



FROM THE EDITOR

Ah summer, that magnificent season of remembered pleasures. Summer, a season that more than any other brings back memories of happy days and precious times. Sparkling lakes, sand on beaches so hot you had to run on tiptoes to the water, cool forests, long lazy days and calm summer nights just perfect for a walk. Free times - no school, no work, no worries. Adventurous times - new places, new friends, new activities. Each summer is special, each adds to our collection of cherished experiences of life.

For many of us, summer running has become part of those memories. A run in the morning stillness, the dew that wets your shoes. A run in the heat of the day, the sweat that makes you glisten. A run in the sunset, the tinge of golden light that makes it seem you have entered a painting. Running is so naturally a part of summer.

It is the season now for more memories and laughter, to lay in the harvest of sunshine and warmth for the colder months ahead. Part of that storage, we hope, will be the races of the P.E.I. Roadrunners. This is our most active race season and the season that lets you experience this particular facet of running to its fullest. From now, until the end of August, there is a race almost every weekend. Charlottetown, Montague, Belfast, Murray River, Tyne Valley, Brackley and Kensington, all form stops on our travelling road show. We invite you to join us, but let us give you a word of advice along the way. Listen to the summer. It is a season that tells you to relax, to take your time as you stroll through the sunshine. There is much to push for, but remember that summer has its way of catching up with those who attempt too much. The sun will drain those who do not pay it heed and the humidity will drown the drive of those who try to race too hard each week. Move with the summer, at its speed, and it will caress you with warmth.

One more word of caution - learn to recognize the warning signals for heat exhaustion and heat stroke. This edition of the Newsletter contains a short list of dos and don'ts for summer racing. Please read it twice. Don't fight the heat, make it your friend. We wouldn't want the summer to melt your dreams away.

May this be your best summer yet and may your memories be warm all the year round.

Your summer friends,

Don, Judy & Don

P.E.I. ROADRUNNERS  **CBCT-FM RADIO**

ISLAND MARATHON

P.O. Box 302 Charlottetown, P.E. I., C1A 7K7, 902-894-8879

RACE RESULTS AND HIGHLIGHTS

DAIRY QUEEN BUNNY HOP, 10 KM, APRIL 18, 1981

Colin MacAdam doesn't make it to a large number of Island road races, but when he does he makes his presence felt. Colin played a waiting game in the Bunny Hop by letting Willie MacDonald be the rabbit. He finally took the lead from Willie with one mile to go and hot footed it in from there. Probably the most impressive individual performance of the day, however, was turned in by Monica LaPointe. She eclipsed the 40 minute barrier by finishing in 39:14. Overall, it was a very encouraging day for the participation of women in the Island road races as eleven women entered the race.

Finishers 1-21		Finishers 22-42		Finishers 43-63	
Colin MacAdam	36:56	Lambert Pauley	44:30	Fred Affleck	49:35
Willie MacDonald	37:17	Amand Arsenault	44:46	Allan Savidant	49:36
Don Pridmore	37:29	Danny Gass	44:49	Gerard Dowling	49:46
Philip Easter	38:02	Colin Easter	45:04	Jimmy Paynter	49:53
Salam Hashem	38:03	Bob Wigmore	45:06	Bob Gray	50:01
Carl Phillips	38:33	Dan McCarthy	45:12	Donald Dickie	50:17
Charlie Cheverie	38:49	Ronnie Lund	45:32	Joe Murphy	50:19
Justin MacDonald	38:50	Art O'Malley	45:45	Foch McNally	50:37
Calvin DesRoches	39:03	Randy Bell	46:38	Tim Easter	52:02
Monica LaPointe	39:14	Susan MacEachern	46:39	Eugene Dowling	52:13
Shane MacClure	39:54	Don Moffett	46:45	Cathy Whalen	52:42
Tony Forrester	40:12	Brian McInnis	47:33	Sheila Bell	53:19
Ronnie Drake	40:14	Walter Lea	48:01	Michael Whalen	55:26
Carl Chapman	41:39	David MacEachern	48:08	Neal Henderson	55:51
Dean MacMillan	41:46	Barry Gill	48:30	Art Comeau	55:51
Calvin Wiley	41:49	Gerianne McCarthy	48:39	Tracey Rattary	57:01
Roger Hewlett	42:16	Darrin Dunsford	49:12	Diane Houston	59:06
Matt Smith	42:57	Karen Whalen	49:21	Al Stewart	62:00
Carl MacLeod	43:08	John Manley	49:28	Myron Yates	65:27
Lorne Carmichael	43:28	Rosemary Faulkner	49:29	Scott Bell	70:38
Moya LaPointe	44:29	Don Harley	49:34	Allison Keenan	70:39

ATHENA HIGH SCHOOL CHALLENGE RUN, 7 MILES, MAY 9, 1981

If there is anything better than that long distance feeling, it is the winning feeling. Colin MacAdam enjoyed it for the second consecutive race as he sped to the finish in 39:32. Following not too far behind were New Brunswick's Paul Leroux and Roy Mason. Gerianne McCarthy, a cousin of Colin's, was the first female to cross the finish line. One of the joys of the Athena Run is the high participation rate of school aged children. Once again, the youngsters were out in force enjoying a long distance race and experiencing the sense of achievement that comes with completing such a major test of stamina and endurance.

