



## FROM THE EDITOR

With the summer postal strike and the Island Marathon planning process following that, it has been almost four months since we last issued a P.E.I. Roadrunners Newsletter. That gives us a lot of time to make up on and a lot of happenings on which to report. So sit back, relax and reacquaint yourself with the Newsletter.

Recently, several club members met to firm up the race schedule for 1982. By and large, our race commitments for next year are much the same as 1981. That means another twenty-one races which, when added to a couple more special fun runs or paces, will give us a running event for almost half of all the weekends. To put an interesting perspective on this schedule, P.E.I. now has more races than any of Montreal, Toronto or Vancouver (or any other Canadian city) and the Province of Newfoundland and Saskatchewan. No other area of Canada of comparable size and population offers as many races. But is this what we want?

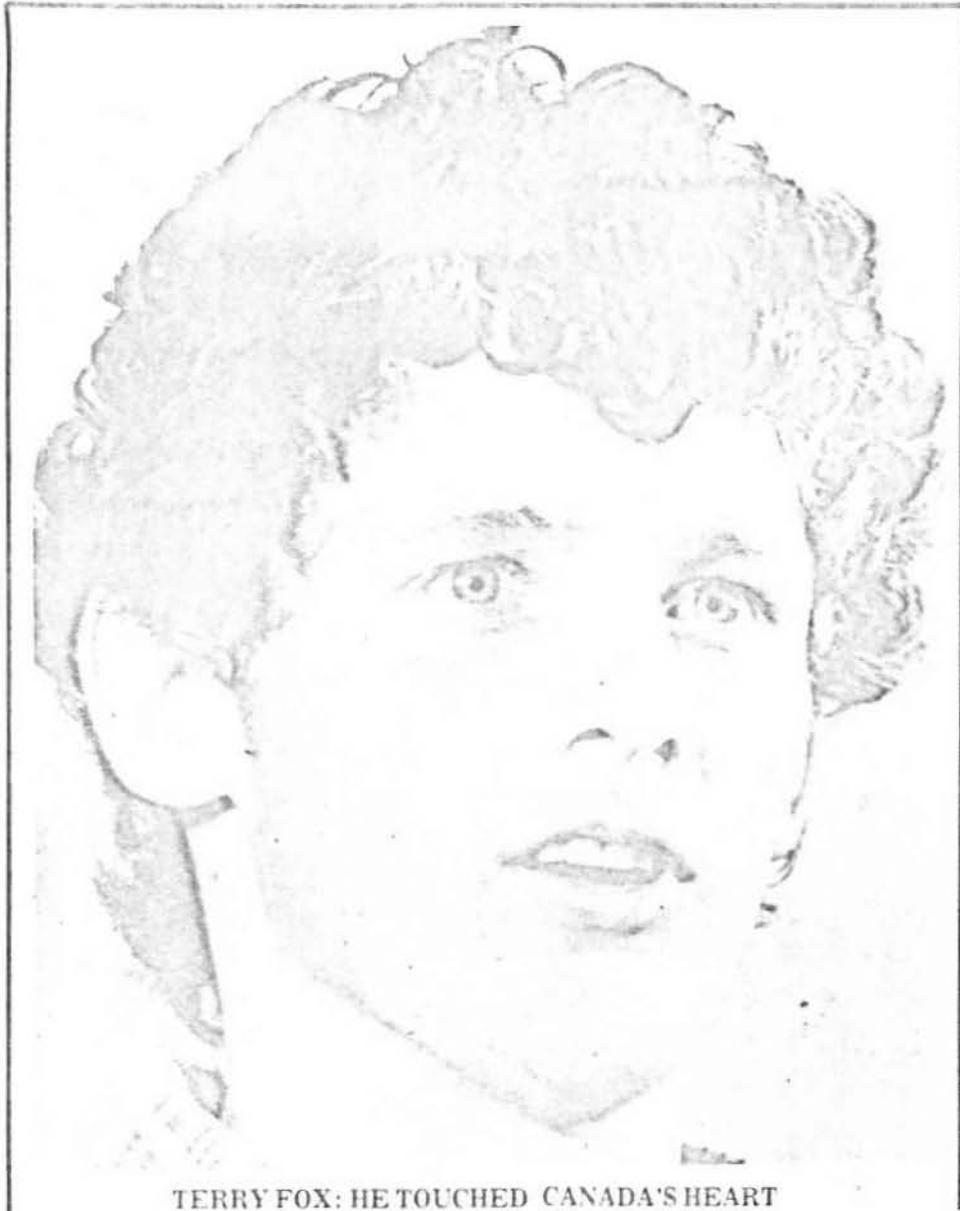
Our race schedule grew quickly and the Club soon found itself in a position where sponsors and local festivals wanted to have their own road races. Having, in a sense, sanctioned these races we now find ourselves obligated to continue them. Each of these races has to be organized and staged. While we have attempted to place as much responsibility as possible on the shoulders of local people, there is still time and effort by club members that go into each race. There are two consequences of this. One is that most of our time devoted to the Club is taken up with the race schedule. The second is that we have become known to many as a racers' club. Is this what we should be doing?

Ideally we would like to have the time, skills, volunteers and budget to accomplish a number of goals. It would be nice to have a comprehensive race schedule, to hold regular Club meetings, to put on clinics, to promote running, to organize special events for beginning runners and to provide coaching and literature for runners at all levels. But we have to make decisions on priorities and then attempt to do first what is most important to us. Later in this Newsletter there is a questionnaire on what our priorities should be. We invite you to fill it out and send it back in. We also invite you to follow through on your recommendations by volunteering to put them in action. It is time to have your say about what our Club should be doing. It is reality that says we can only do it if you participate.

P.E.I. ROADRUNNERS  CBCT-FM RADIO

# ISLAND MARATHON

P.O. Box 302 Charlottetown, P.E.I., CIA 7K7, 902-894-8879



TERRY FOX: HE TOUCHED CANADA'S HEART

TERRY FOX (1958-1981)

He was part of our lives for a little over a year. It seemed much longer. In that short span of time he made us dream again, care again, hope again. His inspiration was timeless.

Terry Fox made his run for others, those who are the victims of cancer. The task is now ours to live up to the example he set. Where suffering and pain exist, it is our call to do battle against it. That is the wish he would have left us.

A MEMORABLE EVENT

Jim Wyatt, the race winner, described it as a survival test. Other runners had other terms for it. All would agree that Sunday, September 13, 1981, was a deceptively difficult day to run a marathon on Prince Edward Island. Sixty-eight unsuspecting souls left the starting line at Cavendish, breezes at their back, warmed by sunshine. Fifty-three tumbled in a few hours later, windswept, bedraggled and sunburnt. Another Island Marathon was over.

