

* * * * * * * * * * MEMBERSHIP RENEWAL * * * * * * * * * *

* Have we got a bargain for you! For only \$1 you can renew your annual membership in one of the Island's great running clubs - The P.E.I. Roadrunners Club. Your \$1 keeps you informed for all of 1980's running events on P.E.I., gives you your subscription to the newsletter and provides you with that warm feeling of being a member of the Club in good standing.

* Since our mailing list has grown to almost uncontrollable numbers we will have to cancel the subscriptions to non-members. Each copy that goes out has a cost attached to it in mailing expenses, paper and production costs, as well as volunteer time. We don't wish to abuse our privileges from the good people at Sport P.E.I., so we feel it only fair to discontinue subscriptions where there is insufficient interest.

* Those of you who purchased memberships since the P.E.I. Roadrunner's Marathon may have your membership extended at no charge, but just so that we retain your name on the mailing list we would like to have you return the form below. All members of the newly formed Prince County Roadrunners Club, of course, are paid up in full in the provincial club for 1980.

* Please complete and return the following form for continued receipt of the newsletter.

NAME _____ AGE _____

ADDRESS (Please indicate if this is different from the sticker on this newsletter)

PHONE _____

Enclosed is my payment of \$1 for my 1980 membership in the P.E.I. Roadrunners Club. Please renew my newsletter subscription. (Make cheque payable to P.E.I. Roadrunners Club)

I have purchased my membership since September 1979. Please be sure to renew my newsletter subscription.

COMMENTS/INSTRUCTIONS _____

Please detach and return to: P.E.I. ROADRUNNERS CLUB
P.O. Box 302
Charlottetown, PEI
C1A 7K7

AND DON'T FORGET THE NEWSLETTER TO GERMANY

There is a 67.2 percent chance that as you read this you are located somewhere on P.E.I. Our mailing list for this newsletter has 271 names on it and 182 of those names have Island addresses. That leaves 89 other recipients from out of province. Where do they reside? Name any province and you've got part of the answer. Yes, at least two copies of the newsletter go to readers in every Canadian province. Five newsletters are sent to the United States and one lonely copy journeys all the way to the C.F.B. base in Lahrs, Germany. We hope that the readers in all areas are enjoying the newsletter and will renew their membership to retain their names on the mailing list.

Just for the records, here is the geographical distribution of our newsletter.

| | | | |
|----------------------------|---------------|----------------------|-------------|
| Prince Edward Island - 182 | Quebec --- 5 | Saskatchewan ----- 3 | OTHERS |
| Nova Scotia ----- 30 | Ontario -- 22 | Alberta ----- 3 | U.S.A. -- 5 |
| New Brunswick ----- 11 | Manitoba - 2 | British Columbia - 4 | Germany - 1 |
| Newfoundland/Labrador - 2 | | | |



UPI photo

'Get us to the church on time'

A tourist, left, smiles as Rose Medina, John Randall and the Rev. Francis Geddes jog along a road in Sausalito, Calif., on the way to the couple's wedding. The three ran 10 miles from the San Francisco waterfront over the Golden Gate Bridge to the church.

I N T R O D U C I N G . . .

T H E 1 9 8 0 G R A N D P R I X O F R O A D R U N N I N G

This season we will be adding a new form of recognition for the participants in our road races. Points will be awarded according to place of finish in each of the races listed in the fixtures listing appearing in this newsletter (NOTE: The Spring Fever Pace is excluded from the Grand Prix since it has a special entry criteria). At the end of the year we will present awards based both on the number of points gained and the number of races participated in. From time to time we will also list the point tallies in the newsletter and newspapers.

We hope that the Grand Prix will encourage runners to go in as many of the Island races as they can. This year-long competition should contribute to long term goals by the runners and give every race an extra element of interest. Since this system tends to reward consistency, the edge may lie with runners who seldom, if ever, win P.E.I. road races, but who turn in many solid performances through the year. Awards will go to the top male and female runners in the different age categories, but equal emphasis will also be put on awards for those who support Island races by their high attendance rates.

The guidelines for the 1980 P.E.I. Grand Prix are as follows:

| | |
|--|-----------------|
| SCORING: Points are awarded at each race with tabulations being recorded and all entrants being eligible for some grand prizes at the end of the year. | 1st - 25 points |
| | 2nd - 20 points |
| | 3rd - 19 points |
| | 4th - 18 points |

| | |
|---|--|
| NOTE: To be eligible for the top standing awards, an athlete must compete in a minimum of three events with his scores being totaled. | Any finisher receives at least one points. |
|---|--|

| | | |
|---------------------------------------|----------------------|---|
| CATAGORIES: (1) Top Standing Awards - | <u>Male</u> Under 20 | <u>Female</u> Under 25 |
| | 20 - 29 | 25 & Over |
| | 30 - 39 | |
| | 40 & Over | <u>Grand Prizes</u> - Top Male & Female |

(2) Participation - Male with most completed races.
 Female with most completed races.

ELIGIBILITY - All entrants of recognized P.E.I. road races.



RESULTS OF DAIRY QUEEN POLAR RUN (5¼ Miles) - DECEMBER 30, 1979

WOMEN 25 & UNDER

| NAME | RACE ORDER
OF FINISH | CLASS ORDER
OF FINISH | TIME |
|-----------------|-------------------------|--------------------------|-------|
| Monica LaPointe | 23 | 1 | 37:43 |
| Susan Rogers | 27 | 2 | 38:43 |
| Bethany Rogers | 36 | 3 | 44:52 |
| Nora MacAdam | 38 | 4 | 46:09 |

WOMEN OVER 25

| | | | |
|--------------------|----|---|-------|
| Eleanor Farrington | 37 | 1 | 44:53 |
| Kay Lund | 40 | 2 | 49:05 |

MEN UNDER 20

| | | | |
|-------------------|----|---|-------|
| Andrew VanWiechen | 2 | 1 | 31:35 |
| Peter Blane | 42 | 2 | 51:05 |

