

# Come... Run on Prince Edward Island



## FROM THE EDITOR

As this edition of the Newsletter was going to press the fate of Terry Fox was unknown. News in early February had revealed that cancer was once again beginning to spread through his abdomen and that only a miracle would save his life. We pray that there may be that miracle just as we pray that all lives that are touched by this horrid disease might be spared. We know that the hopes of a country are singled out toward Terry but we remember that his message is that it is not just his own life that is at stake in his journey, but also the lives of all of those who are affected by cancer.

As a Club that is devoted to running we have taken a natural interest in Terry Fox. Our hearts would have been no less touched had Terry's heroic struggle been expressed through some other form of activity, such as walking, gymnastics or painting, but it is significant to us that his way of telling the world that he could beat adversity has been through running. Running is the activity he has used to show us that discipline, desire, courage and dedication can beat any disability or handicap. Running is the "means" to reach the "end" of teaching a larger lesson to all of us.

Before Terry, and even now, some interpreters of society have included running as one of the pastimes of the "Me Generation". The 1960's, they say, was a time of peace marches, environmental sit-ins and activism. The concerns were those of a better world where the good of society was considered paramount. In the 70's, however, a change took place where individuals became enclosed in the inward looking cocoons of putting oneself ahead of all. There was "self analysis", "self assertiveness" and "self achievement". TM fit somewhere within the "self awareness" umbrella, disco within "self enjoyment" and running within "self improvement." Runners, they said, could be dismissed as egotistical trendies whose basic motivation was in claiming a certain superiority over physical weaknesses. The mistake of such analysts was that they confused the "means" of running with the "ends". Self improvement is not the end of running, it is only the means through which we can play a more meaningful role in life around us.

We hope that Terry Fox is an example of what the '80 person will be. Running is an important part of his life, but it is only a small part of what the man is all about. His goal was to run across the country, his objective was to make the rest of us realize human potential.

Running is a goal that enriches all of our lives. Yet, let us never forget that our objectives do not end with the completion of our daily mileage.

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ARMITAGE WINS SECOND CONSECUTIVE POLAR RUN

When he is not winning Island road races, Mike Armitage applies his skills to cross country skiing. During the fourth annual Dairy Queen Polar Run on December 28 he appeared to be combining the two. Mike took the unploughed section of the Victoria Park Roadway in his stride and stepped, slided and sledged his way to a winning time of 29:59 over the 5.2 mile course.

Perhaps one of the more noteworthy performances of the day was Carl Phillips' appearance in his 15th P.E.I. road race of 1980. That gave the Tyne Valley resident a perfect attendance record for the 1980 racing season, the only runner to compile such a record. Now that's participation!! Incidentally, Carl's time was 33:35, good enough for 9th place.

The results of the Polar Run were as follows:

Finishers 1 - 12		Finishers 13 - 23		Finishers 24 - 34	
Mike Armitage	29:59	Julien Gallant	34:10	David Matthews	39:33
Michael Keen	31:39	Ronnie Drake	34:44	Bob Wigmore	48:47
Colin MacAdam	32:01	Randy MacNeill	35:40	Tim Waster	41:02
Willie MacDonald	32:29	Monica LaPointe	35:50	Don Blane	41:11
Philip Easter	32:31	Lorne Carmichael	35:54	Moya LaPointe	41:27
Ewen Stewart	32:36	Matt Smith	35:57	Don Harley	42:49
Salam Hashem	32:48	Don Moffett	36:10	Eleanor Farrington	43:57
Stew Freeman	33:08	Mary Rossiter	38:37	Scott McCabe	48:46
Carl Phillips	33:35	Clare Birch	38:40	Lance Miron	48:47
Jake Baird	33:46	Walter Lea	39:13	Sheila Bell	55:13
Kenny Arsenault	33:51	Brian McInnis	39:16	Nora MacAdam	55:27
Tony Forrester	33:57				

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PRINCE EDWARD ISLAND RACE DATES FOR 1981

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
Dairy Queen Bunny Hop	April 18 Saturday	Charlottetown	6.2 miles	10:00 a.m.
Athena High School Run (Jim Harris, 436-9178)	May 9 Saturday	Summerside	7 miles	10:00 a.m.
CFCY Spring Fever Pace	May 17 Sunday	Charlottetown	2 miles	2:00 p.m.
Campers' City Run	May 30 Saturday	Charlottetown	5 miles	2:00 p.m.
Non-Puffers' Pace	June 6 Saturday	Southport	4 miles	2:00 p.m.
Colonel Gray-McDonalds (Glenn Claybourne, 892-6713)	June 13 Saturday	Charlottetown	10 miles	10:00 a.m.
Run Into Summer	June 21 Sunday	Charlottetown	2 miles	2 p.m.
Seaman's Beverages Run	July 4 Saturday	Charlottetown	4 miles	10:00 a.m.
Fulton Campbell Memorial (Bob Simmons, 838-2704)	July 18 Saturday	Montague	20 kilometers 12.4 miles	9 a.m.