The Third Annual P.E.I. Roadrunners-CBCT-FM Island Marathon will long live in the memory of its participants. It was, indeed, a memorable race. Most of the memories will centre around the drastic change of such easy running over the first several miles to the dizzying fatigue of the final few. Times over the first six miles indicated possible personal bests for almost all runners. Most, however, began to experience an odd, washed out feeling over the middle part of the course. Slowly the realization dawned that the sun and wind that had seemed so friendly early on had robbed each runner of crucial energy. The effects of the day were visible by the twenty-one mile mark and from that point on it was a spectacle of stragglers as some ran, some walked and some plodded toward their final relief at the finish line.

It was a day when it took a special desire to keep running for the finish. Somewhere along the line, most runners must have asked themselves why they kept going. Wise men, in weighing all the circumstances, would probably have opted to stop at a water station and ponder the foolheartiness of these peculiar individuals who kept trudging on. There are always other races, other distances and other sports. Why fight it out to the end when the end is so punishing to reach? Why indeed? Marathoners are probably no less sane than the rest but we all have battles we must win. Completing a marathon is a victory in the battle over physical and mental frailties. Even to the point of exhaustion, we drive ourselves on to achieve a victory over the failings of the body and the comfort of the mind.

The P.E.I. Roadrunners Club salutes all the runners who participated in the Island Marathon. We hope your race was satisfying and that you will be back again with us next year. We cannot, of course, promise you a nice cool, overcast day for the race, but we do know that the odds of similar weather in coming years is not high. Please bring a friend (or two or more) and help make next year's race an even greater success.

RESULTS OF THE P.E.I. ROADRUNNERS/CBCT-FM ISLAND MARATHON

Finishers 1-18		Finishers 19-36		Finishers 37-53	
Jim Wyatt	2:49:31	Matt Smith	3:30:38	Thomas C. Brooks	3:55:15
Paul Wright	2:51:46	Parker Lund	3:30:51	Donald Lightfoot	3:56:56
Ewen Stewart	2:54:37	Gary McLaughlin	3:31:16	Don Blane	3:57:35}
Don Pridmore	2:57:36	Jonathan Orłowski	3:32:14	Charles-Henri Landry	" }
Jean Faucher	2:58:43	Fred Affleck	3:34:40	Eric Manuel	4:11:45
Bill MacEachern	3:00:17	Lawrence MacInnis	3:35:53	James Glenen	4:13:40
Terry Morris	3:03:19	Verner Smitheram	3:37:18	Eddie Bernard	4:14:50
Timothy Doyle	3:07:29	Don Mazer	3:37:18	Ronald Gaudet	4:18:14
Leo Glavine	3:08:45	Alan Preston	3:38:00	Eleanor Farrington	4:20:21
Calvin DesRoches	3:11:32	John Thompson	3:38:18	John S. Bennett	4:25:56
Salam Hashem	3:12:34	Ninian LeBlanc	3:39:03	Mike Dowling	4:38:25
Kenneth Jones	3:18:12	Bob Wigmore	3:44:34	Reggie MacInnis	4:39:25
Phillip Lutwick	3:18:42	Ralph Saulnier	3:47:25	Ralph Murphy	4:39:29
Carl Phillips	3:18:53	Dean MacMillan	3:47:51	Gordon Chapman	4:39:33
Michel Ouellette	3:20:34	Kenneth Lawless	3:49:34	Carl MacLeod	4:45:02
Jake Baird	3:27:19	Monica LaPointe	3:50:10	Kim Scholefield	4:49:47
Ronnie Drake	3:27:19	Brad Murray	3:51:47	Ronnie Lund	5:11:38
Simon Laporte	3:29:57	Barry Gill	3:54:46		

A WORD OF THANKS TO THE SPONSORS AND VOLUNTEERS

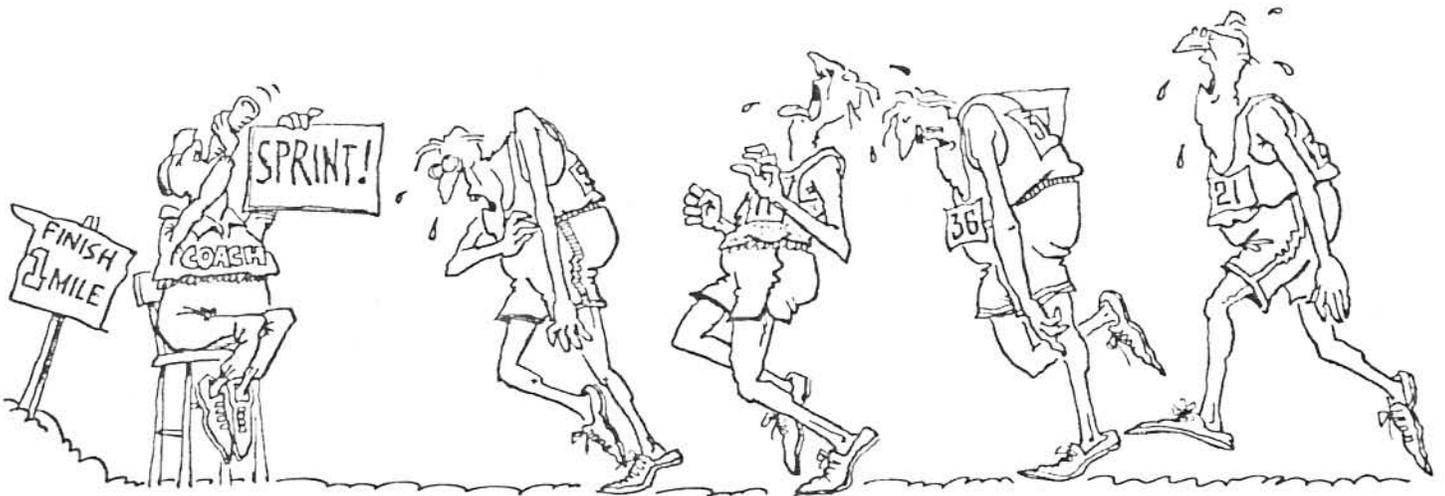
The P.E.I. Roadrunners Club owes a great debt of thanks to all those who assisted with the Island Marathon. It is no exaggeration to say that without the support of the sponsors and volunteers, the race would not have been possible.

The assistance provided by radio station CBCT-FM 96.9 in Charlottetown was crucial to the continuation of the event. We are also grateful to the many businesses that donated awards, that provided services or supplies or assisted in other ways. Their names are numerous and all will be recognized by our special certificates. There are many volunteers required for an event of this size and we were fortunate this year to have such capable and enthusiastic helpers. We appreciate all of their efforts and they too will be recognized by certificates.

