

Come... Run on Prince Edward Island



FROM THE EDITOR

Welcome to another edition of the P.E.I. Roadrunners Club Newsletter. There's lots of interesting reading ahead, so we'll not try to hold you up too long before you get into the articles.

With this edition we are pleased to introduce a new feature column, "Personalities in the Pack" by Golden Locks himself, Jim Wyatt. Jim will be focussing on a different Island runner with each edition to add a little background to the faces you see at many of our races. This is a direction that we would like to strengthen in the Newsletter. It is hoped that in future issues we can introduce you not only to runners from the Island, but also some of the top runners in the other Maritime Provinces. We would also like to provide more commentary on what is happening throughout the region. In sum, it is our objective to help keep you in touch with runners and running in our part of the world.

The articles in this edition have been contributed by nine different writers and that too is something that we are pleased about. As an open forum for the Club, we see the newsletter as a chance for readers to tell us about their views, running adventures or other stories. We appreciate receiving your comments, letters, articles and jottings.

The next several months will be quiet as far as racing goes, but there will be many other activities taking place. The Queens County Roadrunners will be holding an organizational meeting on January 13 and they inform us that they have a lot of work to do in getting the Club underway. This is also an ideal time for runners in the other two counties to plan ahead and get activities underway. There is much to do in terms of improving our organization of races, developing fun and recreational runs, promotion of the sport, disseminating information and other tasks. We hope that you will resolve to make 1981 the year that you play a key role in running in P.E.I.

Merry Christmas to all. Enjoy the holiday season.

- The Editors
Don, Judy and Don

THE SUMMER AND FALL ROAD RACES IN REVIEW

The past five months has seen more road races in Prince Edward Island than in any other similar period. Ten Grand Prix events were held during that span of time. Unfortunately, we at the newsletter have been unable to keep up with that active schedule in the reporting of the races. Our last Newsletter featured the results of the P.E.I. Roadrunners Marathon, so we would now like to concentrate on the other road running events.

Fulton Campbell 20 Kilometer Road Race; July 19, 1980

In a summer notorious for rain, it was amazing how many sunny, warm days this year's road running calendar enjoyed. The Fulton Campbell 20 KM was no exception. The hottest item on the roads that day was Mike Armitage. Mike led from start to finish and the only question was how fast he could complete the distance. His time of 70:25 was a little over Ted McKeigan's course record, but it was still a very impressive showing. Monica LaPointe was the winner in the women's section.

The complete results were as follows:

Finishers 1 - 18		Finishers 19 - 36		Finishers 37 - 54	
Mike Armitage	70:25	Douglas Malcolm	82:57	Ken MacDougall	95:07
James Freim	73:37	Calvin Wiley	83:40	Clare Birch	95:09
Tim Dahling	74:56	Peter Kittilsen	85:44	Don Harley	96:18
Lawrence McLagan	76:52	Stuart McKelvie	85:46	Barry Gill	96:44
Willie MacDonald	77:07	Jim Bruce	86:18	Leon Berrouard	99:23
Ron Bellemare	77:30	Tony Forrester	87:41	Bob Gray	99:23
Wayne Gerrior	77:52	Eric Manuel	87:45	Monica LaPointe	99:45
Don Pridmore	78:00	Gerald Mitchell	87:49	Fred Kelley	99:46
Stew Freeman	78:41	Ken Campbell	88:05	Allan Savidant	103:29
Ewen Stewart	79:05	Paul Wright	88:55	Brian McInnis	103:50
Ed MacDonald	79:36	Guy Comeau	89:25	Rodney Dempsey	105:20
Salam Hashem	79:41	Bill MacKenzie	89:55	Fred Affleck	107:58
Carl Phillips	80:02	Gary Mahar	90:34	Gordon Chapman	111:07
Jim Wyatt	80:28	Lorne Carmichael	91:00	Larry Wright	111:40
Richard Beazley	81:03	Francis O'Donnell	91:54	Ed Harris	111:52
Jim Wentworth	81:16	Ninian LeBlanc	92:33	Gary Aitken	117:17
Bill Davies	81:35	Charles-Henri Landry	93:50	Moya LaPointe	134:32
Richard Richard	81:45	Richard Papenhausen	94:18	Lee Blunston	135:04

Belfast Lions Mid-Summer Jaunt, 8 Miles; July 26, 1980

P.E.I. had its share of close races this year (other than when Mike Armitage set off on his record setting journeys) and the Belfast Lions Mid-Summer Jaunt was a classic toss-up to the very end. Roy Mason surprised most observers by recovering from the marathon he ran the week before to battle for another victory. But the day belonged to Lawrence McLagan. The Charlottetown photographer captured his first Island road race by overtaking Mason just before the wire. The women's section went to Mary Rossiter who posted her second Island road race victory of the year.

Finishers 1 - 17		Finishers 18 - 33		Finishers 34 - 49	
Lawrence McLagan	47:46	Don Mazer	55:01	Leon Berrouard	62:48
Roy Mason	47:47	Eric Manuel	55:38	Brian McInnis	63:29
Willie MacDonald	50:00	Gerald Mitchell	56:00	Glen Hardcastle	64:15
Jim Wyatt	50:07	Mary Rossiter	56:08	Neil Warriner	65:52
Don Pridmore	50:20	Ronnie Drake	56:39	Ronnie Lund	66:13
Ewen Stewart	50:36	Matt Smith	56:45	Moya LaPointe	66:45
Tony Forrester	50:56	Lambert Pauley	57:11	Joan Nelson	67:10
Carl Phillips	51:18	Michael Grey	57:27	Rick LaPointe	67:11
Jake Baird	51:27	Monica LaPointe	57:40	Roger MacLean	69:41
Randy MacNeill	51:28	Ninian LeBlanc	59:20	Dennis MacKay	70:23
Clare Birch	51:48	Colin MacAdam	59:35	Ian Carter	71:53
Parker Lund	51:53	Bob Gray	59:55	Dale Murchison	71:59
Salam Hashem	52:30	Don Harley	60:48	Glenn Edison	73:55
Calvin Wiley	53:16	John Molson	60:58	Susan Bordage	74:36
Stuart McKelvie	53:17	David Baxendale	61:05	Stewart MacDonald	75:36
Mark McCosham	53:45	Rodney Clark	62:47	Lee Blunston	81:10
Mike Mooney	54:00				

Tyne Valley 20 Mile Road Race; August 9, 1980

Serious training for the P.E.I. Roadrunners Marathon for many Island runners included the Tyne Valley Road Race in early August. While a good number of the entrants talked about the race as just a 'training run', the times were surprisingly good. Tom Conway of Halifax led from start to finish to take the race in 2:01:06. Not too far behind him was Paul Wright whose 2:03:25 gave promise of a good marathon to follow. Third and fourth places went to 'tourists' Steve Collins of U.N.B. and Philip Tuths of the Greater Boston track team. Monica LaPointe once again led the way for the women in posting a time of 2:47:33.

Finishers 1 - 12		Finishers 13 - 23		Finishers 24 - 34	
Thomas Conway	2:01:06	Parker Lund	2:23:43	Bob Gray	2:41:57
Paul Wright	2:03:25	Calvin Wiley	2:26:58	Tony Forrester	2:43:11
Steve Collins	2:07:09	Jacques Denizeau	2:29:22	Don Mazer	2:46:42
Philip Tuths	2:09:28	Stuart McKelvie	2:29:47	Verner Smitheram	2:46:42
Ewen Stewart	2:12:19	Gerald Mitchell	2:33:25	Monica LaPointe	2:47:33
Ron Bellemare	2:13:28	Gary Mahar	2:35:54	Ken MacDougall	2:58:07
Roy Mason	2:19:57	Walter Lea	2:36:10	Anthea Bellemare	3:08:01
Stew Freeman	2:20:05	Ninian LeBlanc	2:36:52	Moya LaPointe	3:08:47
Carl Phillips	2:22:03	Carl MacLeod	2:38:11	Rick LaPointe	3:08:53
Matthew Smith	2:22:36	Gavin Milo	2:39:23	Carolyn Savoy	3:20:09
Jake Baird	2:23:43	Don Harley	2:39:44	Lee Blunston	3:53:55
Jim Wyatt	2:23:43				