<u>EVENT (Cont'd)</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
Belfast Lions Mid-Summer Jaunt (Wayne Panton, 659-2893)	July 25 Saturday	Belfast	8 miles	11:00 a.m.
Northumberland Fisheries (John Seguire, 962-3175)	August 1 Saturday	Murray Harbour	15 kilometers	10:00 a.m. Tentative
Tyne Valley Oyster Festival Run (Brian Newcombe, 831-2868)	August 8 Saturday	Tyne Valley	20 miles	9:00 a.m.
National Park Run	August 15 Saturday	Stanhope/ Brackley	6 miles	10:00 a.m.
Kensington Harvest Festival (Don Reeves, 436-5345)	August 22 Saturday	Kensington	25 kilometers	10:00 a.m.
Volume Rentals Half & 1/4 Marathon	August 29 Saturday	Charlottetown	13.2 miles 6.6 miles	4:00 p.m.
P.E.I. Roadrunners/CBCT-FM Island Marathon	Sept. 13 Sunday	Cavendish to Charlottetown	26 miles, 385 yards	12:00 noon
Alice Faye's Octoberfest Run For Women	October 4 Sunday	Charlottetown	3 miles	2:00 p.m.
C.A.H.P.E.R. Stanhope Run (Jim Honsberger, 672-2486)	October 11 Sunday	Stanhope	10 kilometers	2:00 p.m.
Dunk River Run	November 7	Central Bedeque	7 miles	2:00 p.m.
Dairy Queen Polar Run	December 27 Sunday	Charlottetown	5.2 miles	2:00 p.m.

For further information on any of these races, contact the Sport P.E.I. office (894-8879) or write the Club at P.O. Box 302, Charlottetown, P.E.I., C1A 7K7.

Unless otherwise specified, all races are co-ordinated by Don Harley (892-3656) or Parker Lund (892-7544).

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NEWS FROM THE THIRD ANNUAL DINNER

The following report was delivered by President Don Harley at the P.E.I. Roadrunners Club Third Annual Awards Dinner held January 31 at Rodd's Motor Inn in Ch'town.

1980 PRESIDENT'S REPORT

The 1980 running season on Prince Edward Island was one that brought some successes, including the formation of two county clubs, and a number of individual achievements; and some frustrations, mainly in the area of financial support.

Finances are essential to the Club's ability to organize events such as the marathon and recreational running activities. In 1979 the Department of Tourism provided a grant to us to help defray part of the costs of our marathon. This grant seems fitting since the marathon attracts close to 100 tourists to the Island during a shoulder season. This past year, however, they decided only a few weeks before the marathon that we no longer qualified for their Festival of Events Program because we were not a "community based group". No, I suppose they think we're an outer space society trying to promote fitness for a group of penguins at the North Pole! We also approached another organization outside government who hedged for about three months before saying no once they realized that we were not a hockey or baseball team. Fortunately, one sponsor saw the value in running and fitness and has agreed to assist us in a fitness through running program. I'll have more on that later.

Now I've said my mad words, so on with the good words!

During 1980 the P.E.I. Roadrunners Club organized, in full or in part, nineteen road races. This represents an increase of five races from 1979. The number of participants, when tallied for all races, increased from 736 in 1978-79 to 1228 in 1979-80. Of the new races, two were at the 10 kilometer distance while the others were five miles and four miles. We felt that this would allow our schedule to appeal more to the recreational or beginner level runners.

And it did! Or at least we thought: But one observant member of the Club has raised a very legitimate concern about our schedule. Ten of our nineteen races are still greater than five miles. He then posed an important question, "Is the P.E.I. Roadrunners Club simply an exclusive training club for marathon runners?"

I told him that we did not intentionally do this, as we did not lay out all of the race courses, particularly some of the longer ones. But I must agree that we do not have enough shorter distance races for the pure recreational runner who is accustomed to running only a few miles at a time.

As such, we now have in the planning stages a new "Run Into Summer" two mile run scheduled for, you guessed it, June 21. This race will be open to everyone who wants to celebrate the end of school, the start of summer, or just running for fun. This will be a day for families, fun and funfare. The sponsor for this run will be radio station CBCT-FM 96.9, Charlottetown. CBCT-FM is the sponsor that I mentioned previously and we would like to thank them for their support and enthusiasm toward recreational level running.