R U N C A N A D A R A C I N G K I T A V A I L A B L E

One of the major undertakings of Run Canada has been the establishment of a Run Canada Policy Handbook which includes a race director's kit. The draft copy of the kit was accepted at the last meeting of Run Canada held in Winnipeg. This kit is a must for anybody who will be organizing or directing one of our runs on the Island. Some of the areas covered are: a race director's checklist; course measurement; finish and start line procedures; race application form; application for course certification, sample entry form; and safety precautions (this will be expanded so that more emphasis will be placed on medical procedures in case of emergencies). This kit will be available from Sport P.E.I. and hopefully will help in creating efficient race organizations. In addition to the kit, there is available an excellent outline form on planning for a race. Don Harley has been responsible for this outline based on his experiences in planning road races.

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RESULTS OF SEAMAN'S BEVERAGES FOUR MILE RUN, JULY 4, 1981

Finishers 1-16		Finishers 17-32		Finishers 33-48	
Jonathan Blake	22:06	Ronnie Drake	25:10	Don Blake	28:34
Roy Mason	22:14	Lorne Carmichael	25:13	Gerianne McCarthy	28:34
Jim Wyatt	22:29	Calvin Wiley	25:14	Peter Lawnikanis	28:41
Don Pridmore	22:45	Reggie McInnis	25:15	Tim Easter	28:54
Randy MacNeill	22:54	Parker Lund	25:23	Roland Sampson	28:56
Salam Hashem	22:57	Alan Mason	25:32	Rosemary Faulkner	28:57
Calvin DesRoches	23:07	Bruce Duffy	25:52	Jimmy Paynter	29:12
Philip Easter	23:18	Don Moffett	26:27	Rick LaPointe	29:31
Ewen Stewart	23:33	Ronnie Lund	26:58	Coline MacDonald	29:55
Carl Phillips	23:54	Lloyd MacCallum	27:24	Ernie Carmichael	30:08
Stew Freeman	23:59	Jeff Campbell	27:29	Elizabeth Keenan	30:22
Tom Rivest	24:01	Art O'Malley	27:40	Eleanor Farrington	30:42
Monica LaPointe	24:07	Fred Affleck	27:46	Allison Keenan	36:35
Paul Wright	24:20	Don Harley	28:03	Ian Carter	36:47
Jake Baird	24:37	Bob Wigmore	28:19	Gene Longfield	36:48
Dean MacMillan	25:06	David Knubley	28:25	Jeff Farrington	49:48

RESULTS OF FULTON CAMPBELL MEMORIAL 20 KM ROAD RACE, JULY 18, 1981

Finishers 1-15		Finishers 16-30		Finishers 31-44	
Bill MacEachern	1:11:30	Ed Fraser	1:21:16	Dean MacMillan	1:34:00
Paul Wright	1:13:22	Tim Pickering	1:25:01	Bob Wigmore	1:34:29
Jim Wyatt	1:14:49	Fred Nobes	1:25:02	Gary McLaughlin	1:36:34
Tim Dalling	1:15:37	Parker Lund	1:25:03	Howard Bandy	1:36:34
Don Pridmore	1:15:48	Lorne Carmichael	1:27:23	Don Blane	1:37:59
Gary Harris	1:16:06	Lawrence McInnis	1:27:24	Walter Lea	1:39:27
Ewen Stewart	1:16:13	Mike Connolly	1:28:27	Gerianne McCarthy	1:42:04
Stew Freeman	1:16:55	Monica LaPointe	1:28:35	Rick LaPointe	1:42:11
Calvin DesRoches	1:18:23	Ronnie Drake	1:28:43	Leon Berrouard	1:44:23
Albert McDonald	1:18:56	Dan McCarthy	1:30:09	Eleanor Farrington	1:44:54
Michael Burke	1:19:04	Richard Papenhausen	1:30:23	Foch McNally	1:46:34
Carl Phillips	1:19:30	Don Moffatt	1:31:33	Rosemary Faulkner	1:51:00
Salam Hashem	1:19:44	Ninian LeBlanc	1:31:52	Millie Bandy	1:57:14
Mark McCosham	1:20:57	Don Harley	1:32:58	Doug Carmody	2:03:24
Jake Baird	1:21:14	Luther Weisman	1:33:01		

RESULTS OF BELFAST MID-SUMMER JAUNT (8 MILES), JULY 25, 1981

Finishers 1-16		Finishers 17-32		Finishers 33-49	
Paul Wright	47:13	Jake Baird	51:34	Kevin Mooney	60:13
Lawrence McLagan	47:13	Gary McLaughlin	52:30	Lloyd MacCallum	60:19
Jim Wyatt	47:25	Mark McCosham	52:39	Rick LaPointe	60:32
Don Pridmore	48:23	Monica LaPointe	52:54	Fred Affleck	60:54
Albert MacDonald	48:34	Don Reeves	52:54	Luther Weisham	60:59
Ewen Stewart	48:58	Gerry MacDonald	54:13	Leon Berrouard	61:04
Salam Hashem	48:58	Charles Panton	54:15	Brian McInnis	61:42
Willie MacDonald	49:26	Matt Smith	54:28	Richard Davies	62:14
John Aube	49:32	Ronnie Drake	55:53	Barry Mooney	62:46
Peter Kittilsen	49:36	Kevin MacLean	57:54	Bob Gray	63:17
Calvin DesRoches	49:48	Barry Wheeler	58:02	Foch McNally	63:22
Stew Freeman	50:02	Dean MacMillan	58:15	Rosemary Faulkner	64:04
Carl Phillips	50:27	Ninian LeBlanc	58:24	Nancy Manning	66:39
Mike Mooney	50:54	Lambert Pauley	58:37	Eleanor Farrington	66:43
Bob Sagor	51:27	Darryl Connolly	58:39	Ed Harris	68:02
Tony Gow	51:30	Bob Wigmore	63:22	Moya LaPointe	70:58
				Brian Stewart	74:52