National Park Run, 10 Kilometers; August 16, 1980

If there is one fast, flat and straight road racing course in P.E.I., the National Park 10 KM Run has to be it. The course is ideally suited for personal best times and that's just what a number of runners did at the first annual holding of this event. Mike Armitage dashed from wire to wire with the lead all the way to finish in a time of 32:29. Behind him were Lawrence McLagan and Roy Mason, both smashing well under the 35 minute standard. Nova Scotia's Ron Bellemare came up with his best finish in a P.E.I. road race with a fourth place standing and Ewen Stewart placed fifth. Monica LaPointe continued to show why she had the best record of Island women runners as she crossed the finish line in 41:33

Finishers 1 - 24

Mike Armitage	32:29
Lawrence McLagen	34:03
Roy Mason	34:33
Ron Bellemare	35:14
Ewen Stewart	35:30
Julian Gallant	36:00
Jim Wyatt	36:01
Carl Phillips	36:04
Ken Arsenault	36:25
Salam Hashem	36:28
Randy MacNeill	36:33
Tony Forrester	36:40
Peter Kittilsen	36:47
Stew Freeman	36:50
Clare Birth	36:55
Ronnie Bellemare Jr.	37:04
Jake Baird	37:19
Don Reeves	37:29
Phillip Nagy	37:41
Philip Easter	37:42
John MacKenzie	37:50
Stuart McKelvie	37:57
Don Moffett	37:58
Anders Bjorgung	38:29

Finishers 25 - 48

Ronnie Drake	38:45
Gerald Mitchell	38:57
Edwin Knox	39:44
Sehiff Martin	39:59
Bob Gray	40:05
John Power	40:08
John Stewart	40:28
Verner Smitheram	40:31
Steve Fry	40:34
Gary Mahar	40:38
Lorne Carmichael	40:39
Ninian LeBlanc	40:46
Vince Blanchard	40:53
Kent Robbins	40:57
Don Mazer	41:06
William Briggs	41:22
Monica LaPointe	41:33
Scott Henniger	41:59
George Ferguson	42:01
Jerry Allan	42:28
Cliff Fletcher	42:30
Michael Harris	42:36
Barry Gill	42:56
Gerald MacDonald	43:07

Finishers 49 - 72

Arnold Murphy	43:12
Susan Adams	43:47
Don Harley	43:52
John Molson	44:06
Brian Chambers	44:36
Lloyd MacCallum	44:39
Dale Claybourne	45:39
Leon Berrouard	45:49
Robert Wyatt	46:13
Peter Gibson	46:25
Caroline Paton	46:26
Larry Wright	46:39
Art O'Malley	47:00
Moya LaPointe	47:46
Eleanor Farrington	48:31
Ken Peterson	52:05
Jonathon Callbeck	52:56
Karen Stewart	53:54
Anne MacKinnon	53:56
Pamela McKelvie	54:42
Joan Ellis	55:53
Anne Hebebrand	59:23
Carherine Widgery	60:39
Earlene MacKinnon Gray	60:40

Kensington Harvest Festival 25 KM Road Race; August 23, 1980

There is a tradition of having the Harvest Festival race on one of the hottest days of the year. This year was no exception. The heat took its toll on many of the runners and led to a procession of weary finishers by the time the end came in this hilly 25 KM test of running. Neil Ashton of West River Station, Nova Scotia, ran the most steady race of the day to just nip under the 1:40 mark with a time of 1:39:29. He was almost four minutes ahead of second place finisher Don Pridmore. Roy Mason faltered in the heat over the last four miles but managed to retain third. Monica LaPointe racked up another ladies division crown despite one of her weaker runs of the year. Ewen Stewart seemed to be flirting with an affinity for fifth place finishes in August as he claimed that position in Kensington for the third straight week.

Finishers 1 - 9

Neil Ashton	1:39:29
Don Pridmore	1:43:21
Roy Mason	1:45:05
Lawrence McLagen	1:46:59
Ewen Stewart	1:47:05
Norman Savoie	1:47:39
Jim Wyatt	1:49:48
Salam Hashem	1:50:49
Carl Phillips	1:52:14

Finishers 10 - 17

Jim Bruce	1:52:26
Gerald Mitchell	1:54:35
Randy MacNeill	1:54:35
Calvin DesRoches	1:57:26
Frank Jarrett	1:57:54
Calvin Wiley	1:59:37
J. Darrach Murray	2:00:10
Don Reeves	2:02:42

Finishers 18 - 25

Lorne Carmichael	2:03:10
Bob Gray	2:10:18
Roger Baillie	2:11:27
Monica LaPointe	2:17:10
Leon Berrouard	2:19:48
Moya LaPointe	2:31:46
Rick LaPointe	2:36:16
Margaret MacNeill	3:20:33

Volume Rentals Half Marathon; August 30, 1980

The Volume Rentals Half Marathon marked the sixth consecutive week that a road race had been held in P.E.I. Several runners, including Roy Mason, were fighting battle fatigue as they finished the summer racing season and headed toward the P.E.I. Roadrunners Marathon. But if Roy was weary in the Half Marathon he sure didn't show it. Mason emerged from a two-man struggle with Tim Dalling to take the victory with a time of 1:20:28. Dalling finished 27 seconds off the pace and was followed by Don Pridmore, Ewen Stewart and Jim Wyatt. Ewen's fourth place finish broke his string of fifth place finishes at three. Eleanor Farrington had the rare honour of being the only woman runner and responded with one of her best races of the year.

Finishers 1 - 11		Finishers 12 - 22		Finishers 23 - 33	
Roy Mason	1:20:28	Calvin Wiley	1:28:36	John Campbell	1:45:54
Tim Dalling	1:20:57	Matt Smith	1:29:41	Don Harley	1:46:17
Don Pridmore	1:23:15	Jake Baird	1:30:42	Brian McInnis	1:49:35
Ewen Stewart	1:24:10	Ken Campbell	1:32:06	Allan Savidant	1:50:16
Jim Wyatt	1:24:11	Bob Gray	1:33:26	Frank Huston	1:51:26
Parker Lund	1:25:44	Eric Manuel	1:34:12	Bill Connor	1:51:57
Carl Phillips	1:26:53	Lorne Carmichael	1:34:13	Eleanor Farrington	1:52:09
Calvin DesRoches	1:27:07	Gary Mahar	1:35:13	Peter Gibson	1:52:31
Jim Bruce	1:27:50	Paul Field	1:35:53	Fred Affleck	1:53:01
Salam Hashem	1:28:10	Barry Gill	1:38:51	Ronnie Lund	2:13:44
Randy MacNeill	1:28:31	Ronnie MacKenzie	1:41:50	Lee Blunston	2:53:00

Alice-Faye Octoberfest 3 Mile Run for Women; October 5, 1980

It was purely by accident, or should we say good fortune, that Sheila Currie happened to be attending a seminar in Charlottetown when the Alice-Faye three-miler was held. But it was no accident that the St. John's resident put in one of the fastest three mile times, male or female, on the Island this year. One of the top middle distance runners in the country, Currie raced hard all the way en route to a time of 16:10. Her impressive showing almost overshadowed one of the finest efforts of the year by Monica LaPointe who managed to dip below the six minute mile pace barrier for the first time in a road race. Monica's sister Moya also put in one of her best performances of the year in finishing third.

Finishers 1 - 8		Finishers 9 - 16		Finishers 17 - 24	
Sheila Currie	16:10	Katie LeClair	22:35	Mary Louise MacAdam	25:47
Monica LaPointe	17:55	Shelley McDonald	22:55	Phyllis Easter	26:40
Moya LaPointe	19:37	Vanessa Lund	23:03	Patty Downe	27:39
Marlene Costain	19:50	Judy Gaudet	23:05	Darlene Barber	28:04
Joan MacDonald	20:18	Rosemary Nykey	23:23	Charlene Dempsey	28:08
Eleanor Farrington	20:41	Millie MacCallum	23:30	Pamela MacCallum	33:16
Rosemary Faulkner	21:05	Michelle Ives	24:07	Debbie Ferguson	34:16
Susanne Large	22:16	Susan Bordage	24:41	Debbie Dunsford	34:16

Non-Puffers Pace (Handicap Race), Southport; October 26, 1980

It is not often that the slower runners have a chance to beat the Island's best road runners, but when they had the chance they made the most of it. Gary McQuaid used his early starting position to lead from start to finish and win the four-mile handicap race. Some runners, like McQuaid, started off with as much as a 14-minute lead over the fastest runners. In general, the handicaps allowed some runners who have never placed highly in a Roadrunners race to finish near the top. It is all done in the name of fun and the different challenge for runners can create one of the most interesting race situations of the year.

