



## FROM THE EDITOR

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Sorry to have been away for so long. The summer was a busy season with so many races, the marathon planning, summer holidays and, yes, just relaxing in the sun. After the marathon, it seemed hard to get back in gear and there were umpteen different things to take care of. So please accept our apologies for not having this edition to you sooner.

In some respects, this is our "Marathon Edition" of the Newsletter. You will find not only the complete results, but also several other items and stories. The Island Marathon is a special kind of race to many of us in the club and thus the prominence we give it in this edition. More people assist with it, sponsor it, train for it or look forward to it than any other Island race. Like the mile for track and field, there is something magic about the marathon for road runners.

The public has also taken to the marathon. Marathons have attracted crowds in excess of two million in cities such as New York and Boston. This year's New York City Marathon was broadcast in its entirety across the United States. Advertising time on the broadcast must have been highly sought, judging by the number of major corporations that had commercials. The aura and allure of a major sporting event was there. The marathon was portrayed as the epitome of human achievement in covering distance on foot.

There was one very moving moment in the broadcast when a young lady, a victim of polio, moved along at the very end of the race on crutches. It would take her all day, but she wanted to run a marathon. Even though supportive of her goal, one viewer I was with simply asked, "Doesn't anyone gear themselves up for a five-mile race anymore?"

There is a careful path to tread in portraying the marathon. Without diminishing its glory, let us remember that it is only a brother to the other race distances. If we pay heed to it, that is fine for it is indeed a worthy test of the runner. We will, at the same time, remember that the family of races would not be complete without the others. The marathon is a special race - just as special as any other. There is pride to be won in the completion of any distance.

- Don Pridmore

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

# ISLAND MARATHON

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

P . E . I . R A C E R E S U L T S

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SEAMAN'S BEVERAGES 4 MILE RUN  
(July 3rd, Charlottetown)

Contrary to popular wisdom, Dale Friesen showed that you can go home again - and win. The former Victoria resident, now a medical student in Halifax, made a dramatic return to P.E.I. by winning the Seaman's Beverages Run in 21:45. Not too far behind him was Daniel Bamville, a Rimouski, Quebec native who finished in 21:53. Colin MacAdam, who had shared the lead with Friesen for three and a half miles, couldn't hold the pace and had to settle for third.

Monica LaPointe maintained her string of victories by winning the women's division in 26:52.

RESULTS OF SEAMAN'S BEVERAGES RUN, (4 MILES), SATURDAY, JULY 3, 1982

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FINISHERS 1 - 22

Dale Friesen 21:45  
Daniel Bamville 21:53  
Colin MacAdam 22:19  
Calvin DesRoches 22:26  
Carl Phillips 22:28  
Philip Easter 22:34  
Ron Frid 22:52  
Alan Mason 22:56  
Roy Mason 23:14  
Peter Kittilsen 23:24  
Ewen Stewart 23:27  
Kenny Arsenault 23:51  
Randy MacNeil 24:09  
Stew Freeman 24:15  
Roger Hewlett 24:19  
Doug Jones 24:19  
Dave Forsyth 24:37  
Stephen Banks 25:01  
Troy Longaphie 25:12  
Ronnie Drake 25:24  
Don Moffat 25:30  
Francis O'Donnell 25:52

FINISHERS 23 - 44

Matt Smith 25:53  
Keith MacMillan 26:07  
Tom O'Connell 26:27  
Julien Gallant 26:34  
Monica LaPointe 26:52  
Linnell Edwards 27:10  
Scott Reed 27:27  
Lloyd MacCallum 27:34  
Rick LaPointe 27:36  
Bill Mosher 27:39  
Ronnie Lund 27:40  
Joe Chapman 27:57  
John Martin 28:02  
Richard Papenhausen 28:06  
Don Walters 28:07  
Moya LaPointe 28:20  
Rosemary Faulkner 28:20  
Jake Baird 28:20  
Don Skelton 28:52  
Don Blane 28:58  
Paul Mullin 29:06  
John Stockhausen 29:18

FINISHERS 45 - 65

Tim Easter 29:58  
Eleanor Farrington 30:10  
Art O'Malley 30:11  
Colin Easter 30:13  
Coline MacEachern 31:13  
Ronald Buell 31:18  
John Cahill 31:21  
Don Fitzsimmons 32:07  
Helen Parker 32:09  
Sharon Lawlor 32:10  
Helen Flynn 32:11  
Paul McGrath 32:13  
Barrie Stanfield 33:07  
Roy Matheson 34:01  
Adam Longaphie 34:01  
Winnie Robbins 34:13  
Chris Darlington 34:15  
Mary Cameron 34:15  
Debbie Allen 34:28  
Jeffrey Stockhouse 35:56  
Ann MacDonald 39:36

BELFAST LIONS MID-SUMMER JAUNT - 8 MILES  
 (July 24th, Pinette)

Belfast was the last Island race (for this year, at least) for the woman who has dominated the female runner's division in the past three years. Monica LaPointe made her last race a winning one as she completed the 8 mile course in 58:06. Monica will now be continuing in racing in her new home area of Vancouver Island.

For the men, Daniel Gallant of Cap Pele made a successful return to the Island racing scene not only by winning the race in 44:29, but also by lowering Mike Armitage's course record by over a minute. Daniel Bamville, who studied English on the Island during the month of July, ran to his third consecutive second place finish in July Island road races.