The CBCT-FM sponsorship will help us undertake a number of events for the average runner and for the promotion of running. Another event that CBCT-FM will be playing a role in is the Saturday morning three mile social run. We hope that you will join us to make these regular Saturday morning runs a popular and relaxing part of your weekly schedule.

Now to sum up some of the highlights of 1980:

- January - Formation of the Prince County Roadrunners.
- February - Introduction of the 1980 Grand Prix Roadrace Circuit - "Guaranteed to psyche you up or burn you out."
- March & April - Runners off to the Marathons - Heart Marathon in Fredericton, N.B., and the Boston Marathon.
- April 12 - The date on which Terry Fox started his run in Newfoundland. What he has done, no words can describe. He gave us a gift no currency can buy - INSPIRATION. Remember Terry Fox in your prayers!
- May 12 - Start of the Fun Runs at Victoria Park; the fun runs were held from May 12 to November 3.
- June - Michael Thomas, probably one of the greatest runners ever from P.E.I., was inducted into the P.E.I. Sports Hall of Fame.
- July to September - A roadrunner's dream - A roadrace every weekend. Ask the runners' spouses about all the weekends they watched in happiness.
- October to November - The start of the warm weather runner's hibernation.
- December - The Polar Run, and then in early January the formation of the Queens' County Roadrunners Club.

So watch out for great things, not only in Queens County, but all over P.E.I.

Finally, I would like to thank the many Club members who have worked so hard in the past year and who have given me their support. Hopefully in 1981 we might be recognized as a community based club.

Yours in running (slowly),

Don Harley, President, P.E.I.R.R.C.

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FEMALE ROADRUNNER OF THE YEAR - MONICA LAPOINTE

Our female roadrunner of the year for 1980 compiled a truly remarkable race record during the past year and acted as a laudable example for all other runners.

Monica has shown that with training, dedication and perseverance a runner can attain a level of excellence totally unexpected by others. The 18-year old St. Eleanors resident has worked hard this past year, often averaging ten or more miles of training per day. And the training has paid off. She won eleven of the fifteen Island road races she entered this year and set course records in eight of those races. Her times improved steadily through the year and by the end of the season she was approaching such standards as a sub-six minute mile pace at the three mile distance.

To review some of her race achievements, the following is only a partial list of her results:

- Dairy Queen Buny Hop - 6.25 miles - New course record of 45:29
- Campers' City - 5 miles - Initial course record of 32:28
- Seaman's Beverages - 3.8 miles - Initial course record of 24:34
- Tyne Valley - 20 miles - Initial course record of 2:47:33
- C.A.H.P.E.R. Run - 10 kilometers - Initial course record of 40:44
- Dunk River Run - 7.3 miles - New course record of 46:38
- Polar Run - 5.2 miles - New course record of 35:50

These performances, and others, earned her the title as the female P.E.I. Grand Prix of Road Running Champion for 1980.

Monica also ran two marathons in 1980 with her second, a 3:34:09 time in the P.E.I. Roadrunners Marathon, establishing the new mark as the fastest marathon time by a woman Island resident.

While her racing statistics are impressive, the title of female roadrunner of the year can only be awarded where there are other contributions made to the sport of running and the activities of the P.E.I. Roadrunners Club.

In this regard, she has also set a fine example. Encouragement of the sport begins with those around you and our female roadrunner of the year has started with her own family. Her sister now shares her enthusiasm for running and has herself established credentials as a competitive runner. Her father made his own debut this past summer as a race entrant, and both her parents have assisted the club with several races. Monica has also participated in club activities of the Prince County Roadrunners and shown ongoing support.

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MALE ROADRUNNER OF THE YEAR - MIKE ARMITAGE

1980 was a year in which many male roadrunners made significant achievements in races and played important roles in the activities of the P.E.I. Roadrunners Club.

It was a year in which several different club members could have been given the honor of roadrunner of the year and each would have been deserving.

It was a year, however, where the excellence of one runner shone clear and where this high standard of performance earned special recognition.

Mike Armitage dominated almost all of the Island races he entered in 1980. The 20-year old Sherwood resident won five races, all by comfortable margins of over one minute, and finished second in two others that involved sprints to the finish line.

Mike established two course records in new races. His winning performances included the following: Colonel Gray-McDonalds - 10 miles - 54:57  
Fulton Campbell Memorial - 20 kilometers - 70:25  
National Park Run - 10 kilometers - Initial course record of 32:29  
C.A.H.P.E.R. Run - 10 kilometers - Initial course record of 33:22  
Polar Run - 5.2 miles - 29:59

His two most impressive races, however, did not take place on the Island. Both were in Halifax and both involved top Canadian runners.