The handicap race was sponsored by the P.E.I. Council on Smoking and Health as part of their efforts to promote health and fitness.

Finishers 1 - 13		Finishers 14 - 26		Finishers 27 - 38	
Gary McQuaid	30:30	Bethany Rogers	35:57	Walter Lea	36:59
Jimmy Paynter	30:35	Allan Savidant	36:02	Julien Gallant	37:02
John Martin	33:46	Jonathon Freeman	36:02	Kenny Arsenault	37:05
Sheila Bell	33:51	Joan McDonald	36:12	Tony Forrester	37:07
Erin Reilly	34:08	Calvin DesRoches	36:22	Stew Freeman	37:07
Ronnie Drake	34:24	Eleanor Farrington	36:32	Matt Smith	37:11
Chris Freeman	34:26	Rosemary Faulkner	36:34	Bob Gray	37:27
David Vos	34:28	Art O'Malley	36:38	Susan Rogers	37:27
Barry Gill	34:47	Jim Wyatt	36:44	Willie MacDonald	37:36
Colin Easter	34:52	Carl Phillips	36:46	Robbie Craig	39:38
Brian MacDonald	35:17	Don Moffett	36:48	Todd Stokes	41:54
Tim Easter	35:20	Susanne Large	36:53	Robbie Stokes	43:56
Ronnie Lund	35:22	Lawrence McLagan	36:53		

Dunk River Run, 7.3 Miles, Bedeque; November 8, 1980

In one of the closest races of the year, Dale Corkum of Arichat, Nova Scotia, edged out Mike Armitage by seven seconds to win the third annual Dunk River Run. Corkum also became the first runner to break the 40 minute standard on the course with his 39:15 timing. The competition between Corkum and Armitage was close all the way as the two matched each other stride for stride over the first six miles. Dale then got the jump he needed to take the lead and his speed was too great to let Mike overtake him as they reached the wire.

Monica LaPointe ran one of her strongest races to date to win the women's section in a time of 46:38. That pace would have given her a sub-40 minute time at the 10 kilometer mark.

Finishers 1 - 12		Finishers 13 - 24		Finishers 25 - 35	
Dale Corkum	39:15	Monica LaPointe	46:38	Moya LaPointe	54:07
Mike Armitage	39:22	Don Moffett	46:56	Chris Moffett	51:08
Lawrence McLagan	42:13	Mike Reid	48:29	Ronnie Lund	54:17
Don Pridmore	42:51	Eric Manuel	48:46	Timmy Easter	54:22
Roy Mason	43:01	Beverly Burchill	49:33	Todd Drummond	54:36
Jim Wyatt	43:48	Dan Bracuk	50:06	Lloyd MacCallum	55:21
Carl Phillips	45:01	Roger Hewlett	50:29	Eleanor Farrington	56:18
Calvin DesRoches	45:15	Walter Lea	50:41	Allan Savidant	56:14
Salam Hashem	45:34	Carl MacLeod	52:01	Liz Towers	56:59
Julien Gallant	45:46	Dan McCarthy	52:30	Frank Lechowick	60:36
Philip Easter	45:56	Andrew Windsor	53:42	Blane Drummond	67:30
Stew Freeman	46:04	John Martin	53:43		

PERSONALITIES IN THE PACK

In casual conversation at the recent run, I found out something interesting about a runner with whom we had all been running for most of the year. Unfortunately, I was over-heard exclaiming that it was unfortunate that we knew so little about the lives of our fellow runners outside of their times and races. The person listening approached me a few days later to ask for my assistance in correcting this sad situation by writing a column for the newsletter. After about fifteen seconds of heavy arguing and threats of physical violence, I succumbed to the obvious wisdom of his selection. Therefore, I will be attempting to give you some insight into the types of people who are running here on P.E.I. Please be aware from the start that I am not responsible for anything that appears in this column unless it is being awarded a literary prize involving a sum of money.

JOHN MARTIN - John Martin is our newest Road Runner (if he has paid his dollar yet) and so seemed like a good person with whom to start. For those who haven't met John yet, he is 36 years old, single, and an Islander (that means there has been no one 'from away' in his family for at least two generations). He lives in the Montague area and works as a Counsellor at the Employment Centre there.

John started running slightly over a year ago for the same reason many of us give; that he felt he was in a poor physical state. It's possible that his family had some impact on his decision to start running because two of his brothers-in-law are associated with road-races on P.E.I. One, Ninian LeBlanc, of Charlottetown is a regular at many races; and the other, William Davies, makes an annual pilgrimage from his home at Oakridges, Ontario, to compete in the Fulton Campbell Memorial Race in Montague in July. John has been running four miles most days and seven miles on Saturday. Being like many of us, he is trying to lose weight and tries to be careful about his diet, particularly avoiding sweets. John runs in Nike Waffle Trainers and has been very pleased with them. Perhaps as a testimony to his shoes or his training schedule, John has had little injury problems although he did develop a sore hip during the week before the Dunk River Run, but this seemed to work itself out at racing pace and he felt much better the day after the race. The Dunk River Run was John's second race as he participated with the rest of us in the pack in watching Mike Armitage tear up the roads during the CAHPER 10K race.

John's like most of us too in that he has difficulty describing the feeling of exhilaration he gets during running without resorting to the term 'runners high'. Whatever it is, John says he gets it when he runs. He states that he has developed a more positive outlook and finds it easier to adjust to stress since he started running. John plans to participate in the Polar Run and his plan for next year is to compete in a longer race (twelve miles or so), although he hasn't been bitten by the Marathon but get.

Welcome to the Road Runners, John, and pay your buck soon.

- Jim Wyatt

(EDITOR'S NOTE: Thanks Jim. I would take exception to the part about "threats of physical violence" as being the compelling force behind your decision to write the column. After all, we editors are just little fellows. I'd say the persuading factor was more likely the extortion.)

STANDINGS FOR THE 1980 GRAND PRIX OF ROAD RUNNING (As At November 30, 1980)

With only one race remaining in the 1980 Grand Prix season, the following are the standings at this time:

OVERALL STANDINGS

MEN'S TOP 20:	1. Roy Mason	241
	2. Lawrence McLagan	210
	3. Don Pridmore	177
	4. Ewen Stewart	159
	5. Mike Armitage	153
	6. Carl Phillips	} 145
	7. Jim Wyatt	
	8. Salam Hashem	139
	9. Stew Freeman	83
	10. Tony Forrester	78
	11. Shawn McKenna	76
	12. Parker Lund	74
	13. Jake Baird	71
	14. Paul Wright	69
	15. Julien Gallant	59
	16. Willie MacDonald	54
	17. Calvin DesRoches	52
	18. Kenny Arsenault	} 50
	19. Ron Bellemare	
	20. Calvin Wiley	48

LADIES' TOP 20:	1. Monica LaPointe	328
	2. Moya LaPointe	204
	3. Eleanor Farrington	180
	4. Dale Claybourne	110
	5. Sherry McKenna	92
	6. Susan Bordage	67
	7. Mary Rossiter	50
	8. Rosemary Faulkner	} 43
	9. Gerianne McCarthy	
	10. Karen Stewart	41
	11. Sheila Currie	} 25
	12. Carol Roy	
	13. Valerie Johnston	21
	14. Susan Adams	} 20
	15. Michelle Alexander	
	16. Beverly Burchill	} 19
	17. Cindy Finlayson	
	18. Susan Rogers	} 19
	19. Anthea Bellemare	
	20. Margaret MacNeill	} 19
	Laura Tingle	