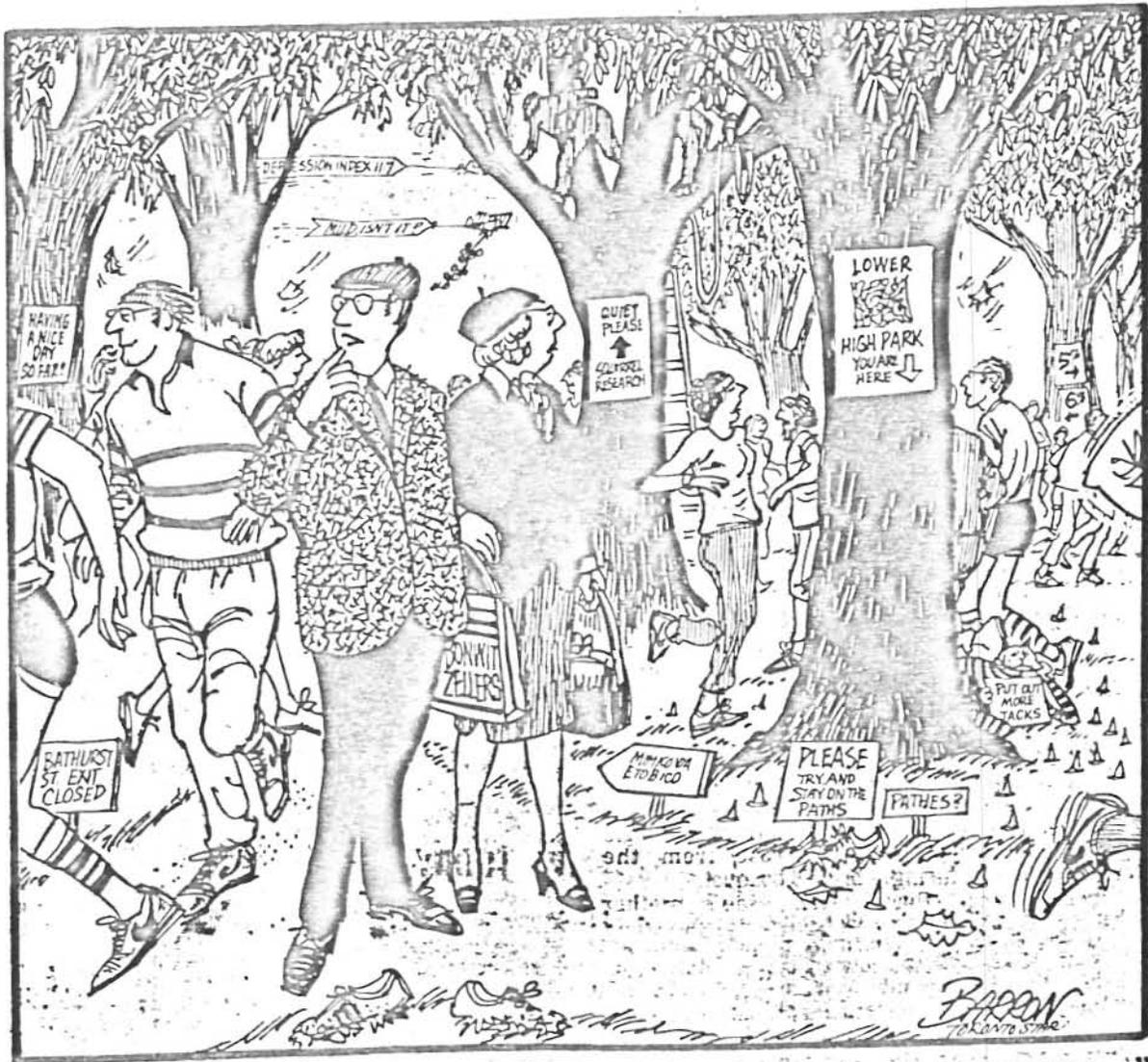
RESULTS OF BELFAST MID-SUMMER JAUNT ( 8 MILES), JULY 24, 1982

LADIES UNDER 25 -	Monica LaPointe	24	1	58:06	
	Susan MacEachern	42	2	1:09:20	
	Sheila Bell	45	3	1:13:58	
	Sonya Pauley	46	4	1:14:40	
	Elaine Panton	47	5	1:14:50	
	Cathy Edward	49	6	1:16:11	
	Rebecca Skinner	50	7	1:17:00	
LADIES 25 & OVER --	Eleanor Farrington	38	1	1:06:15	
	Linda Aspin	48	2	1:16:11	
MEN UNDER 20 -----	Dean MacMillan	9	1	49:23	
	Tyler Aspin	28	2	59:37	
	Steven Simmons	41	3	1:09:20	
	Scott MacWilliams	44	4	1:13:58	
	Stevan MacPherson	DNF			
MEN 20-29 -----	Daniel Gallant	1	1	44:29	
	Danielle Banville	2	2	45:30	
	Michael Longaphie	4	3	47:15	
	Roy Mason	7	4	48:26	
	Francois Toro	10	5	50:28	
	Roger Hewlett	12	6	50:44	
	Randy MacNeill	13	7	51:10	
	Mark McCosham	15	8	51:55	
	Lorne Carmichael	20	9	54:42	
	Rick Goulding	29	10	1:00:32	
	Ronald Buell	43	11	1:11:08	
MEN 30-39 -----	Carl Phillips	3	1	47:08	
	Don Pridmore	5	2	47:42	
	Ron Frid	6	3	48:10	
	Jim Bruce	16	4	52:55	
	Bob Keating	17	5	53:45	
	Ronnie Drake	19	6	54:02	
	Dave Parsons	21	7	55:28	
	Rodney Clark	22	8	56:10	
	Lloyd MacCallum	26	9	59:15	
	Lambert Pauley	27	10	59:34	
	Leon Berrouard	30	11	1:02:01	
	Wayne Wright	31	12	1:02:19	
	Robert MacNeill	32	13	1:02:55	
	Bryan Skinner	33	14	1:03:10	
	Paul Weatherbie	34	15	1:04:09	
	Dave MacNeill	35	16	1:05:30	} TIE
	Don Blane	35	16	1:05:30	
	Al Swim	37	17	1:05:50	
	Lornel Parnell	40	18	1:07:50	

BELFAST MID-SUMMER JAUNT RESULTS

continued

MEN 40 & OVER ----	Ewen Stewart	8	1	48:32
	Salam Hashem	11	2	50:40
	Stew Freeman	14	3	51:35
	Gerry MacDonald	18	4	54:00
	Ninian LeBlanc	23	5	56:11
	David Baxendale	25	6	58:36
	Rick LaPointe	39	7	1:06:18



“..golly, sometimes I wonder if we're the only ones left who stroll anymore..”

AMALGAMATED DAIRIES TYNE VALLEY 20 MILE RUN  
(August 7th, Tyne Valley)

There is something about the Tyne Valley Run that seems to attract high quality mainland runners. This year, three of the better regional runners, Bob Russell of Dartmouth, Leo Sheehy of Albert Mines, and Tom Conway of Halifax, went to the starting line along with Island favourites Paul Wright and Jim Wyatt. The competition turned out to be everything it was expected to be with Russell breaking Conway's old course record and posting a time of 1:58:09 to grab the victory. Sheehy also broke the two hour barrier and Wright nosed out Conway to join the top three.

Eleanor Farrington-Freeman took the women's division title.