RESULTS OF PRINCE EDWARD ISLAND 20 KM CHAMPIONSHIPS, AUGUST 2, 1981

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Finishers 1-21		Finishers 22-42		Finishers 43-63	
Sandy McAuley	1:11:04	Guy Comeau	1:31:11	Don Blane	1:39:27
Paul Wright	1:15:24	Colin MacAdam	1:32:12	Rob Anderson	1:41:10
Don Pridmore	1:16:15	Ninian LeBlanc	1:32:14	Jake Baird	1:41:18
Lawrence McLagan	1:18:56	Reggie MacInnis	1:33:15	Rosemary Faulkner	1:41:18
Jim Wyatt	1:19:15	Richard Papenhausen	1:33:18	Barry Mooney	1:41:30
Ewen Stewart	1:20:07	Mark LaPointe	1:33:18	Carolyn Emerson	1:42:15
Philip Easter	1:20:21	Darrach Murray	1:33:47	Ronnie Lund	1:43:54
Stew Freeman	1:20:47	Randy MacNeill	1:35:16	Lloyd MacCallum	1:44:02
Roy MacDonald	1:21:04	Don Moffett	1:35:45	Don LeClair	1:44:07
Peter Kittilsen	1:22:39	John Campbell	1:35:57	Walter Lea	1:45:08
Bob Sagor	1:23:13	Fred Affleck	1:36:10	Leon Berrouard	1:46:03
Calvin DesRoches	1:23:14	Larry MacAdam	1:36:52	Dick St. Jean	1:46:20
Roy Mason	1:24:00	Don Harley	1:37:19	Alex Clavel	1:46:23
Carl Phillips	1:24:35	Kevin Mooney	1:37:24	Italo Marzari	1:46:23
Mark McCosham	1:26:02	Charles H. Landry	1:37:31	Art Monsebraaten	1:46:24
Brian Thompson	1:26:58	Bob Wigmore	1:37:38	Margaret MacDonald	1:46:28
Lorne Carmichael	1:29:17	Gordon Chapman	1:37:45	Wayne Hambly	1:46:33
Parker Lund	1:30:07	Curtis Faulkner	1:37:47	Eleanor Farrington	1:47:17
Dan McCarthy	1:30:20	Brian McInnis	1:38:11	Frank Huston	1:51:15
Ronnie Drake	1:30:31	Bob Gray	1:38:39	Allan Savidant	1:54:37
Monica LaPointe	1:30:37	Luther Weisman	1:38:58	Roy Rodd	2:07:10

RESULTS OF TYNE VALLEY OYSTER FESTIVAL RUN (20 MILES), AUGUST 8, 1981

Finishers 1-8		Finishers 9-16		Finishers 17-25	
Dale Corkum	2:03:34	Carl Phillips	2:18:36	Don Harley	2:39:14
Paul Wright	2:05:23	Matt Smith	2:20:50	Bob Gray	2:42:32
Calvin DesRoches	2:08:39	Jake Baird	2:20:50	Bob Wigmore	2:42:40
Peter Kittilsen	2:11:17	Ken Jones	2:22:54	Fred Affleck	2:46:07
Don Pridmore	2:12:28	Marc LaPointe	2:28:54	Rick LaPointe	2:51:41
Philip Lutwick	2:16:14	Alfred Groom	2:28:54	Eleanor Farrington	2:58:27
Ewen Stewart	2:16:14	Monica LaPointe	2:33:54	Gary Aitken	3:06:08
Vince MacDonald	2:16:27	Ninian LeBlanc	2:34:57	Jimmie Paynter	3:08:29
				Allan Savidant	3:17:59

RESULTS OF NATIONAL PARK 10 KM RUN, AUGUST 15, 1981

Finishers 1-19		Finishers 20-38		Finishers 39-56	
Bill MacEachern	32:33	Peter Cohane	39:25	Bob Wigmore	44:58
Mike Jordan	33:47	Gerry Allan	39:51	Leon Berrouard	45:03
Jim Wyatt	33:49	Colin McCabe	39:56	David Compton	45:33
Paul Wright	34:01	Stephen Locke	40:22	Don Skelton	47:17
Calvin DesRoches	34:51	Jim Kirby	40:48	Tim Easter	47:46
Peter Kittilsen	35:15	Richard Papenhausen	41:07	Dawn Robbins	47:46
Tim Dalling	35:22	Ron Chambers	41:43	Rob Jones	47:54
Ewen Stewart	35:30	Rob Anderson	41:44	Eleanor Farrington	48:15
John Kelly	35:55	Danny Gass	42:01	Ed Harris	48:46
Randy MacNeill	36:06	Lloyd MacCallum	42:20	Lisa Carter	49:31
Brian Thompson	36:50	Charles Francis	42:24	Paul Gaudet	50:05
Ben Dunne	36:39	Ronnie Lund	42:28	Marie Laflamme	50:14
Don Reeves	37:00	Michael Murphy	42:29	Gerry Cranford	51:21
Jake Baird	37:19	Rosemary Faulkner	43:12	Nancy Goldwarg	52:00
Carl Phillips	38:00	Alfred Groom	43:13	Ian Carter	52:53
Philip Easter	38:14	Gerald MacDonald	43:23	Jason March	57:25
Ronnie Drake	38:32	Don Oliphant	43:38	Brian March	57:25
Parker Lund	38:40	Foch McNally	43:54	Georgia March	61:15
Lorne Carmichael	39:00	Colin Easter	44:26		

RESULTS OF VOLUME RENTALS HALF MARATHON (13.2 MILES), AUGUST 29, 1981

Finishers 1-9		Finishers 10-18		Finishers 19-29	
Bill MacEachern	1:16:37	Carl Phillips	1:25:50	Don Moffett	1:37:49
Tim Dalling	1:18:59	Randy MacNeill	1:26:09	Mark Young	1:38:03
Jim Wyatt	1:20:11	Matt Smith	1:31:12	Bonnie LeFrank	1:38:03
Calvin DesRoches	1:21:26	Lorne Carmichael	1:34:04	Gerald Mitchell	1:39:49
Peter Carr-locke	1:22:57	Fred Affleck	1:34:55	Bill Hazelton	1:41:21
Roy Mason	1:23:56	Fiona Russell	1:35:12	Don Mazer	1:42:06
Peter Kittilsen	1:24:15	Alan Mason	1:35:29	Bob Wigmore	1:42:38
Philip Easter	1:24:48	Don Harley	1:36:20	Leon Berrouard	1:43:16
Jake Baird	1:25:46	Ninian LeBlanc	1:36:20	Verner Smitheram	1:50:29
				Don Skelton	1:53:05
				Kent Molyneaux	2:05:29

RESULTS OF ALICE-FAYE'S THREE MILE RUN, OCTOBER 4, 1981

Finishers 1-5		Finishers 6-10		Finishers 11-15	
Monica LaPointe	18:01	Cindy Northen	20:39	Teresa Debly	22:33
Marlene Costain	18:16	Joanne Perry	21:17	Michelle Birch	22:49
Rosemary Faulkner	19:28	Sheila Bell	21:54	Judy Gaudet	23:34
Susan Rogers	20:10	Betsy Mallard	22:01	Lorraine Wyatt	25:06
Bethany Rogers	20:16	Katie LeClair	22:18	Sara Jane Bell	26:16

GRAND PRIX STANDINGS AS OF OCTOBER 10, 1981

Standings include: Dairy Queen Bunny Hop, Campers' City Five Mile Run, McDonald's Ten Mile Road Race, Seaman's Four Mile Run, Fulton Campbell 20 KM Memorial, Belfast Mid-Summer Jaunt, Tyne Valley Oyster Festival Run, National Park Run, Volume Rentals Half Marathon, P.E.I. Roadrunners/CBCT-FM Island Marathon and Alice-Faye's Three Mile Run. PLEASE NOTE: Points accumulated in the Athena Seven Mile Road Race and Kensington Harvest Festival Road Race will be added when results become available.