The Club has not yet received the results of the Athena Run. Copies will be available through the Sport P.E.I. office at a later date.

SPRING FEVER PACE, 2 MILES, MAY 18, 1981

Willie MacDonald is a specialist. He specializes in winning the Spring Fever Pace. This year, for the third consecutive time, he ran off to victory in this, the shortest road race on the Island. Perhaps the biggest surprise of the day, however, was seeing a supercharged 39 year-old Salam Hashem whipping past the younger runners to take hold of second place. Who says that running is a young person's sport? Monica LaPointe continued to impress by breaking the 11 minute standard and posting a time of 10:48. As with Athena, the true highlight of this race is the participation of dozens of novice runners. Even though this race had to be postponed a day due to rain, it still managed to attract over 160 runners. Now that's participation!

Finishers 1-40

William MacDonald	9:57
Salam Hashem	10:14
Roy Mason	10:16
Philip Lutwick	10:22
Wilfred Laybolt	10:27
Philip Easter	10:36
Carl Phillips	10:38
Calvin DesRoches	10:39
Monica LaPointe	10:48
Alan Armitage	11:15
Peter Lord	11:22
Danny Gass	11:22
Lornie Carmichael	11:24
Grant Compton	11:25
Lee Gauthier	11:34
Benny Graham	11:39
Robert Wyatt	11:44
Tim Easter	11:46
Reggie MacInnis	11:46
Brian Francis	11:46
Moya LaPointe	11:48
Susan Rogers	11:49
Jeff Campbell	11:51
Justin O'Brien	11:56
Kevin Proude	11:56
Mary Rossiter	11:56
Darrin Dunsford	12:04
Barry Gill	12:15
Ronnie Lund	12:15
Sean Conlin	12:15
Brian MacInnis	12:17
Greg Collins	12:19
Kevin Laybolt	12:22
Joe Ryan	12:22
David Buttineau	12:23
Peter Newffer	12:23
Susan MacEachern	12:23
George MacMillan	12:23
Bob Wigmore	12:27
Ronnie LeClair	12:30

Finishers 41-80

Gerard Dowling	12:32
Randy Bell	12:35
Rick LaPointe	12:37
Jeffrey LeClair	12:42
Jimmy Paynter	12:45
Wayne MacLean	12:45
Alan Moore	12:45
Bethany Rogers	12:48
Alan Mason	12:55
Debbie Boulanger	13:04
John Hashem	13:06
Lloyd MacCallum	13:09
Patti Downe	13:10
Steven LeClair	13:12
Tommy Gass	13:13
Elizabeth Keenan	13:18
Mike LeClair	13:22
Joanne Perry	13:24
David Ing	13:30
Joseph Mitchell	13:38
Timmy Spears	13:45
Robbie Craig	13:48
Doug Jones	13:48
Mike Derby	13:48
Paul McKinnon	13:48
Austin MacDonald	13:49
Maura Ryan	13:49
Don Love	13:49
Marc Brittain	13:49
Stan Griffin	13:52
Jennifer MacDonald	13:53
Roy Rodd	14:08
Don Moffett	14:08
Joey Cheverie	14:08
Oichi McLagan	14:18
Richard Arsenault	14:18
Troy Longaphie	14:18
Kenny Power	14:23
Sherry MacPherson	14:26
Sheila Bell	14:46

Finishers 81-120

Doug Carmody	14:26
Blair Brown	14:27
Katie LeClair	14:31
Andy MacAulay	14:38
Jeff Bechervaise	14:40
Wayne Gass	14:40
Jonathon Freeman	14:40
Mary Gregory	14:46
Chris Ing	14:51
Andy Bartlett	14:51
Kevin Walsh	14:51
Leonard Lacey	14:51
Blair MacInnis	14:57
Jim MacCallum	14:57
Mary Stewart	14:57
Marc Kenny	15:08
Carol Boulanger	15:13
Carol Schurman	15:13
Derek Llewellyn	15:15
Omar Hashem	15:16
Michele Ives	15:17
Frankie Bambrick	15:18
Scott McCabe	15:33
Michael LeClair	15:42
Linda Cummings	15:45
Jason Craig	15:54
Kathy Gregory	15:57
Susanne Large	15:58
Ronelda Gregory	15:59
Paula Gallant	16:12
Charlotte Hashem	16:16
Frank MacIntyre	16:25
Debbie Power	16:30
Scott Bell	16:33
Darlene Oraniuk	16:36
Robbie Likely	16:43
Sean Drake	16:44
Allison Keenan	16:49
Adam Longaphie	17:13
Janice Higgins	17:07

Finishers 121-136

Donald MacDonald	17:07
Shelly Bachelor	17:07
Mary Mitchell	17:10
Nadine Marut	17:10
Tremaine Lea	17:13
Patrick Morrison	17:13
Belinda Keenan	17:13
Michelle McKinnon	17:20
Mary Beth Ryan	17:22
Janet Bradley	17:24
Tom Vail	17:26
Darcy Vatamaniuck	17:29
Sara Jane Bell	17:44
Stacey Lee Affleck	17:53
Kippy Cormier	18:03
Fred Affleck	18:16