In the Canadian 20 Kilometer Championships he surprised many observers by placing eighth. He proved a few weeks later that this was no accident when he placed as the top Maritime runner, and 49th overall, in the Canadian Cross-Country Championships. Despite some injuries that kept him out of several races and interfered with his training, 1980 was a remarkable racing year for this competitor.

When he was not racing, Mike assisted with Club races by acting as a timer, an aid station attendant, a traffic director, a pacer and as a fan. He has supported other runners and his approachable nature has made him an advisor to several Island runners.

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W E L C O M E O U R N E W M A J O R S P O N S O R



The P.E.I. Roadrunners Club is very pleased that radio station CBCT-FM in Charlottetown has agreed to sponsor the Club in mounting a "fitness through running" program and to act as the major sponsor of the P.E.I. Roadrunners/CBCT-FM Island Marathon.

The "fitness through running" sponsorship will assist the P.E.I. Roadrunners Club to put on fun runs, seminars, special running events for mass participation and general promotion of running and fitness.

This should allow us to put on more activities and events for the average runner and jogger. These events will place the emphasis on participation and running as a recreational sport.

As an example of what lies ahead, planning is now underway for the "Run Into Summer" on June 21. This two-mile event will be geared to families and novice runners and could include activities such as a clinic and displays.

The goal of the program is to encourage running at all levels and by joggers of all ages.

The sponsorship for the marathon should also help the Club to develop the potential of what is already one of the best marathons in Canada.

During the first two years of the event, there was little opportunity under the limited access to financial backing to promote the race or to operate it. The CBCT-FM sponsorship should mean a great deal to us in making the race better known and in developing it as a major sporting event.

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NEW CLUB EXECUTIVE FOR 1981

At the annual meeting of the P.E.I. Roadrunners Club on January 31, 1981, the following slate of officers was voted in by the membership for the upcoming year.

- PRESIDENT - - - - - Don Harley - - - - 892-3656 (h) 892-6587 (w)
- VICE-PRESIDENT - - - - - Don Pridmore - - - 892-3346 (h) 892-0221 (w)
- SECRETARY/TREASURER - - - Judy Hiscott - - - 892-8988 (h) 894-8879 (w)
- PAST PRESIDENT - - - - - Parker Lund - - - 892-7544 (h) 892-9111 (w)
- QUEENS COUNTY REP - - - - Jake Baird - - - - 894-4554 (h) 892-0211 (w)
- PRINCE COUNTY REP - - - - John MacKenzie - - 436-9320 (h)

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THE PATRIATION OF THE CONSTITUTION - P.E.I. ROADRUNNERS STYLE!

And they said it couldn't be done! If Pierre Trudeau and Jean Chretien couldn't do it, how could Don Harley and Jake Baird ever manage it? But did they not know the tirelessness of Harley? the iron will of Baird? Yes, despite the fractious squabbling of those all about them, these two leaders of the day have given the P.E.I. Roadrunners Club a formal constitution as passed at our annual dinner. This eloquent document, the very essence of our being, will bring tears to your eyes and inspiration to your heart. What's that? Well, would you believe a runny nose and heartburn?

Even though our constitution seems to have overlooked a Charter of Rights we are pleased to say that it does have an amending formula. Should you wish to be the first on your block to have your very own copy of the P.E.I. Roadrunners Club Constitution simply phone or write to Judy at Sport P.E.I. (894-8879, P.O. Box 302, Charlottetown) and request your copy.

P.S. Pierre and Jean - your copies are in the mail. Sorry about the delay. Angus wanted to get his copy first so that he could take notes.

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1 9 8 0   G R A N D   P R I X   S E R I E S   O F   R O A D   R A C I N G

To qualify for the 1980 Grand Prix Series of Road Racing a runner must have run a minimum of three races. For ladies there were sixteen races to chose from; while the men had fifteen.

The 1980 Award winners were: Female - Monica LaPointe - 353 points, 15/16 races  
Male - - Roy Mason - 241 points, 12/15 races

Participation prizes were presented to the runners who participated in the most races in the series. They were: Monica LaPointe - 15/16 races  
Carl Phillips --- 15/15 races

Age category winners were: Ladies 25 & Under - Monica LaPointe (353)  
Ladies Over 25 - - Eleanor Farrington (198)  
Men Under 20 - - - Shawn McKenna (76)  
Men 20-29 - - - - Roy Mason (241)  
Men 30-39 - - - - Lawrence McLagan (210)  
Men 40 & Over - - - Ewen Stewart (175)

Following are the final statistics for the 1980 Grand Prix Series of Road Racing:

