

THE SECOND ANNUAL P.E.I. ROADRUNNERS' MARATHON

What is as long as 419 football fields, goes up and down a lot and is eagerly awaited? Well, if it isn't the daily ticket tape on gold prices it must be the Second Annual P.E.I. Roadrunners Marathon. This year's Cavendish to Charlottetown classic promises to be every bit as exciting as the inaugural run in 1979. The Second Annual P.E.I. Roadrunners Marathon will take place on Sunday, September 14, 1980, starting at 12 noon in Cavendish.

The organizing committee has already begun planning for the race and its associated events. This year's sub-committee chairmen are:

Co-Chairmen, Organizing Committee - Don Harley & Parker Lund	
Fund Raising - Jake Baird	Treasurer - Stu Freeman
Secretary - Judy Hiscott	Registrar - Lance Miron
Course - Ewen Stewart	Awards - Ken Campbell
Equipment - Ed Fraser	Officials - Barrie Stanfield
Publicity - Don Pridmore	Transportation - Ernie Maidment Guy Comeay
Special Events - Judy Hiscott	

We need all the volunteers that we can get, and if you could spare a few hours on race day, or for committee work, please contact Judy at Sport P.E.I. (894-8879) or any of the committee members. We would be glad to have you.

So far it looks like quite a number of runners are interested in participating in the marathon. The first annual run was well received by the runners and many have indicated that they will be back with friends and club mates. Although we do not aspire to being a big marathon just for the sake of bigness (success isn't measured only in numbers) we would like to spread the word around that Prince Edward Island has a marathon that has a scenic and challenging course, that is well organized, that caters to the runner, that offers a good holiday opportunity for visitors and that provides a good number of prizes and awards. To some extent, we depend on "word of mouth" to spread this message. If you are travelling or meeting with other runners we hope that you will mention our run to them and perhaps pass along the brochure/entry form. Copies of the brochure are available at Sport P.E.I.

This year we will be introducing a theme to the marathon activities. In honour of the many fine runners that P.E.I. has produced (many of you will be surprised to learn of the tradition of road running on P.E.I.) we will be paying "A Tribute To Our Running Forefathers" in the weeks leading up to the marathon. We think that this will make not only an interesting forum for our banquet, but will also give us a stronger understanding of our sport and how we relate to it.

N 11 71 M.H.

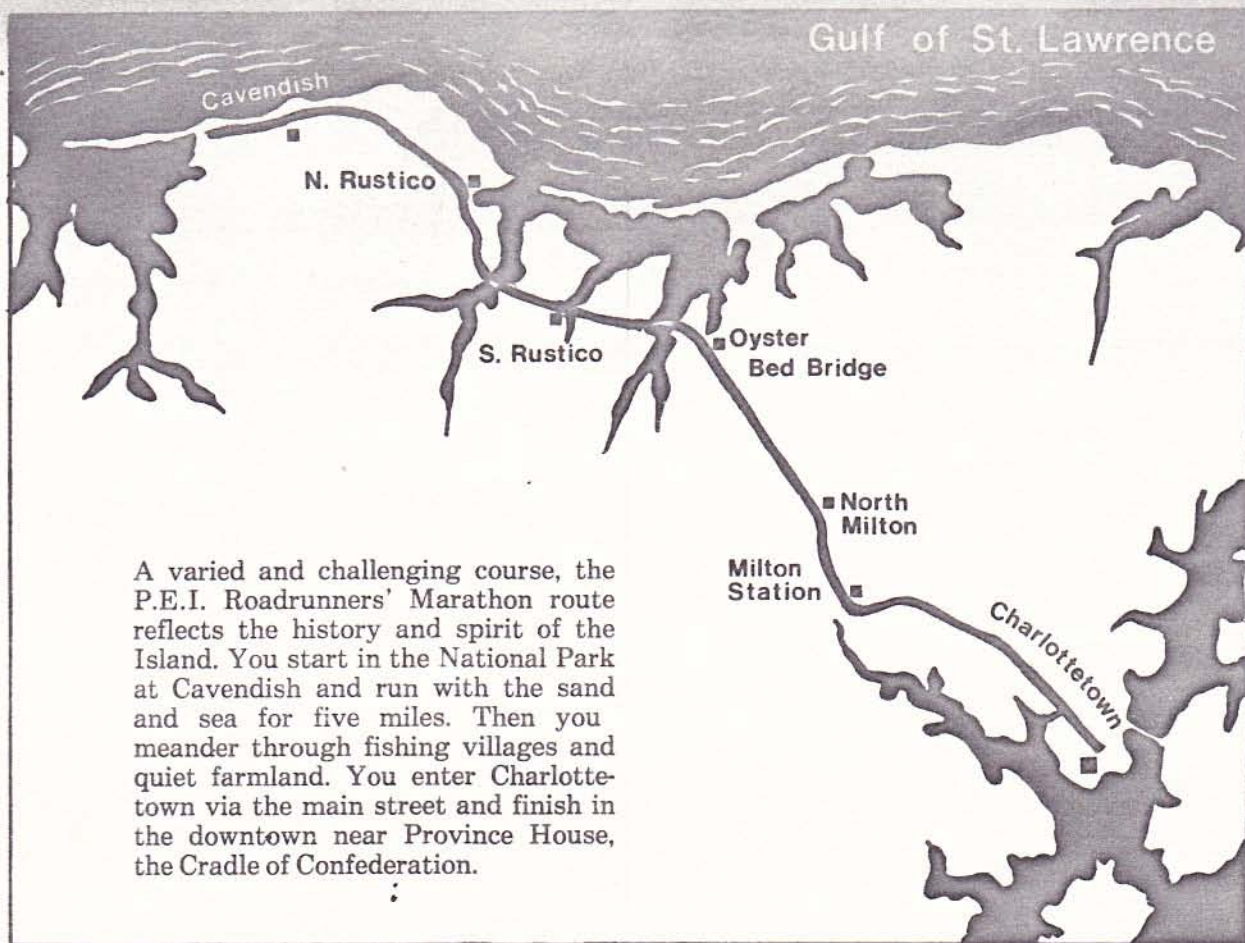
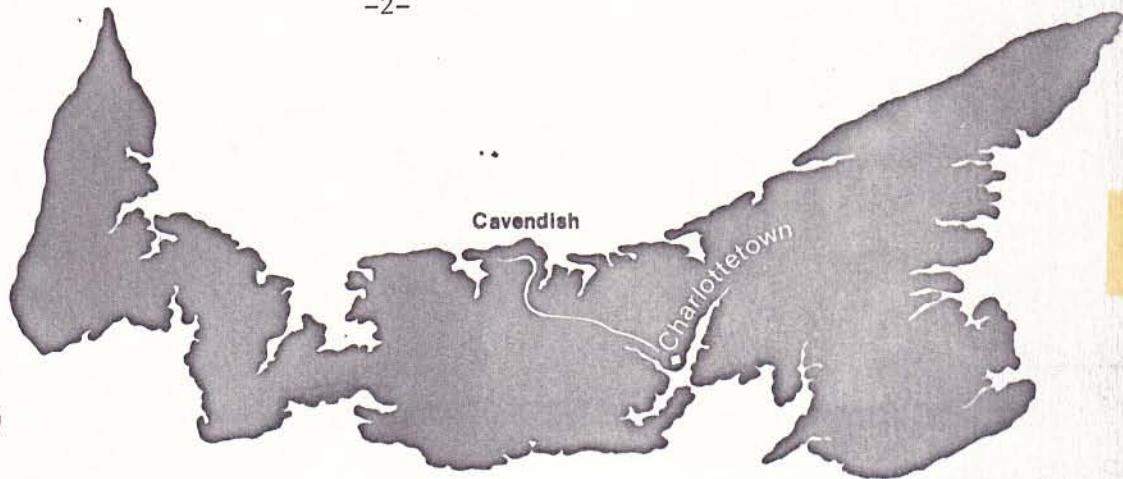
Second Annual