Finishers 137-152

Randy Ellis	18:19
Joel Ives	18:35
Thane Arsenault	18:41
Brent MacDonald	18:45
Debbie Fournier	18:45
Paul Jenkins	19:02
Iris Jamieson	19:02
Marc Comeau	19:03
Vanessa Lund	19:03
Michael Toombs	19:03
Russell McKenna	19:04
Wendy Russell	19:05
Eric Comeau	19:05
Guy Comeau	19:06
Lorraine Wyatt	19:21
Jim Wyatt	19:21

Finishers 153-169

Jeff Farrington	19:24
Karen Lea	19:25
Kevin Farrington	19:29
Troy MacCallum	19:40
Terri Wyatt	20:30
Diane Vatamaniuck	20:31
Jason Doucette	20:53
Wally Young	21:18
John Tweedy	21:24
Hugh Reynolds	21:30
Todd Bechervaise	21:37
Janet Lea	24:05
Roberta Lea	24:05
Marc Likely	24:25
Jamie Doucette	24:31
Shelly LeBrach	26:33
Peter Gallant	26:42

CAMPERS' CITY RUN, 5 MILES, MAY 30, 1981

Roy Mason used a simple but effective strategy to win the Campers' City Five Mile Road Race in West Royalty. His strategy: Don't let anyone pass you. Mason adjusted his pace to stay with whoever wanted to take the lead in the race. That meant going out fast, then easing back over the middle part of the course and finally picking up the pace in the final mile. Susan Rogers won the women's section of the race in a time of 33:46.

Finishers 1-22

Roy Mason	28:45
Philip Easter	28:56
Don Pridmore	28:45
Jean Guy Bourque	29:36
Carl Phillips	29:37
Albert MacDonald	29:46
Ewen Stewart	29:51
Stew Freeman	29:53
Calvin DesRoches	30:10
Salam Hashem	30:14
Maurice Bourque	30:24
Wilfred Laybolt	30:31
Randy MacNeill	30:57
Tony Forrester	31:29
Calvin Wiley	32:14
Donnie Campbell	32:22
Dean MacMillan	32:31
Alfred Groom	32:46
Ronnie Drake	33:00
Matt Smith	33:20
Carl MacLeod	33:37
Benny Graham	33:43

Finishers 23-44

Susan Rogers	33:46
Rodd Smith	33:56
Gordon Marshall	34:16
Art O'Malley	34:27
Gerard Dowling	34:42
Ronnie Lund	34:47
Alan Mason	35:07
John Schaper	35:12
Elizabeth Keenan	35:16
Colin Easter	35:12
Moya LaPointe	35:27
Susan MacEachern	35:37
Lloyd MacCallum	35:52
Bob Wigmore	35:55
Tim Easter	36:10
Fred Affleck	36:11
Walter Lea	36:13
Darrin Dunsford	36:20
Jimmy Paynter	36:27
Rick LaPointe	36:31
Brian McInnis	36:39
Don Harley	36:54

Finishers 45-66

Roger LeBrun	36:56
Gerianne McCarthy	37:00
Bethany Rogers	37:04
Rosemary Faulkner	37:16
Jeff Campbell	38:07
Don Moffett	38:20
Don Blane	39:18
Eleanor Farrington	39:25
Dawn Robbins	39:49
Bob Gray	40:22
Walter Fobes	41:03
Blaine MacLeod	41:23
Art Large	41:24
Terry McDermott	42:18
Ed Grant	42:52
David MacNeill	42:52
Roy Rodd	43:30
Susan Bordage	43:48
Jonathon Freeman	44:18
Allison Keenan	45:37
Rosemary Nyeky	47:10
Sheila Bell	48:34

NON-PUFFERS PACE, 4 MILES, JUNE 7, 1981

Eugene Dowling tasted victory for the first time in a P.E.I. road race in the four mile Non-Puffers Pace held in Southport. Dowling, a 14-year-old Charlottetown resident enjoyed a sizable head start over many faster runners in the handicap race. Kim Scholefield of Bunbury was the first female finisher.

Finishers 1-9		Finishers 10-17		Finishers 18-25	
Eugene Dowling	28:36	Donald MacMillan	34:55	Philip Lutwick	36:02
Erin Reilly	28:46	Lloyd MacCallum	35:04	Carl Phillips	36:28
Jeff Campbell	28:54	Mark Young	35:09	Benny Graham	36:38
Gerard Dowling	33:07	Calvin DesRoches	35:09	Allison Keenan	36:42
Lambert Pauley	34:04	Art Large	35:19	Greg Collins	36:47
Kim Scholefield	34:23	Sean Reilly	35:42	Arthur O'Malley	36:58
Jimmy Paynter	34:25	Bob Wigmore	35:42	Bob Gray	38:35
Barry Gill	34:30	Ewen Stewart	36:01	John Callbeck	39:36
Gerianne McCarthy	34:35				

THE PAIN AND ECSTASY OF THE LONG DISTANCE RUNNER

Roy Mason knows that at least one person doubted that he could keep to his schedule of running across Prince Edward Island in five days during his April run to raise money for research on Multiple Sclerosis. Who would doubt him? Roy Mason himself.

