked up a little as we entered the middle stages. Now with only three months remaining until the September 14 race date, we are attempting to make up lost time before our all out dash to the wire. Heaven help us if our reserves run out!

One advantage that our committee has over a marathoner is that it can call in extra manpower to get it over the rough spots. And that's exactly what we would like to do now. We need help! We need your help! Areas where we need extra manpower right now include hospitality arrangements, fund raising and special events. A few hours of your time between now and September can make a big difference.

This is a Club marathon. Its success reflects on the P.E.I. Roadrunners and running in Prince Edward Island. If you can help, contact Don Harley at 892-3656 or Parker Lund at 892-7544.

Come... Run on Prince Edward Island

WHO WILL BE THE 50th ?

Was it only two years ago that nine bright-eyed lads from the Island ventured over to New Glasgow Nova Scotia to challenge the unknown experience of marathoning? Surely the veterans of today were initiated much longer ago than that. But yes, it was in May 1978 that the eye catching orange t-shirts of the P.E.I. Roadrunners, and their apprehensive inhabitants, appeared at the starting line of the Johnny Miles Marathon. Eight Islanders completed the distance that day. By the end of the year, six more runners had joined the ranks of modern day Island marathon runners. In 1979, 27 other Island runners completed their first marathon to bring the marathon club to 41 members. Already in 1980, the list has grown by eight more to 49. That's not bad, but we believe that there are quite a few potential marathoners out there yet.

Prior to the P.E.I. Roadrunners Marathon it seemed easy to remember who in the club had completed the 26 mile 385 yard distance. Now it is not so easy. Here is a list of, and tribute to, Island residents who have run a marathon since the formation of the P.E.I. Roadrunners Club.

1978

Ewen Stewart	Freeman Churchill	Bob Simmons
Mike Armitage	Lance Miron	Don Harley
Lawrence McLagan	Don Pridmore	Ken Ozmon
Sterling Boulter	Ed Fraser	Rodney Dempsey
Parker Lund	Ken Campbell	

1979 (Includes 1978 Marathoners who also completed a marathon in 1979)

Ewen Stewart	Matt Smith	Guy Comeau
Freeman Churchill	Terry Doyle	Paul Field
Lance Miron	Ken Campbell	Bill MacKenzie
Lawrence McLagan	Ernie Maidment	Dave Butt
Don Reeves	Charlie Brown	Carl MacLeod
Stew Freeman	Eric Manuel	Jim Bruce
Don Pridmore	David Darlington	Leon Burrouard
Jake Baird	Don Harley	Dale Claybourne
Roy Mason	Gerald Mitchell	Lee Blunston
Parker Lund	Francis O'Donnell	Eleanor Farrington
Clare Birch	Donald Blane	Richard Pappenhausen
Ninian LeBlanc	Don Mazer	

1980

Freeman Churchill	Jake Baird	Verner Smitherim
Paul Wright	Lloyd Sweeney	Brian Cooke
Parker Lund	Walter Lea	Stewart MacDonald
Don Reeves	Stew Freeman	Monica LaPointe
Don Pridmore	Don Mazer	Bill MacDonald
		Eleanor Farrington

A PUNISHMENT TO FIT THE CRIME

By Old Jed

The question is no longer "did she or didn't she" (only her subway ticket agent knows for sure) but rather "so what if she did?". Rosie Ruiz has violated the moral code of runners. What is to be her punishment?

Ah yes, punishment. There is, of course, the consequence she faces of being an outcast for life among runners (other than Superman and even he seems to be having his second thoughts). There is also the pain and humiliation that she has gone through in the days and weeks that have followed the Boston Marathon. But should there not be a more ritualized penalty for those who debase the sanctity of the marathon by running anything less than its ordained 26 miles 285 yards? Lawbreakers have their prisons, hockey players their penalty boxes, students their detention halls and ex U.S. Presidents their... (uh, forget that one, folks).

