

Come... Run on Prince Edward Island



FROM THE EDITOR

Stephen Leacock once wrote of a chap who got so excited he jumped on his horse and rode off in all directions. Perhaps that insight is appropriate to the P.E.I. Roadrunners Club.

Where is running on the Island headed? Into a golden age? Into a steady state? Into oblivion? The signs are mixed. On the one hand, there are signs of great encouragement. Recently a Corporate Cup Relay Challenge Race was held at the SPA in West Royalty with great success. More than twenty teams, each with five to seven runners, entered the day-long event. Most of these runners were novices. Almost half were women. Although the longest distance was "only" one mile, the thing that counted was the number of people willing and able to run that distance. There was genuine excitement in the faces of the runners as their leg in the relay approached.

A second encouraging sign has been the CBCT-FM sponsorship of a "fitness through running" program. Their belief in running as a popular and positive event is, indeed, heartening. Special events such as the Run Into Summer, special fun runs and a runners clinic should help provide an atmosphere that should appeal to a broad base of runners. For the more advanced runner, this summer's race schedule offers a race almost every week and more events than ever before.

Yet, despite these happenings, all signs are not good. A fitness study in Ontario recently concluded that running, as a recreational activity, has already reached its peak. It will continue to appeal to a great number of people, but almost exclusively to those already involved in fitness programs. MacLean's Magazine, in its infinite wisdom, recently informed its readership that "dancersize" is now "the" thing for those in the fitness movement. Dancersize? Closer to home, some items to contemplate include the decreased P.E.I. Roadrunners Club membership in 1981, our continued lack of success at encouraging women runners and the low number of runners who attend the Saturday morning Social Runs.

The bottom line in all of this is that there are enough good signs to show that there is interest and potential in running on the Island, but that everything simply isn't going to fall in place without work.

As is the case with many clubs, the P.E.I. Roadrunners grew quickly in its early stages and became involved in many races and activities. A core of members became the driving force behind the Club and carried out many of its commitments. Three and one half years have passed since the formation, however, and the natural elapse of time has resulted in some of these people either developing other interests and commitments or moving away. While there has been some installation of "fresh blood" occasionally, we sometimes find ourselves dependent on fewer and fewer people.

It is an important time in our Club if we are to capitalize on the potential that still exists for the development of running. We are looking now toward a 'second generation' who will step in to fill the roles of the original members. Fresh ideas and fresh volunteers are more than welcome. How about you? There are lots of jobs to do. We only need people to fill them.



ISLAND MARATHON SUNDAY, SEPTEMBER 13, 1981

RACE DETAILS

- Begins at 12 noon at Cavendish (transportation from Charlottetown provided, change facilities available).
- Splits at one mile and every three miles.
- Water, sponge and refreshment stations every three miles.
- Traffic control & Medical.
- All entrants receive an information kit (includes detailed map, course description, list of events, tourist information, etc.)

AWARDS

- Trophies, medallions and merchandise.
- Prizes by age and sex categories, team prizes as well as Top Province or State.
- All starters receive a t-shirt.
- All finishers get a certificate, finish line photo and post race chow.

Brochures and registration forms available from the Sport P.E.I. Office, P.O. Box 302, Charlottetown, PEI, C1A 7K7 (phone 894-8879).

THE THIRD ANNUAL P.E.I. ROADRUNNERS/CBCT-FM
I S L A N D M A R A T H O N

September the 13th is going to be lucky this year! Reserve that date for running in/helping out/taking in the P.E.I. ROADRUNNERS/CBCT-FM ISLAND MARATHON.

Now that we have a major sponsor for the marathon we hope to make it an even better event.

We will need help however, and we are appealing to Club members to lend us a hand over the next several months in delivering the best marathon in eastern Canada. Areas in which we will need help include hospitality arrangements (with the possible establishment of a "buddy system"), race officials, special events, phone committees and the handling of a specific responsibility on the central race committee. Our needs include everything from volunteers to serve for several hours basically on race day to volunteers to devote some time each month on a major responsibility area.

If you would like to take part, please call us at the Sport P.E.I. office (894-8879). Don't be surprised either if we call you. Without you, it won't be quite the same.

H O W I H E L P E D O U T

All of the fun at races isn't just to be found in competing in them. No sir! I just had the experience of a lifetime being a race official.

A few weeks ago I made a trip to Charlottetown to take in the Corporate Cup Relay at the SPA. Part way through it one of the officials had to leave and another volunteer was needed. Well sir, I can hear the call of duty just as clearly as the call to dinner, so right away I stepped forward.

Now my job was to keep time on those gals and fellows every time they passed the baton to start a new leg of the relay. My partner checked off each lap and recorded the times I called out for each runner at the completion of a leg. You know, it's not easy to confuse Old Jed, but with those new fangled stopwatches and all those young runners whizzing around like politicians at election time, well things got pretty hectic.

Showing my enthusiasm right away, I looked at the score sheet for my first race and saw that I was timing a girl named Jan. Every lap she went by I shouted out, "atta girl, Jan!", "Go get 'em Jan!" Funny thing though, she kept scowling at me every lap. Finally she finished and as she went by I called to her to say, "Way to go Jan!"