LADIES 25 & UNDER - - - - - LADIES OVER 25 - - - - -

Monica LaPointe	353	(15)	Eleanor Farrington	198	(11)
Moya LaPointe	223	(12)	Susan Bordage	67	(5)
Dale Claybourne	110	(6)	Rosemary Faulkner	43	(3)
Sherry McKenna	92	(5)			
Mary Rossiter	70	(3)			
Gerianne McCarthy	43	(3)			
Karen Stewart	41	(3)			

MEN UNDER 20 - - - - -

Shawn McKenna	76	(5)	Philip Easter	38	(6)
Willie MacDonald	72	(4)	Ronnie Lund	7	(7)
Kenny Arsenault	61	(8)	Allan Armitage	5	(5)
Randy MacNeill	54	(8)	Tim Easter	5	(5)
Calvin DesRoches	52	(5)	Lee Blunston	4	(4)

MEN 20-29 - - - - -

Roy Mason	241	(12)	Lorne Carmichael	20	(9)
Mike Armitage	178	(8)	Bob Gray	16	(10)
Don Pridmore	177	(11)	Ed Fraser	9	(3)
Tony Forrester	90	(11)	Brian McInnis	9	(9)
Jake Baird	83	(11)	Barry Gill	9	(9)
Paul Wright	69	(5)	Kenny MacDougall	5	(5)
Julien Gallant	68	(8)	Francis O'Donnell	4	(4)
Colin MacAdam	63	(4)	Ronnie MacKenzie	4	(4)
Matt Smith	32	(9)	Ernie Dunsford	3	(3)
Phillip Lutwick	29	(3)	Fred Affleck	3	(3)
Eric Manuel	21	(9)			

MEN 30-39

Lawrence McLagan	210	(11)	Don Harley	10	(10)
Carl Phillips	158	(15)	Leon Berrouard	7	(7)
Salam Hashem	154	(14)	Guy Comeau	7	(5)
Jim Wyatt	145	(14)	Verner Smitheram	6	(6)
Ron Bellemare*	50	(3)	Arnold Murphy	6	(6)
Calvin Wiley	48	(11)	Bill MacKenzie	5	(5)
Ross Brown	43	(3)	Kenny Campbell	5	(5)
Clare Birch	38	(7)	Art O'Malley	4	(4)
Jim Bruce	35	(7)	Dan McCarthy	4	(4)
Gerald Mitchell	25	(10)	Lloyd MacCallum	4	(4)
Peter Kittilsen	19	(3)	Allan Savidant	4	(4)
John MacKenzie	18	(3)	John Molson	4	(4)
Ronnie Drake	18	(7)	Charles-Henry Landry*	3	(3)
Stuart McKelvie*	15	(4)	Dave Darlington	3	(3)
Carl MacLeod	15	(7)	Dennis MacKay	3	(3)
Gary Mahar*	12	(7)	Frank Johnston	3	(3)
Don Mazer	11	(8)	Richard Papenhausen	3	(3)

\*Out of Province Runners\*

MEN 40 & OVER

Ewen Stewart	175	(13)	Ninian LeBlanc	6	(5)
Stew Freeman	97	(11)	Peter Gibson	5	(5)
Parker Lund	74	(7)	Bill Cooper	4	(4)
Don Moffett	26	(8)	Charlie Brown	3	(3)
Don Reeves	16	(5)	Rick LaPointe	3	(3)
Walter Lea	14	(8)	Don LeClair	3	(3)

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QUEENS COUNTY REPORT

The Queens County Roadrunners Club held an organizational meeting on Tuesday, January 20, 1981, at Queen Charlotte Junior High School. A Constitution for the Club was presented and will be adopted at the next meeting of the Club. As well an interim executive was appointed until such time as a meeting is called to formally approve same. This executive consists of the following:

- President - Jake Baird - 894-4554 h, 892-0211 w
- Vice-President - Jim Wyatt - 569-3693 h, 892-0211 w
- Secretary-Treasurer - Chris Sharbell - 894-9400 h, 892-5314 w
- Directors - Ewen Stewart - 894-4558 h, 892-5461 w
- Barrie Stanfield - 2-5651 h, 2-5461 w
- Eleanor Farrington - 963-2895 h
- Stew Freeman - 886-2918 h
- Don Harley - 892-3656 h, 892-6587 w

Several ideas/suggestions came forth from the members present at the meeting, and it is hoped that once the Club gets going some of these ideas will become reality.

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PRINCE COUNTY REPORT

Following a good first year in 1980, the Prince County Roadrunners Club are hoping for an even better one in 1981. Memberships have grown steadily over the past year and already sub-groups are being formed in the Alberton and O'Leary areas.