"I didn't think I could finish it for awhile there. My foot was very sore and my legs were bothering me," said Roy after his run. By the fourth day the 25-year-old Charlottetown resident said he was feeling in pretty rough shape. "But the Lord gave me the strength to finish," Roy quickly added.

Roy's induction to multi-day long distance trekking did not run a smooth course. His training over the winter months was not extensive and, as he is quick to admit, he was not in top shape when he undertook the journey. He began to feel the physical strain by the first day when he travelled from the starting point at North Cape to O'Leary. His legs bothered him a bit on his second day on the way to S'side and by the time he arrived in Charlottetown on the third day he was in considerable discomfort. After pushing on to St. Peters on the fourth day he felt that he would be unable to continue. He did take to the road, however, and despite the pain, he reached his destination of East Point four days, five hours and fifteen minutes after his departure.

If Roy has people to thank, other than the Lord, they include Bert Sherren of the M.S. Public Awareness Committee, who helped organize the run, Ron Todd, who along with Sherren accompanied him on the trip and the members of the CFCY Supervan, who also accompanied him. Roy also gave his thanks to all those who encouraged him along the way and especially those who donated to M.S. research. The final tally of funds raised is not yet available, but it is hoped that the \$2,500 level can be reached.

Despite the ordeal, Roy appears well on his way to recovery. Within two weeks of his cross-Island jaunt Roy was busy proving that he has lost none of his speed by finishing third in both the seven-mile Athena Run and, a week later, the two-mile Spring Fever Pace. He followed that up two weeks later with a win in the Campers' City five-mile run. Are there any doubters that he'll win the second Grand Prix title?

MCDONALD'S TEN MILE ROAD RACE, JUNE 13, 1981

Finishers 1-28		Finishers 29-56		Finishers 57-77	
Leo Sheehy	56:08	Lawrence McInnis	67:07	Danny Gass	76:23
Daniel Gallant	56:18	Ronnié Drake	67:40	Ron Chambers	76:56
Bill MacEachern	57:08	Brian Smith	67:55	Rob Anderson	78:10
Colin MacAdam	58:56	Matt Smith	68:05	Bob Gray	78:10
Paul Wright	59:07	Guy Comeau	68:37	Greg Collins	78:12
Don Pridmore	59:15	Dean MacMillan	68:38	Allan Savidant	78:16
Roy Mason	59:29	Ed Fraser	69:54	Foch McNally	78:56
Ewen Stewart	60:18	Parker Lund	70:34	Eleanor Farrington	79:12
Calvin DesRoches	60:18	Arthur O'Malley	70:40	Don Blane	80:45
Salam Hashem	60:35	Norman Brown	70:51	Charles Brown	81:55
Willie MacDonald	60:44	Richard Papenhausen	71:20	Bill Cooper	82:20
Ray Sparks	61:36	Gary Agnew	71:51	Frank Huston	82:43
Albert MacDonald	61:41	Alan Mason	72:03	Jeff Campbell	84:46
Peter Kittilsen	61:46	Bob Wigmore	73:24	Mike LeClair	84:58
Don Mersereau	62:23	Moya LaPointe	73:39	Ed Harris	84:54
Carl Phillips	63:28	Jimmy Paynter	73:49	Art Large	87:23
Philip Easter	63:40	Ninian LeBlanc	74:03	Kim Scholefield	89:25
Bob Sagor	64:07	Fred Affleck	74:05	Susan Bordage	91:50
Gary McLaughlin	64:12	Charles Henri Landry	74:13	Eric Manuel	91:50
Don Reeves	64:15	John Schaper	74:51	George Casson	92:41
Jake Baird	64:41	Don Harley	74:57	Rosemary Nyeky	94:04
Randy MacNeill	64:57	Gordon Chapman	74:58		
Calvin Wiley	65:01	Paul Field	75:01		
Monica LaPointe	65:39	Brian McInnis	75:24		
Steve MacKenzie	65:47	Gerald Mitchell	75:28		
Dan McCarthy	65:58	Walter Lea	75:43		
Lornie Carmichael	66:23	Gerianne McCarthy	76:00		
Ian MacEachern	55:52	Donald Dickie	76:31		

GRAND PRIX STANDINGS (As of June 20, 1981)

Standings include: Dairy Queen Bunny Hop, Campers' City Five Mile Run and the McDonald's Ten Mile Road Race. At present the Athena Seven Mile Road Race results are unavailable. Points accumulated in this event will be added for the next newsletter.