"Thanks," she muttered, "but it would help if you would use my right name. It's Jean, not Jan!"

So it was. Funny, she looked like a Jan.

Meanwhile, my partner was getting impatient.

Another runner finished his leg and he inquired, "Time?"

"Ah, I believe it's about a quarter to two," said I. It was not the time he was looking for.

Part of my job involved telling the runners how far along they were and how many laps they had left. That was pretty simple when everyone was running four laps, but soon some were running eight and others sixteen. One runner I was timing just completed his fourth lap so I yelled out "halfway" to him.

"No, no," my partner screamed at me, "this is a sixteen lap leg!" "Ah, hah," I said to myself just as the runner reappeared to complete another lap. "By the way," I shouted to the runner, "this is the long half coming up!"

Then there were times that my mind wandered, especially when I spotted an attractive young lady runner.

"Time?", my partner interrupted.

"36:24:36," I replied dreamily.

Strange thing, my partners kept changing all the time; I guess everyone wanted to work with me. Why one time I saw two lap counters flipping a coin to see which one would get me as a partner. The fellow who won was such a good sport that he immediately insisted that it be the best two out of three.

The rest of the day moved along well with only several small cases of mistaken identities, optimistic lap counts and world record times due to the pressing of wrong buttons.

It was so much fun being an official that I immediately asked the chief organizer when I could help out again. Unfortunately it would take a weatherman to interpret his answer. Maybe you can help me -- when do the tropics freeze over?

- By Old Jed

THE "IF YOU CAN'T SAY ANYTHING BAD ABOUT A PERSON,
THEN DON'T SAY ANYTHING AT ALL" DEPARTMENT

Speaking of MacLean's Magazine, there is a certain irony in their five page article on "The Science of Running." While their cover and the captions that surround the article suggest that the sport has "gone too far," a careful reading of the article shows that there is nothing to suggest that the sport is anything but beneficial to runners who train properly and take a moderate approach. Basically, it looks like the editors tried to "sensationalize" an otherwise balanced report by "playing up" the negative aspects. We have no objection to the analysis of the pros and cons of running, and we are fully aware of the misfortunes that can strike runners, but we do like to feel that the topic is important enough to receive fair treatment.

In many respects the article is well researched and informative. It is obvious, however, that the author is not an experienced runner. Pity. Perhaps MacLean's could use some runners to help them keep pace in the world of journalism.

- Don Pridmore

Fitness and Health

HOW real women (like you) keep fit

The hardest step is the first one out the door in the morning. After that, getting into shape is relatively easy. Once you start running or swimming or walking or weight lifting, you'll likely start feeling so good (and so virtuous), you won't want to let yourself go to pot again. To inspire you, we talked to six women in the Atlantic region who've worked out fitness programs that keep them healthy and happy. But don't rush into anything. As Erla McClelland, fitness consultant at the Halifax YMCA, points out, the important thing is to start any exercise program gradually. "Add just enough to your program each day to challenge you, not injure you."

Two years ago Anne Ingram laced up a pair of running shoes for the first time and changed her life.

"When I started out," she says, "I was overweight by 15 pounds, constantly dieting, not really physically active...and I was over 40." The first



Ingram: Running changed her life

few times out, running, walking, resting and gasping, Anne barely made a mile. One year later she completed, in good time, Fredericton's half-marathon (13 miles).

"You have no idea what that did for me," she says, "the sense of accomplishment it gave me—that at my age I could do something as physical as that, a feat I had always associated with real athletes, and still feel so good." No longer dieting, the 105-pound Anne is a familiar sight around Fredericton as she steps out on her daily, 1-1/2 hour, five-mile jaunts. On a good day, with another runner, she'll chat through nine miles without noticing. "But the beauty of running," she says, "is you don't need a partner, you don't need any training and the only real expense is a good pair of shoes." On that she's adamant. "If you've got shoes you're comfortable with, stick with them until they fall off." She recently changed hers for a spazzier style and fell victim to tendonitis. Anne says there's no doubt that running is addictive. "If the weather is too hot or too cold, I go crazy for some kind of physical activity." On those days, she swims or trots around the local indoor track. And what does the family think of Mother's new-found athletic devotion? "Whenever I start to get bitchy," she grins, "they hand me my sneaks and say, 'Mother, go for a run.' It works."

Long before running became a trendy sport, Doris Ewart of Ebenezer, P.E.I., was putting several miles a week on her hand-me-down running shoes. In her mid-50s, she's been running since she was married almost 30 years ago, and was known as the neighborhood tomboy before that. Her husband, John, a former IBM salesman who



DAVID NICHOLS

Ewart: 30 years in running shoes

operates a dairy farm, introduced her to running. Both Ewarts are slim and healthy. "We have never dieted, and we can eat anything, anywhere, anytime," Doris says. "Booze affects us more than most, but then we don't drink often." She's a public relations officer for the CBC in Charlottetown and plays baseball on her office team. "Even at our age, we can play in any sport," she says. Usually, she runs every day, from one to 10 miles, sometimes getting up at 6 a.m. to charge up and down the Ewarts' quarter-mile lane, or through the pastures behind the farm. In winter, she heads out after work. "I'll get home at night feeling exhausted. That's the time to run. Gets the old ticker going, and you feel rejuvenated."