MEN 20-29

| | | | |
|-------------------|----|----|-------|
| Mike Armitage | 1 | 1 | 31:23 |
| Roy Mason | 3 | 2 | 31:53 |
| Paul Wright | 6 | 3 | 32:38 |
| Don Pridmore | 10 | 4 | 33:34 |
| Ray Axworthy | 11 | 5 | 33:56 |
| Jake Baird | 13 | 6 | 34:40 |
| Colin MacAdam | 14 | 7 | 34:54 |
| Tony Forrester | 18 | 8 | 35:09 |
| Eric Manuel | 19 | 9 | 36:04 |
| Dan McCarthy | 20 | 10 | 36:24 |
| Dave Manovill | 22 | 11 | 37:18 |
| Francis O'Donnell | 25 | 12 | 38:27 |
| Stuart Richardson | 28 | 13 | 38:43 |

MEN 20-29 (Cont'd)

| NAME | RACE ORDER
OF FINISH | CLASS ORDER
OF FINISH | TIME |
|----------------|-------------------------|--------------------------|-------|
| Brian McInnis | 30 | 14 | 39:51 |
| Ken MacDougall | 33 | 15 | 40:43 |
| Don Love | 34 | 16 | 43:24 |
| Al Mason | 39 | 17 | 46:19 |
| Al Stewart | 44 | 18 | 51:19 |

MEN 30-39

| | | | |
|------------------|----|----|-------|
| Clare Birch | 4 | 1 | 32:21 |
| Philip Stuart | 5 | 2 | 32:37 |
| Lawrence McLagan | 7 | 3 | 32:38 |
| Tim Doyle | 8 | 4 | 32:52 |
| Salem Hashem | 12 | 5 | 34:21 |
| Carl MacLeod | 15 | 6 | 34:55 |
| Calvin Wiley | 17 | 7 | 35:06 |
| Walter Lea | 21 | 8 | 36:32 |
| Dave Darlington | 24 | 9 | 38:18 |
| Don Mazer | 26 | 10 | 38:31 |
| Ernie Maidment | 29 | 11 | 39:23 |
| Gary Mahar | 32 | 12 | 39:58 |
| Don Harley | 35 | 13 | 44:50 |
| Don Blane | 43 | 14 | 51:05 |

MEN 40 & OVER

| | | | |
|----------------|----|---|-------|
| Ewen Stewart | 9 | 1 | 33:22 |
| Don Moffett | 16 | 2 | 34:56 |
| Ninian LeBlanc | 31 | 3 | 39:53 |
| Parker Lund | 41 | 4 | 50:05 |

WELCOME TO THE CLUB - PRINCE COUNTY ROADRUNNERS

We are very pleased to welcome the newly formed Prince County Roadrunners to our Provincial Club. One of the objectives of the P.E.I. Roadrunners Club has been to encourage running in all parts of the Province, and with a branch of the Club now located in Prince County the western end of the Province should see more fun runs, social runs, races and get togethers. The Prince County Roadrunners will operate as an autonomous club, with their own Executive, membership, finances and planning responsibilities; but they will be able to draw on the Provincial Club for support, guidance and co-ordination. A membership card in the Prince County Roadrunners Club entitles the holder to full membership status in the Provincial Club.

The Prince County Roadrunners got off to a fast paced start on January 10 at their formation meeting. Approximately 80 memberships were sold and an Interim Executive was established. Members of the Executive are: President - John MacKenzie

Vice-President - Claudia Ramsay

Secretary - Brian Cook

Treasurer - Brent Schurman

Fun Runs Chairman - Terry Lynch

Congratulations to John MacKenzie and the group at C.F.B. Summerside who spearheaded the organization drive and laid a solid basis for the future operation of the Club.

We hope to establish branches as well in Kings and Queens Counties to further encourage running throughout the Island.

PRINCE COUNTY ROADRUNNERS SECTION

"NEWS FROM UP WEST"

The Prince County Roadrunners will be holding their first roadrace of 1980 on Sunday, February 17, at 1 p.m. This event is called the Carnival Fun Run and is being held in conjunction with the Summerside Winter Carnival. The two-mile Fun Run starts and finishes at the Summerside Recreation Centre. The top female and male runners will receive a medal, while everyone who participates will receive a Prince County Roadrunner certificate.

MEETING - There will be a training meeting for beginner runners at the S'side Rec Centre on Saturday, February 9 at 1:30 p.m. All beginner runners and everyone interested in joining the club are urged to attend. There will also be a session on weightlifting.



REGISTERS FIRST MEMBER

Brian Cook, **SITTING**, registers Mrs. Donna Profit, **LEFT**, as the first member of the Prince County Roadrunners Club during a recent organizational meeting. **STANDING** from **LEFT**, Mrs. Profit, Terry

Lynch, funrun chairman, Dick Beaune, training advisor and John MacKenzie, president. The club is holding a membership drive with the objective of signing up 100 members before the

end of the month. Anyone wishing to join are asked to call Brent Schurman, at the P.E.I. Bag Co. Ltd. or at home, or inquire at the base gym at CFB Summerside. (CF Photo By Pte. Cando)

Just to take your thoughts off the snow and cold weather, the Prince County Roadrunners will be staging a Runner's Camping Weekend this summer in the Prince County Area. Further details will be announced later.

"RUNNER'S WORLD" FOR SALE

As part of our arrangement with Runner's World Magazine, the club receives five copies of each edition at the regular newsstand price in return for free certificates and publicity for our Fun Runs.

Ewen Stewart is our agent for the magazines and he reports that there are usually a few extra copies of each issue that are available for sale. If you are interested in obtaining copies, contact Ewen at 894-5668.

P. E. I. ROADRUNNERS CLUB SOCIAL RUNS

The P.E.I. Roadrunners Club has once again started their Social Run Program. The runs take place each Saturday morning beginning at 10:00 a.m. Runners assemble at McDonalds Restaurant on University Avenue and run for about one half hour, depending on the preference of the runners present.