One U.S. columnist drew the hackles of running enthusiasts by proclaiming that Rosie has done the non-running world a favour and should be elevated to herodism for pricking the sensitivities of that humourless and sanctimonious bunch known as runners. Harrah, he said, for she has beat them (almost) at their own, dull, overpraised game. Now really, fella. If your mind is as flabby as your body, and your thoughts as polluted as that cigar you smoke I fail to see how we can do anything but show our sense of humour and have a good laugh at your silly notions.

If we are, then, to have a punishment for cheating runners, what is it to be? I say that runners who disregard the rules are like any other criminals and should be treated as such. Running should have its own penalties, ones fitting to the sport and more imaginative than mere suspensions. Here are my modest proposals:

- for minor crimes (eg. forgetting who won last year's Boston Marathon) the culprit should be subjected to an hour's worth of second hand puns about running. This is the equivalent of about a dozen lemons in putting a sour look on one's face
- for semi-serious crimes (eg. for sprinting the last 100 yards of a marathon) the runner should be lashed to a chair in a dark room and forced to watch repetitions of the commercial featuring Jim Fixx peddling those overused travel cheques

- for almost serious crimes (eg. riding the subway at the P.E.I. Roadrunners Marathon) the violator should be forced to prepare an understandable explanation of how the rules governing amateur status apply to Olympic calibre runners
- for serious crimes (eg. not subscribing to Runners World) the culprit should be forced to run a race in a plain white T-shirt (I know that is cruel but it has got to be done)
- for very, very serious crimes (eg. admitting you would rather play golf than run) the perpetrator should be forced ... hold on, that sounds perfectly OK to me. Maybe we can just schedule our races in the morning so that such nice folk can get in their 18 holes in the afternoon.

There are some rough spots in this proposal at the moment but I should have enough time to iron them out the next time I take my favourite shortcut in our upcoming race.

Although Rosie Ruiz didn't win the women's section of last month's Boston Marathon, her name has become running lastest household word.

For Toronto's Bonnie McCullough, Don McLean, Don Greatrix, Mike Butcher, Warren Churchman and Dean Drinkwater, Ruiz is a superstar.

"She's our new heroine," said Churchman. They were serious about their new folk hero, having special T-shirts printed with Rosie Ruiz Marathon Club stenciled on the back.

"We haven't run a marathon yet," Churchman said before Sunday's sixth National Capital Marathon, "but then again neither has Rosie Ruiz."

By the end of the day, they were one up on their new heroine.

* * * *

Two little guys were playing near the runners' enclosure on the Carleton University campus and one kid, in a New York Yankee cap several sizes too big, said to the other:

"My dad runs in marathon just for the fun of it."

"Doesn't look like much fun," the other kids said.

The kid in the cap looked up, looked over at some people bent double after finishing, and said:

"No it doesn't." Then with the faith little boys have in dads, he said with absolute conviction:

"But it must be."

* * * *

THE DONS OF MARATHONING

What association has more "Dons" than the Mafia? It must be the aforementioned marathon club. Not every marathoner is a Don but it seems that every Don is a marathoner. OK Reeves, Harley, Pridmore, Mazer and Blane, pray tell us, "what's in the name" that makes you run?

NOTES "FROM AWAY"

Road Races in Nova Scotia and New Brunswick (June to September)

<u>Race</u>	<u>Place</u>	<u>Distance</u>	<u>Date</u>
Waverly Gold Rush	Waverly	8.1 Miles	June 21
Bridgewater Road Race	Bridgewater	6.0 Miles	June 22
Greg Foster Memorial	Fredericton	7.5 Miles	June 22
Liverpool Road Race	Liverpool	5.1 Miles	June 30
Beazley Memorial	Hantsport	6.0 Miles	July 1
Salmon Festival Road Race	Campbellton	6.0 Miles	July 1
Railroad Days Road Race	Moncton	10.0 KM	July 5
Bonne Bell Race for Women	Halifax	10.0 KM	July 6
Lobster Festival Road Race	Shediac	12.8 KM	July 12
Clare Road Race	Saulnierville	5.0 Mile	July 13
Springhill Road Race	Springhill	20.0 KM	July 19
Labatt Loyalist Marathon	Saint John	26.2 Miles	July 19
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 Mines	---	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., E0A 1Y0

PICTOU 10,000 METER RUN FOR THE LOBSTER

On July 12 at 5:30 p.m. the second annual 10 km (6.2 Mile) "Run for the Lobster" will be held in conjunction with the Pictou Lobster Carnival.