MEN'S TOP 20:	1. Don Pridmore	54	LADIES' TOP 18:	1. Moya LaPointe	59
	2. Philip Easter } 3. Colin MacAdam }	43		2. Gerianne McCarthy	54
	4. Salam Hashem	41		3. Monica LaPointe	50
	5. Roy Mason	40		4. Susan MacEachern	37
	6. Calvin DesRoches } 7. Carl Phillips }	39		5. Eleanor Farrington	32
	8. Willie MacDonald	31		6. Rosemary Faulkner	31
	9. Ewen Stewart	29		7. Susan Bordage	28
	10. Albert MacDonald	25		8. Rosemary Nieky	26
	11. Daniel Gallant	20		9. Susan Rogers	25
	12. Tony Forrester } 13. Bill MacEachern }	19		10. Sheila Bell	24
	14. Paul Wright	17		11. Elizabeth Keenan	20
	15. Charlie Cheverie } 16. Calvin Wiley }	15		12. Kim Scholefield } 13. Karen Whalen }	17
	17. Ronnie Drake } 18. Stew Freeman }	14		14. Bethany Rogers	16
	19. Justin MacDonald } 20. Dean MacMillan }	14		15. Cathy Whalen	15
				16. Tracey Rattary } 17. Dawn Robins }	13
				18. Diane Houston	12

EDITOR'S NOTE: A recent poll found that two out of every three editors of the P.E.I. Roadrunners Newsletter thought that something was amiss in the above standings. Isn't it strange how the results from Athena haven't shown up yet? Every top male runner picked up points there except for - you guessed it - Don Pridmore. We always thought that Pridmore was sneaky but we didn't think he was that desperate! When the truth about Athena is uncovered it will be found that Colin MacAdam, Carl Phillips, Philip Easter and Roy Mason, in approximately that order, are all ahead of our galloping (plodding) editor. See the next newsletter for more on this unfolding story.

S U M M E R R A C I N G - W O R D S O F C A U T I O N

The following is an excerpt from the article "Primary prevention of heat stroke in Canadian distance runs" by Dr. Richard L. Hughson, one of Canada's leading marathoners.

Education of participants:

1. Do not enter a road race unless you are confident that you can finish.
2. Train to the conditions anticipated. It takes approximately one week of training in the heat to acclimitize your body to heat stress. Sensible, gradual adaptation to heat training is best. If the race will start at 8 a.m., train at 8 a.m., not earlier if possible.
3. Do not enter if you have had a fever, or if you have vomited or had diarrhea in the previous 48 hours.
4. Do not get too caught in the excitement of the race start and exceed your capacity.
5. If it is hot and especially if it is sunny, do NOT attempt to race at your normal speed. You MUST slow down. On very hot days it may be necessary to slow as much as 30 seconds per km.
6. Drink water before and during the run. About 500 ml 10-15 minutes before the run and 250 ml at every water station. Do not wait until you are thirsty; this is too late.
7. Know the warning signs of heat stroke. These are: excessive sweating, headache, nausea, dizziness, possible cessation of sweating with cold skin (gooseflesh) and a gradual loss of consciousness.
8. Monitor your physical condition closely, do not consciously try to take your mind off the warning signs from your body. If you notice symptoms of heat stroke, stop immediately and seek assistance. All of the hospitalized victims of heat stroke thought they could finish.

R U N N E R S - C O U N T Y O U R S E L F I N

It was great fun the other week, filling in that Census form. Why I had twice as much fun at it as with my income tax form and it didn't cost me nearly so much. Of course our form was kind of messy in the end. I filled it out first and called myself Person Number 1. Well, the wife didn't quite see it that way and pretty soon she was Number 1! We argued for awhile over it until Cousin Henry came over and came up with a solution. Now Cousin Henry is Number 1.

Anyway, I thought I'd drop by the Government Office in Charlottetown to explain to one of those bureaucrats just what had happened. No sooner had I entered the building when I heard this great weeping and sobbing coming from the office of the head census taker on the Island.

"It's those runners again! Can't they understand? Can't they get this one form right?" he wailed aloud.

"What's the matter?" I asked.

"Those runners, those runners; they've ruined my Census?" he wept uncontrollably.

"Now, now, it's alright. What did they do?"

"Well, to start off with, they all crossed out Person L and Person 2 and wrote in Runner 1 and Runner 2."

"That's not so bad is it? If that's all that's wrong you've got nothing to worry about."

"Yes I do! Those runners get so many questionnaires that they think they are all the same. Pretty soon they stop reading what's actually on the form and just start filling in the blanks with information on their running. They're obsessed! Look at this, 200 Census forms with their weekly distances, diets and training programs."

"Well, I could see where that might be a problem."

"And that's only the short forms! Look at these long ones. They've all listed their PR's for every distance from the 18 inch dash to the ultra-marathon!"

"Say, there's a good time."

"And look at this one from some clown who edits the P.E.I. Roadrunners Newsletter on the joys of summer running!"

"Scandalous, what a lukewarm piece of writing."

Just then the phone rang. The fellow picked it up and started sobbing some more. Then he began to stop and a smile gradually curled up his lips. When he hung up he was in heaven.

"I'm saved, I'm saved; thank you runners!" he screamed.

"What happened?" I asked.

"That was the Chief of Statistics. He said they forgot to include the questions on running in the Census and that they are extremely important. It seems they need the information for planning roads and parks and running facilities and keeping track of healthy people. I've got it all! My job is saved!"

"That's great!"

"Now I only have one problem."

"What's that?"

"There's this Cousin Henry guy who keeps appearing as Person 1 in a lot of our Census forms."

"Strange," I replied, "really strange."

- By Old Jed

HOW TO TREAT BLISTERS (Excerpt from "The Foot Book", Calif) - Submitted by Salam Hashem

Blisters, undoubtedly the most common of all foot problems, are the separation of layers of epidermis (the superficial layers of the skin) one from another. When the separation occurs, fluid in the area fills the empty space created. This may be blood or a clear serous fluid. The separation of layers occurs because of friction, either linear or twisting, of skin tightly adhered to underlying structures.