ATLANTIC INSIGHT
March Issue

NEWS FROM PRINCE COUNTY

Finally we are getting into the warmer weather and with it the running season. Prince County Roadrunners held its Second Annual Summerside Mardi Gras road race with an early season turn out of thirty-nine runners. The distance this year was extended to four miles from two miles the previous year. Thanks to the sponsorship of the Carnival Committee of Summerside and to the participants Island wide (and the weather), we were able to succeed in holding an enjoyable run. Special thanks to Karen Stewart for organizing the race results. Roy Mason did his usual thing again, winning in fine form.

At present we are in the midst of setting up a new executive for the coming season and making plans for a super social run for the later part of the season. To present a mental picture of the area, think of your present running route. Now visualize running along a back road lined with trees, nearly touching at the tops, and breathing in the sweet scent of the forest while a level dirt road underfoot absorbs the shock of your footsteps. The area is too delightful to be involved in a competition, but should be shared for the sheer pleasure of running free and easy. We intend to photograph the area this summer and present the pictures at one of the joint meetings of the Island clubs, as well as at the road races.

Don Reeves will be running Boston again this year, and will be joined by Alf Groom and our new female runner Dawn Robins all of Summerside. After difficult training this winter in the worst weather possible, I'm sure they will do well. Best of luck!

Good news for those in the Club in the Summerside area. Holman's of Charlottetown will be supplying their Summerside store with the Nike and Brooks line of shoes, plus Marathon running gear. All club members who present their membership card will receive a fifteen percent discount on all gear, including reflector gear for night running.

In closing, a small note on night running and reflector gear from personal observations this winter. The reflective tape already on running gear you purchase was good for twenty-five yards. The Jog-A-Lite running vest was visable three-quarters of a mile or more, which caused drivers to apply their high beams to see what you were. Next I used Jog-A-Lite ankle bands, and these were effective similar to the vests and gave the impression of a bike's peddle reflectors. Drivers immediately made a move to avoid me and did not use their brights. I found them to be the most useful of the three types because they are cooler than the vests in the summer and you have less chance of being blinded temporarily by high beams.

See you next newsletter.

- John MacKenzie

RESULTS OF SECOND ANNUAL SUMMERSIDE MARDI GRAS FOUR MILE ROAD RACE

Finishers 1-11		Finishers 12-22		Finishers 23-33	
Roy Mason	23:55	Carl MacLeod	27:28	Tim Easter	31:11
John MacKenzie	24:10	Don Reeves	27:43	Frank Lechowick	31:31
Peter Kittilsen	24:22	Roger Hewlett	27:53	Eleanor Farrington	31:46
Philip Easter	24:26	Mary Rossiter) 28:16	Jim Paynter	32:10
Ewen Stewart	24:32	Monica LaPointe) 28:16	Roger Walker	32:17
Calvin DesRoches	24:37	Mike Meraw	28:28	Allan Savidant	32:53
Carl Phillips	24:46	Rick LaPointe	28:37	Dawn Robins	36:18
Don Pridmore	24:55	Donald Moffett	28:51	David Carota	37:50
Stew Freeman	24:56	Bob Wigmore	29:05	Wayne Robins	38:10
Ken Arsenault	25:20	Chris Moffett	30:00	Joan Adams	39:07
Alfred Groom	25:36	Ronald Gallant	30:17	Gordie Arsenault	47:51

Youngest Runner - Chris Moffett (15 Years) Most Elderly Runner - Bob Wigmore (52 Years)

PERSONALITY IN THE PACK

How many of you out in Road Runner Land know the biggest human interest story that came out of last years' racing season. Not many, I bet. Well then, settle back and in the process of exposing this month's personality in the pack I'll let you in on the story.

I first met Barry Gill at my first race and his, last years' Bunny Hop. He seemed as lost and uncertain as I was and he looked as though he might be my speed so we stuck together during much of the race at a blistering sub-nine pace. Through the season Barry's weight and his times came down, but more important was the dedication he displayed to the sport of running. For me this was exemplified on that hot summer afternoon in Belfast (the first time Don Pridmore had trouble tying his own shoes). After the award presentation was over and everyone was heading for their cars; who rode in on his ten-speed bike but Barry Gill. Barry considered it quite a normal procedure to ride twenty miles each way to compete in an eight-mile road race. On many previous occasions he had ridden in from his home in North River to races in Charlottetown.

On the Belfast race day not only did Barry have the twenty-mile bike ride to contend with, but also had a run-in with a taxi which ended in a bent wheel and assorted contusions. That was the reason Barry was late for the race and the reason he returned to Charlottetown in the Wyatt Rabbit.

This is an unusual issue of Personality in the Pack because I was unable to get in touch with Barry so I couldn't cover the usual points about diet, shoes, etc. But I believed this story of one individual's dedication and perseverance was worth telling. Barry took the winter off, but when I last spoke with him he was planning to be back in training. Hopefully he will make the Bunny Hop again this year.