The Club's first major event scheduled for 1981 is a four-mile run on Saturday, February 28th. This event is sponsored fully by the town of Summerside.

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COURSE RECORDS - P.E.I. ROAD RACES (As at February 28, 1981)

<u>RACE</u>	<u>DISTANCE</u>	<u>MEN</u>	<u>WOMEN</u>
Dairy Queen Bunny Hop	6.5 miles	Freeman Churchill 35:53 (1980)	Monica LaPointe 45:29 (1980)
Campers' City Run	5 miles	Colin MacAdam 27:40 (1980)	Monica LaPointe 32:38 (1980)
Colonel Gray/McDonald's	10 miles	Ralph Freeze 53:45 (1977)	Mary Rossiter 1:07:28 (1980)
Seaman's Beverages Run	3.8 miles	Roy Mason 20:30 (1980)	Monica LaPointe 24:34 (1980)
Fulton Campbell Memorial	20 kilometers	Ted McKeigan 1:04:30 (1979)	Nancy (Wheatley) Freeze 1:22:59 (1978)
Belfast Lions Mid-Summer Jaunt	8 miles	Lawrence McLagan 47:46 (1980)	Mary Rossiter 56:08 (1980)
Tyne Valley Oyster Festival Run	20 miles	Tom Conway 2:01:06 (1980)	Monica LaPointe 2:47:33 (1980)
National Park Run	10 kilometers	Mike Armitage 32:29 (1980)	Monica LaPointe 41:33 (1980)
Kensington Harvest Festival Run	25 kilometers	Joe Fougere 1:29:13 (1978)	Nancy (Wheatley) Freeze 1:57:20 (1978)
Volume Rentals Half Marathon	13.1 miles	Tom Conway 1:17:00 (1978)	Nancy Freeze 1:25:20 (1979)
Island Marathon	26.2 miles	Tom Olsen 2:34:52 (1980)	Carol Roy 3:09:55 (1980)
Alice Faye's Octoberfest Run For Women	3 miles	- - - - -	Sheila Currie 16:10 (1980)
C.A.H.P.E.R. Stanhope Run	10 kilometers	Mike Armitage 33:22 (1980)	Monica LaPointe 40:44 (1980)
Dunk River Run	7.3 Miles	Dale Corkum 39:15 (1980)	Monica LaPointe 46:38 (1980)
Dairy Queen Polar Run	5.2 miles	Dale Friesen 29:04 (1978)	Monica LaPointe 35:50 (1980)

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CBCT-FM SOCIAL RUNS STARTING FEBRUARY 21, 1981

We have just recently received new sponsorship, so as part of our ongoing running program we have decided to revive the Saturday morning social runs.

NEW TIME AND DISTANCE - The social runs will be starting at 9 a.m. from the front parking lot of the University Plaza. This time was chosen so that after the approximate thirty-minute run, anyone who wants to take in the Breakfast Special at Smitty's Restaurant can do so!

The new distance will be three miles only (three good courses have been marked to give some variety to the runs). The three-mile courses will be run according to the pace of the slowest runner. Don't be concerned that there could be faster runners than yourself there, because these runners will be out solely for an easily paced run and to socialize with their fellow runners.

The P.E.I. Roadrunners Club hopes that you take part in the social runs for one of the following reasons:

- (1) It is an event where fellow runners can get together and discuss such things as running shoes, cannon injuries, new equipment, or any other subject they may wish to discuss about running.
- (2) It will give Club members a chance to meet runners who normally would not take part in Club races.
- (3) Since this is an open event to all runners, NOT A COMPETITIVE EVENT, we're hoping to attract new runners into the Club, or get them involved with running through these leisurely paces social runs.

The social runs sponsor CBCT-FM will be periodically giving out participation prizes. All those who participate will have a chance to win prizes such as a free breakfast at Smitty's, as we will assign a number to each runner and draw at the end of the social run.

SO FOR FUN, JOIN IN THE SOCIAL RUNS - WE GUARANTEE A GREAT TIME!!!

See you Saturday mornings at 9 a.m. at the front parking lot of University Plaza.

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L I S T O F M A R I T I M E R A C E S

We have not yet received the 1981 race list from New Brunswick, but races in Nova Scotia until the end of May are as follows: Hopefully by the next edition of our newsletter we will be able to include those in New Brunswick.