If the blister has already formed, prompt first-aid will hasten an early recovery. Cleanse the blistered area with alcohol or soap and water, and gently apply pressure on top of the blister so that the fluid will disperse to the sides. If it is small (less than one-half inch) and there is no pain, leave it alone. But if it is larger or painful or if there is deep bleeding, carefully penetrate the side of the blister with a sterile needle and remove the fluid with continued pressure. The fluid removal will greatly decrease the level of pain. Leave the overlying skin intact. An antiseptic solution or first aid cream can be applied over the entire blister. Apply a bandage or accommodative pad to prevent further irritation. If left intact, the blister should be covered and protected with a band-aid or it will break and become contaminated.

To prevent blisters, first look to your shoes. If blisters are on the sides or tops of your toes, your shoes are either too small in the forefoot, or at foot impact your foot is jamming into the toe of the shoe.

Socks must fit properly. Poorly fitting socks may roll up in wet weather or during vigorous participation. To absorb the maximum amount of perspiration, socks should contain natural fabrics like cotton or blends of cotton and wool. Avoid the "stretch" or tube-type socks. Foot powders are also helpful in decreasing the amount of foot perspiration.

Many runners prefer to go without socks. It's usually a good idea to break in new shoes with socks for the first few times and then go without them after a time if you prefer.

Many runners use vaseline to reduce shoe friction. If you have buckled (hammer) toes that make blisters inevitable, buy the best accommodating shoe you can find and tape your toes.

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

The spring season seems to be the time of year when many Island runners travel to the mainland to test themselves at the marathon distance. Here are the results that we have on record. If you run in a race out of province, please feel free to drop us a line on your time.

Heart Marathon, Fredericton, N.B., April

Jim Wyatt - 2:52:54 - First Master, 2nd Overall

Boston Marathon, Boston, Mass., April

Stew Freeman - 3:12

Alf Groom - 3:21 - First Marathon

Don Reeves - 3:28

Eleanor Farrington - 3:54 - Personal Best

Dawn Robins - Covered 22 miles in 1st marathon

Vancouver International, Vancouver, B.C., May

Ewen Stewart - 2:48:18 - In wind and rain!

Johnny Miles, New Glasgow, N.S., May

Jim Wyatt - 2:50:31 - Fifth Overall

Stew Freeman - 3:04

Monica LaPointe - 3:16:56 - Top Female

Peter Kittilson - 3:20 - First Marathon

Jake Baird - 3:27

Calvin Wiley - 3:42

Moya LaPointe - 3:43

National Capital, Ottawa, Ontario, May

Don Pridmore, 2:55:07

Matt Smith - 3:14:21

Congratulations all!!! See you at the P.E.I. Roadrunners/CBCT-FM Island Marathon, September 13th.

The P.E.I. Roadrunners would like to send its best wishes to Philip Latulippe as he runs across Canada to raise funds for the handicapped. The Loretville, Quebec, runner is 62 years old but don't tell him that he's ready to retire. Fourteen years of running has given him the health and stamina of a man in his prime. Come to think of it, maybe the 60's are the prime of life.

In case anyone has wondered where our 1980 Male Roadrunner of the Year has disappeared to, Mike Armitage is working this summer in Halifax. Mike will then be entering the medical program at Dalhousie this fall. Best of luck, Mike, and remember that when you can get back to the Island we will look forward to seeing you at the races.

UPCOMING P.E.I. ROADRACES (July 1 - August 31, 1981)

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
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 KM 12.4 Miles	9:00 a.m.
BELFAST LIONS MID-SUMMER JAUNT (Wayne Panton, 659-3175)	July 25 Saturday	Belfast	8 Miles	11:00 a.m.
NORTHUMBERLAND FISHERIES (John Sequier, 962-3175)	August 1 Saturday	Murray Harbour	15 Kilometers	10:00 a.m. Tentative
LABATT'S <i>20 km Ch'ships</i> (Parker Lund, 892-7544)	August 2 Sunday	Charlottetown	20 Kilometers	
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 & ¼ MARATHON	August 29 Saturday	Charlottetown	13.2 Miles 6.6 Miles	4:00 p.m.

UPCOMING MARITIME RACES (July 1 - August 31, 1981)