There will be trophies for winners in the usual age and sex categories. In addition, all pre-registrants who complete the course will receive a certificate of completion and a lobster dinner following the race.

As well as the individual trophies there will be a team competition open to the fastest four runners (with handicapping for age and sex) from non-athletic groups (i.e. employment groups, professional societies, service clubs, etc.).

Pre-registration ends Thursday, July 10. Runners must report to Pictou Recreation Office by 4:30 p.m. July 12.

Send entries to: Gordon Young, P.O. Box 1090, Pictou, Nova Scotia, BOK 1H0.

Entry fee is \$4 (Cheques payable to Pictou Recreation Commission.

Entries should include name, mailing address, age on July 12, sex (M/F), proposed team.

PLEASE NOTE: Any running groups/clubs in the Maritime Provinces who wish to have us publicize their upcoming event are welcome to submit the information to the Club at P.O. Box 302, Charlottetown, PEI, C1A 7K7. We will try to include these in our newsletter which is published semi-monthly.

UPCOMING P.E.I. ROAD RACES (July to September)

SEAMAN'S BEVERAGES RUN	July 5 Saturday	Ch'town	4 miles	10:00 a.m.
FULTON CAMPBELL MEMORIAL	July 19 Saturday	Montague	20 KM 12.4 miles	10:30 a.m.
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

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

RACE REGISTRATION FORMS

The P.E.I. Roadrunners Club are trying to get runners to register early and assist race organizers in their planning. In this newsletter we are sending out race registration forms for the Seaman's Beverages Run, Fulton Campbell Memorial Run and the Belfast Mid-Summer Jaunt; so please try and get these entry forms in early.

The Club wants to put on a quality event, but if we don't know how many runners to prepare for we might not have enough race helpers to properly assist a large race field.

BE KIND TO THE RACE ORGANIZERS - AND MAIL THOSE FORMS IN EARLY!!!

CONGRATULATIONS

A belated word of congratulations goes out to Parker Lund and Jake Baird for their successful completion of the Heart Marathon in Fredericton, New Brunswick, on April 6. Parker won the Masters Division and placed sixth overall with a time of 3:06:37. Jake ran into some problems along the way, but hung on to finish in 3:24:01.

The unseasonably hot weather in Boston on April 21 put an end to the hopes of many runners of achieving their personal goals. Two such entrants were the Island's Don Reeves and Stew Freeman. Both had spent the long winter months training and dreaming of breaking the three hour barrier. They were well on their way with half marathon times around one hour thirty minutes, but then the 80 degree fahrenheit temperatures took over. Don finished in 3:08 and Stew limped in 3:34. For the second year in a row a Club member who went as a supporter failed to stay put on the sidelines and joined the throng on its way to the Prudential Centre. This time it was Eleanor Farrington making the, literally, last minute decision. Eleanor finished in 4:34.

On the same day as the Johnny Miles Marathon was held in New Glasgow, Nova Scotia, with nine Island participants, the National Capital Marathon in Ottawa has bolstered by the presence of seven P.E.I. Roadrunners. Freeman Churchill fought off a flu bug that had been bothering him the previous week to finish in a very impressive time of 2 hours 48 minutes (still behind "Dusty's" best time, eh, Freeman). Don Pridmore finished in 3:08, leg cramps and all; while Don Mazer and Verner Smitheram ran together and finished in 3:45 (this was Verner's first marathon - Congratulations!). The flu bug and too few weeks to recover from the Boston Marathon put an end to Don Reeves' chances of going the distance, but he still managed to complete the half marathon distance in a pace that would have given him a shot at a three hour marathon. From that point Ewen Stewart and Terry Lynch completed the last half of the marathon as a training run.