Social runs are not races. The emphasis during these runs is on the word "social". The group moves at a leisurely pace that everyone can keep up with allowing for plenty of conversation along the way. The general rule is that the pace has to be slow enough to allow normal breathing. Social runs are intended for all runners - beginners and veterans alike.

Some "special" events have been planned during the upcoming months as part of the Social Run Program. These events are designed to encourage participation and we hope everyone will make a special effort to attend the social runs on these dates.

SPECIAL EVENTS

JANUARY - National Non-Smoking Week (January 20-26)

"No butts about it, running with the pack beats the one in your pocket."

A three-mile run will be held on Saturday, January 26, in support of the efforts of the P.E.I. Council on Smoking and Health in promoting this week.

FEBRUARY - National Heart Month - "A healthy heart is a family affair."

A 30-minute social run for the whole family will be held on Saturday, February 9, to promote the efforts of the Canadian Heart Foundation during this month.

MARCH - The winter is over! - "Run into Spring."

A 3-4 mile run will be held on Saturday, March 22, to welcome the warm weather running season again?!? All warm weather runners are encouraged to get back on the roads again and join in this social run.

APRIL - Public Personalities Pace (Tentative)
"Run with the celebrities."

A 30-minute social run will be held on April 26 (?) with some of the Island's noted personalities in the world of sport, politics, business, education, and so on.

MAY - Big Brothers of P.E.I. Relay Run
"Big Run for Little Brothers."

An Island run (tip to tip), each runner covering 10 km, will be held on Sunday, May 25, in order to promote Big Brothers. Runners in three teams will begin at the extreme ends of the Island and run in relay to meet in Charlottetown. Everyone is encouraged to run the final 10 km into Charlottetown with either the eastern or western teams. The route will be publicized and runners are welcome to join in at any point in the final 10 km leg. (NOTE - Sunday, May 25)



RUNNING IN THE SUN - HONOLULU MARATHON - DECEMBER 9, 1979

To spend two weeks in Hawaii is an experience in itself, but to also run in the Honolulu marathon was probably the most enjoyable marathon that I have run to date.

The whole thing began at 4 a.m. Sunday morning as myself and Ewen Stewart caught the bus to Aloha Towers. At 4:30 a.m. the large terminals beneath Aloha Towers were jammed with people.

There were thousands of runners checking in and hundreds waiting to use the Sani-Johns. Ewen and I watched in amazement as approximately 8000 runners made their way out to the starting line.

When the race director Bill Brown started to count down the final 15 seconds the runners and the crowds applauded in anticipation. At exactly 6 a.m., with the blast of a cannon, the celebration began - fireworks glittered the sky as if it was a New Year's celebration. Runners started to move along the eight lane highway; it took two minutes and fifteen seconds for everyone to get by the starting line.

Since I was in Hawaii on vacation I had planned to run an easy pace, and when I met up with three guys from New Zealand who were carrying on and enjoying the race, I decided to run with them at an 8½ to 9 minute a mile pace.

I was happy that I was taking it easy as it really started to get warm around 7 a.m. It was 85 degrees and the humidity was high. I stopped at all the water and sponging stations, which were spaced only two miles apart because the organizers didn't want anyone to suffer from heat exhaustion. Many of the runners who came to Hawaii came to enjoy the race, not to race it like most runners do at the Boston Marathon.

The race course passed through the centre of Honolulu, along Waikiki Beach, past Diamond Head and then into a very scenic route along Hawaii-Kai. The course was flat except for a half-mile trek up Diamond Head.

The crowds were in a festival mood and everyone offered you encouragement along with drinks of many kinds; plus many were out with their hoses to give the runners a much needed "cool shower."

I really enjoyed the race and met many friendly and supportive runners along the way. I would certainly recommend this race to anyone, but go there early and try to become climatized if you plan to race the beautiful Honolulu Marathon.

The 26-mile 385-yard race was won by 24-year-old Dean Matthews, who set a new course record of two hours, sixteen minutes and twelve seconds. The top female runner was 26-year-old Bostonian Patti Lyons, who beat the course record she set in 1978. Her time was two hours, forty minutes and six seconds.

The two runners from little ole P.E.I. both agreed that running in hot humid weather was really tough. Ewen Stewart completed his fifth 1979 marathon in three hours and seven minutes, while Don Harley finished his third 1979 marathon in 3:56.

ALOHA! and Happy Running - Crazy Legs Harley

Blind runner completes his 16th marathon

By CURTIS MURAYAMA
Advertiser Sports Writer

Unlike most runners, New Zealand's John Stratford didn't glance up at the digital clock to see his finishing time yesterday.

It's not because he didn't want to, but because he couldn't. Stratford, you see, is blind.

With the help of his New Zealand friend Torrens Roose, Stratford, 41, finished his first Honolulu Marathon yesterday — the 16th in his career — at a time of 3:44.51.1.

"He navigated me the whole way," said Stratford, who clung to Roose's hand for guidance throughout the race. "He told me where all the bumps were."

The 51-year-old Roose, however, realizing his friend's fortitude, would only say that Stratford actually "boosted me" during the 26-mile, 385-yard ordeal.

Despite being blind, Stratford said he had no trouble compensating for the handicap.