<u>EVENT - NEW BRUNSWICK</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
OSSAKEAG DAYS ROAD RACES (John Yerxa, 506-832-5119)	July 1 Wednesday	Hampton	13 Miles 5 Miles	10:00 a.m.
ST. ANDREWS HOSPITALITY DAYS & FISHERIES FESTIVAL ROAD RACE (Brian Dickson, 506-529-3225)	July 1 Wednesday	Indian Point (St. Andrews)	5 Miles 1.5 Miles	5:00 p.m.
Y'S MEN'S RAILROAD DAYS ROADRACE (Arnie Shaw, 506-854-4922)	July 4 Saturday	Moncton	10 Kilometers	10:00 a.m.
LOBSTER FESTIVAL 12.8 KM ROADRACE (Gordon Gallant, 506-532-3739)	July 11 Saturday	Shediac	12.8 Kilometers	11:00 a.m.
KNIGHTS OF COLUMBUS ROAD RACE (Mark Morehouse, 506-328-3639)	July 18 Saturday	Woodstock	6.5 Miles	10:30 a.m.
LOYALIST FULL, HALF & ¼ MARATHON (Faye Horgan, 506-652-4720)	July 25 Saturday	Saint John	42 Kilometers 21 Km & 10.5 Km	9:00 a.m.
COURSE BRAYONCOUR RACE (Roger Pelletier, 506-739-8581)	July 26 Sunday	Edmundston	8 Kilometers & 20 Kilometers	3:00 p.m.
SOUTHEAST STRIDERS ROADRACE (Leo Sheehy, 506-734-2601)	August 8 Saturday	Riverview	20 Kilometers	6:00 p.m.
FREDERICTON 5 MILE ROAD RACE (Fred Steeves, 506-472-9349)	August 23 Sunday	Fredericton	5 Miles	10:30 a.m.
<u>NOVA SCOTIA</u>				
BEASLEY MEMORIAL 6 MILE RUN (Joe Mason, 354-5084)	July 1 Wednesday	Hantsport	6 Miles	10:00 a.m.
MABOU 5.5 MILE ROAD RACE (Neil MacMullin, 736-9979)	July 4 Saturday	Mabou, Cape Breton	5.5 Miles	
FESTIVAL OF THE STRAIT ROADRACE (Ray Belland, 625-2167)	July 4 Saturday	Port Hawkesbury	10 Miles	8:15 a.m.
BONNE BELL 10 KM FOR WOMEN (Bob Book, 423-0777)	July 5 Sunday	Halifax	10 Kilometers	10:06 a.m.
LOBSTER CARNIVAL 10 KM ROAD RACE (Ray Sparks, 485-8174)	July 11 Saturday	Pictou	10 Kilometers	11:00 a.m.
CLARE 5 MILE ROAD RACE (Alain Comeau, 769-2031)	July 11 Saturday	Saulnierville	5 Miles	1:00 p.m.
ATLANTIC 10 MILE ROADRACE CH'SHIPS (Bob Book, 425-5450)	July 12 Sunday	St. John's, Nfld.	10 Miles	
ARICHAT 10 KM ROAD RACE (Neil MacMullin)	July 18 Saturday	Arichat, Cape Breton	10 Kilometers	
CENTENNIAL HALF MARATHON (Recreation Dept, 798-2910)	July 25 Saturday	Windsor	13.1 Miles	10:00 a.m.
CAMERON-PAUL MURRAY 20 KM (Ron Jefferson, 597-2873)	July 25 Saturday	Springhill	20 Kilometers	9:30 a.m.
INVERNESS 5 MILE ROAD RACE	July 25	Inverness, Cape Breton	(Neil MacMullin)	

<u>EVENT</u> - NOVA SCOTIA (Cont'd)	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
LABATT'S PROVINCIAL 20 KM CH'SHIPS (Bob Book, 425-5450)	August 9 Sunday	Halifax	20 Kilometers	9:00 a.m.
A.F. CHURCHILL MEMORIAL RACE (Freeman Churchill, 742-8717)	August 16 Sunday	Yarmouth	10 Miles	10:00 a.m.
GLACE BAY RECREATION 6 MILE RACE	August 16	Glace Bay	Bruce Holmes, 849-5541	
ANNAPOLIS COUNTY EXHIBITION RACE (Gabriel Comeau, 584-7102)	August 22 Saturday	Lawrencetown	8 Miles	10:00 a.m.
NOVA SCOTIA MARATHON (Jerry Locke, 875-3873)	August 23 Sunday	Shelburne	26.2 Miles 5 Miles	9:00 a.m.
SYDNEY MINES KINSMEN 11 MILE	August 25	Sydney Mines	Neil MacMullin, 736-9979	
NATIONAL 20 KM CHAMPIONSHIPS	August 30	Winnipeg, Manitoba		



***“Take anything you want, but
please don't take my Nikes.”***

The P.E.I. Roadrunners Newsletter is (circumstances permitting) a bimonthly publication of the P.E.I. Roadrunners Club. Produced and distributed by Sport P.E.I.

Editors - Don Pridmore - Judy Hiscott - Don Harley

Thanks this time to Salam Hashem and Old Jed for their contributions. We invite our members to send in submissions or contact us on items they would like to see in the Newsletter.

We hope to have a short edition out later this summer, weather and ambition permitting. Enjoy the summer!