Top 20 Males

Top 19 Females

1. Calvin DesRoches	144	1. Monica LaPointe	200
2. Don Pridmore	142	2. Eleanor Farrington	144
3. Paul Wright	129	3. Rosemary Faulkner	132
4. Ewen Stewart	122	4. Gerianne McCarthy	94
5. Jim Wyatt	120	5. Moya LaPointe	76
6. Bill MacEachern	110	6. Susan Rogers	43
7. Carl Phillips	109	7. Sheila Bell	38
8. Salam Hashem	92	8. Susan MacEachern	} 37
9. Philip Easter	77	9. Elizabeth Keenan	
10. Roy Mason	76	10. Kim Scholefield	36
11. Lorne Carmichael	72	11. Bethany Rogers	} 33
12. Peter Kittilsen	69	12. Dawn Robbins	
13. Jake Baird	59	13. Susan Bordage	28
14. Albert MacDonald	54	14. Rosemary Nyeky	26
15. Tim Dalling	53	15. Fiona Russell	25
16. Randy MacNeill	50	16. Bonnie LeFrank	20
17. Stew Freeman	49	17. Nancy Manning	19
18. Willie MacDonald	45	18. Coline MacDonald	} 18
19. Colin MacAdam	43	19. Lisa Carter	
20. Matt Smith	34		

ATHLETES WHO SO HAPPEN TO HAVE DISABILITIES

This is the International Year of the Disabled Person. In recognition of that fact, the P.E.I. Roadrunners/CBCT-FM Island Marathon took as its banquet theme the success of the disabled in sport. We were very pleased to have as our race patrons two athletes who captured numerous medals, including gold, at national level competition. Phil Bower and Tommy Kays, both blind athletes competing in the masters category, have established records that are truly remarkable. We would be proud to honour such men during any year.

The keynote address at the banquet was delivered by Joan Baird. Joan is the president of the P.E.I. Recreation and Sports Association for the Disabled and has been involved for a number of years in working with the disabled. As those who were at the banquet can attest, Joan spoke very eloquently about the role of sport in the lives of the disabled and the support systems each athlete needs. For those who were not at the banquet, we have taken several excerpts from Joan's speech that we hope will convey the message she left us with that evening.

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Earlier, I spoke about athletes who so happen to have a disability. My phrasing is very much intentional because their needs for sport and achievement are very much like your own or any other athlete.

Every day an average of three people suffer spinal cord injuries and most of these are confined to wheelchairs for the rest of their lives. Unless we are in contact with people who have little or no sight, who are missing a limb or who are in a wheelchair, we rarely give it a thought. I know we don't like to think about it, but for the next few moments we are going to.

During this past year, we have heard a great deal about people who have a disability. We have heard about their achievements, their capabilities and their needs for employment, accessibility and housing. What I am going to talk about is our attitude and the surprisingly little difference there is between you as a marathon runner and the athlete who so happens to have a disability.

I am sure that you are thinking that, "boy, if I found myself blind or in a wheelchair the last thing I'd be worried about is sport." But did you know that sport is perhaps the best therapy and motivator for someone who becomes physically disabled. One of the greatest psychological barriers for a person who is in a wheelchair, has lost a limb or their sight is their extreme feelings of self-consciousness and embarrassment about how they look to us, the able-bodied. Sport provides the opportunity for their disability to disappear, almost like magic for the time being. Wheelchair basketball, goalball, track events, swimming, skiing and sledging are bringing those with disabilities to the fore. Once they have been able to get out on that floor and forget that there is an audience watching them they have taken the most important step. They know they can do it. What the spectators are watching is not their wheelchair or missing limb, but their skill and capability. The applause is in recognition of them as athletes.

Once that first step is taken, there is, perhaps for the first time in a long while, the feelings of personal achievement and success. The other areas of their lives take on new meaning. When you think about it, this is exactly what running has done for many of you. Sport provides an opportunity to become truly involved, to fill spare time in a productive and meaningful way and to develop positive and warm friendships. It isn't any different for a runner than a person who so happens to have a disability.

There is, however, a difference in the degree of support needed to participate. Have you ever thought of how a blind athlete trains to throw the discus. Once that discus has been thrown, he or she is unable to retrieve it. As well, they do not know if someone is crossing the path of the thrown discus. What about the blind runner? Tommy Kays, one of our honorary patrons, can tell you how he has to juggle his work schedule around the volunteer runner who leads him through his daily run. Their training and participation requires not only their own desire and commitment but also that of a sighted person. Another difference is in the cost of equipment. A wheelchair athlete who races and participates in field events requires two different wheelchairs which can cost up to \$1600 apiece.

I've always been a believer that if we personally gain from a sport, or for that matter any activity, that we also have a responsibility to give to someone else in return. I am sure that there is someone in your community who needs your acceptance, encouragement and assistance to benefit just as you have from your running. Just as runners need an organized support system for racing and competition, so too do our athletes who so happen to have a disability.

MUSCLE PROBLEMS, FROM THE FOOT BOOK - Submitted By Salam Hashem

The main muscles of concern to the athlete are the hamstring and quadriceps groups located around the knee. Any muscle of the body can be injured, but those that cross two joints (bi-articular muscles) are especially subject to injury.

Any inherited structural imbalance, or muscle imbalance acquired through extensive training without total conditioning will cause strain and fatigue of the imbalanced or overused muscles. That is, if an athlete trains for one specific sport and does not develop strength and flexibility in all muscle groups, then a muscle imbalance will be acquired. (For example, muscle pains on the inside of the thigh, in the area of the vastus medialis or sortorius muscles, often are associated with excessive mobility or excessive pronation of the foot, and the reverse is true. Treatment through the use of an artificial support will eliminate this structural or functional imbalance.)

Muscle problems of the lower extremity or even around the hips and lower back often relate to imbalance which can be corrected with proper foot support.

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**BROOM HILDA**

**By Russell Myers**



O U A L L E Z - V O U S ?

Club President Don Harley not only knows how to talk the language of runners, he will soon be doing it in two official languages. The Federal Department of Health and Welfare think that they are sending him away on language training so that he can converse with clients en francais, but in reality Don is learning how to attract Quebed runners to our races. In the meantime, however, we will be without his leadership during the ten-month period he spends in Moncton. We are sorry to see him leave for that period but we wish him the best of luck and we hope he succeeds at his new challenge.

Parker Lund captured the feelings of many Club members quite nicely in the following poem:

It's Marathon time once again,  
And Don Harley's going insane.  
He's running here and running there,  
Planning events with the greatest of care;  
But did you know that starting Monday  
Don's new language will be Francais?  
He's moving to Moncton to take his training  
And within a year will be parlaying.  
We wish him well in this new task,  
Hoping sincerely he'll beware of the cask.  
Our loss will be Moncton's gain,  
But we'll try our best to bear the pain.  
When he returns in a year or so  
All systems hopefully will be go.  
So Don my friend as you take your leave,  
Wear proudly our marathon badge on your sleeve.  
Keep up your running along with your arm,  
And you're guaranteed to keep out of harm.  
Don't slacken off in the promotion of running,  
Because if you do we'll all come a gunning.  
Have a good year learning Francais,  
And when you return Don't have too much to say!