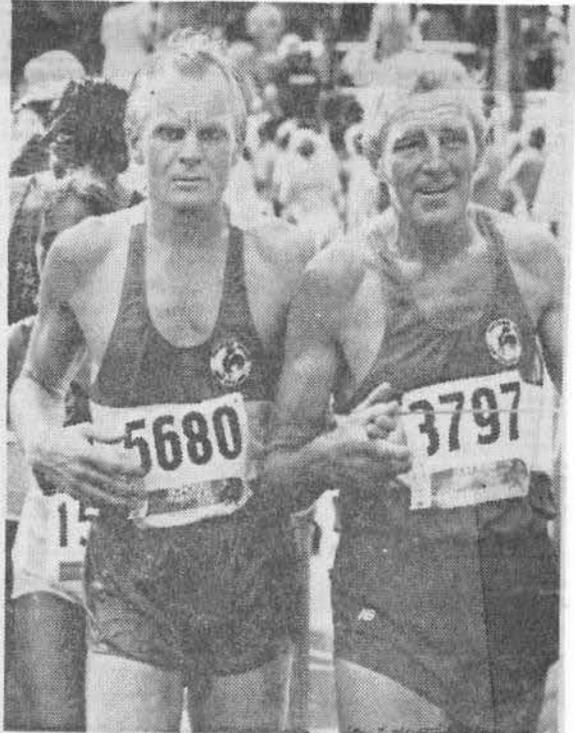
"It's largely a matter of confidence and balance," he said. "I've got a lot of strength in my legs and that makes up for it."

Stratford said the route was a "beautiful course," and he sensed it by the "atmosphere and the people along the course. It's happy. Everyone's yahoing. It's a tremendous spirit and less competitive than most. Jack Scaff and the guys have a good thing going," said Stratford, expressing his satisfaction in a warm tone.

Stratford had many interests in sports but a fight cost him his sight 35 years ago.

"When you can't see, you can't play any contact sports," he said. "And I've always had interest in sports."

Enter running, his newfound substitute for ac-



Advertiser photo by Ron Jett

Stratford, left, follows Roose's lead: a question of who inspired whom.

tivity, and something he's been doing for the past 15 years.

"It's a damn good exercise, good therapy and it's fantastic socially," said Stratford with conviction in his voice. "It also builds up your ego."

But running has become more than an ego trip for Stratford. It's become his means of helping others.

Stratford is a public relations man for the Foundation of the Blind and once helped raise \$1 million for the Foundation by running 426 land miles in 12 days.

"That's a marathon-and-a-half per day," said Stratford of his charity run.

"I'm in a fortunate position," he said. "Not many people are in my position. If people take notice in what you're doing, you can get them to do things for you."

26-Miler's Medley

1 pt. fresh strawberries,
hulled and halved
1 pt. fresh blueberries

2 ripe bananas, peeled
and sliced
3/4 cup (6-oz. can)
unsweetened
apple juice

Combine all of the ingredients, cover and chill. Serve the compote in dessert dishes or use it as a topping. *Makes 12 servings*

CROSS - COUNTRY SKIING FOR RUNNERS

Warmups, shorts, singlet hang limply on pegs. Running shoes lie in a heap on the floor. It's dark outside, pitch black; the temperature dropped five degrees in the last half hour. In your comfortable chair, you try to psych yourself up for an after-work training run.

You think about the dark, the icy roads, putting on long johns, the wool hat and digging out your gloves. The ritual of winter running becomes harder, the actual number of training days less and less as icier roads get harder to negotiate and blizzards leave ankle-deep snow behind. It's easier to slump back into your easy chair than it is to get out and get in some miles.

Dreaming of spring and warmer days, you put a log on the fire and mutter, "I'll get a run in this weekend during the day."

Rather than sit out another winter, more and more runners in the snowbelt states are discovering cross-country skiing as an excellent winter training vehicle. Whether touring through the woods at a leisurely pace, skiing along a well-prepared track or out snow camping, runners find cross-country skiing a fine conditioner. It fits the winter season, and a few hours on the snow each week can bring surprising benefits to your running come spring.

Cross-country skiing provides many of the same benefits as running, while building the upper body strength. The most strenuous aspect of cross-country skiing is climbing, which approximates hill workouts in running. Like running, cross country skiing can be done as a group experience; the social aspect contributing to masking the exertion on a long trip through the mountains. The most difficult cross-country ski technique to master is the downhill, primarily because the skis are longer, and less responsive, than the standard downhill ski. Skiing also offers the opportunity to take cross-country treks and camping expeditions, and unlike running, allows the participant to make his or her own tracks, far away from the domain of motorized vehicles. The allure of cross-country skiing is so great, in fact, and is catching on so well in America's snow belt, that some runners who have the means of running during the winter are taking up nordic skiing for its own sake.

Cross-country skiing is a "soft" sport. There is no pounding on the legs; skiing emphasizes easy kicking and gliding over soft snow. Possibly the only jarring experience in cross-country skiing is a sudden fall at high speed on a steep hill. But with your speed in control and hills safely negotiated, your muscles will stretch out on the flats and gently rolling terrain. Runners with chronic Achilles tendon, calf and knee problems find cross-country skiing does not aggravate their condition. In fact, easy non-pounding cross-country skiing helps heal many running ailments. The change to cross-country skiing for several months out of the year offers the chance for the body to rejuvenate itself at low stress points.

To improve the cardiovascular system, cross-country skiing ranks at the top. The combination of leg and arm movements works the heart and lungs hard. Cross-country competitors traditionally have had the highest oxygen uptake when compared with athletes from other sports. If you just want to keep your breathing apparatus healthy and your heart strong, a season of cross-country skiing will not only maintain your running conditioning but enhance it.

And how about those calories, ones that seem to mysteriously sneak on during the winter to slightly increase your girth? Cross-country skiing is also rated as one of the highest calorie-burning sports. Racers will burn as much as 2000 calories every hour in competition. Though this is a bit too high for touring in the woods or shuffling along the track at a touring center, the amount of energy required to keep a good ski stride going greatly exceeds that required by running. There's also the cold to fight, so the body responds by burning up its stores of caloric energy.

As runners convert to cross-country, their first impression is that the sport is basically running on skis. This is not so. Cross-country skiing techniques take a bit of time to get used to, but once learned, the runner will find himself adapting quickly.

The most important difference between running and cross-country skiing is the amount of upper body strength required for cross-country. The arms and poles play an important part in basic ski technique. Up to a third of the skier's momentum comes from pole power. Learning to develop the upper body is difficult for many runners, but it can be very rewarding.