SEAMAN'S BEVERAGES FOUR MILE RUN



1. Sponsors - Seaman's Beverages Ltd.
2. Organizers - P.E.I. Roadrunner's Club
3. Distance - Four Miles
4. Date - Saturday, July 4
5. Registration Time - 9:00 a.m.
6. Starting Time - 10:00 a.m.
7. Entry Deadline - July 3, 1981
8. Medical Service - St. John Ambulance
9. Policing - Charlottetown Police
10. Entry Fee - \$2 (Please enclose with entry form)
(Make cheque payable to P.E.I. Roadrunners Club)
11. Classifications -

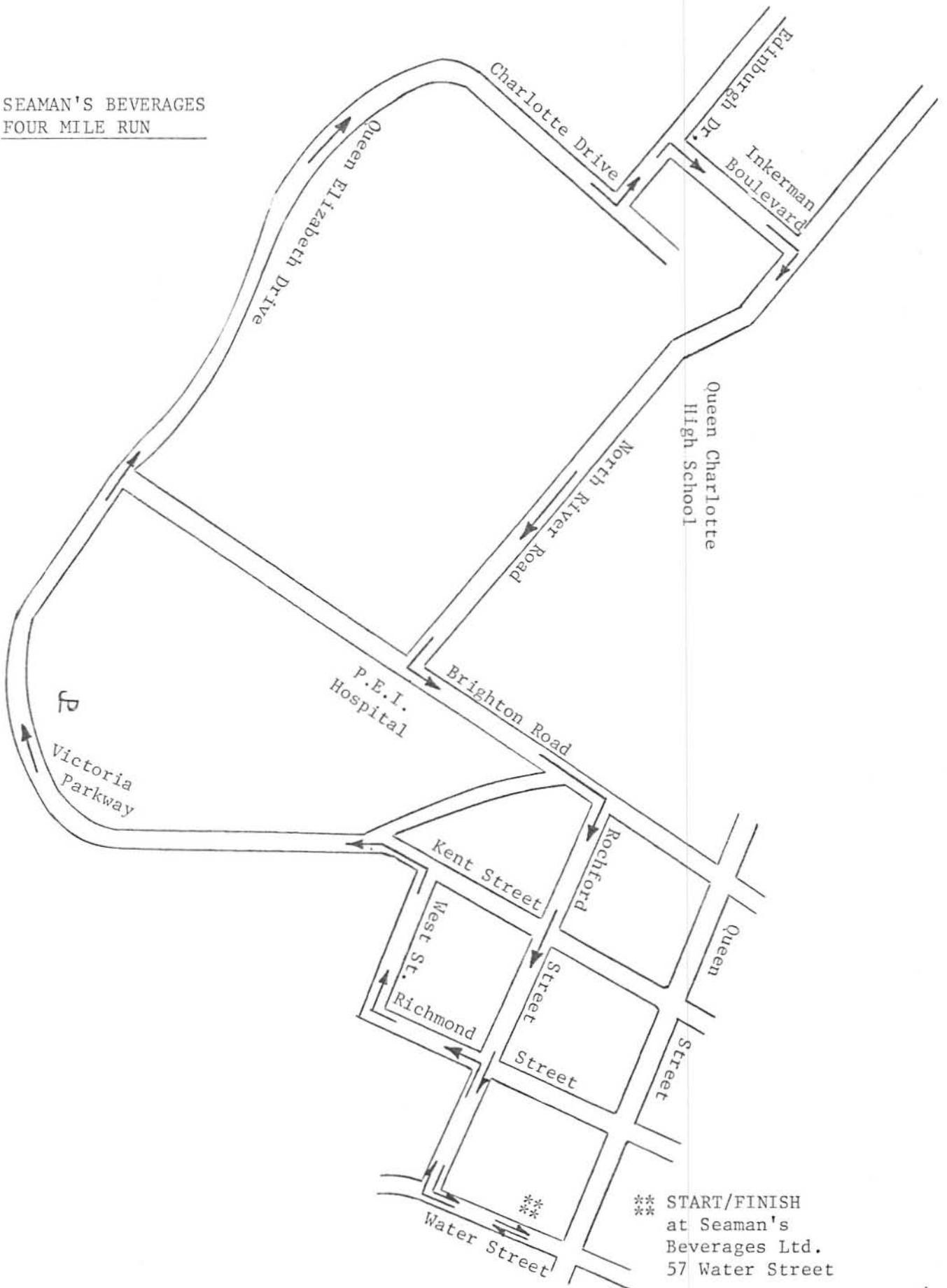
Men	Women
1) 14 & Under	1) 14 & Under
2) 15-19	2) 15-25
3) 20-29	3) 26-34
4) 30-39	4) 35 & Over
5) 40 & Over	
12. Awards - Trophies -
 - 1) Presented to Race Winner
 - 2) Presented to Top Female Runner

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 Seaman's Beverages

SEAMAN'S BEVERAGES
FOUR MILE RUN



E N T R Y F O R M

P.E.I. ROADRUNNERS CLUB/SEAMAN'S BEVERAGES

FOUR MILE RUN

LAST NAME _____

FIRST NAME _____ INITIAL _____

MAILING ADDRESS _____

CITY _____ PROVINCE _____

POSTAL CODE _____

DATE OF BIRTH _____ SEX _____

AGE ON JULY 4, 1981 _____

CLUB/TEAM _____

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 meet, their agents, representatives, successors and assigns, for any and all injuries suffered by me at said meet.

SIGNED _____

SIGNATURE OF PARENT OR GUARDIAN
IF PARTICIPANT IS UNDER 18

MAIL ENTRY FORM TO: FOUR MILE ROAD RACE
P.O. Box 302
Charlottetown, PEI
C1A 7K7

ENTRY DEADLINE - FRIDAY, JULY 3, 1981!