RESULTS OF ADL TYNE VALLEY 20 MILE RUN

WOMEN 25 & UNDER ---	Jean Profit	24	1	3:36:30
WOMEN 26-34 -----	Donna Profit	23	1	3:18:12
WOMEN 35 & OVER ----	Eleanor Farrington	22	1	2:59:31
MEN 19 & UNDER -----	-----	--	-	-----
MEN 20-29 -----	Leo Sheehy	2	1	1:59:10
	Paul Wright	3	2	2:03:06
	Calvin DesRoches	6	3	2:06:29
	Ian Griffin	9	4	2:14:12
	Roy Mason	10	5	2:18:21
MEN 30-39 -----	Bob Russell	1	1	1:58:09
	Jim Wyatt	5	2	2:05:29
	Carl Phillips	7	3	2:11:19
	Peter Kittilsen	8	4	2:12:02
	Jake Baird	12	5	2:23:21
	Richard Papenhausen	15	6	2:34:05
	Rob Anderson	17	7	2:37:17
	Keith Tompkins	18	8	2:37:22
	Ken Jones	19	9	2:45:27
	Lloyd MacCallum	20	10	2:54:23
	Brian McInnis	21	11	2:58:11
MEN 40 & OVER -----	Tom Conway	4	1	2:03:11
	Ewen Stewart	13	2	2:23:21
	Mike St. James	14	3	2:30:03
	Stan Cross	16	4	2:35:21

NATIONAL PARK 10 KILOMETRE RUN  
(August 14th, Brackley to Stanhope)

Dale Friesen returned to capture his second Island victory of the summer at the National Park Run. The flat, fast course was not quite at its best due to a strong cross wind, but many runners went on to post excellent times. Bev Friesen joined her husband in the winner's circle as she took the women's division.

The field of 100 starters was the largest for a race of over two miles this year on P.E.I. and the number of women runners, 26, was greatly encouraging.

RESULTS OF NATIONAL PARK 10 KM CHAMPIONSHIP, SATURDAY, AUGUST 14, 1982

<u>FINISHERS 1 - 32</u>		<u>FINISHERS 33 - 64</u>		<u>FINISHERS 65 - 96</u>	
Dale Friesen	33:51	Don Mazer	42:08	Dave Stevens	48:36
Ralph Freeze	34:28	Brian Skinner	42:10	Paul Lavoie	48:38
Phillip Easter	34:44	Bev Friesen	42:16	Susan MacEachern	48:39
Mike Jordan	34:58	Linnell Edwards	42:24	Ben Jenkins	48:44
Carl Phillips	35:39	Gordon Wheatly	42:32	Fred MacDonald	48:46
Peter Krautle	35:45	Steve Berall	42:39	Daniel Deleseleue	49:31
Ron Frid	35:47	Norman Brown	42:52	Joe Paquette	50:44
Peter Kittelson	35:56	Wayne Thomas	42:55	Mike McCabe	51:02
Fen Gray	35:58	Don Harley	43:04	Ian Hardy	51:03
Dean MacMillan	36:02	Mike Toombs	43:32	Steve Shreeffer	51:27
Ewen Stewart	36:09	Wayne T. Wright	43:42	Gary Hilton	51:29
Randy MacNeill	37:06	Don Blane	43:59	Ann Baker	51:29
Vern Cunningham	37:12	Sylvie Beaumont	44:06	Kelly Paquette	51:46
Steven Locke	37:24	Lloyd MacCallum	44:13	Allison Saunders	52:24
Dave Forsythe	37:26	Raymond Lindsay	44:19	Lisa Carter	52:30
Jim Vickers	37:36	Jim White	44:53	Penni Stuart	52:32
Alfred Keep	37:45	Don Maynard	44:55	Sharon Lawlor	52:45
David Scannell	37:58	Tim Easter	45:24	Linda Aspin	52:56
Salam Hashem	37:59	Paul Weatherby	45:26	Andrew Black	55:05
Doug Jones	38:00	Leon Berrouard	45:36	Warren Stone	55:14
Derek Fisher	38:28	Colin Easter	45:38	Ian Carter	55:47
Ron Drake	39:05	Eleanor Farrington	46:14	Cathy Edward	56:24
Jerry Allan	39:18	Don Skelton	46:38	Anne Turner	56:33
Francois Deleselewe	39:49	Amie Lotz	47:29	Rhonda Cooper	58:24
Richard Adrian	40:00	Dave MacNeill	47:30	Lorraine Wyatt	58:25
Lorne Carmichael	40:18	Jan Mitten	47:39	Sheila Bell	59:49
Jim Kirby	40:22	Tom MacDougall	47:45	Cindy Carter	64:51
Rob Anderson	40:29	Donna Profit	47:49	Elizabeth Carter	64:52
Colin McCabe	41:05	Mark Fishaut	47:51	Euclid Matthieu	87:00
Ninian LeBlanc	41:35	Mark Pelletier	48:25	Jodi Lynn Auld	87+
Bryson MacDonald	41:44	Louise Savage	48:26	Carolyn Matthieu	87+
Dave Manovill	41:53	Rosemary Faulkner	48:31	Tami Jo Auld	87+

KENSINGTON HARVEST FESTIVAL 25 KM RUN  
(August 21st, Stanchel to Kensington)

Ralph Freeze was second on the flat National Park course, but one week later, he found victory on the hilly Kensington Harvest Festival route. The race marked a successful return to the Island racing scene for Ralph. He was a prominent runner in several mid-1970's races and still holds one of the course records.

One of the most impressive performances of the day was that of Jane Bearisto of Sarnia, Ontario. Jane, who was in P.E.I. visiting relatives, completed the 25 kilometre distance in 1:45:01 to set a new women's record. Averaging 6:45 miles on a course like Kensington ain't too shabby.

RESULTS OF KENSINGTON HARVEST FESTIVAL 25 KM ROAD RACE  
Saturday, August 21, 1982

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1.	Ralph Freeze	1:34:47	12.	G.J. Moiron	1:45:05
2.	Jim Wyatt	1:35:11	13.	Jake Baird	1:46:04 } }
3.	Calvin DesRoches	1:37:24	13.	Salam Hashem	1:46:04 } }
4.	Richard Zuzalak	1:38:42	14.	Don Reeves	1:52:09
5.	Don Pridmore	1:38:46	15.	Roger Hewlett	1:52:36
6.	Carl Phillips	1:41:22	16.	Lawrence MacInnis	1:54:24
7.	Carl Stark	1:41:29	17.	J.D. Murray	1:56:46
8.	Roy Mason	1:42:07	18.	Don Blane	2:03:13 } }
9.	Ewen Stewart	1:44:20	18.	Don Harley	2:03:13 } }
10.	David Scannell	1:45:00	19.	Lloyd MacCallum	2:08:12
11.	Jane Bearisto	1:45:01	20.	Brian McInnis	2:10:15
			21.	Donna Phillips	2:17:31
			22.	Kelly Paquet	2:20:42

VOLUME RENTALS 5 KM RUN  
(August 28th, Sherwood)

One of the objectives in reducing the distance of this race from a half-marathon to 5 kilometers was to encourage family members to run together. Boy, did this race accomplish that! Two families, the Davies of Oakridge, Ontario and the Forsters of Ottawa each had five members in the race. The Weisman family of Plattsburg, New York, were close behind with four.

Race winner Phil Stuart of Machias, Maine, has become a familiar figure on the Island racing scene as he makes his annual late summer sojourn to several Maritime races. It was Phil's first Island win. Not too far behind him was Ron Frid of York, P.E.I. who enjoyed his best placing of the summer. Susan Rogers, who usually seems to win at least one race each year, accomplished the feat this year at Volume Rentals.