Another difference between running and cross-country skiing is the way in which the skiers "run" the hills. Rather than taking a hill with short choppy steps, a skier will "bound" up the hill, thrusting his body aggressively forward with long smooth strides. This hill-bounding technique has been successfully adapted from snow to dry land by runners seeking to improve their hill running.

To start your own program to prepare for the ski season, be sure to workout with weights. A universal gym is best, but free-standing weights will also work. Using light amounts of weights and multiple repetitions, do bench presses, toe risers and curls. These exercises will tone muscle groups that will come into play while skiing. Without weights, do bent knee situps and backlifts off the end of a table or bench.

An inexpensive way to tone the upper body is to make a set of "armbands." Armbands are two bicycle high-pressure innertubes cut, then tied together to form one long rubber tube. Hung over the limb of a tree or a door jamb, the tubes may be pulled on to simulate the single- and double-poling techniques of cross-country skiing. A little more expensive device is the Exergenie. By pulling against the Exergenie's resistance mechanism, a person can simulate the single-pole technique while strengthening their triceps and latissimusdorsi muscle groups.

Don't forget a normal schedule of stretching exercises for your legs and lower torso; adding in exercises to stretch the arms, back and upper body. To develop good coordination and to most effectively simulate the diagonal stride, or kick and glide technique, stand in place and begin swinging one leg back and forth. Swing the leg easily, adding in the opposite arm after a few seconds. This is exactly what should happen while you're skiing: The opposite arm and leg work in unison, just like walking. Now add in your other arm for an easy swing rhythmic motion. Shift to the other leg and work on swinging the opposite leg in conjunction with both arms. No other exercise comes as close to the feeling of what it's like to be striding along a ski trail.

By Bob Woodward

--- Bob Woodward is a marathoner (with a 2:56 best) as well as being an avid cross-country enthusiast. He is editor-at-large for Nordic World.



Presents 'Salute Of Season' Award

Sport P.E.I. Public Relations Committee Chairman, Larry Wright (left) of Summerside presents the latest 'Salute of the Season' Award to Don Harley. The current President of the P.E.I. Roadrunners Club, Harley was honored for his outstanding achievements as an administrator of club activities

during the 1979 fall season, particularly relating to the first P.E.I. Marathon held in September.

The 'Salute of the Season' is awarded four times a year by Sport P.E.I. to recognize the contributions of athletes and administrators of amateur sport in the province.

Wind-Chill Thrill

Even with the temperature at zero and the wind screaming at 82 mph, he had no intention of skipping his run.

By Bob Locy

It is often written that in cold weather a runner better bundle up with layer after layer of assorted combinations of nylon, cotton and wool to keep from freezing to death or being frost bitten to the extent that gangrene will follow which will ultimately lead to a death that is *worse* than freezing.

The non-running media, doctors and weather forecasters do enough damage to the attitude of the runner without the runners' publications adding to the preponderance of misinformation.

I live and run in Cleveland, Ohio where the weather is not only severe, but it is very unpredictable. In January of 1978 we had nearly 50 inches of snow and the worst storms in the history of the state. Twice during that month Cleveland was declared to be in a state of emergency. Twice the National Guard was called out to rescue stranded motorists and help dig out the city. Take it from this 50-year-old runner. I have never seen weather as severe as we have had the last winter.

During January, I achieved a personal record, logging 279 miles. I did not miss a day of running. I work in an office in downtown Cleveland and run to and from work. I ran when the snow was new and deep, when it was hard and packed, when it was icy and when it was wet. I ran with the wind at my back and when it was in my face. I now know that after the first mile, the weather makes no difference.

Thursday, January 26, was the worst storm in Cleveland history. The barometer had fallen to 28 for an all time low. The temperature dropped from 38° to 0°. The wind at my back on the way to work was 45 m.p.h. and driving snow reduced visibility almost to zero. Footing was terrible. The new snow covered ice from the rain that preceded the snow.

How did I dress? Well, almost the same as any other time. Next to my body, I wear a nylon tank shirt to prevent chafing. Next, a long-sleeved, turtle-neck cotton pullover shirt, next a regular T-shirt and a Frank Shorter wind suit, an orlon stocking cap, long underwear pants over my nylon running shorts, white cotton painter's gloves and one pair of socks. Was I warm enough? When I got to work, I was soaked by sweat just as I am after any other run. I was warm when I stepped out of the house, and never got cold.

The part of the business community that opened that Thursday morning closed very shortly thereafter. We shut down at noon and I got ready to run home. I was a little bit apprehensive as I dressed. The news commentator reported the temperature at zero, a wind of 82 m.p.h. gusting to 102 m.p.h. with a wind chill factor of 120° below zero. Now, that's cold. I would be running west, right into the wind and crossing the Detroit-Superior bridge where I would get the full effect of the wind and the gusts.

As I dressed, I thought, "I'll have to try it. If I can't make it, I have bus fare, or I can always go back to the office." As you read this, you think that I'm stupid. As I write this, I'm

glad that I did it. I accepted a challenge and learned a lot from the experience.