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Marathon

Sunday
Sept. 14, 1980



Race Details:

- begins at 12:00 noon at Cavendish (transportation from Charlottetown provided)
- Splits at one mile and every three miles
- Water, sponge and refreshment stations every three miles
- Change facilities at start and finish
- Traffic control, medical aid
- All entrants receive an information package (includes detailed map, course description, list of events, tourist information, etc.)

Awards:

- Trophies, medallions and merchandise
- Prizes by age and sex categories; team prizes as well
- All entrants receive a T-shirt
- All finishers get a certificate, finish line photo, and post-race chow

Registration Form (Deadline September 2, 1980)

Entry Fee: \$5.00

Make \$5.00 Cheque Payable To:
P.E.I. Roadrunners Club and mail to:
Lance Miron
Race Registrar
70 Kirkcaldy Avenue
Charlottetown, P.E.I.
C1E 1G8

Name _____ Age _____ Sex _____
(on Sept. 14, 80)

Address _____

City _____ Province _____ Postal Code _____

Best Marathon Time _____ Marathon _____ Year _____

T-Shirt Size (circle one) S -M -L -XL

Signature _____ Date _____

(Parent's Signature if under 18 Years)

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 _____
Signature of Parent or Guardian,
if participant is under 18 --

SPORT P.E.I. HAPPY HOLIDAY DRAW

The P.E.I. Roadrunners' Club has been actively involved in a fund raising scheme organized by Sport P.E.I. for amateur sport groups on the Island. The project involved selling tickets on various "holiday" prizes. The tickets, which came in books of six, were sold at \$1 per ticket or \$5 for a whole book. Sport P.E.I. was very generous in the distribution of profits from ticket sales. We were charged a fee of \$1 for every book of tickets sold, with the remaining money going directly to our Club. Our total sales of 125 books allowed us to realize over \$700 in profit. While the sales fall short of our original goal (200 books) we have to be pleased with the results and are grateful to Sport P.E.I. for providing the opportunity to earn these much-needed funds. Medals and certificates for some Island road races, our Club book "Running on P.E.I." and the annual P.E.I. Marathon are only some of the many projects requiring dollars.

On behalf of the P.E.I. Roadrunner's Club, I would like to thank all of those who purchased or sold tickets during this project. Your support has contributed to our success and we appreciate it. There were a small number of people who made a significant contribution and I feel they deserve mention -- Don Harley (the top individual seller), Ewen Stewart, Eric Manuel and Jake Baird. Together these people accounted for 95 books or 75 percent of the total books sold.

RESULTS OF DAIRY QUEEN BUNNY HOP (6¼ Miles) April 5, 1980

LADIES UNDER 25

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Monica LaPointe	32	1	45:29
Sherry McKenna	49	2	52:14
Moya LaPointe	57	3	56:20

LADIES 25 & Over

Eleanor Farrington	55	1	54:06
Susan Bordage	61	2	64:08

MEN UNDER 20

Shawn McKenna	8	1	38:50
Marcel Pineau	15	2	41:10
Stephen Sampson	20	3	42:42
Kenny Arsenault	22	4	43:04
Douglas Lelacheur	31	5	45:15
Barry Gill	48	6	52:14
Roger Chaisson	50	7	52:37
Tony Zakem	60	8	61:20
Kevin Clancey	61	9	64:17

MEN 20-29

Freeman Churchill	1	1	35:52
Mike Armitage	2	2	36:00
Neil MacMullin	3	3	36:07
Colin MacAdam	4	4	37:37
Roy Mason	5	5	37:42
Paul Wright	6	6	38:29
Dennis Nickerson	7	7	38:39

MEN 20-29 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Don Pridmore	10	8	40:20
Tony Forrester	14	9	41:08
Phillip Lutwick	17	10	42:15
Eric Manuel	21	11	43:00
Ed Fraser	24	12	43:37
Stacey Merritt	28	13	44:20
Matt Smith	36	14	45:52
David MacDougall	40	15	48:33
Bob Gray	42	16	49:01
Brian McInnis	43	17	50:40
Stu MacDonald	43	17	50:40
Al Stewart	59	18	58:38

MEN 30-39

Lawrence McLagan	9	1	40:03
Clare Birch	11	2	40:31
Salem Hashem	13	3	41:05
Ross Brown	16	4	41:59
Carl Phillips	23	5	43:31
Carl MacLeod	26	6	43:48
Calvin Wiley	27	7	44:07
Guy Comeau	29	8	44:56
Walter Lea	30	9	45:00
Gerald Mitchell	33	10	45:30
Verner Smitheram	34	11	45:38
Ernie Maidment	35	12	45:44
Ronnie Drake	37	13	46:17
Don Mazer	38	14	46:55
John Molson	39	15	48:11
Dave Jones	40	16	48:33
Jim Wyatt	46	17	51:46
Arnold Murphy	47	18	51:57

MEN 30-39 (Cont'd)

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Paul Hickey	51	19	52:42
Deane White	52	20	53:01
Lew Robinson	53	21	53:37
Don Harley	56	22	54:38

MEN 40 & OVER

Stu Freeman	12	1	40:32
Don Reeves	18	2	42:35
Carl Stark	19	3	42:39
Donald Moffett	25	4	43:39
Charlie Brown	45	5	51:05
Bill Cooper	54	6	54:04
Peter Gibson	58	7	56:21



"They figured anyone that would jog in the shape I'm in must be running from something."