RESULTS OF VOLUME RENTALS 5 KM RUN, AUGUST 28, 1982

1.	Phil Stuart	16:58
2.	Ron Frid	17:12
3.	Roy Mason	17:16
4.	Carl Phillips	17:34
5.	Salam Hashem	17:46
6.	Randy MacNeill	18:12
7.	Roger Hewlett	18:16
8.	Doug Jones	18:35
9.	Troy Longaphie	18:43
10.	Allan Forster	19:06
11.	Bill Davies	19:07
12.	Fred Affleck	19:43
13.	Linell Edwards	19:52
14.	Jim Wyatt	19:55
15.	Bill Davies Jr.	20:15
16.	Darrin Dunsford	20:20
17.	Jake Baird	20:55
18.	Ewen Stewart	20:55
19.	Susan Rogers	21:14
20.	Leon Berrouard	21:35
21.	Lloyd MacCallum	22:05
22.	Bernard Bechard	22:21
23.	John Ellsworth	22:27
24.	John Martin	22:30
25.	Al Swim	23:15
26.	Wendy Davies	23:20
27.	Gary Hilton	23:39
28.	John Forster	23:51
29.	Anne Davies	23:59
30.	Carol Davies	24:16
31.	Doug Carmody	24:47
32.	Barrie Stanfield	25:01
33.	Nigel Burns	28:52
34.	Nick Forster	29:30
35.	Allister Forster	30:00
36.	Charlie Weisman	30:05
37.	Luther Weisman	30:10
38.	Carol Swim	35:58
39.	Ellis Weisman	36:05
40.	Linda Weisman	36:06
41.	Gillian Forster	38:09

ALICE-FAYE'S 3 MILE RUN FOR WOMEN RUNNERS  
(October 3rd, West Royalty)

Marlene Costain had a right to feel tired after winning the Alice-Faye race. In the morning, she had played for U.P.E.I. in an intercollegiate field hockey game. The game must have been good for a warm-up, though, because Marlene led the race from start to finish. In 1981, she had placed second in the race.

Jo-Anne Perry ran a strong race to finish second and 14 year old Liz Keenan made an impressive showing by placing third.

RESULTS OF ALICE-FAYE'S THREE MILE RUN  
FOR FEMALES ONLY

October 3, 1982 Charlottetown

WOMEN 9 & UNDER -	Katie LeClair	1	12	24:10
	Sarah Bell	2	17	27:31
WOMEN 10 - 14 -	Liz Keenan	1	3	20:52
	Sheila Bell	2	6	22:18
	Stacy Affleck	3	8	22:58
WOMEN 15 - 19 -	Kim Aspin	1	13	24:23
WOMEN 20 - 34 -	Marlene Costain	1	1	19:14
	Jo-Anne Perry	2	2	20:44
	Debbie Allen	3	5	22:07
	Helen Flynn	4	7	22:32
	Rhonda Cooper	5	15	27:01
	Marina Craswell	6	16	27:12
	Margot Bentley	7	18	28:09
	Lea Rand	8	19	28:51
WOMEN 35 - 49 -	Eleanor Farrington-Freeman	1	4	21:47
	Penni Stewart	2	9	23:15
	Linda Aspin	3	10	23:44
	Kay Lund	4	11	24:05
	Rosemary Faulkner	5	14	24:24
	Carole Swim	6	20	32:11

A W A R M D A Y I N S E P T E M B E R

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Try to remember, the kind of September when runners ran easy, cooled by fresh breezes, with clouds to protect them and pre-autumn stillness to spirit them along. Then ask, what happened? In a prelude to the unseasonably warm fall weather that would follow, the skies of P.E.I. opened on September 12th to let the heat pour down on the Fourth Annual Island Marathon. The temperature bounded to near-record levels of 24° C that day, warmer than a good many days in the summer month of August. September 12th was the kind of a day that would have been ideal for a 10 kilometer race. Not so, unfortunately, for a marathon.

For most runners, the 1982 P.E.I. Roadrunners/CBCT-FM Island Marathon was a struggle against the heat. Few personal bests, other than those by first time marathoners, were established. It just wasn't a day for that kind of run. It was a day for patient pacing, for conserving strength and for being adaptable. So much for the strategies that were developed over several months of training. This was a whole new challenge. The most important variable that keeps marathons from being so standard, the weather, had decided to play an active role.

In terms of the race for the championship, the story was that of one man - Tim Loftus of South Miami, Florida. Tim knew the race and he knew the course. He runs regularly in hot weather and he is used to running hard and long. He had planned on going for the course record and he had hopes of putting it under 2:30. The only real question of the day was whether he would stand up to the hills, without someone pushing him, and reach his goal. He shot off to a fast start, running a 2:20 pace for the first six miles and a 2:24 pace at the half, but eventually, the heat and the hills exacted their price. The last half of the race was run at a slower pace and Tim crossed the finish line in 2:32:36. Although it was not quite the mark he had aimed for, it was more than good enough to break Tom Olsen's previous record of 2:34:52.

A Run Canada delegate from British Columbia, Bob Legge, did a good job of pacing himself and was rewarded with a second place finish in 2:49:04. He was one of several Run Canada representatives, who were meeting on the Island on that weekend, who participated in the race. After Legge, it was the Island crew - five Island runners in a row and seven of the next eight. Jim Wyatt, Mark McCosham, Ewen Stewart, Carl Phillips, and Don Pridmore finished in the third to seventh place spots respectively and handily won the Johnny Miles Award for the top provincial or state team. Philip Easter, who placed tenth, added to the Island prize hauling by posting the best time for a first time marathoner.

On the women's side, Michelyne Michaud of Moncton controlled the race from the outset and won in 3:58:25.

One of the attractions of a marathon, besides the final achievement of crossing the finish line, is the collection of memories that it leaves. Each race is really a weekend package, with moments being remembered from start to finish. Just as vivid as the memories of the race itself are the times spent with other runners and at other events. There was the Saturday morning pancake breakfast at Smitty's, meeting a few incoming runners and sharing feelings of anticipation. There was the Saturday sunshine and the hope that for just one day, the clouds would come back. Jim Wyatt explained the lessons he has learned in running marathons to a quiet group in a dimly lit room at the clinic. Contrasting that was the sunshine at Cavendish Beach during the course tour. Still present, however, was the atmosphere of apprehension,

The food and company at the carbo-fest was superb, but etched in the mind more than anything else was holding the shoes that Johnny Miles wore in the 1926 Boston Marathon. Johnny Miles .... Boston ..... marathon .... dreams are built on less.