- Jim Wyatt

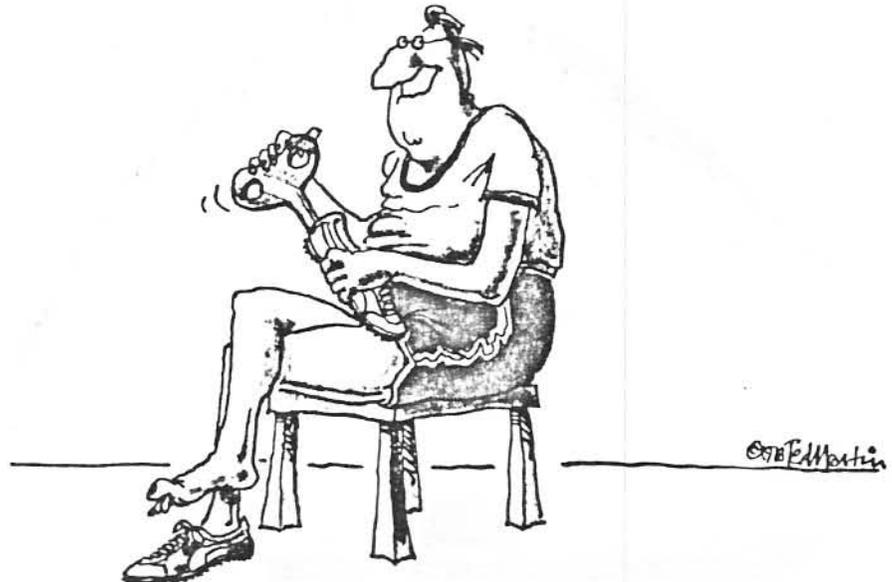
EDITOR EATS HUMBLE PIE

The Editor who proofreads this for typographical errors overlooked two dandies in the last edition of the newsletter.

(1) The course record for the Belfast Lions Mid-Summer Jaunt belongs to Mike Armitage with a time of 45:57 (1979). Thanks go out to Lawrence McLagan for catching that one.

(2) The date of the Non-Puffers Pace should have been listed in the 1981 schedule as Sunday, June 7.

Sorry about that, chief!



UPCOMING P.E.I. ROAD RACES (MAY 1 - JUNE 30, 1981)

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
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 7 Sunday	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	3 Miles	2:00 p.m.

Details and entry forms for several of these races are included with this newsletter. **Please note the new race fee structure for many races is as follows: \$2 where completed entry forms and payment are received by the deadline. \$3 for registration on race day.

You are encouraged to get your entries in on time. It will help us in our pre-race planning and record keeping, and it will help you save money!

UPCOMING MARITIME RACES (MAY 1 - JUNE 30, 1981)

NOVA SCOTIA

SRI CHINMOY 10 KM (Abadh Whiteway, 423,8711)	May 3 Sunday	City Hall Halifax	10 Kilometers	
JOHNNY MILES MARATHON (George Manos, 752-8932)	May 10 Sunday	New Glasgow	26 Miles, 385 Yards	12:30 p.m.
ALPINE FUN RUN (Moosehead Breweries, 469-7040)	May 18 Monday	Halifax/ Dartmouth	5 Miles	9:00 a.m.
JOE EARLE VICTORIA DAY ROAD RACES (Doug Earle, 752-3345)	May 18 Monday	Trenton	Races for all ages	9:30 a.m.
APPLE BLOSSOM 8 MILE (George Piccott, 542-3431)	May 31 Sunday	Acadia University Wolfville	8 Miles	
NEW WATERFORD 6 MILE (Neil MacMullin, 736-9979)	June 6 Saturday	New Waterford	6 Miles	
AAMCO ROAD RACES (Bill Norton, 454-9358)	June 7 Sunday	Fire Station #2 Pleasant St, Dartmouth	5 & 10 Miles (W&M)	9:00 a.m.
WAVERLEY GOLD RUSH (Gordon Warnica, 429-1293)	June 13 Saturday	Fire Hall Waverley	8.7 Miles	8:00 a.m.

<u>EVENT</u> - Nova Scotia (Cont'd)	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
BRIDGEWATER BULLETIN 6 MILE (Wayne Beazley, 543-5672)	June 20 Saturday	Bridgewater	6 Miles	11:00 a.m.
INGONISH 6 & 8 MILE ROAD RACE (Neil MacMullin, 736-9979)	June 27 Saturday	Ingonish Beach Cape Breton	6 & 8 Miles	
MAIN EVENT HALF MARATHON (Bruce Holmes, 849-5541)	June 28 Sunday	Glace Bay	13 Miles, 176 Yards	
LIVERPOOL 5.1 MILE ROAD RACE (Joe Mason, 354-5084)	June 28 Sunday	Legion Hall Liverpool	5.1 Miles	10:00 a.m.
<u>NEW BRUNSWICK</u>				
SAINT JOHN RECREATION & PARKS DEPT. ROAD RACES (Patrick J. Palmer, 506-658-2909)	May 16 Saturday	Saint John YMCA	11, 8 & 5 Miles	10:00 a.m.
OROMOCTO LEGION ROAD RACE (Brian Gillis, 506-357-5607)	May 23 Saturday	Waasis Road Jr. High School	10 Kilometers	1:00 p.m.
HUGH CHURCH MEMORIAL RUN FOR WORLD PEACE (James Curtis, c/o Recreation & Parks Dept,	May 31 Sunday	Saint John City Hall, Saint John)	11, 8, 5 & 3 Miles	10:00 a.m.
KING SPORT ROAD RACE (King Sport, 506-384-9484)	June 7 Sunday	Moncton	10 Kilometers	10:15 a.m.
GREG FOSTER MEMORIAL ROAD RACE (Larry Gould, 506-363-2482)	June 21 Sunday	Burt's Corner	7.5 Miles	10:30 a.m.
JAYCEE LEADER ROAD RACE (Brian Richard, 506-622-7280)	June 28 Sunday	Chatham to Newcastle	7 Miles	11:00 a.m.