AGE DIVISION STANDINGS - TOP 5

MEN UNDER 20:	1. Shawn McKenna	76
	2. Willie MacDonald	54
	3. Calvin DesRoches	52
	4. Kenny Arsenault	50
	5. Randy MacNeill	47

MEN 20 - 29:	1. Roy Mason	241
	2. Don Pridmore	177
	3. Mike Armitage	153
	4. Tony Forrester	78
	5. Jake Baird	71

MEN 30 - 39:	1. Lawrence McLagan	210
	2. Carl Phillips	} 145
	3. Jim Wyatt	
	4. Salam Hashem	139
	5. Ron Bellemare	50

MEN 40 & OVER:	1. Ewen Stewart	159
	2. Stew Freeman	83
	3. Parker Lund	74
	4. Don Moffett	22
	5. Don Reeves	16

LADIES 25 & UNDER:	1. Monica LaPointe	328
	2. Moya LaPointe	204
	3. Dale Claybourne	110
	4. Sherry McKenna	92
	5. Mary Rossiter	50

LADIES OVER 25:	1. Eleanor Farrington	180
	2. Susan Bordage	67
	3. Rosemary Faulkner	43
	4. Carol Roy	25
	5. Valerie Johnston	21

OPINION - IS THE GRAND PRIX COMPETITION HARMFUL?

The end of the 1980 racing season is near at hand. With it comes the conclusion of the first P.E.I. Grand Prix of Road Running series. Was it worth it to add this element into our road races? There are differences of opinion.

One criticism that has been raised frequently is the emphasis that this series has placed on competition. The feeling is that we as a Club have drifted from our original objective to encourage all levels of runners. Instead of runners gathering informally for recreational races, this system regiments the finishes into points and standings. This may be fine for the elite or super competitive, but is it what we want for our Club?

With a heavy concentration of races in the summer season there is also the complaint that it is too physically demanding to run all of the scheduled Grand Prix races or just plain logistically impossible. At least one runner attributed his late summer lack of success to being tired from too much racing. Is it a good thing for us to use the Grand Prix to encourage participation in all of our events?

These are serious criticisms and they cannot be easily dismissed. Yet, there are positive aspects about the Grand Prix that, to me, make it worthwhile.

The Grand Prix is an 'extra' feature in our racing schedule, much like trophies and medals at races. Many runners continue to come to races to have a pleasant time regardless of what there is to compete for. For them, the reward is purely in participating and finishing the race. The Grand Prix doesn't interfere with that. For others, just as they enjoy running for a medal or a good finish on an individual day, they find an incentive in a year long competition provided by the Grand Prix. If it encourages them to train well for the races, or to go after improved performances, so much the better. The Grand Prix does encourage excellence, but it need not take away from the enjoyment of casual runners.

For those interested in the Grand Prix, it is necessary to learn how to pace themselves over the long haul. At the International level, athletes pick and choose between races and gear their training programs to avoid overworking themselves and burning out. In P.E.I., some runners may indeed have to 'pick' their races or simply run some at a moderate pace. It is a runner's responsibility to monitor himself, if he doesn't he can only blame himself. It is a pleasure to have a number of race opportunities in P.E.I. and it would be sad to exclude any of them from the Grand Prix on the basis that some of the runners are over exerting themselves.

It is hoped that the Grand Prix has provided our runners with an incentive and that it has helped to bring a degree of recognition to both our leading runners and the runners who slug it out at the races throughout the year. There are dangers that we can fall into if we use the Grand Prix in the wrong way, but a sensible approach can enrich our races with a sense of challenge and reward.

- Don Pridmore

THE MASTERS MOVEMENT

Once upon a time, there was an International Track and Field Meet in Europe at which some old men in ill-fitting shorts decided that they wanted to take part. That meet was in 1972 and those men banded together to form the Canadian Masters International Track Team. The result of that action is an organization that today has over 600 active members of men over 40 years of age and women over 35. The Masters movement has come a long way in those few years.

The national organization for masters is now known as the Canadian Masters Athletic Association (C.M.A.A.). The national executive is currently in the process of moving to British Columbia from Ontario. As P.E.I.'s representative on the executive, I had the pleasure of attending a conference in Toronto this past month dealing with our plans for the next several years. It was agreed that for a two-year trial period we will become affiliated with the Canadian Track and Field Association. Some of the major events that we planned for 1981 include:

- Track & Field Championships to be held in British Columbia;
- Masters Marathon Championships to be held in British Columbia, May 3;
- Cross-Country Championships to be held in Alberta, October 12;
- North American Decathlon Championships to be held in Sherbrook, Quebec;
- Women's 10K Championships to be held in Winnipeg, September 19.

The 1982 and 1983 Marathon Championships were tentatively set with Sudbury, Ontario to stage them one year and Nova Scotia the other. Tentative dates and places were also agreed on for the North American Track and Field Championships and the Canada VS U.S.A. meets. The C.T.F.A. is also embarking on a "Lifetime In Fitness" program.

It is amazing what some of our more elderly athletes are achieving. Ivy Gromstrom, a blind 68-year old lady, this year ran a 5000M in 30:09 and a 10,000M in 63:52. B.C.'s "Athlete of the Year" is 60-year old Svere Hietanen (a fellow I met last year at the Honolulu Marathon), who has recently run times of 4:55.9 in the 1500M, 17:54 in the 5000M and 37:17 in the 10,000M.

So give those older runners some respect, otherwise they may leave you behind.

- Ewen Stewart



"Where have you been? You're last!"

QUEEN'S COUNTY ROADRUNNERS CLUB

The Provincial Executive of the P.E.I. Roadrunners Club highly endorses the idea of forming County Clubs across the Province so that the needs and interests of runners can better be served at the 'local' level. Currently the only county club in existence is the Prince County Roadrunners, who have been formed for about one year now. Recently there has been considerable discussion amongst runners in the Charlottetown area concerning the formation of a Queen's County Club. In the course of these discussions one person, who shall remain anonymous, raised a very pertinent question -- do we really need a local running club?

This question caused us to do some reflective thinking so as to determine what the role of such a club would be. We feel there is a need for a running club at the local level and that such a club could serve many purposes. Some of the functions of a Queen's County Roadrunners Club could be:

(a) To arrange regular meetings (monthly or bi-monthly) so that runners can meet and exchange information and ideas -- this has been done in the past and should be reinstated.

(b) To disseminate accurate and reliable information on running -- this could be done through publications, seminars, clinics, etc.

(c) To promote running as a means of achieving a desirable level of fitness -- this is one of the significant outcomes for anyone involved in running.

(d) To organize running events at various levels of interest and ability -- this could be done through fun runs (recreational runners), social runs (fitness runners) or races (competitive runners).

(e) To ensure that road races in Queens County are properly organized -- this could be carried out according to the standards established by Run Canada (CTFA).

(f) To assist the P.E.I. Roadrunners Club with projects on a Provincial basis -- this would mean involvement with the Marathon, Club Newsletter and other similar projects.

An organizational meeting has been scheduled for Tuesday, January 13, 1981, to discuss the formation of a Queens County Roadrunners Club. Details regarding time, location and so on will be sent to those in Queens County at a future date. If you have any comments regarding a local club, please feel free to contact any of the Executive to discuss your ideas. Hope to see you at the meeting!





SKIING AND THE RUNNER

Many runners dread the winter season, with its deep snow, cold wind, unshovelled sidewalks and slippery roads.

If you are a recreational or competitive runner, cross country skiing offers you an activity which closely complements running. Cross country skiing offers you the same training benefits, plus many more. It will increase your aerobic capacity, build strong legs and upper body, and will turn a dreaded winter into an enjoyable experience. All serious skiers run, both sports being cardiovascular and using similar muscle groups. Long distance running and skiing are both 95% aerobic and 5% anerobic exercises.

Kilometers have an entirely different meaning in cross country skiing. Kilometers slip by unnoticed as you enjoy the feeling of speed and peaceful scenery. Recreational skiers often ski 30 or more kilometers on a casual outing, while racers often cover distances in excess of 50 kilometers during training sessions. The long distances covered in cross country skiing can be very satisfying to a runner.