Thank God It's My Day

It is about 7:30 a.m. I have been up since before dawn. I have seen the world at its loveliest moment. I have run more than eight miles, made my body stronger, and enriched my soul. I will shave, have a hot shower that will seem exotic and sensual, eat, and be off to do what all of us do. The difference is — I own the day.

— Joel Henning
Holistic Running



End to Depression

There are physical and psychological advantages from running. The physical include weight loss and an increase in cardiac efficiency, which lowers blood pressure. Psychologically, running is almost like meditating. It has a tranquilizing effect, and in some individuals it cures depression.

— Dr. William Hamilton
Orthopedic Surgeon
McCall's, April 1978

STANDINGS FOR THE 1980 GRAND PRIX OF ROAD RUNNING (As At April 22, 1980)

With each edition of the newsletter we will be updating the standings in our Grand Prix of Road Running. With the recent running of the Bunny Hop we can now illustrate how the standings will appear in each issue.

Two points stand out from this first listing. One is that every runner who completes one of our races scores at least one point. Our goal is to encourage participation as well as excellence, and special awards will be presented at year's end for participation. The second point is that all runners, regardless of Province of residence, can score points. To be eligible for the top standing awards, however, an athlete must compete in a minimum of three events.

OVERALL STANDINGS

MEN'S - TOP 20:	1. Freeman Churchill	25	11. Clare Birch	11
	2. Mike Armitage	20	12. Stu Freeman	10
	3. Neil MacMullin	19	13. Salem Hasjem	9
	4. Colin MacAdam	18	14. Tony Forrester	8
	5. Roy Mason	17	15. Marcel Pineau	7
	6. Paul Wright	16	16. Ross Brown	6
	7. Dennis Nickerson	15	17. Phillip Lutwick	5
	8. Shawn McKenna	14	18. Don Reeves	4
	9. Lawrence McLagan	13	19. Carl Stark	3
	10. Don Pridmore	12	20. Stephen Sampson	2

NOTE: All other male finishers of the Bunny Hop score one point.

LADIES' - TOP 5:	1. Monica LaPointe	25
	2. Sherry McKenna	20
	3. Eleanor Farrington	19
	4. Moya LaPointe	18
	5. Susan Bordage	17

AGE DIVISION STANDINGS - TOP 3

MEN UNDER 20:	1. Shawn McKenna	14
	2. Marcel Pineau	7
	3. Stephen Sampson	2
MEN 20-29:	1. Freeman Churchill	25
	2. Mike Armitage	20
	3. Neil MacMullin	19
MEN 30-39:	1. Lawrence McLagan	13
	2. Clare Birch	11
	3. Salem Hashem	9
MEN 40 & OVER:	1. Stu Freeman	10
	2. Don Reeves	4
	3. Carl Stark	3

LADIES UNDER 25:	
1. Monica LaPointe	25
2. Sherry McKenna	20
3. Moya LaPointe	18

LADIES 25 & OVER:	
1. Eleanor Farrington	19
2. Susan Bordage	17

COURSE RECORDS - P.E.I. ROAD RACES (As At April 22, 1980)

<u>RACE</u>	<u>DISTANCE</u>	<u>MEN</u>	<u>WOMEN</u>
DAIRY QUEEN BUNNY HOP	10 km	Freeman Churchill 35:52 (1980)	Monica LaPointe 45:29 (1980)
COLONEY GRAY/MCDONALDS	10 Miles	Ralph Freeze 53:45 (1977)	Nancy (Wheatley) Freeze 1:08:15 (1979)
BELFAST LIONS MID-SUMMER JAUNT	8 Miles	Mike Armitage 48:57 (1979)	Charmaine Comeau 1:05:26 (1978)
FULTON CAMPBELL MEMORIAL	12.5 Miles	Ted McKeigan 1:04:30 (1979)	Nancy (Wheatley) Freeze 1:22:59 (1978)
KENSINGTON HARVEST FESTIVAL	25 km	Joe Fougere 1:29:13 (1978)	Nancy (Wheatley) Freeze 1:57:24 (1978)
VOLUME RENTALS HALF MARATHON	13.1 Miles	Tom Conway 1:17:00 (1978)	Nancy Freeze 1:25:20 (1979)
P.E.I. ROADRUNNERS MARATHON	26.2 Miles	Tom Olsen 2:40:33 (1979)	Gertrude Mooney 3:20:19 (1979)
ALICE FAYE'S OCTOBERFEST RUN FOR WOMEN	3 Miles	- - - - -	Suzanne Schmidt 19:06 (1978)
DUNK RIVER RUN	7.3 Miles	Joe Lehman 40:42 (1978)	Monica LaPointe 56:77 (1979)
DAIRY QUEEN POLAR RUN	5.2 Miles	Dale Friesen 29:04 (1978)	Nancy (Wheatley) Freeze 36:08 (1977)

Shoe



S O C I A L R U N S

Since January social runs have been held on the occasional Saturday morning, leaving McDonald's Restaurant at 10 a.m. The group usually consisted of six to fifteen people who would run at a leisurely pace returning to McDonald's in approximately 45 minutes for a hot chocolate and some conversation. It was a perfect chance for runners to talk about their never-ending injuries, new shoes and the upcoming races this season, amongst other things.

One "special event" that took place during the social runs was a tour around downtown Charlottetown sporting banners and signs urging people to "join the majority". This run was held during National Non-Smoking Week and was designed to support the efforts of the P.E.I. Council on Smoking and Health in encouraging people not to smoke. Another run in the month of February promoted the theme "A Healthy Heart is a Family Affair" in support of the Heart Foundation during heart month.