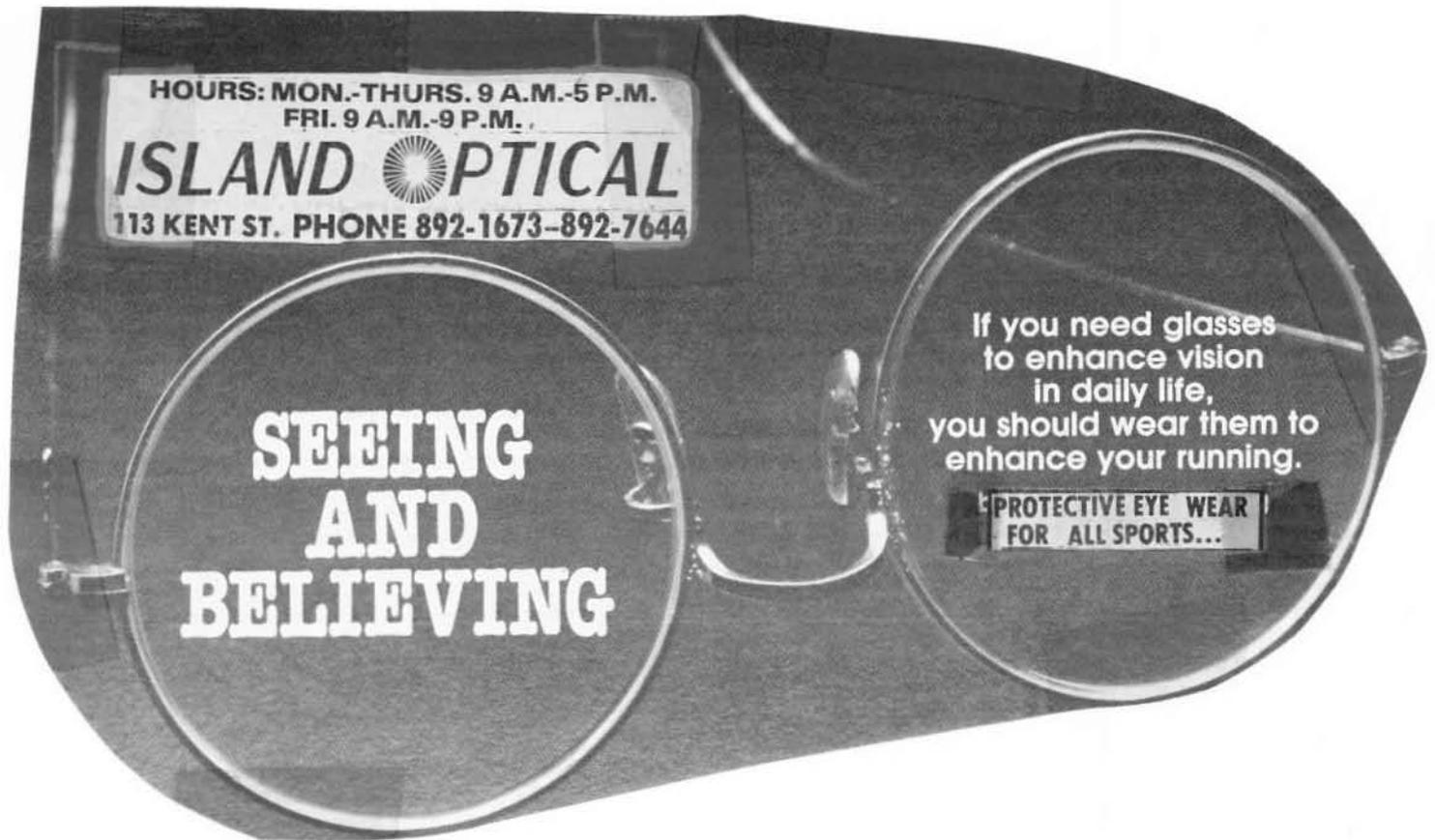
On the way home that day, I added one regular T-shirt. I had no scarf or anything else to cover my face to protect against the powerful wind, but wrapped an extra nylon tank shirt which I keep at the office around my face, and pulled a pair of dress socks over my painter's gloves. I was warm when I left the office and within a few hundred yards I felt like I was running in a cocoon, very warm and comfortable. The wind was brutal and shortened my stride considerably but there was no frost bite, no cold feet or hands and no frozen lungs. The time? Believe it or not, 39:33 with the wind in the morning and 47:48 against the wind on the way home. The distance is a little over 4½ miles.

The point of all this is simple. It seems to me that we should be telling people of the advantages of winter running instead of publishing reams of negative information that destroys a person's attitude to the point that the base he has worked so hard to develop erodes away completely.

The fact is, I can't remember even one run that I ran in June or July. I know that I had a run every day during those months, but they were all very ordinary. Some were hot and humid, but I don't know how hot. The runs that I relive, recall and talk about the most are the "bad ones." One of the best was an 8½-mile run in January of 1977. The temperature was -13°, with a wind chill factor of -64°. There were about 20 of us that morning, and all of us thought it was great. □



*"So much for winter jogging ...
Sure wish we owned a car."*



Here are a few tips from Optician Ken Campbell, who is also a runner.

One of the biggest problems with glasses when running is keeping them from fogging up or getting drenched with perspiration. Here are some solutions:

- Select a frame that doesn't fit too close to the face and touch the brow and cheeks. This prevents perspiration from getting on the lenses and provides ventilation behind them as well.
- A frame with adjustable nose pads is best for providing air space between face and lenses. The pads can be adjusted to set the frame forward, even upward, if that will help.
- Be sure to have frames adjusted for a snug, but comfortable fit. The trouble with selecting over-the-counter sunglasses is the lack of professional service to determine the proper fit and adjustment.
- Angling the frame away from the brow is possible on many frames — both metal and plastic — and will help reduce lens fogging.
- There are several compounds that can be applied to lenses to prevent moisture from collecting on them, but that doesn't eliminate the need for a good fit.
- Wear a headband, sweatband, visor or baseball hat to keep the perspiration off your glasses. The best solution to the sliding down and bouncing around nuisance is getting the right frame in the first place. The proper size, correctly adjusted to your unique features, generally stays in place. Tell your optometrist about your running and what problems your glasses create. He should be able to make some constructive suggestions.

If prevention in the form of a perfect fit doesn't work, there are some cures:

- Use a flexible cable temple — made of metal or plastic with a metal core that wraps around the ear. This provides maximum security and can be made more comfortable by a plastic cover clipped over the metal.

- An elastic band attached to the temples and going behind the head will guarantee that the frames stay in place, even after 20 miles, though moisture is certain to collect wherever the frame touches the head.
- Soft, sponge-like pads can be fastened to the bridge of a frame to provide a surface that is less likely to slip, slide and bounce around.
- Rubber temple hooks can be attached to plastic temples to hold them behind the ear, and are reasonably comfortable and easy on the ears.
- Tiny rubber rings can be slipped over temples (earpieces) and around hinges to increase tension of the temple against the head, and hold frames on surprisingly well.