The P.E.I. Cross Country Ski Team are all serious runners, many competing in most of the Road Runners' races along with many miles on the hills at Brookvale. Cross Country Ski Team members Mike Armitage, Paul Wright and Willie MacDonald are all serious runners and have found that cross country skiing has benefitted their running, along with making a more enjoyable winter training season.

All you runners who love distances - how about the 110 kilometer Maritime Ski Marathon? Or the 160 kilometer Canadian Ski Marathon? Whether skiers make runners, or runners make skiers, we have two great yearly sports.

Note: Paul Wright has as many pairs of skis as he has running shoes - enough for an entire team. And it has been rumored that Mike Armitage may try to wax his Brooks for more grip in the Polar Run this year.

Don Walters
Cross Country Chairman
P.E.I. Ski Association

SKIING: A Good Reason to Run

Nordic skiing is not something you can just glide into at the onset of the season. If you want to avoid sore legs, aching arms, and a bruised ego, put on a pair of running shoes and get going.

By Bob Woodward

It's no secret that cross-country skiers are regarded as the fittest of competing athletes, and it's often touted that mere recreational touring is the single best form of cardiovascular exercise. It doesn't necessarily follow, however, that all nordic skiers are in good shape, especially at the start of a season. Undoubtedly, a month on the snow will shake the summer flab from most frames and help recharge heart and leg muscles, but a period of pre-season running will greatly enhance those first, long-awaited strides on the trail.

Many serious nordic skiers maintain a year-round running program to supplement their four months on the snow. It makes sense. Running and skiing are complementary activities — both provide excellent cardiovascular workouts and both exercise common muscle groups. So well do they work together that it's be-

coming rare to find a serious recreational skier or citizen racer who doesn't run during the off-season in order to stay in shape.

If you're not currently involved with conditioning, but still want to get more out of your skiing days right from the first, you should consider a fall running program designed for your specific needs.

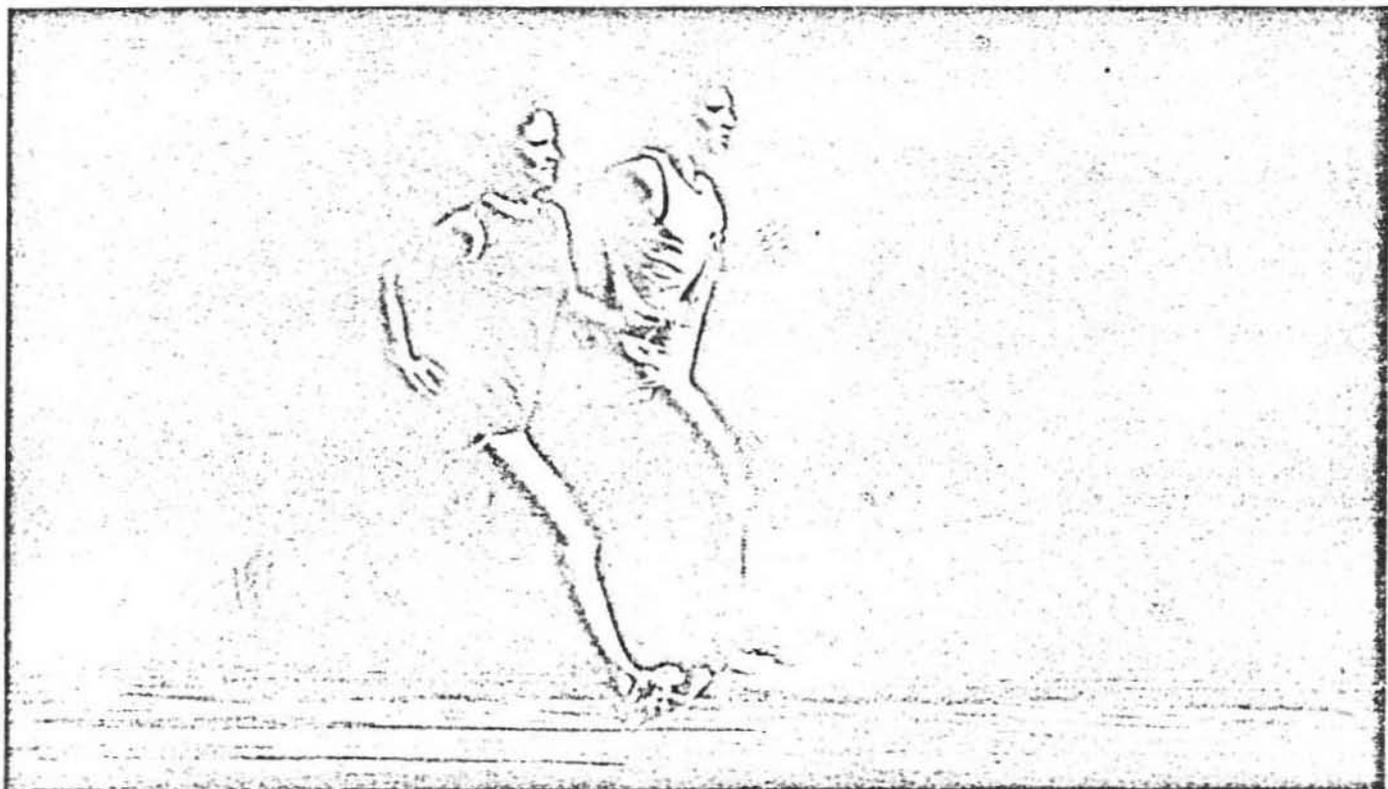
A bit of advice first: Don't get overly ambitious; proceed at the recommended rate of progress, and when the snows finally start to fly, think about continuing with a limited running program throughout the winter months.

For Beginners

Let's say you're a cross-country skier who has never had much desire to get in shape, but last year it seemed that those extra pounds you added onto your waist before

the season started made you tire out long before the rest of your touring companions. This year you want it to be different. A quick check of your pulse rate shows it to be well over 80 beats per minute when you're resting. Now's the time to start a basic training program to trim your weight and get your cardiovascular system in shape.

If you're over 35, the first step should be an appointment with your doctor: it is essential to get a clean bill of health before undertaking any vigorous exercise. An MD will also provide you with important advice on how you should pace a running program. If you're under 35 and in reasonable health, you shouldn't have any trouble getting into the recommended running program, but chain smokers and overweight people, no matter what their age, should always consult a doctor before starting.



Photos by David Madison

One of the advantages of running is that it is even less expensive than cross-country skiing. You need make only one investment — a good pair of training shoes. You simply can't get by wearing your old basketball, squash, or sailing shoes; special training shoes designed to absorb road shock and provide a torsionally stable platform are essential. There are several good models priced from \$30 to \$50 that are worth every dollar you pay for them.

Once your feet are properly shod, you should consider the type of course you plan to run. Beginners will find the first few weeks of running much easier if they travel a flat course free of spirit-dampening hills. An even more important factor is the surface. Constant pounding on cement or asphalt can take its toll on muscles and joints, even if you run for as short a period as five minutes a day. If it's at all possible, try to run on gravel, dirt, or grass.

A practical beginner's program begins with runs against time. Start out by running ten minutes a day, five days a week, for a month. Then add on five minutes, and, after a fortnight, another five. At the end of two months, you should be able to run as much as 30 minutes without stopping.

This basic conditioning program is designed to build up cardiovascular endurance slowly and accustom the skeletal structure to the jarring effects of running, so it should be scaled down a bit if you plan to run on pavement.

As your endurance develops, you'll begin to notice that one day you feel like an Olympic champion and another day you're a bit droopy. Listen to your body's messages and run accordingly — if it says slow down, then by all means do it. And no matter what, take at least two days off each week to allow your body to rest and recover. If you sustain an injury, stop running until it is completely healed.

If you find you are progressing well after the first few months, you may be able to start some measured distance runs to supplement your timed runs before the snow starts flying. You also might want to move onto more rolling and varied courses. At this stage, you should develop a hard/easy approach — knock off your miles one day, then follow that with an easy-paced 30-minute run the next day.

If you maintain your program and keep it interesting, you'll start noticing the tangible benefits of your training by the time the snow starts staying on the ground. The fat will be melting away, you'll be more alert, and eight hours on the job won't seem such a chore any more. Except that you'll be eager to get away from work and onto the trails, where your increased fitness will pay off handsomely in longer, more active skiing days.