The onset of spring seems to have had a detrimental effect on the interest in Saturday morning social runs. This is quite understandable when we consider the number of small jobs facing a person on the weekend at this time of year. Still, other people are looking ahead to the summer road race schedule and are using Saturday to get in those "long runs". For these reasons and numerous others, social runs will no longer be held on an "organized" basis. I do hope that all of you will take time during the busy summer months to meet with a few friends and go for a leisurely run just to enjoy the great outdoors and each others company. Let us not get so caught up in the competitive part of running that we forget to run just for the fun of it. The purpose of social runs was to "run for fun". Keep that in mind over the summer until those cool winter Saturdays when we meet again.

P.S. There is a run being organized for the month of May which could be considered a social run. The Roadrunners' Club and Big Brothers of P.E.I. are working cooperatively to organize the Big Run For Little Brothers. This run will be held on Sunday, May 25, and will be a 10 km event. The run has two basic objectives: (1) To encourage participation in a fun and enjoyable activity (running) and (2) To focus attention on the 4000 boys across Canada waiting to be matched with a Big Brother. We encourage all of you to come and run in this event with these objectives in mind. See you there!



PRINCE COUNTY ROADRUNNERS CLUB NEWS

The newly formed Prince County Roadrunners Club are off to a great start with 120 members signed up to date, which is pretty good considering that for many the running season has not started as yet. The Club has placed a major emphasis on participation and on influencing people to take up running.

Since the Club began in January, three meetings have been held, with the most recent featuring an interesting film on "running and why various people run".

Two fun runs were held with more than thirty runners participating in each. The First Annual Summerside Mardi Gras and Winter Carnival Fun Run was held on Sunday, February 17. Thirty-three runners braved the 35-45 mph winds and a wind chill factor of 40^o below zero. Kenny Arsenault, with a time of 12 minutes 32 seconds over the two mile snow covered course, narrowly edged out Stu Freeman to take first place honors in the mens section. Monica LaPointe (13 minutes 52 seconds) won the ladies section with Helen Deighan placing second.

The following also completed the Fun Run and are to be congratulated for participating on such a miserable day: Claude Levesque, Carl MacLeod, Lloyd Sweeney, Ronny Gallant, Brian Cook, Dick Beaune, Allan Pineau, Rod MacFarlane, Frank Lechowick, Darren Poirier, Emile Poirier, Allan Savident, Roberta Pauptit, Brent Schurman, Gary Dominey, Bill Preeper, Donna Profit, Cliff Poirier, Margaret Sutherland, Barb MacNeill, Karen Stewart, Dovon Bourquin, Judy Gaudet, Millie MacCallum, Wayne Ellis, Vicki Green, Sandra Ellis, and Claudia Ramsay.

What could be perhaps the biggest and most exciting undertaking of the Prince County Roadrunners Club this year is the "Runners Camp-In" scheduled for July 25, 26 and 27, at the Anglo Campground, west of Tignish. There are campsites for up to 200 persons, plus trailer hook-ups.

This family weekend will include the following activities, with more to be planned: Fun Runs, Social Runs, One or Two Races, Sessions on General Fitness, Yoga, Guest Lecturers (hopefully on athletic injuries, nutrition and cardiovascular), Children's Activities (trout fishing, fox farm visit, swimming, games and, of course, running).

There will be more on this weekend in a subsequent newsletter.

The Club participated in the West Royalty Fitness Centre Invitational Track Meet on Saturday, March 29th, and did very well, winning the first place team trophy, thanks to our women's team. Our women picked up two first place team finishes and also placed first and second in the women's open mile. Our congratulations go out to Cathy Clow, Helen Deighan, Monica LaPointe, Moya LaPointe, Donna Profit and Emily Wainwright. Great running, gals!

Brent Schurman
Treasurer

BROKEN FOOTED OR BROKEN HEARTED? THE CURSE OF A RUNNING INJURY

Editor's Note: Many of us in the P.E.I. Roadrunners Club have come to think of Ewen Stewart as invincible. After all, the 47 year old Charlottetown runner has put in more miles, has had better times and has participated in more marathons than just about any other club member. In 1978, for instance, he ran 3 marathons and competed in 12 other road races, all in which he posted very respectable times. In 1979, he ran 5 marathons and competed in 11 other road races. But all of us have learned that in the running game no one is exempt from the possibility of injury. We asked Ewen to write the following article because he has served as a shining example to us all of what running dedication and joy is all about. It shows that he, like all of us, has had his share of set backs but that he retains his fine sense of optimism for future running.

My First 1174 Days of Running

I started running in the spring of 1976. I had seen several runners on the streets of Charlottetown and it occurred to me that I should give it a try as well. I soon found that it wasn't as easy as it looked. My initial goal was to run a mile in 10 minutes but the first few times I tried I found that I couldn't even manage that! I also put aside the goal of running in that year's Col. Gray - McDonald's 10 mile road race since I had yet to develop the necessary training base for a distance event. So my first lesson in running was not to expect too much at first and that proper training is a necessity.

During the fall of 1976 I ran on a fairly regular basis and started to feel stronger. The running bug had bit me. On December 20, 1976, I decided to see how many days I could go without missing a day. Every day I ran I kept the thought in mind that I wanted to be able to run the following day. I had some great thrills during that period. My first race was the 1977 Col. Gray - McDonald's race where I was able to pass some runners I thought would run me into the ground and wound up winning the Master's division. There were many memorable races, particularly my first marathon at the 1978 Johnny Miles Marathon, the 1979 Boston Marathon and our own P.E.I.

Roadrunners Marathon. The weather conditions for my daily runs sometimes presented a challenge and I had my share of minor aches and pains, but with the support of my family and fellow runners I managed to run every day for 1174 consecutive days. Until March 7, that is.

While on my morning run that day a pain developed in my left foot. I loosened the shoelace and kept on going thinking that it would go away, but it finally became so bad that I had to stop. Later in the day I found out that I had a stress fracture of the second metatarsal, or, as some say, a broken foot.

I still don't know what brought about the stress fracture. My theories include my age, the number of days I spent running without missing a day, too much mileage, new shoes, or maybe just a combination of all of these. I averaged 10 miles a day during 1978 and 1979 and in February I had increased my mileage. At the time I was also on the 9th day of a "10 day road test" for a new pair of shoes. Usually I rotate my shoes every day. Whatever the cause, I must now accept the fact that the injury occurred and that I must now work cautiously on getting back on the roads. I intend to keep running and am looking forward to my next string of daily runs.