P. J. L.

\* \* \* \* \*

**Pain Tolerance:** A capability necessary for even beginning joggers. Successful distance runners rank second in pain tolerance behind Hindus who walk on hot coals, and just ahead of Hindus who sleep on a bed of nails.

**Pulse Checking:** A terrific excuse for taking a rest that no one will challenge.

L E T T E R   T O   T H E   E D I T O R

As a person who has been involved in the running/jogging/fitness scene on P.E.I. over the last ten years and also instrumental in forming the P.E.I. Roadrunners Club, I am concerned with the direction our Club appears to be taking. That direction I feel is one which can turn our Club into a racing club instead of a running club which was its original mandate. The decrease in the number of runners at many of our races over the last year may be some indication that we are forgetting the grass roots of our organization in our planning and as a result are becoming elitist. When I was president of the Club during its infant years I wrote a letter to our newsletter indicating the importance of catering to the grass roots of our organization. At a later date I repeated this concern because I felt that to remain healthy as a running club it was necessary to appeal to the masses.

The two solutions I offered at that time and helped organize were social runs and fun runs. Even though both experienced difficulties, they did offer something to the beginner. The fun runs initially were held on Saturday morning and were for the most part relatively successful. They were shifted to Monday evening at 6 p.m. which was convenient for a small segment of the population. I must mention at this point that Barrie Stanfield and Doug Jones have revived the fun runs on a temporary basis at Victoria Park on Saturday mornings. I only hope that a decision is made to continue the fun runs next year so that when a beginner calls you or me on the phone to ask where he can run we can direct him to a fun run and not to a 5, 6.2, 7, 8, 10, 12.4, etc., mile road race.

It might be argued that only a half a dozen or so show up for the fun runs. I would counter this argument by saying it is better to provide a run for six who need it rather than a race for forty who don't need it.

If we are to continue our present course - that of a racing club - we will soon experience some of the problems being encountered by other racing clubs in the Atlantic provinces. These problems include: A small group of members doing everything to the point where they burn-out and leave the organization; a limited number of runners (racers) because very little effort is directed to the beginner.

One solution to the reduction of runners in our races might be to incorporate a recreational division. Such a move could encourage more people to participate because they might have a chance to win something. Maybe more draw prizes instead of the \$75 to \$100 we put out for medals each races would attract the runners who are left out race after race.

I hope many of my concerns are unfounded and that everything is well with the Roadrunners Club. Comments on this letter would be appreciated, especially from the joggers in our Club, if indeed we still have any. One of our major aims is fitness through running for Islanders - a major task but one worth working for.

Yours in running,

P.J. Lund

P.E.I. ROADRUNNERS CLUB SURVEY ON FUTURE DIRECTIONS

1. WHAT DO YOU BELIEVE THE CHIEF PRIORITIES OF THE P.E.I. ROADRUNNERS CLUB SHOULD BE?

- Organizing competitive road race schedule \_\_\_\_\_
- Promoting running, especially for beginners \_\_\_\_\_
- Organizing events for non-competitive, recreational runners  
(e.g. fun runs, social runs, mass events) \_\_\_\_\_
- Creating social forum for runners to get together \_\_\_\_\_
- Producing kits, literature or other material \_\_\_\_\_
- Other \_\_\_\_\_

2. DO YOU BELIEVE THAT CHANGES SHOULD BE MADE TO THE ROAD RACE SCHEDULE?

- No \_\_\_\_\_
- Yes \_\_\_\_\_ If so, what kind of changes would you like to see?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

3. WHAT KIND OF EVENTS WOULD YOU LIKE TO SEE THE CLUB CONCENTRATE MORE ON?

- Regular meetings (informal) \_\_\_\_\_
- Clinics for beginning runners \_\_\_\_\_
- Clinics for intermediate runners \_\_\_\_\_
- Relay races (e.g. corporate cups) \_\_\_\_\_
- Fun races/paces (e.g. Run Into Summer) \_\_\_\_\_
- Other \_\_\_\_\_

4. WHAT, IN GENERAL, WOULD YOU LIKE TO SEE THE P.E.I. ROADRUNNERS CLUB ATTEMPT TO DO FOR RUNNERS/RUNNING IN THE NEXT YEAR OR TWO?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

5. WOULD YOU BE WILLING TO VOLUNTEER TO HELP? \_\_\_\_\_

NAME \_\_\_\_\_  
PHONE \_\_\_\_\_  
ADDRESS \_\_\_\_\_  
\_\_\_\_\_

PERSONALITIES IN THE PACK - By Jim Wyatt

When I first decided (back in the Spring) to profile Rosemary Faulkner, she was a relatively unknown factor on the Island running scene. Since that time, in her first season of racing, Rosemary has won the Masters Division in a number of races, the Women's over-all at the National Park 10KM and represented the Island at the National 20KM Championship in Winnipeg. So instead of uncovering a great new talent as I planned, I'm reduced to reporting on an established competitor.

Rosemary is 35 years old and was born in Upper Canada (don't give up Rosemary, you can still be an Islander). She was raised with the R.C.A.F. and covered much of Canada as she grew up. Because of her height (5'9½") Rosemary gravitated toward basketball and played at different R.C.A.F. Stations and at McGill University where she took her B.S.C. (Home Economics Major). Since graduating in 1968, she has managed to get married, have three kids and carry out an impressive list of extra curricular activities and employment. Among her achievements is the starting of the Visiting Homemakers Service, setting up the legislation which governs the operation of day-care centres on P.E.I., and preparatory work on the program which has evolved into the present Holland College Early Childhood Education Program. At the present time she fills all that extra time that a mother with three small children has with teaching swimming twice a week at the Y.M.C.A., taking a pottery course every winter (see Don, it does make some people faster), helping to look after the Faulkner's U-Pick raspberry operation (3,000 canes) and, of course, running.

Rosemary started running eight years ago after having her first child. Her aim was to get back into shape although this couldn't have been a high priority as she had two more children over the next five years. In those days, she was running less than ten miles and usually three times or fewer a week. In fact, Rosemary didn't run three miles at one time until 1978 after her last child was born. Taking this slowly and steadily, she didn't run in her first race until the 1979 Alice-Faye and in 1980 doubled that record by running the Alice-Faye and Seaman's. The person that encouraged her to start competitive running was Joan McDonald a neighbour from Southport and a well-known recreational runner from the good side of the river.