March 15	McDonald's 10 KM Classic, 11:00 a.m., New Minas	Ralph Williams 678-1102
April 12	2nd Annual Waterfront Run, 3 & 6 miles Historic Properties, Halifax	Aerobics First, 423-1470
April 26	Valley Road Runners 10 KM, Apple Bowl, Greenwood	Ron Bellemare, 765-3985
May 3	Sri Chinmoy 10 KM, City Hall, Halifax	Abadh Whiteway, 423-8711
May 10	Johnny Miles Marathon, 12:30 p.m., New Glasgow Also 5 mile mini and half maration. Entrants must pre-register.	George Manos, 752-8932
May 18	Alpine Fun Run, 5 miles, 9:00 a.m. (Starting points in both Halifax & Dartmouth)	Moosehead Breweries 469-7040
May 18	Joe Earle Victoria Day Road Races, 9:30 a.m. Races for all ages, excellent awards & dinner, no entry fee. Trenton	Doug Earle, Box 302 Trenton, 752-3345
May 31	Apple Blossom 8 mile, Acadia University, Wolfville	George Piccott, 542-3431

P E R S O N A L I T I E S   I N   T H E   P A C K

Bob Wigmore - Bob is the newest and most senior (in age) member of the Upper Queen Street Breakfast Debating and Road Running Club (also known as Ewen's Gang of Thugs). He was born in Toronto during a short visit there by his parents, but returned to the Island shortly after and has been a resident of Charlottetown since. Bob is married and he and his wife live along University Avenue across and south from the Towers Restaurant.

Last spring at the tender age of 51 years, Bob decided to do something to reduce his weight and increase his fitness level and so began a morning walking programme. Of course, as happens to anyone who is up and around in Charlottetown in the early morning, Bob eventually ran (walked?) across Ewen Stewart. After he discussed Ewen's running program the wheels started turning and the legs pumping and Bob became a runner. Since then he has misplaced about 72 pounds and is now running over eighty miles a week. His first effort at racing was the Polar Run which he finished in a time of 40:20.

During the past seven-eight months, Bob has been fortunate in that despite his heavy training schedule, he has incurred no injuries. Perhaps this is because Bob is a confirmed Brooks man (like the author) wearing Huggers and Vantages (one warning is that the varus wedge in these shoes can be great for some like Bob but can cause problems for others). Bob heavily supplements his diet by such things as vitamin B-15, bee pollen, calcium and other mineral supplements and vitamin C. He's not certain that it helps but he doesn't want to do without it in case there is a benefit.

Bob's main aim is to keep running. As far as any progress in racing he says he's willing to take on anything that the rest of the club (gang) think he is ready for. We're trying to convince him that he's ready for the Johnny Miles Marathon in May, but I guess he isn't certain that he trusts us that far. If you ask Bob what benefits he gets from running he begins to sound a little like Dr. George Sheehan. He says running has kept his weight stable, drastically reduced his pulse, given him a 1000% better feeling of well-beeing, taught him self-discipline, brought him new friends (among the lower level of society), and given him a new slant on life. Bob told me that he never realized what running could do for a person and that if everybody knew the benefits of running that he has discovered, they would all be out on the roads.

Bob is a very determined individual and I predict he will have great success as recreational runner and, if he wishes, in competition. The fact that he is employed by our new sponsors C.B.C. might provide the staff there with an example to follow and get them out on the roads to join us. I'm sure nothing would make Bob happier. Make a point of searching this guy out at the next gathering of runners, you may not see much more than his back once he starts running.

By Jim Wyatt

EDITOR'S NOTE: Jim, the Brooks man left your cheque at the Sport P.E.I. office. You sure are subtle about getting in your plugs.

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FINAL NOTICE - 1981 MEMBERSHIP RENEWAL

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Have you got your 1981 P.E.I. Roadrunners Club membership yet? Oh, sorry about that, it was the other reader we were asking. The one who hasn't renewed yet. We just wanted to tell him that only the 1981 members receive the newsletter after this edition and that only members receive discounts at Campers' City and are on the mailing list for special events. So if you happen to see someone who hasn't renewed, tell him or her to complete the form below and get their cheques in the mail.

NAME \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE \_\_\_\_\_

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

COMMENTS/INSTRUCTIONS \_\_\_\_\_

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

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

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

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

THE SPA CHALLENGE RUN - Tentatively scheduled for Saturday, April 4, 1981, at the West Royalty Fitness Centre (The SPA). More details will be available later from Parker Lund or by telephoning the Spa (892-0811).

THIRD ANNUAL NEW BRUNSWICK HEART MARATHON (Half & Quarter Marathon) - Fredericton, N.B. To be held Sunday, April 19, 1981. Further information and application forms available at the Sport P.E.I. office, P.O. Box 302, Ch'town, PEI, C1A 7K7 (phone 894-8879). Entry deadline is March 31, 1981.