- Ewen Stewart



All in His Head?

A New York podiatrist, according to *Time*, received a call one day from a runner who he had been treating off and on for various jogging-related ailments. The 27-year-old runner was calling from a telephone booth near the 35-mile marker of a 52-mile "ultramarathon" in which he was running. He described his agonizing leg spasms and asked the podiatrist what he should do to continue the race.

"Consult a psychiatrist" was the foot doctor's advice.

FUN RUNS '80



Schedule

Date	1st Run (All distances are in miles)	2nd Run	3rd Run
May 12	1/4	1/2	1
19	1/4	1/2	1
26	1/2	1	2
June 2	1/2	1	4
9	1/2	1	3
16	1/4	1/2	1
23	1/2	1	3
30	1/2	1	4
July 7	1/2	1	2
14	1/2	1	3
21	1/2	1	4
28	1/2	1	2
Aug. 4	1/2	1	3
11	1/2	1	4
18	1/2	2	6
25	1/2	1	2
Sept 1	1/2	1	2
8	1/4	1	5
15	1/2	1	2
22	1/2	1	3
29	1/2	2	5
Oct. 6	1/2	1	2
13	1/2	1	6
20	1/2	2	3
27	1/2	1	2
Nov. 3	1/2	1	2

TIME: Monday Evenings at 6 p.m.

PLACE: Victoria Park, Charlottetown
At the Track

* These are weekly, informal runs designed to promote running as a conditioning, competitive and social activity.

* No entry fees. No advance sign-ups. Just come and run.

* All courses precisely measured. All runners accurately timed.

* Please have a doctor's checkup before coming out.

* Time certificates are awarded to EVERYONE in every race. Run as hard or as easy as you like.

P.E.I FUN RUNS ARE BROUGHT TO YOU BY THE P.E.I. ROADRUNNERS CLUB

TIME STANDARDS

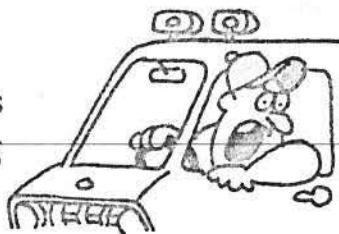
Awards	Quarter Mile	Half Mile	One Mile	Two Miles	Three Miles	Four Miles	Five Miles	Six Miles
Gold	under 1:10	under 2:30	under 5:00	under 11:00	under 17:00	under 23:00	under 30:00	under 36:30
Blue	under 1:25	under 3:00	under 6:00	under 13:00	under 20:00	under 28:00	under 36:00	under 43:00
Red	under 1:40	under 3:30	under 7:00	under 15:00	under 23:00	under 32:00	under 40:00	under 49:00
Green	under 2:00	under 4:15	under 8:30	under 18:00	under 28:00	under 37:00	under 48:00	under 58:00
White	over 2:00	over 4:15	over 8:30	over 18:00	over 28:00	over 37:00	over 48:00	over 58:00

Note: Runners under 5 and over 60 are allowed to add 2:00 per mile to each of these standards.
Runners 6-10 and 50-59 are allowed to add 1:30 per mile.
Runners 11-19, 40-49, and all women are allowed to add 1:00 per mile.

The 10 Commandments of Jogging

I Thou shalt not heed thy feet's insistence
And quit ere thou hast gone the distance.

II Thou shalt ignore
all gripes and cusses
Heard whilst dodging
trucks and busses.



III Thou shalt not rile thy neighbors' dogs
(Unless thy mind hath slipped its cogs)!

IV Come wind, or snow,
or stormy weather —
Thou still must getteth
thine act together.



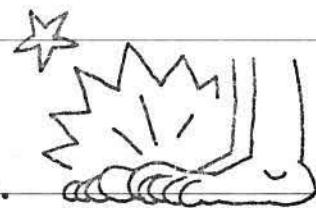
V Whilst jogging near an ice-cream shoppe,
Remember well — thou shalt not stoppe.

VI It matters not
how much thou jog,
Thou must not eateth
like a hog.



VII Dress modestly from hood to sneakers,
So thou wonst be confused with streakers.

VIII Mindeth not
such little thorns
As blisters,
callouses and corns.



IX Thou shalt not tease nor lecture smugly
Those whose clothes still fit too snugly.

X Thou shalt not sag
nor go to pot
But stayeth always
HOT TO TROT!



NOTES "FROM AWAY"

Road Races in Nova Scotia and New Brunswick (May to July)

<u>Race</u>	<u>Place</u>	<u>Distance</u>	<u>Date</u>
Sri Chinmoy Road Race	Halifax	10 km	May 4
Saint John Road Race	Saint John	11 mile	May 17
Alpine Fun Run	Halifax	5 mile	May 19
Oromocto Track Club Road Race	Oromocto	10 km	May 24
Big Run for Little Brothers	Halifax, Moncton	10km	May 25
Apple Blossom Road Race	Kentville	8 mile	June 1
Aamco Road Race	Dartmouth	5 & 10 mile	June 8
King Sport Road Race	Moncton	10 km	June 8
William Cream Memorial	Antigonish	10 mile	June 14
Striders Federal Savings	Halifax	3 & 6 mile	June 15
Waverly Gold Rush	Waverly	8.1 mile	June 21
Bridgewater Road Race	Bridgewater	6 mile	June 22
Greg Foster Memorial	Fredericton	7.5 mile	June 22
Liverpool Road Race	Liverpool	5.1 mile	June 30
Beazley Memorial	Hantsport	6 mile	July 1
Salmon Festival Road Race	Campbellton	6 mile	July 1
Railroad Days Road Race	Moncton	10 km	July 5
Bonne Bell Race for Women	Halifax	10 km	July 6
Lobster Festival Road Race	Shediac	12.8 km	July 12
Clare Road Race	Saulnierville	5 mile	July 13
Springhill Road Race	Springhill	20 km	July 19
Labatt Loyalist Marathon	Saint John	26.2 mile	July 19
Centennial Half Marathon	Windsor	13.1 mile	July 26
Halifax Natal Day Road Race	Halifax	5.2 mile	July 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, R.R. 1 Hopewell Cape, N.B. E0A 1Y0

RESULTS OF THE WEST ROYALTY FITNESS CENTRE INVITATIONAL TRACK MEET

The Prince County Roadrunners Club brought a secret weapon to the West Royalty Fitness Centre Invitational Track Meet Saturday that helped them take the championship over three other Island clubs. The weapon was depth, particularly in the womens events.