For Intermediates

At a certain point in their experience, intermediates who may have been skiing for a number of years (and who also may have kept up off-season running programs) will want to make that essential step to more advanced technique. This is the most difficult transition: whereas cross-country technique is very easy to pick up initially, it is extremely difficult to master. The step between a lazy shuffle and a flowing kick and glide is a major one.

More than anything else, the difference is a matter of conditioning. No matter how experienced, a person who is out of shape will have difficulty maintaining the rhythm and pace good technique requires. A specialized running program will go a long way toward fulfilling those fitness requirements.

Assuming that as an intermediate skier you are already doing some running, there are a number of ways in which you can specialize in order to enhance your technique. The first step is adding interval workouts to your regimen. An interval is an intense unit of work followed by an easy no-work period, typically an all-out 200-metre sprint followed by a slow 200-metre walk. During the sprint, the pulse rate is pushed up to near maximum, and during the walk, it is slowly brought back to normal.

The interval is a good form of aerobic and anaerobic training; aerobic being the conditioning of the heart and lungs so that they are able to work rapidly in response to instant demands for oxygen from muscles, and the anaerobic training being the conditioning of the muscles to work effectively without an adequate supply of oxygen. Notice the throbbing in your legs after a short sprint — that is the result of hard work without oxygen.

The interval may seem an inappropriate form of training when one considers the nature of the cross-country skiing — a long, interrupted motion, or *langlauf*, (literally "long running") as the Germans call it. It seems closer to marathon running than sprinting. But in truth, cross-country skiing is most like a series of intervals. One skis at a regular pace over the flats, but the pace quickens on a steep hill, the pulse rate increases, and the legs become wobbly. Once over the crest and into a downhill stretch, the heart and legs rest as they do in an interval. One can never really establish the regular pace marathon runners are accustomed to.

The best training for skiing is offered by the natural interval run — one that crosses woody terrain with plenty of obstacles like hills. The word "natural" refers to the fact that the terrain itself governs pace. The runner will establish a steady pace along the flat and rolling sections, sprint as hard as possible going



HOW AM I DOING, COACH?

Here are some rules of thumb by which you can judge yourself and your training program.

Beginner

- resting pulse is between 65 to 70 beats per minute
- can run 20 to 30 minutes without stopping or experiencing physical problems
- eats less and drinks more fluids

Intermediate

- resting pulse is between 60 to 65 beats per minute
- can run steadily for 40 minutes
- can run four miles in 28 to 32 minutes
- maintains a diet and watches weight carefully

Citizen Racer

- resting pulse is between 45 to 55 beats per minute
- can run steadily for over an hour
- can run 15 km (9 miles) in 52 to 60 minutes
- pulse rate will fall back to normal (120 beats per minute) within two to three minutes after being raised to 160 plus
- weight is very close to ideal. (Body fat for men will be 6 to 8 percent of total weight; for women 15 to 19 percent)

up a hill, and rest when descending. The natural interval run prepares the skier for the sudden bursts of activity like those encountered in skiing, bursts that will quicken the pulse and subject the leg muscles to hard, fast work.

If you live in an area where there are few hills and thus few opportunities for natural interval runs, a Fartlek run is the best substitute. "Fartlek" is a Swedish word that in essence means "run and play"; it describes a kind of slow and easy fun run into which intense bursts of work are inserted. A typical Fartlek workout might include a series of top-speed 400-metre sprints interspersed with leisurely jogs.

The intermediate or advanced skier should be doing at least one natural interval or Fartlek workout per five-day week, supplemented with three longer runs and one short, moderate-tempo run. This program will result in both increased cardiovascular capacity and increased ability to work at maximum output during short bursts. Only after this type of hard conditioning should the actual work on advanced technique begin.

For Citizen Racers

Citizen racers competing in both short distance races and marathons are becoming

ever more prevalent on the nordic scene. To be competitive, their fitness levels must be high and their training programs rigorous, especially in preparation for long distance races. A specialized running program will enhance a racer's edge, giving him the strength and endurance essential to nordic competition.

The first thing a citizen racer should include in his running program is regular speed work. This is similar to interval running, but done at maximum-speed and over a longer time period. It entails continued repetition of a high-speed sprint followed by rest periods of the same length as the sprints. Typically, it might consist of a series of 200-metre sprints on a track, each followed by a 200-metre walk. The sprints can be repeated until the recovery time between them is becoming too long, at which point the interval workout is beginning to tear down the runner's system rather than build it up. Don't let your enthusiasm carry you too far when indulging in speed workouts — you'll regret it. Done properly, however, they will significantly improve both leg strength and short-duration oxygen uptake powers.

Another important specific exercise for the running racer is the hill bound, a

dryland technique that has become a favorite of cross-country competitors because it is so similar to uphill skiing.

It's a strenuous exercise, so you might want to accustom yourself by tackling the hill first using the ski walk. This is an exaggerated uphill walking technique in which you reach as far as possible up the hill with your legs, stretching out your opposing arm with each giant step, as if you were skiing. You'll know you're doing it right if you feel like one of those antique windup toy soldiers.

The hill bound is similar, except it emphasizes a vigorous spring off one leg and an equally vigorous uphill reach with the other leg. The forward thrust of the lead arm provides uphill momentum; the trailing arm is fully relaxed. Hill bounding is properly conducted at an energetic, rhythmic pace.

You can benefit from this exercise either by bounding all the hills during your natural interval workouts, or by setting aside a day for nothing but hill bounding. After a few weeks, add in your ski poles and you'll get an even better feeling of what a hill will feel like when winter comes and you're back on skis. Hill bounding is best undertaken in the late fall when the season is fast approaching and



your body is in need of extra toning.

Those who want a less strenuous, more energy-efficient exercise can take up the modified hill bound. It is a cross between running and regular hill bounding, and it can be particularly effective when integrated into natural interval runs.

Notice when you run up a hill how your steps shorten and your arms tighten up close to your chest. This makes you work harder than necessary. With a modified bound, you drop your arms so that your hands are below your waist; you crouch slightly, dropping your centre of gravity; and then take medium-length rhythmic steps from foot to foot as you steadily ascend the hill. This exercise will help develop the calf and thigh muscles for regular hill bounding and speed workouts on a track.

With these interval ideas in hand, the citizen racer will want to round out his program with longer runs at a higher tempo in order to build a solid endurance base for longer races. In a six-day schedule, at least one day should be devoted to slower running of 10 miles or more. Three days should be set aside for medium-length (6-8 miles) natural interval runs, and two days for on-track speed or hill bounding workouts.

Generally, running is easy for the citizen racers: most have been doing it for some time. But there are two big problems they face, problems that have nothing to do with the rigorous demands of the sport — boredom and overtraining.

The best way to overcome the boredom of running is to be creative — to juggle schedules and locales, find interesting partners, generally to keep the program as varied as possible. One excellent variation is a running race.

Boredom depends on the individual, but overtraining is the bane of all serious athletes. There is only one solution to overtraining, and that's undertraining. Rather than wait for a physical injury or relapse to tell him when to slow down, the compulsive trainer must learn to force himself into periods of non-activity if he wants to stay healthy.

October/November

All skiers who have been running throughout the spring and summer should start concentrating on their interval workouts at the first signs of winter. The fall is the time to build extra strength into a conditioning base, and regular interval workouts, maintained until the snow starts falling are the best way of acquiring that extra strength.

The importance of intervals was brought home most vividly last year by the poor performance of the Finnish national cross-country team. The team neglected their regular heavy load of interval training because they feared damaging their lungs by training hard throughout an unusually chilly fall. As former world champion Juha Mieto put it: when they reached down for something extra during their in-season, it just wasn't there. Mieto ascribed that directly to a lack of hard interval training.

In Season

If you live in an urban area that doesn't get too much snow or one with limited skiing facilities close at hand, continue running. For the beginner that will mean at least twice a week, 20 minutes per run. The intermediate should also consider a two-runs-per-week schedule, while the citizen racer may want to work out daily. All should save their longer workouts for the weekends and holidays when they can actually ski for extended periods.