Queens County Runners Capture Centre Meet

The Queens County Roadrunners swept through the third annual West Royalty Fitness Centre Invitational track meet Saturday to win the event by 12 points over second place Prince County Roadrunners.

A number of records were set by the four teams which also included YMCA and The Spa.

INDIVIDUAL

Open mile: Colin MacAdam (QCRR) 4:33 and Mary Rossiter (QCRR) 5:38.7

Pyramid relay: QCRR 15:01 for males and PCRR 18:14 in female.

Mixed relay: PCRR 10:31.

Nine mile relay (male): QCRR 46:33.

Six Mile relay (female):

49:26.

Masters mile (men over 40 and women over 35): Alf Groom 5:03 and Rosemary Faulkner 6:45.



"Your mother went jogging and got a ticket for 'malicious damage' to the sidewalk."

NOVA SCOTIA REPORT - ALPINE GRAND PRIX DISTANCE RUNNING CIRCUIT, FINAL STANDINGS 1980

1980 marked the third year the Nova Scotia Track and Field Association has offered a Grand Prix circuit. The Grand Prix was originally organized to try and develop better quality events to compliment the increasing popularity of road racing. At the same time it would provide a little extra incentive for the more competitively inclined runner. The first year the circuit was more or less on a trial basis and included a total of twenty events. The general reaction was very positive and the circuit was continued and expanded.

In 1979, the circuit took on a new look as the NSTFA had now obtained a sponsor for the entire program. The Alpine Grand Prix, as it came to be called, has included races in every region in the province during the past two years. Some races were chopped while new ones were added. With the sponsorship, we were able to produce attractive booklets outlining each event, posters and start/finish banners for each race, press conferences and extra promotions and refreshments for the runners after each race. Each race director had the option of accepting these benefits for his/her race. The Brewery would then provide a year-end reception and present awards to the top finishers. Unfortunately, Alpine will not be sponsoring our Grand Prix in 1981.

This past year's edition of the Grand Prix has probably been our most successful to date. Over 2,700 entrants took part in the thirty-one race series, and virtually every race showed at least a slight increase. While the numbers went up so did the level of competition as a total of thirty-six records were set in the three categories (Open Men 14, Masters Men 13, Open Women 9). At the same time the quality of the events improved, which of course was one of the major aims when the Grand Prix was formulated. The Race Directors are becoming more knowledgeable and are more conscientious towards the safety and concerns of the runner. We have come a long way from the early and mid-70's back when I used to run. Having witnessed road races in many other provinces, I can assure you that we don't have to take a back seat to anyone!

Once again this year we witnessed some fine individual performances. World class runner Greg Meyer once again visited our province to take part in a two-day clinic and then run away with the National 20 KM Championship. I'm sure anyone that runs can certainly appreciate watching a runner of Greg's class. In addition, Ted McKeigan returned from Ontario and brought a friend, Joe Sax along for the ride. Joe is a former member of our National team and still certainly a National Class athlete. The two Ontario runners took part in four Grand Prix events with their only loss being to Greg Meyer in the 20 KM. In the process, Ted established three new records.

Locally, Ralph Williams the 1979 Grand Prix winner, was again the dominate force. Ralph, who is now running for Brooks Shoes, raced to ten victories establishing six new marks along the way. Dale Corkum and the veteran Wayne Beazley showed the greatest improvement; Dale moved from twelfth in 1980 to second this year, while Wayne went from fifteenth to third. In the Open Women's division Bev Burchell established an early lead and never relinquished it. Debbie Murphy finished a strong second and set five new records along the way. In Masters Division Eddie Paterson was an easy winner as he picked up thirteen firsts which included nine records. Wendell Kerr, last year's winner, placed second. This division is certainly becoming very competitive as can be witnessed by the fact that only four points separated fourth, fifth and sixth positions.

In closing, I would like to say that it has been a very exciting and successful year and I am pleased to see that our road racing program is still developing. A personal thank you is in store to James Balcom for his assistance in tracking down results and tabulating points. Believe me, with thirty-one events this is no easy task. On behalf of the Association and myself, let me thank the ones who really make the whole thing happen - you, the race directors, officials and athletes. Finally, a very special thanks to Alpine Breweries and especially Peter Halpin for the assistance provided during the past two years.