The Prince County Roadrunners Club won the championship in the three event meet with 21 points. The P.E.I. Roadrunners had 15 points, the Charlottetown YMCA had 10 points and the host team from the Spa garnered 9 points.

Although most of the outstanding individual performances of the day were turned in by runners from the P.E.I. Roadrunners and YMCA, it was the consistency of the Prince County Club that determined the final standings.

Dennis Nicherson of the P.E.I. Roadrunners became the first person to officially run a sub-five-minute mile on the Spa track when he won the mens one mile open in 4:57. Lawrence McLagan and Roy Mason finished second and third.

In the womens mile, Helen Deighan of Prince County won in 6:53 with Emily Wainwright and Susan Carty taking second and third.

A strong anchor mile by Colin MacAdam gave the YMCA team of MacAdam, Matt Smith, Steve Ling and Stacey Merritt a well earned victory in the mens three mile relay with a time of 15:22. Prince County won the womens section in 20:20.

Despite three sub-five-minute miles by Colin MacAdam, including a 4:40 effort in his first leg, the YMCA were unable to overtake a very steady P.E.I. Roadrunners Club team in the three man nine mile relay. The P.E.I. Roadrunners team of Stuart Freeman, Roy Mason and Dennis Nickerson averaged 5:22 a mile to win the event in 48:19.

Once again, the Prince County women ran to victory in their division as sisters Monica and Moya LaPointe joined Donna Profit to record a 64:15 for the nine mile relay.

In all, the Prince County women gained 18 points for the club to provide a comfortable margin of victory for their team. Monica LaPointe turned in the fastest mile of the day in the womens section with a 6:11 on her final leg of the nine mile relay.

MEET RESULTS

1. Open Mile

Men: Dennis Nickerson, 4:57; Lawrence McLagan, 5:06; Roy Mason, 5:07

Women: Helen Deighan, 6:53; Emily Wainwright, 7:01; Susan Carty, 7:19

2. Three Mile Relay

Men: 1. YMCA, 15:22 (Matt Smith, Steve Ling, Stacey Merritt, Colin MacAdam)

2. P.E.I. Roadrunners, 15:46 (Salem Hashem, Stu Freeman, Paul Wright, Mark MacDougall)

3. Prince County, 15:59 (John MacKenzie, Bill MacLean, Don Reeves, Marcel Pineau)

2. Three Mile Relay (Cont'd)

- Women: 1. Prince County, 20:20 (Moya LaPointe, Kathy Clow, Emily Wainwright, Monica LaPointe)
2. SPA, 22:19 (Janet Lord, Mary Nolan, Charlotte Obrigewitsch, Suzanne Armitage)

3. Nine Mile Relay

- Men: 1. P.E.I. Roadrunners, 48:19 (Stu Freeman, Roy Mason, Dennis Nickerson)
2. YMCA, 48:57 (Dave Darlington, Stacey Merritt, Colin MacAdam)
3. SPA, 49:25 (Lawrence McLagan, Don Pridmore, Parker Lund)
Women: 1. Prince County, 64:15 (Moya LaPointe, Donna Profit, Monica LaPointe)



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

LEVEL I TRACK AND FIELD TECHNICAL COURSE TO BE HELD

There will be a Level I Technical Course for Track and Field held Friday and Saturday, April 25 and 26. The four event areas to be covered are distance running, sprints, jumps and throws.

This course is open to any interested persons over 18 years of age. It will be held at Queen Charlotte Junior High School from 6:30 to 10 p.m. Friday and 9 to 5 Saturday.

Cost is \$5, which includes an elementary coaching manual and associate membership in the Canadian Track and Field Association. Course conductor is Lee Forbes.

To pre-register, call Sport P.E.I. (894-8879) and leave your name, address and phone number.

Cure for the Blues

Even for non-competitive people, running offers numerous rewards. Perhaps most important is the sense of psychological well-being it brings. After a good run you feel alert, cheerful, optimistic; there's no surer cure for the blues.

— James F. Fixx
Seventeen, April 1978

Welcome to the Club

by Old Jed

Recently your faithful reporter heard a rumour that an Olympic hopeful in the marathon was thinking of joining the P.E.I. Roadrunners Club. By expert investigation and incredibly astute deduction I tracked this runner down and interviewed him for the Newsletter. Even though he is a future Olympian, he is just as modest as I am. His name is Flash Footster.

TALENTED INTERVIEWER (that's me): Well Flash, what is your goal for the Olympic marathon?

FLASH: I plan to run it in under two hours.

TI: Isn't that a little far-fetched? After all, the world's fastest time is over two hours and eight minutes.

FLASH: I figure it this way. I either wanted to run a marathon in under two hours or join the Toronto Maple Leafs and win the Stanley Cup. Now which is more far-fetched?

TI: Good point. But what happens if the Olympic Games are boycotted?

FLASH: That will be better than ever. Remember how Canada got so much praise when our Ambassador in Iran smuggled six Americans out of the country? Well, my plan is to smuggle six Americans into Moscow. When they all win gold medals the Americans will be so pleased that they will shower us with gifts like 13 free episodes of the Dukes of Hazzard and 87 brand new K-Mart stores.

TI: Sure Flash. By the way, how did you come to choose the P.E.I. Roadrunners Club for your new affiliation?

FLASH: That's easy. With all the money you guys must have I could live as well as an "amateur" European skier.

TI: Oh, oh. I'm afraid that you are wrong there Flash. Our money goes to cover club expenses. Our race fees go toward costs like medals and trophies. The money from ticket sales and memberships goes into equipment, special projects such as the Running on Prince Edward Island book and events such as the marathon. We sell club T-shirts, sweat shirts and jackets at cost. Right now, as a matter of fact, we are actually a little in debt so we have to work extra hard at fund raising projects.

FLASH: Hmm. Well, I figured because you are a marathon club and all...

TI: Sorry Flash, we are a club for all runners. Sure we have some marathoners, and we are proud of them, but we are also proud of all

our runners, whatever level they are at. Our objective is to encourage running as an enjoyable sport and healthy recreation.

FLASH: Now that doesn't sound like the Olympic spirit to me. Anyway, you Roadrunners are the kind of guys I like, always serious and never displaying a sense of humour.

TI: Actually we have two runners with senses of humours, but they asked me to keep it a secret.