When 1981 started Rosemary decided that, as daughter Margaret was now three years old and the other two were in school, it was time to take running seriously. Still progressing gradually she has increased her mileage to 35-40 miles per week. As a testimony to the gradual approach to running, Rosemary has never had an injury. Her goal at present is to run five mornings in one week with Ewen Stewart and the Queen Street Road Runners and be able to carry on a conversation at 9 o'clock at night. She is planning to run longer distances next year with the Tyne Valley 20 miler as first priority and maybe the Marathon after.

Rosemary's pet peeve, which she will tell you about at the least excuse, is the lack of size 11 women's running shoes. She presently wears a mixture of men's shoes, none of which fit to her satisfaction. It's a good thing she's got something to slow her down. Being a Home Economist, Rosemary follows the Canada Food Guide and eats sensibly. The only supplement to a healthy diet that she takes is iron.

Rosemary's husband David and the kids have been very supportive and ran great aid stations in the Volume Rentals Half Marathon and the Island Marathon. David has started running now and completed the Terry Fox Run in Southport in fine style and is planning on running the C.A.H.P.E.R. 10 KM in Stanhope. With the increase in runners on that side of the river maybe a club could be formed like the Southport Striders, or the Bunbury Bullets, or the Crossroads Crocks, or . . .

\* \* \* \* \*

# Police Headquarters

- 14 -

CITY HALL



~~ROAMMKS SAUNDERS~~  
CHIEF OF POLICE

Charles Ready

RECEIVED

SEP 14 1981

Charlottetown, P. E. Island  
CANADA

September 11, 1981

Mr. Don Harley  
Public Relations Director  
P. E. I. Roadrunner's Club  
SPORT P.E.I.  
180 Kent Street  
Charlottetown, P.E.I.

Dear Mr. Harley:

Concerns have been expressed by some motorists in the City that joggers are entering intersections which are controlled by traffic lights when they do not have the right of way, thus endangering themselves and causing potential danger to the motoring public as well.

We would appreciate it if you could assist us in reaching any of the members of your organization who might be runners by informing them that they, too, are expected to obey the traffic laws.

Yours truly,

  
C. A. Ready  
CHIEF OF POLICE

CAR/wf

## NOTE FROM THE EDITORS

We fully agree with Chief Ready. It is not only illegal to disobey traffic lights, it is just plain dumb when you think of how much bigger cars are than you. No training run is that important that you can't wait for a light.

On a happier note, this gives us the chance to say thanks to the members of the Department for the assistance they give us in policing traffic during races in the City.

R U N N I N G   A W A Y - By Jim Wyatt

During the past several months, I've been fortunate to have the opportunity to travel outside the province and, like any runner, I used these occasions to enjoy the local running scene.

In late May I was sent to Cornwall, Ontario, for a month on a training course. Before leaving the Island I reviewed the race schedule for Ontario and contacted the local running Club through the Y.W.C.A. There was little activity in the immediate Cornwall area although my eye was taken by a one-hour run on a track on June 14. Prior to that, however, I was interested to note that there was a 25 KM Festival Days Race in Stratford on Sunday, May 31. Now, both my parents were born and raised in that picturesque little town so there was the 'roots' thing involved. Besides, I had relatives there I could sponge off.

So on that Sunday morn I lined up with 170 other runners by the banks of the Avon River. The first thing I learned about running in Upper Canada was that they seemed to start all their races at 9 a.m. Sunday mornings. The second thing I learned quite quickly was that there is a lot of fast runners up there. It was exciting enough to line up with that many runners, but to have about 40 of them take off like Salam Hashem was quite a shock. One of my uncles, who is in charge of taking films to show at the annual Wyatt reunion, followed me around the course with a camera so I was too busy worrying about my hair to concentrate much on running.

The Stratford race had an interesting recording system for a results board. Our numbers had peel-off labels attached to them by safety pins which had our names, ages and addresses on them. As you finished, an official took the label and put it on the order-of-finish board. Another slightly different idea they had was to distribute medals on the basis of the number of competitors in each age group the previous year. For the 30-39 age group there were 19 medals and I was fortunate enough to get one. The Mayor of Stratford, who presented the medals, was quite excited to have a P.E.I. runner there, especially one with voting relatives in town.

My next event was the one in Cornwall on the track. There was only about 25 to 30 runners in the race which was explained by local runners as due to Cornwall's "blue collar" make up and the large number of shift workers. Going round and round for an hour past one aid station is not a great way to spend a Sunday morning but it was a good opportunity to meet other runners and distribute our marathon pamphlets.

My next jaunt took me to Vancouver in August. After a terrible effort in our own 20 KM Provincial Championship, I needed a relaxed race with no pressures or expectations. From magazine ads I found an appropriate race and two telephone calls later I had myself a ride out to some place called Delta (near Vancouver) for my second Provincial 20KM Championship in seven days. Shortly before start time an army jeep and truck drove up and brought with them the biggest starting pistol I ever saw. It came complete with a five-man crew and was fired immediately following pre-race instructions. I know it was fired because the earth shook. It's hard even for me to miss that kind of event. At about the six-mile mark I ran into Dave "Tiger" Williams of the Vancouver Canucks. Actually, I didn't run right into him since I was well aware of his reputation as a scrapper on the ice. He turned out to be far more pleasant on the roads (besides, no bodychecking is allowed in provincial championship races). He eventually finished 121st of the 550 starters and was fresh enough at the end to autograph my finishing certificate. Besides Williams, it was interesting to be in a field with international runners (New Zealand, Japan, the U.S.A.) and entries such as a wheelchair competitor and a blind runner. You will all be pleased to know that I was able to get the P.E.I. Roadrunner t-shirt in front of the camers during the TV shots of the pack.

My only recommendation as a result of these experiences is that if you are fortunate to have the opportunity to travel, take advantage of the local races if at all possible. It is a chance to compare notes with other runners (or hockey players), share stories and pick up different ideas for our own races. Collecting t-shirts is fun too.

Results from Races Away - Stratford Festival Days 13th, 1:32:23 (31/05/81)  
Cornwall One-Hour Run 2nd, 9.75+ Miles (14/06/81)  
B.C. Provincial 20KM Championship 75th, 1:21:?? (09/08/81)

SOME THOUGHTS ON RUNNING FROM DR. BILL STANISH - Submitted By Len Russo

Dr. Bill Stanish, Nova Scotia's leading expert in sports medicine, says one of the major causes of running injuries is 'inadequate information'.

Stanish, head of the Nova Scotia Sports Medicine Clinic and a runner himself, tries to give runners 'realistic expectations', as well as information about physical malformations which can lead to problems (like hyperpronation).

"Some people will never progress beyond being a walk-jogger," Stanish says, "and that's a reasonable expectation. I think we have to get rid of that discrimination between a jogger and a runner -- that's nonsense and it really polarizes our public incredibly."

Stanish lists among the benefits of running: control of body weight, a healthy effect on the cardiovascular system, and a clinically proven psychological 'lift' which can lessen dependency on alcohol, anti-anxiety drugs and so forth.