Race day was a collage of snapshots in time. The bus ride over the route, always thinking of the return trip, the glances skyward at dissipating clouds, the long waiting period at the park before the race, the sand on the shore road seeming so much like it was part of summer, starting the race and realizing within the first mile that you were covered in sweat, spotting people on the beach, looking ahead at runners and wondering how they could get ahead that fast, reaching North Rustico and having the enthusiasm of the spectators pick you up, seeing residents along the way becoming a part of the event by setting up water stations, developing that drained feeling in the middle of the course (much sooner than expected), hearing officials say "you're looking good" when you knew you didn't, turning your thoughts to the sole objective of getting through it all, struggling up the Lower Malpeque Road hill only to find that the downhill was no easier, seeing the 24 mile station and knowing that you would make it - somehow, feeling a peculiar heaviness as you ran down University Avenue, seeing the finish line, finally, after all this time, then crossing it, feeling pride and numbness at the same time, and then sharing the moment with others as you attempted to piece together the results of the day. There was the Spa afterward and the warmth of the banquet area. The awards were marvelous with some winning big and some winning moderately but almost everybody winning something. There was a collection for St. John Ambulance, which was truly worthy, and there were words of gratitude to everyone from everyone. It was quite a time, quite a time. And then, it was all over.

Another Island Marathon has come and gone. The memories it leaves are mainly happy ones, even if the time run was slower than that aimed for. The mind turns to races that will be run in the future, but the heart will remember that warm day in September.

- Don Pridmore

A . V O L U N T E E R ' S M A R A T H O N

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People volunteer to help at marathons for different reasons. Some are relatives of participants, some are past or would be marathoners, and some don't run at all but come to experience the event. I have never run a marathon (although I ran sixteen miles once in training). I volunteered to be inspired by the talent and courage of the runners.

Last year, I helped out at the finish line. It was a good place to be as fans, runners, volunteers and race dropouts all passed by. You wait and listen to the radio reports of the race and the changing weather conditions. The winner arrives, then the top ten, and so on until many hours after setting up the finish line banner, the last courageous runner arrives. After clean up, I arrived late at the "party", missing most of the fun.

This year, I graduated to organizing the aid stops. The main work was getting over thirty other volunteers to man the eight water and six sponge stops. Race day, I got to be in the race myself. That is, I had to stay ahead of the lead runners and make sure my volunteers were at the proper locations and that the water and supplies were adequate. It was a hot day and the stations were all oases for the runners' caravan. In my rented van, I criss-crossed the route, dropping off and picking up helpers who were finished. Most provided their own transportation so I got to see some of the drama during the race. Being on the road, I missed most of the finishers, but had the chance to encourage the stragglers. Oh yes, and I got to the party on time this year!

Having observed the race at the finish line, starting line and water stops, I am coming around to the conclusion that the best location to observe the race would be from within - as a runner.

- Doug Jones

R U N N I N G   T H A T   F I R S T   M A R A T H O N

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- Al Swim

After spending five hours on the Start/Finish line at the National Capital's Marathon in Ottawa last May as a spectator, I decided at that time that I was going to run a marathon. The look on the faces of those completing this marathon was a motivating factor in my decision. How could a person really run 26 miles and 385 yards without stopping? How does a marathoner distract his/her mind from the pain and other distress signals coming from the body? Could it be that this may be one of the most self-satisfying things a person ever does?

With three months and two weeks before the Island Marathon, I have made up my mind. When I'm in a different city or town, I will look for any books on running -- these must be studied, not just read. Books by Derek Clayton, Tom Osler, and Dr. George Sheehan, many more too numerous to mention. Runners World, Canadian Runner, Running, and Runner also became more important than Time and MacLean's for the summer. I read so much I didn't know which direction to go. I then decided that I needed a coach. Someone who could tell me all about vitamins, pains in different parts of the body, how many miles I needed to have behind me.

The coach I chose was a man by the name of Salam Hashem. Everyday, faithfully, I would visit with Salam and we would talk about running. I had lots of determination, Salam could see that, but he could also see that I had about 220 pounds which meant running a marathon was going to be a tough task. Salam gave me everything a runner starting out could have. The encouragement was unbelievable. If I knew or even thought I had had a bad run, Salam still made me feel good when I told him how I felt.

Five weeks to go before the Island Marathon and the furthest I had run at one time was 16 miles. I was introduced to a runner from away who told me not to try the marathon this year. The facts which his decision was based on were evident to me as well; it made a lot of sense. I was too heavy (210 pounds) and had never gone over 16 miles. This was the turning point in my training. The next day early in the morning, I hit the road after laying awake most of the night thinking I wouldn't be able to run after all the work I had done. This was a big disappointment to me.

I began at the Police Academy and went out the Trans Canada towards Wood Islands. The pace was slow and it was a beautiful warm morning. I went to Mount Mellick which was 10.2 miles and without stopping came back into Charlottetown re-routing on the way back to make sure I was over 20 miles. I did 21.5 miles in three hours and five minutes. I went directly to Salam's store where I again got encouragement. I knew then that I was going to do the marathon. For the next four weeks I ran 10-14 miles and once a week a run of 20 miles.

When the day of the marathon came, it was obviously a very exciting time. I didn't sleep well the night before but managed to be wide awake on my way out to the starting line. A fellow worker, Bob Harris, was going to ride a bike beside me and another past Boston and New York marathoner, Paul Fenton, was going to drive in a car and stop every three miles with water and whatever I needed. On the way out to Cavendish, the clouds were fairly heavy and I was feeling good about this. I knew I would have trouble if it was hot, and I didn't want to stay on the road for over four hours.

When I arrived in Cavendish and saw all the runners getting warmed up I must admit the feeling of determination had never been stronger. When I went to the starting line, the clouds were gone, it was getting warm, and the sky couldn't have been any bluer. This bothered me because again I knew I couldn't take a lot of heat at 210 pounds.

The gun goes and I was off -- this is what I was working for all summer. I had to try and remember all of Salam's advice: "Don't go out fast; make your own pace; drink lots of water at the start, and when you get into North Rustico, make sure you are not tired." My first mile was about 9.30 minutes. I had hoped for 8-8.30 minutes; however, I knew I could run 20 miles so I had to get to North Rustico in good shape. I arrived in North Rustico in about 57 minutes (slower than I had wanted but I felt O.K.).

The banging of the pots and pans going up the hill in North Rustico was a real lift. The people all along the route really were terrific motivators.