FLASH: I suppose that I won't be able to get professional coaching from you guys either?

TI: Not exactly. But we have all kinds of information for beginning and intermediate runners. We are now working on a revised "beginner's packet" to help runners get off on the right foot (the left) and our Social and Fun Runs provide excellent opportunities to meet experienced runners and learn more about footwear, training, stretching excercises, etc.

FLASH: You know, that's not a bad idea. I think I'll get that beginner's packet and start jogging tomorrow.

TI: Start? Do you mean that you were planning to run in the Olympics and you haven't even started running?

FLASH: Well, running looks so simple. I mean, there really isn't anything to it, is there?

(Editor's Note: The interview seemed to have come to a halt at that point when Talented Interviewer gasped three times, fell to the floor and started mumbling something like "let me have patience O Lord")

Race Grows Longer

A long-distance foot race called a Marathon was first included in the Olympic Games at Athens in 1896. The length of the race was then 25 miles.

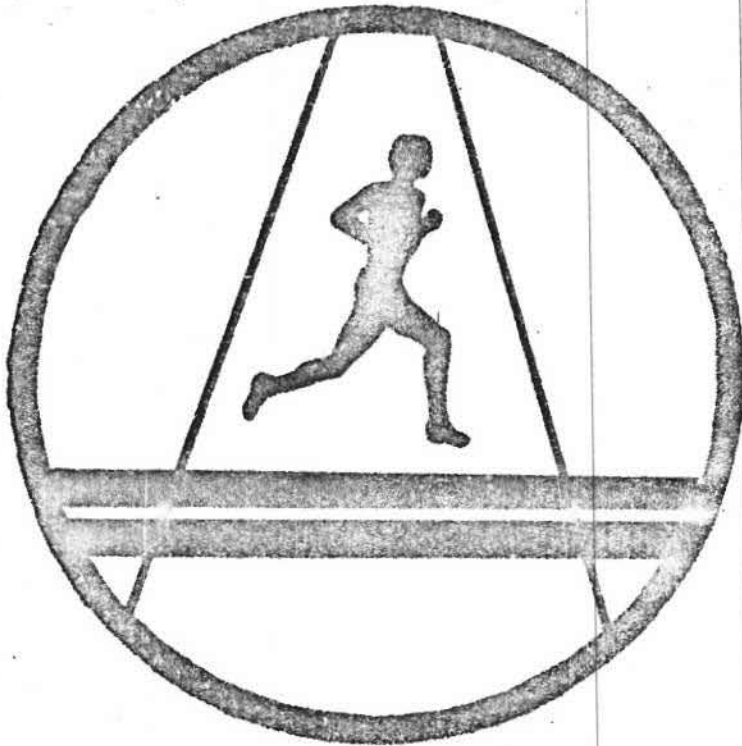
The distance was standardized for the 1908 Olympic Games in London at 26 miles, 385 yards. That was the distance from the start of the race at Windsor Castle to the front of the royal box in the stadium where the Games were held.

Warm-Up Fries

2 medium potatoes,
unpeeled
1 tbsp. corn or
safflower oil

Dash salt
Dash pepper

Scrub unpeeled potatoes well, then cut in half lengthwise. Slice each half into lengthwise wedges, so that each wedge has some peel. Soak the potato strips in a bowl of cold water and ice cubes 20 minutes. Preheat oven at highest setting. Meanwhile, spray a nonstick cookie sheet with vegetable coating for no-fat cooking. Drain and dry the potatoes and spread on the cookie sheet.



4th ANNUAL ATHENA 7 MILE RUN

1. Date - Saturday, May 10, 1980
2. Sponsors - Athena Intermediate Student Council
3. Organizers - Charmaine Comeau, Garth Turtle
4. Distance - 7 Miles
5. Registration Time - 9:15 - 10:15 A.M.
6. Starting Time - 10:30 A.M.
7. Medical Service - St. John Ambulance
8. Policing - R.C.M.P.
9. Entry Fee - Students - .50 (Payable at
Adults - \$1.00 registration)
10. Changing Facilities - Athena Intermediate School
11. Classifications -

<u>Boys & Girls</u>	<u>Men & Women</u>
Bantam - Under 14	as of 20-29
Midget - Under 16	Jan. 1, 30-39
Senior - Under 20	1980 40 & over
12. Awards - Ribbons - 1st., 2nd., and 3rd. place in all classifications will receive ribbons. Certificates of participation will be given to all finishers.
13. For further information call 436 - 9178

CFCY SPRING FEVER PACE



- 1. Sponsor - C.F.C.Y. Radio 6:30
- 2. Organizers - P.E.I. Roadrunner's Club
- 3. Distance - 2 Miles
- 4. Date - Sunday, May 18, 1980
- 5. Registration Time - 1:00 p.m. (SHARP!)
- 6. Starting Time - 2:00 p.m.
- 7. Entry Deadline - Before race time
- 8. Medical Service - St. John Ambulance
- 9. Policing - Charlottetown Police Department
- 10. Changing Facilities - Available at Colonel Gray High School

11. Classifications -

	<u>Men</u>	<u>Women</u>
1.	8 & Under	1. 8 & Under
2.	9 - 14	2. 9 - 14
3.	15 - 20	3. 15 - 20
4.	21 - 25	4. 21 - 25
5.	26 - 30	5. 26 - 30
6.	30 - 39	6. 31 - 39
7.	40 & Over	7. 40 & Over