- Bob Book, Grand Prix Co-ordinator

1980 ALPINE GRAND PRIX DISTANCE RUNNING CIRCUIT

FINAL STANDINGS

Open Men

<u>Name</u>	<u>Club</u>	<u>Address</u>	<u>Points</u>
1. Ralph Williams	Brook's Shoes	Kentville	396
2. Dale Corkum	Independent	Arichat	321
3. Wayne Beazley	Tartan Running Club	Bridgewater	286
4. Ken Doucette	Cornwallis Road Runners	CFB Cornwallis	247
5. James Balcom	Tartan Running Club	Halifax	245
6. George Piccott	MacDonalds Track Club	Wolfville	198
7. Lauchie MacKinnon	Independent	Sydney Mines	191
8. Tom Olsen	Independent	Sydney Mines	174
9. Jim Williams	Independent	Dartmouth	171
10. John Taylor	Cornwallis Road Runners	CFB Cornwallis	145
11. Mike Hamilton	Valley Roadrunners	Middleton	143
12. Norm Messom	MacDonalds Track Club	New Minas	138
13. Freeman Churchill	Aerobics First	Halifax	132
14. Tom Conway	Tartan Running Club	Halifax	130
15. Dave Currie	Aerobics First	Halifax	124
16. Allan Dewtie	Independent	Dartmouth	108
17. Gerry Hanlon	Independent	Halifax	106
18. Fred Smith	MacDonalds Track Club	Kentville	100
19. Richard Richard	Independent	Lr. Sackville	82
20. Michael Burke	Tartan Running Club	Halifax	73

Open Women

(minimum 5 events)

1. Bev Burchell	Tartan Running Club	Halifax	395
2. Debbie Murphy	Tartan Running Club	Halifax	364
3. Pam Currie	Dalhousie University	Halifax	171
4. Linda Tynes	Independent	Halifax	128
5. Wanda Winaut	Independent	Caledonia	123
6. Suzanne Gillard	Dartmouth Kinsmen Achilles	Halifax	105
7. Anthea Bellemare	Independent	Halifax	102

Masters Men

1. Eddie Paterson	Sackville/Chebucto	Lr. Sackville	435
2. Wendell Kerr	Tartan Running Club	Halifax	327
3. Richard Beazley	Independent	Dartmouth	281
4. Cyril White	Independent	Halifax	272
5. Frank Tucker	Independent	Truro	269
6. Frank Gervais	Tartan Running Club	Halifax	268
7. Rex Young	Valley Roadrunners	Greenwood	241

SPORT P.E.I. - "TRAVEL-ON" FUND RAISING

The P.E.I. Roadrunners have now been selling tickets for about two months. The tickets, which consisted of six to a book, cost the Club only one dollar. As Committee Chairman I contacted about twenty-six Club members who agreed to sell tickets for the Club. Other groups got together to sell tickets at the Charlottetown Mall and Confederation Court Mall. We also invited all Club members in our last newsletter to get busy and sell tickets.

NEW RECORD - Last year we sold 125 books; this year we sold 130 and earned a total of \$716, less the cost of books \$139, this gives us a total profit of \$577. The P.E.I. Roadrunners Club ended up in third place.

We set our goal for 200 but with so many other groups selling we did not reach this mark. In fact, I found out that fellow roadrunners were selling tickets not only for us but for some of their other favourite sports such as Track & Field, Soccer, and Hockey; so some of our members were really busy.

On behalf of the Roadrunners Club I would like to thank all those who purchased or sold tickets for the Club. We appreciate your support as it has given the Club much needed funds to pay off outstanding bills.

This strong support is also a good indication for good things to happen in "1981".

The top ten ticket sellers were:

Don Harley	- 32 books	
Ewen Stewart	- 17 books	
Bob Wigmore	- 10 books	
Rhonda Cooper	} - 5 books	
Susan Bordage		
Chris Sharbell		
Jim Wyatt	- Judy Hiscott	} - 4 books
Jake Baird	- Guy Comeau	

- Don Harley

QUEENS COUNTY NEWS

Since the last edition of the newsletter, the Queens County Roadrunners Club has been quite active. The following is a brief outline of our activities.

Club Meeting - We are attempting to organize regular club meetings on a bi-monthly basis. The most recent meeting was held on April 9 at Queen Charlotte Junior High School. A short business meeting was conducted at the beginning of the evening. A constitution was adopted and a slate of officers were elected.

Following the business meeting a film entitled "Runners" was shown. The film described three different runners - a nursing instructor, a cardiac patient and an elite marathoner. Each of these runners explained how they began to run, why they continue and the benefits they derive from running. The film was well received by those in attendance.

Beginners Clinic - The Queens County Roadrunners Club will be conducting a beginner runners clinic on Saturday, May 2. The location has not been confirmed as yet; however it will be somewhere in the Charlottetown area. The topics to be discussed will include running equipment (footwear), safety, injury prevention and control, as well as training advise. We intend to have the more experienced and knowledgeable members of the Club act as resource people during the clinic. More details will be available when we start our publicity for this event. Please tell those people who you know are just beginning in our sport to watch for further information or call Jake at 892-0211 (w) or 894-4554 (h).