But Stanish warns that running, like any repeating type of performance activity, leads to a definite pattern of body development. "In running, you get very big through your quads, and through your calf muscles and your rear end...because those are the things that are working during striding. As those muscles get bigger, they also get shorter, bulkier and become less elastic. That's why we put people on structured flexibility programs for those primary movers."

Stanish says that as people age, elasticity is further reduced, making regular stretching even more important.

Stanish calls himself 'an all sports person' and feels personally that runners should take part in other sports for physical and psychological balance. "It tends to give some fiendish runners appreciation of the world outside," he remarks. "But I'm not in the business to be a missionary."

Of interest to injured runners: Stanish does not recommend total rest. "As far as the musculo-skeletal system is concerned, rest causes the body to atrophy. If you've got an injury, it can be well treated with modification of the exercise program. But absolute rest, in my opinion, breeds disaster in many situations."

On shoes: The kind with built-in inserts are 'therapeutic shoes' and can help certain runners, Stanish says, "But to put them on the shelf for public consumption is really wrong."

Stanish claims shoes which will stand the test of time are ones designed for normal gait and generous enough in the toe-box area to allow for expansion of the forefoot (during propulsion).

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

In addition to the temporary loss of Don Harley for ten months, the Club had to bid farewell recently to two other of our stalwarts. Guy Comeau has been transferred by the R.C.M.P. to Ottawa. Lawrence McLagan made his move out to Vancouver Island immediately following the Labatt's National 20 KM Championship. Both are going to areas where running is extremely popular and we trust that we will be hearing from them on their continued running activities. Best of luck, Guy and Lawrence.

\* \* \* \* \*

Our Provincial team members did reasonably well at the Labatt's National 20 KM Championship at Bird's Hill Park, just outside Winnipeg. Paul Wright led the way with a good time of 1:12:31, placing 61st overall. Don Pridmore was next with 1:16:47 for 88th place, followed by Lawrence McLagan in 1:17:52, Stew Freeman in 1:19:16 (11th in male Masters), Ewen Stewart in 1:27:18, Monica LaPointe in 1:29:36 (35th in Senior Women), Eleanor Farrington in 1:39:42 (12th in Women's Masters), Rosemary Faulkner in 1:46:25 and Parker Lund in 1:47:29. Due to a previous sport commitment Margaret MacDonald was unable to attend this meet, therefore Eleanor Farrington (who finished just forty seconds behind Margaret in the Provincial Championship) completed the ladies section of our provincial team.

\* \* \* \* \*

Thinking of Winnipeg, we hear that they have some very tasty ice cream out there. Ask Rosemary Faulkner or Paul Wright some time if they would recommend the double decker Dutch Maid cones.

\* \* \* \* \*

Some P.E.I. runners out in Manitoba were puzzled about where the hill was in Bird's Hill Park. The 'hill' apparently was a rise of about four feet over a hundred meters or more. If that was a Manitoba hill, what would their runners have called Belle's Hill in Montague?

\* \* \* \* \*

We hear that Island Marathon winner Jim Wyatt and Masters winner Ewen Stewart were so fresh after that run that two weeks later they went out on something that would allow them to cover a little more distance. By alternating twenty-minute running periods with five-minute rest periods over a ten hour span they were able to put in about fifty miles. Now that's dedication! (but is it sane?)

\* \* \* \* \*

FOR SALE: There are still eighteen Labatt's 20 KM P.E.I. Championship t-shirts for sale. The price is still \$4 per t-shirt - a real buy in this day of high prices and run-away inflation. Money from the sale of the remaining t-shirts will cover the remaining deficit from the run. It should be noted that all materials purchased for the event are available to the Club for any of its events. Some of the materials are: standards for start and finish signs, result boards, result and registration sheets, directional signs, starting gun, water coolers, buckets, a portable table, metal mileage markers (still to be painted), pencils, pens, stapler and stapler gun. If needed contact Parker Lund. T-shirts are also available from Parker Lund. Phone Number 892-7544.

\* \* \* \* \*

The P.E.I. Roadrunners Club Newsletter is printed and distributed through Sport P.E.I. Co-editors: Don Pridmore and Judy Hiscott. Special thanks this time around to Jim Wyatt, Joan Baird, Len Russo, Salam Hashem and Parker Lund.

\* \* \* \* \*

U P C O M I N G E V E N T S

November 1, Sunday - 1981 Atlantic Cross Country Championships  
 Wentworth Valley Provincial Park (Located approximately half-way between Truro and Amherst on the Trans Canada Highway).  
 FOR FURTHER INFORMATION CONTACT: Cliff Matthews, Meet Director  
 21 Central Avenue, Apt. #5  
 Halifax, Nova Scotia B3N 2H2 (902) 443-2945 (h)

OR Bob Book  
 P.O. Box 3010 South  
 Halifax, Nova Scotia B3J 3G6 (902) 425-5450

November 7, Saturday - Open Cross Country Races, Sydney Mines  
 CONTACT Neil MacMullin, 736-9979

November 14, Saturday - Runners World Fun Run, 8 Miles, Saint John, New Brunswick  
 Start 10 a.m. Register at Racquet Club on Chesley Drive between 8:35 and 9:45 a.m. This is a 'prediction run' - awards will be given based on how accurately competitors can predict their finish time.  
 CONTACT Wayne Murphy, c/o Runners World Ltd., Chesley Place  
 400 Main Street, Saint John, New Brunswick, E2K 4N5  
 (506) 693-4382. Entry fee \$2

November 29, Sunday - St. Andrews Day Half Marathon, 12 noon, Middleton, N.S.  
 CONTACT Malcolm MacKenzie, 825-4304

\* \* \* \* \*

D U N K R I V E R R U N

Sponsors - Callbecks Ltd., Central Bedeque	Age Classifications -
Organizers - P.E.I. Roadrunners Club	Men - Under 20
Distance - 12 KM (7.5 Miles)	20 - 29
Date - Saturday, November 7, 1981	30 - 39
Registration Time - 1 p.m.	40 & Over
Starting Time - 2 p.m.	Women - 25 & Under
Pre-Registration Deadline - Friday, November 6/81	Over 25
Medical Service - St. John Ambulance	Trophies - Presented to top male and female finishers
Policing - R.C.M.P.	Medals - Top Three Finishers in each category
Entry Fee - \$2 (please enclose with entry form)	Certificates - To all those who participate
Changing Facilities - Available at Bedeque Rink	
NOTE - Awards will be presented in the Bedeque Rink	

ENTRY FORM - P.E.I. ROADRUNNERS CLUB/CALLBECKS LIMITED - DUNK RIVER RUN - NOVEMBER 7/81

NAME \_\_\_\_\_ AGE ON NOVEMBER 7/81 \_\_\_\_\_

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

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

SIGNATURE (Parent to sign if participate under 18) \_\_\_\_\_