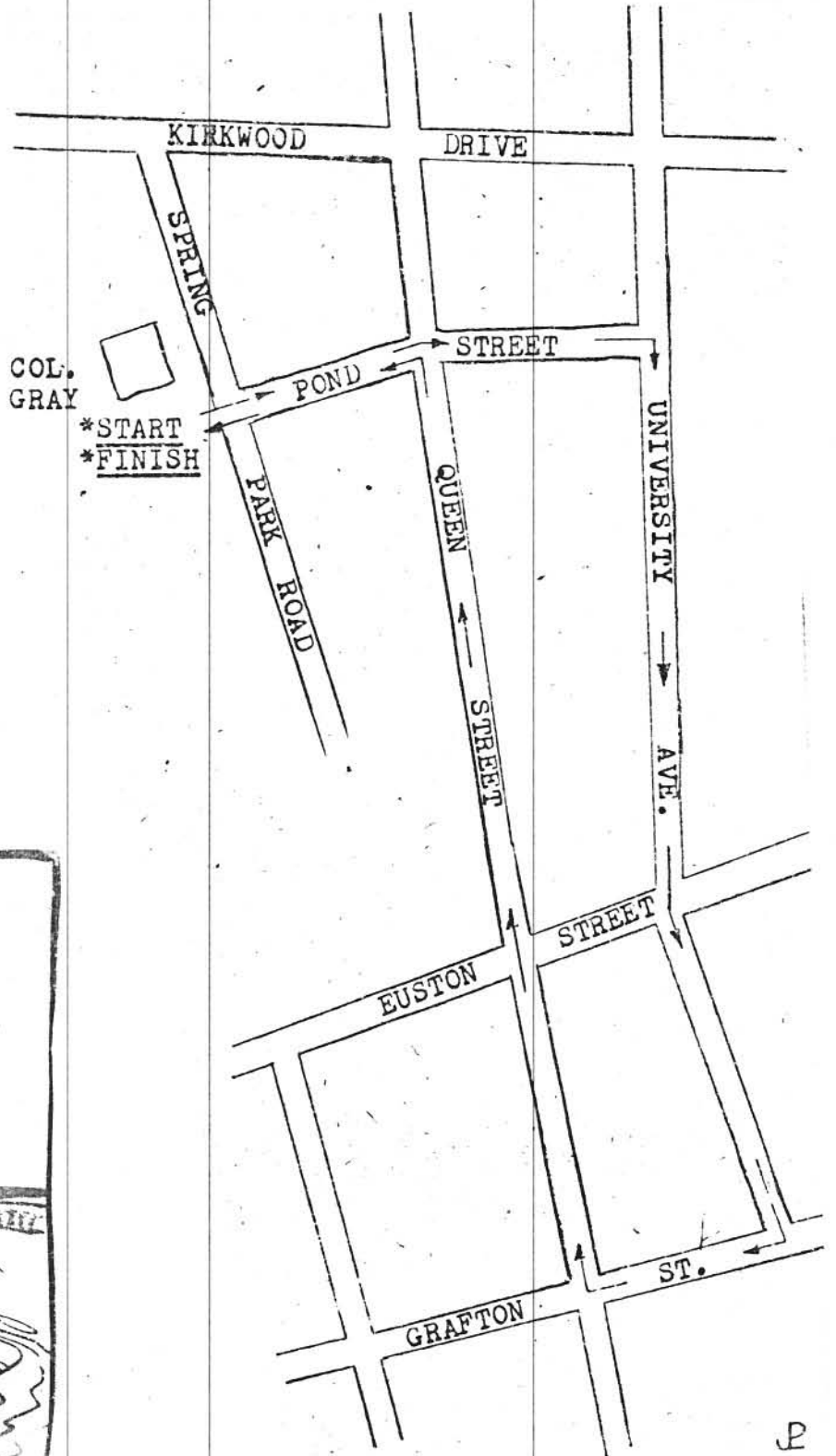
- 12. Awards - Trophies --- Presented to the winner in each of the above male and female age categories
- Ribbons --- Presented to the top "three" finishers in each of the above male and female age categories
- Certificates - Presented to all those who finish.
- 13. Awards will be presented at Colonel Gray High School
- 14. To Enter ----- Call CFCY (894-7347), Leave Name, Address, Phone Number and Age



Jogger's Julienne

- 2 tbsp. olive oil
- 2 tbsp. dry red wine
- 2 tbsp. lemon juice
- 1/2 tsp. garlic salt
- 1/8 tsp. pepper
- 1 tsp. crushed mint leaves
- 2 cups cooked lamb, cut in julienne strips, loosely packed
- 2 medium cucumbers, diced
- 3 black olives, sliced
- 4 cups shredded lettuce

Combine the oil, wine, lemon juice, garlic salt, pepper, and mint.



"But suppose we don't get rescued before the Boston Marathon?"

P



1. Sponsors - Campers' City
2. Organizers - P.E.I. Roadrunner's Club
3. Distance - Five Miles
4. Date - Saturday, May 31st
5. Registration Time - 1:00 p.m.
6. Starting Time - 2:00 p.m.
7. Entry Deadline - Before race time
8. Medical Service - St. John Ambulance
9. Policing - Charlottetown Police and R.C.M.P.
10. Entry Fee - \$1 (Please enclose with entry form)
(Make cheque payable to P.E.I. Roadrunners Club)
11. Classifications -

Men	Women
1) Under 20	1) 25 and Under
2) 20-29	2) 26-39
3) 30-39	3) 40 and Over
4) 40 and 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 Campers' City

THE SECOND ANNUAL MANITOBA MARATHON

WINNIPEG
MANITOBA

SUNDAY
JUNE 15
1980



A RUNNER'S DREAM
CERTIFIED FLAT!

WINNIPEG • MANITOBA • CANADA

HOST OF 1980 NORTH AMERICAN MASTERS CHAMPIONSHIPS

THE 1980 MANITOBA MARATHON

The City of Winnipeg is proud to be the host of the FIRST ANNUAL NORTH AMERICAN MASTERS CHAMPIONSHIP.

In conjunction with this is the SECOND ANNUAL MARATHON.

The 26 mile course will take you through this historic city in the heart of the continent, and this course is a runner's dream ... totally flat!

Last year over 5,000 people ran the Marathon with a winning time of only 2:17:31!

CATEGORIES:

There will be 20 DIVISIONS according to age, etc., as well as 19 TEAM CATEGORIES.

AWARDS:

The FIRST PLACE FINISHERS in SIX CATEGORIES will win a trip to the LONDON (ENG.) MARATHON.

Other awards include trips to MARATHONS in: NEW ZEALAND, LAS VEGAS, CHICAGO, PASADENA, DETROIT and TORONTO.

Division winners will receive unique Tyndallstone trophies. 2nd - 10th place finishers receive specially struck MEDALLIONS as well as prizes that will be awarded to the top 10% in each category.

SPECIALS:

- Traditional SPAGHETTI FEAST the night before the run.
- POST RACE BANQUET!
- SPECIAL MARATHON ACCOMMODATION RATES.

FOR INFORMATION WRITE:
MANITOBA MARATHON
P.O. BOX 53
WINNIPEG, MANITOBA
CANADA R3C 2G1
PHONE: (204) 453-0931

Come...just for the Run of it!