Your glasses should be adjusted periodically. You should see your optometrist if there are problems. He can make any adjustments and corrections your glasses might need. Heat warms plastic frames and they loosen. Even metal frames tend to widen and loosen just from normal, day-to-day usage and handling.

The biggest problem is that if you are running with glasses, those glasses were designed primarily for other purposes. So have a pair of glasses especially adapted for running. It could be an older, second pair since your prescription need not be as perfect as it would need to be for more critical seeing. Or, you could use sunglasses only for running. Have them adjusted to be fog-free, yet tight. Attach a headband or temple snuggies. Pads on plastic frames can be built up to move the frame farther from your face. On some frames, longer temples can be fitted, either the so-called spatula or wrap-around type.

Glasses have more to do with successful, relaxed running than might be apparent, whether you put in a few miles a day or are trying to qualify for that elusive goal of running the Boston Marathon. □

THE LONELINESS OF THE LONG DISTANCE RUN ORGANIZER

Actually, that is a misleading title where our P.E.I. Roadrunners Marathon is concerned. Organizers for our marathon don't really get lonely, but we sure would like to see a few fresh faces to help us along. Last year we had sixteen club members labouring on the marathon and its associated activities over a nine month period to give birth to the event. On race day, there were more than fifty volunteers who saw us through the operation. Our creation is growing and this time around we will need even more people to help with fund raising, publicity, co-ordination of special events, liaison with sponsors and many other tasks.

So, if you would like to get involved by serving on a committee or just volunteering a few free hours, we would be more than pleased to hear from you. Just contact Judy Hiscott at Sport P.E.I. (894-8879), Don Harley (892-3656) or Parker Lund (892-7544). The next committee meeting is at 7 p.m. on Tuesday, February 26, 1980.

SPORT P.E.I.'S "HAPPY HOLIDAY" FUND RAISING PROJECT FOR AMATEUR SPORT

- Prize Structure: 1st Prize - Week for two in the Sunny South (Sponsored by Linkletter Travel and Pepsi-Cola)
- 2nd Prize - Trip for two anywhere Air Canada flies (Sponsored by Air Canada)
- 3rd Prize - Get-Away Weekend (Sponsored by Rodd Motor Inn, Ch'town)
- 4th Prize - Island Family Weekend Vacation (Sponsored by Brudenell Resort)

Plus numerous other prizes, such as deep-sea fishing excursions, camping holidays, dinners for two, hair stylings, car rentals, record albums, gift certificates, food vouchers and entertainment passes.

Draws: The main draw for the four major prizes will be held on Saturday, April 12, 1980. Ten mini-draws (weekly beginning February 2) will be held for the other prizes listed above. All tickets purchased are eligible for the major prizes.

Tickets: Tickets come in books of six which may be sold at \$1 per ticket or \$5 per book.

If anyone in the Club wishes to sell these tickets to help raise money for the Club they are asked to contact our Fund Raising Chairman, Jake Baird, at home (894-4554) or at work (892-5314).



Who needs to jog after jumping up and down all day to reset the thermostat?

From N.Y. to L.A.

According to the *Guinness Book of World Records*, the longest organized race ever held was 3665 miles. It was the Transcontinental Race of 1929 from New York to Los Angeles, won by Johnny Salo of Finland. His running time: 526 hours, 57 minutes, 20 seconds during a period of 79 days.

P R E D I C T I O N S F O R R U N N I N G I N T H E 1 9 8 0 ' S

THE RUNNING SCENE

The jogging craze will reach its peak in 1981 but will continue to be a popular sport throughout the decade. Some joggers will be lost to another sport when roller tennis sweeps the continent in 1982.

The P.E.I. Roadrunners Club will continue to grow during the decade both in its membership and reputation for organizing enjoyable, well-run races. Prince County will be the major expansion area and by 1982 Prince County will boast several of the Island's best runners.

Jogging will become increasingly popular as a "therapy" for heart attack victims and patients with physical disorders and psychological problems. Research on running will confirm that it is a drug with few side effects (that is non-carcinogenic) and does not cause hairs to grow in your palms.

There will be 1,837 different kinds of running shoes on the market in 1989. Unfortunately, not one variety will be Canadian.

Competition between the three Maritime provinces will grow to such an extent that 1986 will see the founding of an inter-provincial grand prix with races in the three provinces for provincial teams.

P.E.I. will not develop any "national class" long distance runners or marathoners, but by 1984 an Island runner will emerge who will have a long reign of domination over most local events.

The Executive of the P.E.I. Roadrunners Club in 1989 will be:

Susan Rogers ---- President
Lee Blunston ---- Vice-President
Monica LaPointe - Secretary
Bethany Rogers -- Treasurer

PERSONALITIES

Don Harley - will wear out only one pair of running shoes during the 1980's. He will, however, go through 1,287 tubes of shoe-goo.

Ewen Stewart - will be hired by the Unit 3 School Board to test the road conditions on winter mornings when snow storms threaten cancellation of classes.

Parker Lund - will retire in 1987 after the "penny" he spots on the road one morning turns out to be a one ounce gold coin worth \$114,250.

Mike Armitage - will once again win the Polar Run in 1980. Unfortunately he will be disqualified for wearing cross-country skis.

Don Pridmore - will get lost on the route of the new race at Stanhope and end up going around the golf course. He will still shoot his customary 127 but he will do it in half the time.

Dale Claybourne - will be the first Island resident to run an ultra-marathon. She will later complain that there is no challenge to running anymore.

Charlie Brown - will be called away from races for emergencies three more times. Other runners will get beepers so that they too can leave races part way through.

Ken Campbell - will have a totally uneventful race and will be totally at a loss for words for two hours afterwards.