People who live in the country or near quality trail systems will obviously be spending most of their free time skiing, but if they begin to feel sluggish and slightly out of shape, a bit of winter running certainly won't hurt. It will provide some much-needed variety in their exercise program.

The benefit of fitness is obvious to anyone who enjoys cross-country skiing. And because everyone who's fit wants to stay fit, there's no reason the skier shouldn't enjoy his favorite sport's more pedestrian cousin. Who knows, you may become so enamored with the experience that, instead of running to keep fit for the skiing

season, you'll begin to think of your skiing as a means to enhance those glorious warm days of running. *Z*

The Missing Elements

Running fulfils only one of the two requirements of total fitness. The missing element is strength, specifically upper-torso strength, which is essential for efficient skiing. The following exercises will increase your upper-torso strength.

Situps. Bent-knee situps strengthen the abdominal muscles that are very important to every cross-country skier.

Backups. The lower back is continually stressed in cross-country skiing. You can strengthen it by doing a series of backups off a bench or table. Lie face down on the table with your waist at the edge and your upper body hanging down over one side. Have someone hold your legs and be sure to lock your hands behind your head. Raise up until your body is level with the table top, hold the raised position for a space of several seconds, then drop back down to rest momentarily before beginning again.

Arm Bands. Take two old bicycle tire inner tubes, cut them, and tie them together so they make one long tube. Loop the tube (arm band) over a tree limb or the top of a door (closed so it holds the tube in place) and pull on the ends simulating the diagonal stride and double pole arm motions. Make sure to stand back far enough so there is enough tension to work against. These exercises help co-ordination and develop the muscle groups in your arms and back.

Dips. Body dips, using two chairs or a bench, will also strengthen your poling muscles. Place the palms of your hands on the edge of each chair or the bench top, angle your legs out in front, rest on your heels, then dip your body down using only your arm muscles. Dip until you barely touch the floor, then lift back up. Dip until your muscles ache.

Pack Spring. This exercise, done with a weighted day pack on your back, will add lower back strength and lower leg muscle power. Lean toward a wall or fence with your arms extended overhead and your hands on the wall. Stand on one leg, bend it down into a coiled position, then spring upward onto your toes. Repeat this exercise until one leg tires, then switch to the other leg.

Some easy strength exercises

Bob Woodward is a regular contributor to several leading ski and running magazines. He also happens to be an avid runner and skier.

WALT DISNEY'S WONDERFUL WORLD OF ROAD RUNNING

If you were an animal, other than a human, what would you be? For that matter, what if we were all animals but still loved running and racing just as much as we do today? Quite a thought, isn't it? One night, as I drifted off into a deep, deep sleep, I dreamed of a P.E.I. Roadrunners race that only Walt Disney himself could have organized. All of our P.E.I. Roadrunners Club members were there, but to enter the race they had to take the shape of an animal whose characteristics most closely resembled their own running style. Here now is my dream, the staging of the first annual P.E.I. Disney's Delight Pace as announced by Foster Hewitt.

"Hello P.E.I. and running fans in the United States. This is Foster Hewitt bringing you the first ever athletic competition that has more wildlife in it than a night at the Prince Edward Room.

"They are at the starting line and the scene looks just like a zoo. I've never seen so many funny looking creatures in one spot before except for the last time the P.E.I. Roadrunners held a race.

"The starter is raising the gun. He shoots, he sco... uh, sorry about that sportsfans. The runners are off.

"Bounding out into the lead is the greyhound, look at that speed. There's not much doubt about it, that is Salam Hashem. Right behind him there is a large pack. Let's see if we can pick out some of the runners. Yes, I see a giant panda bear, that must be Walter Lea. That one there with the loping stride, that's Don Harley now in the form of an antelope. Galloping along beside him is a black stallion with a little grey around the mane. Probably Parker Lund, And what's this? That's Jake Baird as a beaver!

"Meanwhile, back at the front, er, that is, not back at the front, the front obviously isn't the back and the back isn't really the . . . aw heck, in the lead a new development has taken place. While almost everyone else is stuck to the ground, there is one competitor who is soaring above them all. That's right, that blue jay must be Mike Armitage. The runners won't see him again until the finish line. He can really fly.

"Now moving up is a big, muscular black bear and beside him a friendly looking labrador dog. Why it's Guy Comeau and Carl Phillips. With them is a bushy little fellow whose face you can hardly see for all the fur. It's Rocky Raccoon; no, it's Don Mazer!

"And now we have some of the women. First, I can see two twin cubs, full of energy and bounding away. They must be the LaPointe sisters, Monica and Moya. And that chipmunk, darting about; could it be Eleanor Farrington? Then there is a lamb. It must be Dale Claybourne.

"Fans, I've just spotted an awfully strange sight. There is an eagle wearing a t-shirt that says 'Bald (eagle) is best.' No question, that is Jim Wyatt. That lean, low running jaguar beside him is Ewen Stewart and the frisky alley cat beside him, ...no, ahead of him, ...no, behind him, ...no, ...anyway that's Stew Freeman.

"It's really becoming quite a race now. Here comes a fierce looking ram, the very picture of determination. Why it's Roy Mason. And just behind him it looks like a penguin waddling along. Definitely Don Pridmore.

"We are getting close to the finish line now and there is a real struggle going on. Standing out above them all is a majestic elk, covering half an acre with each stride. That must be Paul Wright. And right there with him is that wiley fellow the coyote, otherwise known as Lawrence McLagan.

"And here they come. At the finish line it's going to be . . ."

The dream suddenly faded and I awoke. To be truthful with you, I know exactly how the race finished, but I just couldn't bear to tell you turkeys how it came out. Pretty foxy of me, eh!

By Old Jed

M E M B E R S H I P R E N E W A L

Another year has gone by the roads. Once again, we are appealing to you to renew your membership with the P.E.I. Roadrunners Club for 1981.

This year the membership rate will be \$3. This is an increase over the past year, but we feel that there are two good reasons for it. First, you are still getting good value for your money. The \$3 entitles you to all copies of the Newsletter, plus special mailings on events and races, plus ten percent discounts on running gear at Campers' City, plus the satisfaction of being a Club member. Second, the Club requires additional funding to carry out its many activities. These include race expenses, banquet awards, equipment for races, printing costs (eg. the Running on Prince Edward Island booklet), incorporation costs and the formation and continuation of County Clubs. Of the \$3 membership fee, \$2 will be turned over to your County Club to assist them in their activities. This will be the one collection of membership fees, so that members in Prince County, etc., may forward their cheques to the Provincial Club.

Please complete and return the following form for your 1981 membership.

NAME _____ AGE _____

ADDRESS _____

_____ PHONE _____

Enclosed is my payment of \$3 for my 1981 membership in the P.E.I. Road-Runners Club. Please renew my newsletter subscription. (Make cheque payable to P.E.I. Roadrunners Club.)

COMMENTS/INSTRUCTIONS _____

** Note: \$1 of membership fee remains with Provincial Club
\$2 of membership fee goes to respective County Club
\$3 Total Membership Fee for P.E.I. residents

Members from Out-of-Province enclose \$2 only for Membership Fee and Newsletter Subscription. (This \$2 remains with the Provincial Club)

R U N N I N G I N T H E B I G A P P L E

(EDITOR'S NOTE: On Sunday, October 26, our own Ewen Stewart ran the New York City Marathon in a time of three hours, one minute and four seconds. The race gave Ewen the distinction of having completed each of the U.S.'s "Big Three Marathons"; the Boston Marathon (1979), Honolulu (1979) and New York City (1980). Here now is the first hand story of the race weekend in New York as told by P.E.I.'s travelling ambassador of the roads.)

I arrived in New York City via Montreal on Thursday prior to race day. Almost immediately, I checked in at Marathon Headquarters at the Sheraton Hotel to pick up my race number. Within a half-hour I met a familiar face, Race Director Fred LeBow. Last December in Hawaii I met Fred at the Honolulu Marathon and at that time he gave me a yellow and blue cap from the New York City Marathon. Now it was my turn to return the favour. Just as I promised in Hawaii, I presented him with a P.E.I. Roadrunners Marathon T-shirt. I think he was a little surprised but he seemed to enjoy the gift.