"Just happened to be passing by," they explained.

JOHNNY MILES

Paul Wright of Bedeque made P.E.I. Strongest showing in two marathons Sunday collecting a 10th place finish in the Johnny Miles Marathon in New Glasgow.

Dan Kontak, of Antigonish, won the race in two hours, 36 minutes and 20.2 seconds.

Wright, one of eight Islanders winning the Nova Scotia event, crossed the finish line in two hours, 56 minute and six seconds for his fine placing.

Parker Lund was 20th in a field of 141 runners, with a 3:12:16 time while other Islanders finished as follows:

Lloyd Sweeney 3:25:40, Ernie Maidment 3:32:24, Walter Lee 3:38:37, Brian Cooke 3:46:59 and Stewart MacDonald 4:14:19. Bill MacDonald did not have an official timing for the run.

Monica LaPointe was the top Island female and second overall in that section with 4:20:31 finish.

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 you on what is happening in your area. Many runners from P.E.I. are not living in other provinces; drop us a line about running in your area.

We encourage all members to give us their thoughts, stories or comments by writing to: P.E.I. ROADRUNNERS CLUB, P.O. Box 302, Charlottetown, P.E.I., C1A 7K7

HOODED SWEATERS WILL NOT BE SHIPPED

We have received word from our supplier, GLM Agencies Ltd., that the Tiger Company will not be making orange colored hooded sweaters. Apparently there is not sufficient demand for the orange colored material to continue making them.

But, since the Tiger Company will continue to produce orange roadrunner t-shirts, we have asked GLM Agencies to try and find another company that makes orange hooded sweaters. If he cannot find a supplier then we will probably have to change our Club colors for the hooded sweater at least.

We want to inform the following people who have ordered the above item (Matt Smith, Eleanor Farrington, Douglas Grose, Del Moore, Stew Freeman, Stephen Sampson, Susan Bordage and Brian McInnis) that you have two choices: (1) Contact Judy Hiscott at 894-8879, or write the Club at P.O. Box 302, Ch'town, PEI, and request a refund for the amount you sent to us. (2) Wait a short while until we hear from GLM Agencies as to whether they can find another company that makes our orange colored hooded sweaters. Please let Judy know as soon as possible what you plan to do.

To all those who have ordered t-shirts they will be arriving shortly and you will be notified when they come in. GLM Agencies wishes to apologize for any inconvenience this may have caused.

VOLUNTEERS NEEDED - If you would be interested in helping out in any of the following areas, please complete the form and return it to P.O. Box 302, Charlottetown, PEI, C1A 7K7.

NAME _____

ADDRESS _____

PHONE _____ COUNTY _____

I would like to help with some club activities this summer. I have checked (✓) the one or two which I am most interested in.

- | | |
|---|---|
| <input type="checkbox"/> Race Timer | <input type="checkbox"/> Aid Station Helper |
| <input type="checkbox"/> Race Registration | <input type="checkbox"/> Recording Results |
| <input type="checkbox"/> Race Course Guide | <input type="checkbox"/> Finish Line Official |
| <input type="checkbox"/> Race Equipment Manager | <input type="checkbox"/> Tabulating Results |
| <input type="checkbox"/> Race Certificates | <input type="checkbox"/> Newsletter Assembler |

THANK YOU FOR YOUR ASSISTANCE!

REMINDER - To all Club members who received a copy of "Running on P.E.I." in the mail last month. We have had some response to our request, but there are still a lot of you out there who have not replied. If you enjoyed the book and haven't yet gotten around to dropping us a line, please do so. Your support in this matter is much appreciated.

If you have joined the Club since the middle of May and have not yet received a copy of "Running on P.E.I.", you can obtain one by forwarding your request along with two dollars (\$2) to the Club at P.O. Box 302, Ch'town, PEI, C1A 7K7.