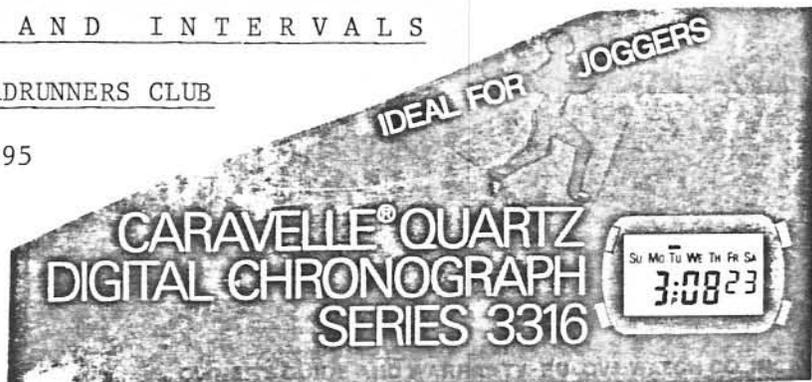
Spa Invitational Meet - Members of the Queens County Roadrunners Club competed in this meet hosted by the Spa on Saturday, April 11. Many fine individual performances contributed to the team victory over other teams from Prince County, the Y.M.C.A. and the SPA. A great deal of thanks should go to Eleanor Farrington and Salam Hashem, Club members who did considerable work in organizing our team for this event.

- Jake Baird

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

RUNNER'S WATCH - SPECIAL TO P.E.I. ROADRUNNERS CLUB

Available at Norton's Jewellers - \$52.95
Confederation Court Mall



ALRIGHT, WHO IS RESPONSIBLE FOR THIS?

Someone noted that the names of the editors and some contributors usually don't appear in the newsletter. Well gang, the jig is up! Here is the list of perpetrators who inflicted this affront to sport, common sense and the English language upon you:

Editor in charge or goofing off, grumbling and misprints - Don Pridmore

Editor of production and pleading with contributors to get their articles in -
Judy Hiscott

Editor in charge of keeping the other editors in line - Don Harley

Innocent by-standers (in anti-alphabetical order) - Jim Wyatt, John MacKenzie,
Parker Lund, Old Jed, Eleanor
Farrington, Jake Baird

Printed and distributed through Sport P.E.I. without whom, in all seriousness, this newsletter would not be possible.

CORPORATE CUP RELAY MEET - March 14, 1981

The staff of the West Royalty Fitness Centre and the organizing committee of the Corporate Cup Relay Meet wish to thank the following teams for participating in this annual event. Without their support the Corporate Cup 1981 would not have been the success that it was.

Bank of Montreal #1 & #2, Bank of Nova Scotia, Canda Packers, CBC Radio-TV, CFCY, Charlottetown Clinic, DB&J, Health & Welfare, Island Tel #1, #2 & #3, MacLennan Motors, Maritime Electric, Merrill Lynch, Red Cross, R.C.M.P., SPA and U.P.E.I.

Overall point standings for the event were as follows:	1st - Red Cross	16 points
	U.P.E.I.	16 points
	2nd - SPA	14 points
	Merrill Lynch	14 points
	3rd - Island Tel #2	4 points
	Canada Packers	4 points
	Maritime Electric	4 pts.
	4th - R.C.M.P.	3 points

* O P E N T O A L L R U N N E R S *
" M A S S P A R T I C I P A T I O N E V E N T "