The miles kept getting less and the sun appeared to be getting hotter. At the 12 mile mark, I started passing some people. Salam said this would happen if I started slow. At 18 miles, I passed a runner I had known from another run. He was hurting and I later found out he left the race shortly before the 19 mile mark. At about the 18-19 mile mark, I was extremely hot. A wet towel over my head cooled me, and I ran with the towel over my head for most of the rest of the race. At this point, I was wondering where the Wall was. I had previously joked to Salam, Jim Wyatt, and Ewen Stewart that I was going to come down University Avenue asking everyone and anyone if they had seen a Wall because I couldn't find it. However, at 21 miles, it was there. The Wall was when everything ached. Your leg muscles begin to get tight and you know you've got to beat it. I had gone this far and I wasn't about to stop. I saw Carole, my wife, and Jane Ann and Andrew, my two children at this point in the marathon. They couldn't have been at a better place. Tears came and I picked up my pace because I wasn't about to quit now. Total commitment had obviously been made. I thought of Salam waiting at the finish line.

I had visions of me coming down University Avenue to the finish line almost every day for three months. Sometimes I would jump out of my sleep and be at the finish line. At last, I've made it to Towers which was the 24 mile mark. This is where the dreams used to start. As I was coming down University Avenue, it was hurting but I knew I would do it on my elbows if I had to. Three blocks away from the finish line, Jim Wyatt jumped from the curb and ran with me. I couldn't believe this! Jim had just run the marathon and here he is helping me to the finish! I wanted to ask him how he made out but the only thing I could see was the finish line. It felt good. I'm glad I did it. It would be different to begin a first marathon and not complete it. I've read that and believe it. I finished in 4 hours and 22 minutes thanks to all those who helped me, especially Salam. Marathons begin at 20 miles and if it wasn't for Carole, Jane Ann, and Andrew at the 21-mile mark, I'm not sure where I would have gone.

In less than one month after the Island Marathon, I entered the Oromocto marathon. This was a cooler day and much flatter course. I completed this one in 3.49 minutes 38 seconds.

To conclude my feelings of the first marathon, I would like to point out what was to me the most important things in preparing for running. (These are not necessarily in proper order):

- Be sure that you have a good pair of running shoes. I have had three different kinds of shoes and one of these pairs makes me run with confidence and I now own three pairs of this one kind.
- Wear loose fitting clothes so as not to have any binding.
- The less weight, the easier it is to run.
- Put vaseline in areas that rub together. It gets pretty sore if you don't use it.
- Eat the foods that make YOU run best. Carbo overload three days before a marathon.
- Don't go out too fast. Set your own pace.
- Drink water early; don't wait until you are thirsty, it's too late then.
- If your muscles start to get really sore, slow down until the pain goes.
- Never stop on a training run or race; it's a bad habit. I've often said if I stop during a race or run, you can bet I have a pain in my chest. That's the only thing that would make me stop and I believe it should make anyone else stop at the least sign of a chest pain.
- Have a wife who understands why you don't come home for supper, or why you can't go here or there, or you can eat only certain types of food. This is most important because now your life has changed and you have to run.

RACE RESULTS - FOURTH ANNUAL ISLAND MARATHON

1. Tim Loftus (FLA, 2:32:36);
2. Bob Legge (BC, 2:49:04);
3. Jim Wyatt (PEI, 2:51:41);
4. Mark McCosham (PEI, 2:59:43);
5. Ewen Stewart (PEI, 3:00:39);
6. Carl Phillips (PEI, 3:01:09);
7. Don Pridmore (PEI, 3:01:29);
8. Terry Morris (NS, 3:03:08);
9. Calvin DesRoches (PEI, 3:03:45);
10. Philip Easter (PEI, 3:09:14);
11. Pierre Michaud (NB, 3:11:28);
12. Dick Walsh (VA, 3:12:16);
13. Kevin Cox (NS, 3:12:33);
14. Roy Mason (PEI, 3:18:16);
15. Roger Hewlett (PEI, 3:18:25);
16. Willie MacDonald (PEI, 3:21:34);
17. Fred Affleck (PEI, 3:24:23);
18. Jack Poroznuk (NS, 3:26:06);
19. Jonathon Orłowski (PEI, 3:29:05);
20. Ninian LeBlanc (PEI, 3:34:01);
21. Stew Freeman (PEI, 3:34:08);
22. Leo Sheehy (NB, 3:35:09) & Kent Leslie (NS, 3:35:09);
24. Lawrence McInnis (NS, 3:35:21);
25. Jake Baird & Ronnie Drake (PEI, 3:46:21);
27. Barry Dunsford (PEI, 3:53:37);
28. Gordon Chapman (NS, 3:54:16);
29. Don Blane (PEI, 3:55:54);
30. Don Harley (PEI, 3:56:02);
31. Fulton MacIntosh (PEI, 3:56:48);
32. Michelyne Michaud (NB, 3:58:25);
33. Serge Loiselle (NB, 3:58:26);
34. David Gallant (PEI, 4:00:34);
35. Kenneth Jones (PEI, 4:03:03);
36. Bryan Skinner (NS, 4:03:58);
37. Dave Manovill (NS, 4:05:18);
38. Lambert Pauley (PEI, 4:13:59);
39. Julius Marzul (MAINE, 4:14:29);
40. Garry Smith (NS, 4:14:57);
41. Alex Fancy & Virgil Hammock (NB, 4:16:09);
43. Ray D. Bates (NS, 4:18:24);
44. Douglas Robinson (NS, 4:20:32);
45. Al Swim (PEI, 4:22:58);
46. Eleanor Farrington-Freeman (PEI, 4:23:40);
47. Brian McInnis (PEI, 4:32:10);
48. Gary McLaughlin (NS, 4:37:06);
49. John Elliott (NS, 4:40:23);
50. Frank Huston (PEI, 4:58:59).

PRIZE & TROPHY LIST FOR FOURTH ANNUAL P.E.I. ROADRUNNERS/CBCT-FM ISLAND MARATHON

--- TOP FIVE FINISHERS

- (1) Race Winner - Championship Award (Island Photo "The Farm")  
DONATED BY TOURISM INDUSTRY ASSOCIATION OF P.E.I.  
ALSO, \$200 Gift Certificate from CAVENDISH RESORT ASSOCIATION  
to be used towards a vacation in the Cavendish Area  
Presented to TIM LOFTUS, South Miami, Florida - 2:32:36
- (2) Second Place Finisher - Award (Wall Clock) DONATED BY ISLAND OPTICAL LTD.  
Presented to BOB LEGGE, North Vancouver, B.C. - 2:49:04
- (3) Third Place Finisher - Award (Wall Clock) DONATED BY MOOSEHEAD BREWERIES  
Presented to JIM WYATT, Crossroads, P.E.I. - 2:51:41
- (4) Fourth Place Finisher - Award (Wall Clock) DONATED BY TIM HORTON'S DONUTS  
Presented to MARK MCCOSHAM, Wood Islands, P.E.I. - 2:59:43
- (5) Fifth Place Finisher - Award (Wall Clock) DONATED BY BONNIE BRAE RESTAURANT  
Presented to EWEN STEWART, Charlottetown, P.E.I. - 3:00:39