C'mon, Second Wind, Come On!

If you've ever exercised really hard for a relatively long period of time, you might have experienced the phenomenon of second wind. Just as you begin to feel helplessly out of breath and believe you'll have to stop, you suddenly start to feel better. You might have wondered at the time whether it was all in your head. It isn't, according to Dr. Lawrence Morehouse and Dr. Augustus Miller, who discuss second wind in their book *Physiology of Exercise*. Here are the changes that occur as you get your second wind:

Respiration:

- a) Relief of a feeling of breathlessness.
- b) Reduction in rate and minute volume of breathing.
- c) Reduction in alveolar pressures of carbon dioxide and oxygen.
- d) Decrease in oxygen consumption and achievement of steady state (oxygen intake is equal to oxygen requirements).

Heart:

- a) Decrease in heart rate and more regular rhythm.

Muscles:

- a) Relief of swelling that often occurs, which may be delayed.
- b) Relief of muscle pain.

Temperature Regulation:

- a) Rise in temperature of active muscles.
- b) Appearance of sweating.

Brain:

- a) Disappearance of sensation of dizziness.

WICKS' WORLD



"You're jogging shoes have been recalled."



"And he gets paid by the mile!"

BELFAST LIONS MID-SUMMER JAUNT

1. Distance - 8 Miles
2. Date - July 26, 1980
3. Registration Time - 10:00 a.m.
4. Starting Time - 11:00 a.m.
5. Changing Facilities - Pinette Park
6. Entry Deadline - Thursday, July 24
7. Classifications -

Men		Women
1) Under 20		1) 25 & Under
2) 20-29		2) Over 25
3) 30-39		
4) 40 & Over		
8. Awards: Trophies -
 - 1) First Three Finishers
 - 2) First Female Finisher
 - 3) Town of Belfast Trophy - First Belfast Citizen to Finish

Ribbons - Top Three Finishers in Each Classification

Certificates - Certificates will be presented to those who complete 2, 4 and 6 miles as well.
9. Medical Service - St. John Ambulance
10. Policing - R.C.M.P.

ENTRY FORM - BELFAST LIONS MID-SUMMER JAUNT

LAST NAME _____

FIRST NAME _____ INITIAL _____

MAILING ADDRESS _____

CITY _____ PROVINCE _____

POSTAL CODE _____

DATE OF BIRTH _____ SEX _____

AGE ON JULY 26, 1980 _____

CLUB/TEAM _____

SIGNATURE _____

SIGNATURE OF PARENT/GUARDIAN, IF PARTICIPANT IS UNDER 18 YEARS OLD _____

MAIL ENTRY FORM TO: BELFAST LIONS MID-SUMMER JAUNT
c/o P.O. Box 302
Charlottetown, PEI C1A 7K7

SEAMAN'S BEVERAGES FOUR MILE RUN



1. Sponsors - Seaman's Beverages Ltd.
2. Organizers - P.E.I. Roadrunner's Club
3. Distance - Four Miles
4. Date - Saturday, July 5
5. Registration Time - 9:00 a.m.
6. Starting Time - 10:00 a.m.
7. Entry Deadline - July 4, 1980
8. Medical Service - St. John Ambulance
9. Policing - Charlottetown Police
10. Entry Fee - \$1 (Please enclose with entry form)
(Make cheque payable to P.E.I. 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 - Awards will be presented at Seaman's Beverages

E N T R Y F O R M

P.E.I. ROADRUNNERS CLUB/SEAMAN'S BEVERAGES

FOUR MILE RUN

LAST NAME _____

FIRST NAME _____ INITIAL _____

MAILING ADDRESS _____

CITY _____ PROVINCE _____

POSTAL CODE _____

DATE OF BIRTH _____ SEX _____

AGE ON JULY 5, 1980 _____

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: FOUR MILE ROAD RACE
 P.O. Box 302
 Charlottetown, PEI
 C1A 7K7

ENTRY DEADLINE - FRIDAY, JULY 4, 1980!