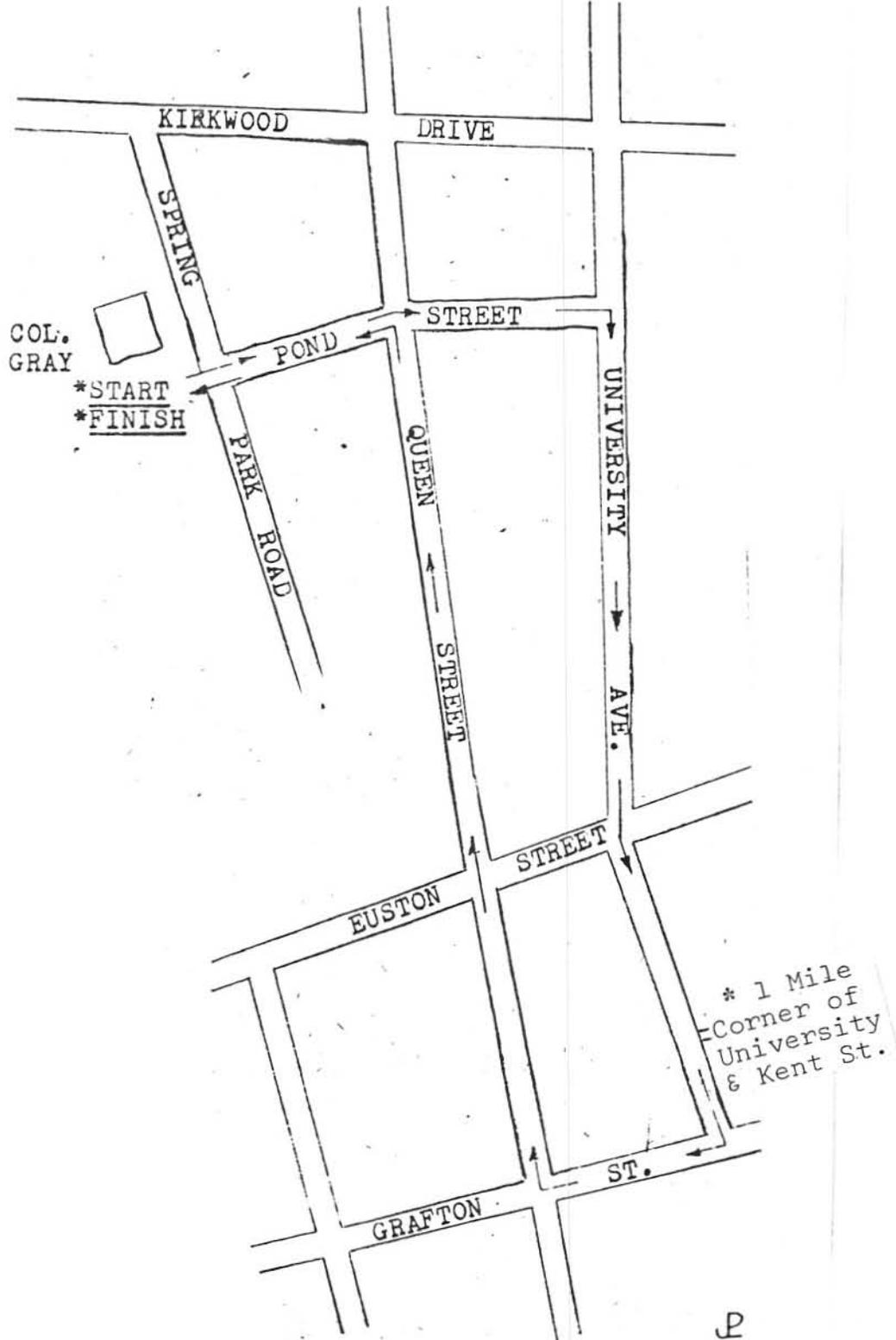
CFCY SPRING FEVER PACE



1. Sponsor - C.F.C.Y. Radio 6:30
2. Organizers - P.E.I. Roadrunner's Club
3. Distance - 2 Miles
4. Date - Sunday, May 17, 1981
5. Registration Time - 1:00 p.m. (SHARP!)
6. Starting Time - 2:00 p.m.
7. Entry Deadline - Before race time
8. Medical Service - St. John Ambulance
9. Policing - Charlottetown Police Department
10. Changing Facilities - Available at Colonel Gray High School
11. Classifications -

	<u>Men</u>	<u>Women</u>
1.	8 & Under	1. 8 & Under
2.	9 - 14	2. 9 - 14
3.	15 - 20	3. 15 - 20
4.	21 - 25	4. 21 - 25
5.	26 - 30	5. 26 - 30
6.	31 - 39	6. 31 - 39
7.	40 & Over	7. 40 & Over
12. Awards --- Medals --- Presented to the top three in each of the above male and female age categories
Certificates - Presented to all those who finish
13. Awards will be presented at Colonel Gray High School
14. To enter ----- Call CFCY (892-1066), Leave Name, Age
Mailing Address &
Phone Number
15. No Entry Fee!

C.F.C.Y. SPRING FEVER PACE



Sport Shorts

WOMEN'S MARATHON APPROVED

LOS ANGELES (AP) — The women's marathon was given approval Monday by the executive board of the International Olympic Committee and is likely to be included in the 1984 Olympic Games here.

The decision, which needs approval from the full IOC next September, was taken despite fierce opposition from the Soviet Union and East European countries.

The women's marathon has been growing in popularity in the United States and Western Europe in recent years, but is virtually unknown in the Communist countries.

Under Olympic rules, no new sports may be added to the program of any Games, after the host city has been chosen. The 1984 Games were awarded to Los Angeles two years ago. But new disciplines may be added within existing sports, and the women's marathon is a part of the track and field program.



1. Sponsors - Campers' City
2. Organizers - P.E.I. Roadrunner's Club
3. Distance - Five Miles
4. Date - Saturday, May 30th
5. Registration Time - 1:00 p.m.
6. Starting Time - 2:00 p.m.
7. Entry Deadline - Before race time
8. Medical Service - St. John Ambulance
9. Policing - Charlottetown Police and R.C.M.P.
10. Entry Fee - \$2 (Please enclose with entry form)
(Make cheque payable to P.E.I. Roadrunners Club)
11. Classifications -

Men	Women
1) Under 20	1) 25 and Under
2) 20-29	2) 26-39
3) 30-39	3) 40 and Over
4) 40 and Over	
12. Awards - Trophies -
 - 1) Presented to Race Winner
 - 2) Presented to Top Female Runner

Medals -

 - 1) Presented to Top Three Finishers in Each of the Categories Listed Above
 - 2) Presented to Youngest Female Runner
 - 3) Presented to Youngest Male Runner

Certificates - Presented to All Those Who Participate
13. NOTE - Awards will be presented at Campers' City



CAMPERS' CITY FIVE MILE RUN
Saturday, May 30, 1981