Friday was spent mostly sight-seeing (my neck is still stiff from looking up at all the tall buildings). Afterwards, I headed back to Marathon Headquarters. It was wonderful meeting runners from all over the world.

Saturday morning began with the International Breakfast Fun Run sponsored by Manufacturers Hanover. Upwards of 2000 runners from forty countries gathered that morning at the United Nations Building to get the event underway. After the presentation of the flags of the countries the runners represented, and a few speeches, we ran to Central Park where each runner was presented with a souvenir t-shirt and a delicious breakfast. The afternoon was taken up with racing clinics (Dr. George Sheehan, Derek Clayton, etc.). In the evening I got my last bit of carbohydrate loading with a spaghetti and meat sauce dinner.

Sunday was race day and I wanted to make sure I got to the starting area early. I arrived there at 6:30 a.m. for the 10:30 start. Already there were 2000 people there. A gust of wind the night before had blown down the large tent that was set up for the runners, so those who couldn't get into the nearby gym had to brave the cool, windy weather. Come 10 a.m. there were runners everywhere. All of us had to have our numbers checked with a computer scanner to ensure that another Rosie Ruiz episode wouldn't occur. Finally, a brass band paraded us to the starting line and at 10:30 the gun sounded and off we went.

I soon realized that I started too far back in the pack to have a personal best, so I settled into an easy pace and enjoyed the scenery and the tremendous spectators who lined the streets all along the route. There were nearly three million spectators! Up ahead, a first time marathoner, Alberto Salazar, won the race in a new record of 2:09:40. Bill Rogers, attempting to win his fifth consecutive New York City Marathon, had to settle for fifth place after he collided with another runner at the 14 mile mark. Grete Waitz from Norway won the ladies division in 2:25:42 and for the third year in a row set a world record. My own finish came at 3:01:04. That was good for 1,413 place. Before the clock was stopped, 12,548 of the 16,000 starters had finished.

The post race activities were hectic with runners everywhere in sight. In the evening I attended the presentation ceremonies. It sure was nice seeing and meeting all the big name runners.

At 6:30 a.m. on Monday I went for an easy run in Central Park. It sure was a different feeling from the day before. I met dozens of runners and cyclists, but it was hard to believe that just the day before thousands of spectators and runners had been there. I caught a noon plane out of New York and returned that day to Charlottetown via Montreal.

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

CANADIAN CROSS COUNTRY CHAMPIONSHIPS

Mike Armitage found pretty stiff competition at the Canadian Cross Country Championships in Halifax on November 29. The Island representative in the Senior Men's Division (12000 meters) managed to give a good account of himself, though, finishing 49th in a field of 91 in a time of 41:37. Ewen Stewart also put in a quality performance as he placed 4th in the 4000 meters Fun Run (masters, juniors and 'joggers') in a time of 16:00. Sheila Currie, winner of the Alice-Faye Three Miler, came 5th in the Senior Women's section.

Division winners included: Junior Women - 4000M, Brigit Otto, Alberta - 15:07
Junior Men --- 8000M, Paul McCloy, Nfld. --- 26:10
Senior Women - 5000M, Sylvia Ruegger, Ont. - 18:05
Senior Men -- 12000M, Vern Iwancin, Sask. -- 38:26

TORONTO MARATHON

Stew Freeman from North Granville competed in his third marathon of 1980, the Toronto Marathon. It was his best performance this year as he finished the 26.2 mile race in 3:06:10. Stew said he enjoyed the course, plus it was well organized. It was a cool and windy day, but Bill Rogers had no problem winning the event in 2:14:01.

" R E S E R V E T H I S D A T E "

P.E.I. ROADRUNNERS ANNUAL BANQUET - SATURDAY, JANUARY 31, 1981 - 6:00 P.M.

(Place and other details to follow.)

WINNERS ANNOUNCED FOR MARATHON MADNESS DRAW

Nora Clohossey of Charlottetown and Deane White of Cornwall were the top prize winners of the "Marathon Madness" draw held by the P.E.I. Roadrunners Club on November 15. Each will receive an all-weather Marathon training suit.

Third prize went to Lorne MacKinnon of Sherwood. He will receive a pair of men's racing shoes. Fourth prize winner Leon Berrouard of Rose Valley will receive a pair of ladies' racing shoes.

Other prize winners were: 5th prize - Jim Wyatt of Crossroads, a hooded sweat-shirt; 6th prize - Salam Hashem of Charlottetown, a hooded sweatshirt; and 7th prize - Roger Baillie of Kensington RR#2, a nylon jacket.

All prizes were donated courtesy of Campers' City Outdoor Specialty Shop.

The Marathon Madness draw was held to raise money to help defray the costs of the P.E.I. Roadrunners Marathon. The Club wishes to thank all those who supported us in this venture, with a special thanks to Campers' City for their generous donation.

A N Y C O M M E N T S ?

Dear Editor,

I can understand a newspaper publishing a stupid cartoon strip featuring a dirty old man staring at the bouncing breasts of a woman runner. After all, they know their audience, and a lot of that audience comprises macho men of all ages who delight in making fun of joggers and putting down any woman who is better than them at doing something. Given the chance to put down both at once, what rag could resist? What I cannot understand, though, is a runners club newsletter reprinting that gargabe. Surely we've come farther than that in giving women the freedom to use the streets without being stared at or leered at by men? This kind of snicker-snicker attitude to women, both runners and others, has no place in your publication. Rather than encouraging it, you should be writing an official P.E.I. Roadrunners Club letter to that newspaper deploring their publishing of such a strip. Shame!

- Eleanor Thomas, Member P.E.I.R.R.C.

" R U N N E R ' S H I G H "

Dismal darkened skies
Dimishing the hours
Of the downcast day
Serve only to prolong
The mental weariness,
Yet cannot intimidate
The flexing muscles
Or dare not deny of them
Their merited hour of motion.
Wavering thoughts conspire
To avoid the wind and the rain,
But the memory of other times prevails.

Beyond lack-luster window panes
The mind and body reunite -
Each with the other and with the outdoors.
Wet and sweat blend inseparably,
Steamily transfusing the anxious brain
With a vigorous pulsing adrenalin
Fueled from the energy of the air.
Combustion channels through the bodily chambers
And finally the aura is sensed, but not readily perceived,
Is comprehended, but scarcely understood.

- Carl Phillips



OUTDOOR SPECIALTY SHOP

- It's winter and the dedicated are still running. Runners never die; their soles just wear a little. That's where Shoe Goo comes in. We have it.
- We also have a few of the new Brooks Night Hawk. Hard to keep in stock.
- Just received a new shipment of Jog-A-Lite fluorescent sashes, head bands, vests & mitts.
- Feet cold? How about a 'downy-soft' wool sock with a non-bulky stitch?
- It's considered to be in bad taste to tell someone they 'should' do this or that; but we believe that, even if you continue to run all winter, you should be strengthening your muscles, your wind and your endurance by cross country skiing. We are modest, but we know our skis.
- Specials? Sure! For December, January and February all running shoes are reduced by fifteen (15%) percent, BUT only if you ask for it before we hit the cash register. Okay; we relent. We'll also give twenty (20%) percent off all running accessories and clothing; BUT, again only if you ask for it. P.E.I. Roadrunners Club membership cards must be presented to receive these discounts.

- Bye now. Mona

"ROADRUNNER OF THE YEAR"

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

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

Please complete and return immediately to: Nomination Committee
 "Roadrunner of the Year"
 c/o P.O. Box 302
 Ch'town, PEI C1A 7K7

NOTE: NOMINATIONS CLOSE WEDNESDAY,
JANUARY 21, 1981

Also, where two or more members live at the same address, nominations may be made on a separate sheet of paper and mailed in the same envelope with the form below.

detach here

NOMINEE FOR "FEMALE" ROADRUNNER OF THE YEAR

NOMINEE FOR "MALE" ROADRUNNER OF THE YEAR

NAME _____

NAME _____

ADDRESS _____

ADDRESS _____

REASONS FOR NOMINATION _____

REASONS FOR NOMINATION _____

SIGNED _____

SIGNED _____

(Please add more information on back if necessary)