--- TOP THREE FEMALE FINISHERS

- (1) First Place Female - Award (Island Photo "The Farm")  
DONATED BY MCDONALD'S RESTAURANT, Charlottetown  
Presented to MICHELYNE MICHAUD, Moncton, New Brunswick (32nd) - 3:58:25
- (2) Second Place Female - Award (Handmade Island Stone Lamp)  
DONATED BY HENDERSON & CUDMORE'S, Charlottetown  
Presented to ELEANOR FARRINGTON-FREEMAN, North Granville, PEI (46th) - 4:23:40
- (3) Third Place Female - Award (Handmade Island Stone Lamp)  
DONATED BY TWEEL'S GIFT SHOP, Charlottetown  
Presented to N/A

--- FIRST ISLAND RESIDENT TO FINISH

Award (Handmade Island Stone Lamp) DONATED BY RODD'S MOTOR INN, Charlottetown  
Presented to JIM WYATT, Crossroads, P.E.I. (3rd) - 2:51:41

--- FIRST FINISHER FROM EACH COUNTY

- (1) Kings County - Award (Handmade Island Stone Lamp)  
DONATED BY SCOTT'S GIFT SHOP, Montague  
Presented to MARK MCCOSHAM, Wood Islands, P.E.I. (4th) - 2:59:43

(2) Queens County - Award (Handmade Island Stone Lamp)  
DONATED BY PAUL'S FLOWER SHOP, Charlottetown  
Presented to JIM WYATT, Crossroads, P.E.I. (3rd) - 2:51:41

(3) Prince County - Award (Handmade Island Stone Lamp)  
DONATED BY P.E.I. ROADRUNNERS CLUB  
Presented to CARL PHILLIPS, Tyne Valley, P.E.I. (6th) - 3:01:09

--- AGE CATEGORY AWARDS - Medals (Gold, Silver & Bronze) DONATED BY ISLAND OPTICAL LTD.

Men 20 & Under - - Gold Calvin DesRoches (PEI) (9th) 3:03:45  
Silver Philip Easter (PEI) (10th) 3:09:14  
Bronze Willie MacDonald (PEI) (16th) 3:21:34

Men 21 - 29 - - - - Gold Mark McCosham (PEI) (4th) 2:59:43  
Silver Terry Morris (NS) (8th) 3:03:08  
Bronze Kevin Cox (NS) (13th) 3:12:33

Men 30 - 39 - - - - Gold Tim Loftus (FLA) (1st) 2:32:36  
Silver Bob Legge (BC) (2nd) 2:49:04  
Bronze Jim Wyatt (PEI) (3rd) 2:51:41

Men 40 - 49 - - - - Gold Ewen Stewart (PEI) (5th) 3:00:39  
Silver Dick Walsh (VA) (12th) 3:12:16  
Bronze Stew Freeman (PEI) (21st) 3:34:08

Men 50 & Over - - Gold Ninian LeBlanc (PEI) (20th) 3:34:01  
Silver Lawrence McInnis (NS) (24th) 3:35:21  
Bronze Julius Marzul (MAINE) (39th) 4:41:29

Women 20 & Under - Gold \_\_\_\_\_  
Silver \_\_\_\_\_  
Bronze \_\_\_\_\_

Women 21 - 26 - - - Gold \_\_\_\_\_  
Silver \_\_\_\_\_  
Bronze \_\_\_\_\_

Women 27 - 34 - - - Gold Michelyne Michaud (NB) (32nd) 3:58:25  
Silver \_\_\_\_\_  
Bronze \_\_\_\_\_

Women 25 & Over -- Gold Eleanor Farrington Freeman (PEI) (46th) 4:23:40  
Silver \_\_\_\_\_  
Bronze \_\_\_\_\_

ALSO, Gold Medal for First Novice Runner to Finish (running first marathon)  
Presented to PHILIP EASTER, Sherwood, P.E.I. (10th) - 3:09:14

--- MASTERS AWARD (Men 40 & Over) - Award (Handmade Island Stone Lamp)  
DONATED BY FAMILY OF THE LATE HARRY A. HARLEY  
Presented to EWEN STEWART, Charlottetown, P.E.I. (5th) - 3:00:39

MASTERS AWARD (Women 35 & Over) - Award (Jewelry Box) DONATED BY TAYLOR'S JEWELLERS  
Presented to ELEANOR FARRINGTON-FREEMAN, North Granville, PEI (46th) - 4:23:40

--- TEAM AWARD - Plaque (Team)/Sterling Silver Mugs (Individual)  
DONATED BY JOHNNY MILES  
Presented to (Province/State) PRINCE EDWARD ISLAND - 25 Points

(Team Members) JIM WYATT (3rd), MARK MCCOSHAM (4th),

EWEN STEWART (5th), CARL PHILLIPS (6th),

DON PRIDMORE (7th).

In addition to the above awards, all those who complete the marathon will receive:  
Certificates - - - Singlets

Other Miscellaneous Awards to be drawn for:

Six (6) Lobster Suppers DONATED BY NEW GLASGOW LOBSTER SUPPERS

Two (2) Lobster or Steak Duffers DONATED BY FISHERMAN'S WHARF RESTAURANT,  
North Rustico.

Two (2) Lobster Dinners (or equivalent) DONATED BY IDLE OARS RESTAURANT,  
North Rustico

Two (2) Lobster Dinners (or equivalent) DONATED BY CAVENDISH ARMS RESTAURANT,  
North Rustico

Two (2) Lobster Dinners (or equivalent) DONATED BY ST. ANN'S LOBSTER SUPPERS,  
Hope River

Overnight Accommodations for two at ST. LAWRENCE MOTEL, North Rustico

Complimentary Green Fees for two, Golf Clubs & Pull Cart  
DONATED BY GREEN GABLES GOLF CLUB, Cavendish

( Four (4) Brooks Sport Bags DONATED BY CAMPERS' CITY, Charlottetown

( Six (6) New Balance Sport Bags " "

( One (1) Case of Gatorade " "

( Two (2) \$50 Gift Certificates to be used towards the purchase of running shoes only

( Four (4) Men's & Four (4) Women's Gift Certificates for Bill Rogers striped shorts

Each runner & family (plus officials) will receive a complimentary ticket to the  
ROYAL ATLANTIC WAX MUSEUM, Cavendish

THANK YOU ALL WHO HELPED US

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Staging a marathon, and doing it right, is a major task. It requires the services of a great number of volunteers, sponsors and organizations. It requires planning and direction from a co-ordinator willing to spend sizeable blocks of time ironing out details and it requires club members generously pitching in their time and talents.

There are many people to thank for the Fourth Annual Island Marathon. It is possible we don't have all of your names, but we nevertheless appreciate the contributions made by all those who assisted. Printed below are the names of those who helped make the P.E.I. Roadrunners/CBCT-FM Island Marathon possible.