" TRAVEL ON " - 1981 MAJOR FUND RAISING DRAW

If the P.E.I. Roadrunners Club want to raise some much needed funds, now is the mile to do it! On Monday, February 16, Sport P.E.I. launched their annual major fund raising project, which gives the various sport bodies the opportunity to raise money for their group. The tickets again this year sell for only one dollar (\$1); and with the top prize being a trip for two to anywhere Air Canada flies, they should be real easy to sell.

In 1980 the Roadrunners were the second highest selling group. We sold 125 books of tickets and made a profit of approximately \$700. Seventy five percent (or 95 books) were sold by four club members. This year our goal is to raise \$1500. This should be no problem if each club member sells one book or even agrees to purchase a ticket for \$1. We will be calling every member who has a phone number listed with the Club to ask you to sell tickets - so be expecting a call!

Why do we need funds? Well, one major bill is \$500 owing to ten club members who each put in \$50 of their own money to make the 1980 marathon happen! We would have a few angry merchants knocking on our doors if those marathon bills were not paid off in full by marathon committee members.

Please assist the Roadrunners Club this year; sell a book or two! Your assistance would be greatly appreciated.

Don Harley, Chairman  
1981 Fund Raising Committee

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EARLY SPRING JOG FOR NUTRITION WEEK

DATE - Sunday, March 8, 1981 - 1:00 p.m. (Registrations accepted up to race time)

PLACE - Victoria Park (By the track)                      DISTANCE - Two (2) Miles

ENTRY FEE - \$1

PRIZES - "Running On P.E.I." books for first twenty-five entrants under 18

Nutrition pins for all

Medals in following categories: Age Combination Under 40 (one runner under 18)  
Age Combination Over 40 (one runner under 18)  
Couples (Male/Female) Combined Age Under 40  
Couples (Male/Female) Combined Age Over 40

SPECIAL NOTES: All P.E.I. Roadrunners are encouraged to attend and bring a young friend. There will be a short clinic after on diet and physical fitness. Run will go no matter what the weather is like so bring snowshoes in case.

ENTRY FORM FOR EARLY SPRING JOG FOR NUTRITION WEEK: (Complete & Mail to P.O. Box 302, Charlottetown, PEI, C1A 7K7)

NAME _____	CATEGORY ENTERING (Check only one, please)
ADDRESS _____	Age Combined Under 40 _____ (1 runner U18)
BIRTHDATE _____	Age Combined Over 40 _____ (1 runner U18)
PARTNER'S NAME _____	Couples (M/F) Under 40 _____ (Combined Age)
ADDRESS _____	Couples (M/F) Over 40 _____ (Combined Age)
BIRTHDATE _____	Individual _____
	SIGNATURE _____

RELEASE - I hereby waive and release any and all rights and claims of damage I have against the organizers holding this meet, their agents, representatives, successors, and assigns, for any and all injuries suffered by me at said meet.

A VISIT TO THE DOCTOR - BY OLD JED

It is not often that I have to visit a doctor (pretty good for an old fella, eh?) but last week was a little different. The old body was acting up more than a Liberal politician in Alberta so I made my way over to the Charlottetown Clinic. A thin little fellow was ahead of me in the waiting room and as he went into the doctor's office I overheard the following conversation.

"What seems to be the problem?" the doctor enquired.

"Well ... I'm a runner," the patient replied.

"Oh no, not another one! You guys and your confounded diseases of excellence The flu I can understand. High blood pressure I can understand. Wounds I can understand and chest pains I can understand, but you runners with your healthy bodies and little aches I can't understand at all. What's wrong with you anyway?"

"Not much, really. Just a ... um ... inflamed tendon."

"Is that all?"

"Well, my knee's bothering me again and my sciatica nerve is giving me a pain in the..."

"Yes, I get the message. Anything else?"

"Well, I think I may have a heel spur and my toes are all black and blue and my thigh muscles are tight."

"And?"

"And my back is a bit stiff and I think I have dandruff and the heartbreak of psoriasis."

"I'm surprised you didn't include the thrill of victory and the agony of defeat!"

"Oh yes, those too."

"Why is it that with all these ailments you persist in running?"

"I do it for my health."

There was a brief silence while the doctor attempted to recover his composure. After a few more questions and some examination I heard the doctor make an appointment for the runner with a podiatrist and, in the meantime, prescribed chapters four to eight of Dr. Sheehan's book on medical advice. The patient then seemed anxious to get away.

"Any why are you leaving so soon." asked the doctor.

"Why else? I've got to get in my daily two hour run," said the runner flying out the door.

"These runners," the doctor mumbled, "I'm sure that their only purpose on the face of the earth is to torment me. Next."

I entered.

"And what seems to be your problem?"

"Well ... I'm a runner."

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