Roy Mason - will not recognize Bill Rogers at the 1984 P.E.I. Roadrunners Marathon and ask him just before the race what time he's going for. Roy will tell him that's too fast but if he would like to slow down a bit he will run with him.

Eleanor Farrington - will run one race, any race, with no sign of an injury.

EVENTS

The P.E.I. Roadrunners Marathon will grow in stature during the 1980's and become a personal favourite of some of the country's top runners. A Nova Scotian runner will win the 1980 race in 2:35. 1981 will finally bring an Island winner, although he will fall well short of the record. An Upper Canadian will win in 1982 with a good time of 2:25. Runners from away will take the crown on an annual basis after that, including one American, but the race record will not drop below 2:23.

By 1983 there will be 25 road races on P.E.I. This number will fall to 18 by 1989.

The North Shore will become one of the most popular areas for racing in P.E.I. The largest field ever for a race in P.E.I. will be gathered in the National Park for a summer run along the beach road.

- Old Jed

These are Old Jed's predictions for running in the 1980's, and now we would like to hear from you. Jot us a few lines and send them to:

RUNNING PREDICTIONS
c/o P.O. Box 302
Charlottetown, PEI
C1A 7K7

Roadrunner Salad

- | | |
|--|---|
| 1 cup diced cooked turkey (white meat only) | 2 tbsp. dry sherry |
| 2 cups diced crisp celery | Nutmeg, salt (or onion salt) and pepper to taste |
| 2 tbsp. plain low-fat yogurt | Lettuce leaves |
| 2 tbsp. low-calorie mayonnaise | 1/2 cup seedless green grapes, halved |

Combine the turkey, celery, yogurt, mayonnaise and wine. Season to taste with nutmeg, salt and pepper. Place the lettuce leaves in 2 large individual salad bowls and add the turkey mixture. Arrange the grapes on top of the salads. *Makes 2 servings*

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

THE P.E.I. ROADRUNNER'S NEWSLETTER

The P.E.I. Roadrunner's Newsletter is published bi-monthly by the P.E.I. Roadrunners Club; typed, reproduced and distributed by Sport P.E.I.

CLUB EXECUTIVE

President - Don Harley
Vice-President - Jake Baird
Secretary - Judy Hiscott
Treasurer - Jake Baird
Publicity - Don Pridmore
Past President - Parker Lund

NEWSLETTER CO-EDITORS

Don Harley
Don Pridmore
Judy Hiscott
Special Thanks to those who contributed to this Edition: Jake Baird, Ken Campbell and John MacKenzie.

HANDICAPS IN RACING? I SAY, OLD CHAP, I THOUGHT HANDICAPS WERE FOR GOLF AND HORSE RACING!

Not always, mate. The P.E.I. Roadrunners Club will be putting on a race this fall that will give the slower runners "handicaps" so that they will have just as much chance to win a race as the speedsters. Based on their times from other P.E.I. road races, each entrant will receive a handicap. Everyone will run the same course and the same distance, but slower runners will get a head start according to their handicaps.

Watch for details later in the year.

CLUB T-SHIRTS AND HOODED SWEATERS

We will be placing an order shortly for our Club t-shirts and hooded sweaters. Anyong wanting to purchase these items, please complete the form below and return it to the P.E.I. Roadrunners Club, P.O. Box 302, Ch'town, PEI, C1A 7K7, as soon as possible.

NAME _____ PHONE _____

ADDRESS _____

| ITEM | SIZE | | | QUANTITY | COST |
|-----------------|------|---|---|----------|---------|
| | S | M | L | | |
| T-Shirts | | | | | \$ 4.25 |
| Hooded Sweaters | | | | | \$13.00 |

N O W I N S T O C K !

- Camper City Outdoor Specialty Shop now has the following items in stock:
- Jog-A-Lite Flourescent Sashes - Brooks Gore-Tex Shoes for Running in Wet Weather -
 - 15% off all 5-Star Running Shoes for January and February.

C O N G R A T U L A T I O N S !

The P.E.I. Roadrunners Club wishes at this time to recognize all those who received awards at the 6th Annual Sport P.E.I. Awards Banquet on January 31, 1980, at the Charlottetown Hotel, Ch'town, PEI.

Lieutenant Governor's Amateur Athletic Award - NANCY WHITE (Speedskating)
Senior Female Athlete of the Year Award -----
Senior Male Athlete of the Year Award ----- HUBERT "SOCKY" MACDONALD (Football & Softball)
Junior Female Athlete of the Year Award ----- LISA DEVINE (Racquetball)
Junior Male Athlete of the Year Award ----- PETER SURETTE (Figure Skating)
Administrator of the Year Award ----- TOM WALLIS (Soccer)
Team of the Year - SHERWOOD-PARKDALE METROS JUNIOR "A" HOCKEY TEAM
Coach of the Year Award ----- MERRITT CROCKETT (Table Tennis)

CONGRATULATIONS to all award winners, and a special thank you to Sport P.E.I. for acknowledging the hard work of the above athletes in 1979.

M O N C T O N W I N T E R R O A D R A C E

10,000 metres - Saturday, February 23, 1980 - Start 11:00 a.m.

Entry Fee - \$3 (if registered before Feb. 16) \$4 (for late or post entry)

Check in and number pick-up: 10:00 a.m. to 10:45 a.m., CEPS Building, University of Moncton

Trophies to: First three finishers, First Woman, First Master (40 years of age or over)

Start and finish will be outside of CEPS Building.

Changing and shower facilities will be available to all entrants.

All finishers will receive their time and placing.

Send prepaid entries to Leo Sheehy, RR#1 Hopewell Cape, N.B., EOA 1Y0. Phone 734-2601

SPECIAL NOTE - This is the first of sixteen races across N.B. that have been approved by the N.B.T.F.A. to be included in a Championship Series. All finishers will receive points based on their race position. Points will be totaled from up to eight races with each participant receiving a provincial standing at the end of the sixteen races.

Race hosted by the Southeast Striders Running Club and sanctioned by the New Brunswick Track and Field Association.