RACE SPONSOR

CBCT-FM

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Charlottetown Police  
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City of Charlottetown  
McDonald's  
The Spa (WRFC)

VOLUNTEERS

Ken Campbell  
Eddy Fraser  
Barrie Stanfield  
Paul Wright  
Peter Kittilsen  
Barry Gill  
Colin Peverley  
Danny Gass

Art O'Malley  
Beth Stewart  
Kathy Koughan  
Don & Chris Moffatt  
Lance Miron  
Cindy Hiscott  
Joan Baird  
Kay Lund

Terry Wyatt  
Lorne Carmichael  
Heidi Hyndman  
Patsy & Cindy Hill  
Sheila Bell  
Sherry MacPherson  
Doug Jones  
Students - Atlantic  
Police Acad.

And all who helped in any way.

RACE CO-ORDINATOR

Jim Wyatt

W O M E N   O N   T H E   R U N  
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Recently, I finally had a legitimate reason why I wasn't running because, as some of you know, I had to undergo a mastectomy and will have to have chemotherapy during this coming year. Some people found it very strange when my first statement upon returning home was, "I'm going running" because like brushing my teeth, running is part of my life.

It has been humbling once again to have to start running slowly and for short periods of time in an attempt to again build a base of 20 or 50 miles a week. The experience has allowed me some time to become a little more philosophical about the whole experience. This leads me to some views on women and running that might be helpful to you whether you are just beginning to run, whether you have achieved some of your running goals, or whether you are a seasoned marathoner.

The first point I would like to make is unless you are running for 'yourself' you will never be a successful or a consistent runner (ie. running regularly), because you realize that before you were just Mr. Jock's wife or Sally Sue's mother or Sara C Single. If you are running because you think it will make your marriage better, your husband happier, or make your kids think you are cool; "STOP NOW" and take up macrame. Rushing to get your run in so that it doesn't interfere with the family's schedule (eg. running at 10 p.m.) may be fine for the family but it will probably not be relaxing for you which, ultimately, may be just as unfair to the family. As well, with an irregular schedule, you may find that when Mr. Jock goes away you won't run because you don't have a usual time set aside.

The second point concerns learning to rely on and to trust yourself. Part of the joy of running is to sometimes be alone. If you ask many runners what their most truly meaningful runs were, and if they answer thoughtfully, it will probably not be the sub-40 minute 10 K's or marathon PB's they will talk about, but rather enjoyable runs they have had on their own. Running alone is one way I have found to communicate with nature, my body, soul and mind. There are times when you need to run with others, for social stimulation, support or to improve, but it is important, if you are to develop as a complete runner, to learn to run alone.

My last point is a word to the "I only do it for fitness" runner - forget it! Take up fitness classes instead. These people are always saying, or thinking, "I've got to go for a run", or "I didn't run and now I'm going to get fat", or "I didn't run so I'm a failure at this" (sound familiar?). When you run because it is a chore you don't relax and you are probably more prone to injury. There are better reasons to run - find them and you find greater purpose.

Ten years of running has taught me to take my own approach and not to apologize for it. When I want to run I just go and put my running shoes on along with my favourite old running wear, I tell my family "I'm going for my run", and then I run. No questions need be asked about someone coming with me or someone wanting to do something else. Remember, running is something you alone want to do and that it is an essential part of your life. Follow this approach and you will probably find that your running life is successful, enjoyable and injury-free. See you next time.

F I N A L   D I R E C T I O N S

---

- Old Jed

You probably didn't notice, but I had the pleasure of being a race director for one of our Island races this summer.

Everything had gone well right up to the time that I had to give my last minute instructions to the runners.

Runners are a strange breed when they get to the starting line, and they are not always the best of listeners. I now take you to witness for yourself the scene at the starting line moments before the race.

Old Jed: "Ok, you runners, listen good now."  
Runner #827: "He sure talks like a race director."  
Old Jed: "Just in case you don't know the course, I'll give you the directions. First, you go down here to the corner and make a left. Then you follow that road for about half a mile and make another left. Then you go around the semi-circular loop till you come to the big white house on the corner and turn right. Go up three blocks and turn left. When you get past the potato field, take the next road to your left. Make another left at the gas station, but don't cut through the lot, and then a quick right at the first road behind it. You follow that road for a couple of miles till you reach the corner with the .....

Runner #762: "Are there going to be course guides?"  
Old Jed: "Yes, but you had better know the route. Now, when you get to the corner with the grocery store, you turn right and ...."  
Runner #812: "Was that a right back at the gas station?"  
Old Jed: "No, it was a left, then a right. Now, when you ...."  
Runner #806: "So, it's a left, left, right, left, right, left, ...."  
Runner #791: "No, I think it's a left, left, right, left, left, ..."  
Old Jed: "Then when you get to ...."  
Runner #784: "Has anyone got a map?"  
Old Jed: "Yeah, it's posted by the registration table, but you really should listen ..."  
Runner #768: "How do we know if it's a potato field or something else?"  
Runner #806: "I was sure that it's a left, left, right, left, right, ...."  
Runner #773: "Where are the water stations?"  
Old Jed: "Ah, at three miles and ..."  
Runner #824: "I thought this race was in metric?"  
Runner #799: "Is that water station before or after the gas station?"

Runner #811: "Are the cups in metric sizes?"  
Runner #806: "You know, you may be right. It may be left, left, right, left, left, .... "  
Runner #773: "Are there times at the mile?"  
Runner #809: "Sure, if you can find it."  
Old Jed: "Now, as I was saying, when you get to the grocery store ..."  
Runner #801: " ... you ask for directions!"  
Runner #777: "Is this race sanctioned?"  
Runner #786: "Can we cut through the potato field?"  
Runner #768: "What does a potato field look like?"  
Runner #798: "Hey, John! You got a compass?"  
Old Jed: "Quiet! Please! Now, if you are having trouble with the directions, you can always take the alternate route. Just go straight down here as far as the road will take you."  
Runner #814: "But that leads to the cliff over the bay with the strong rip tides!"  
Old Jed: "Exactly. Now,... are there any further questions?"



R U N F O R Y O U R H E A L T H

---

- Salam Hashem

Running is one of the most effective and simplest forms of exercise. It involves the whole body and is particularly beneficial to the heart and lungs. It requires no special skill and can be done with little inconvenience to your daily routine.

Running has many attractions. It can be done anywhere - in the back garden, on the beach, in the local park and even on the street. It exercises the vital bodily functions, revitalizing the heart and lungs, toning up the muscles and aiding the digestive system. Through regular running, you can reach a peak of fitness and health which will enable you not only to perform physical tasks with greater zest but also to have a clearer mind and feel less sluggish.

The body works best when it is mobile. Tension builds up in the muscles when you are sitting or standing still. When the muscles are actually working, this tension is channelled and alleviated. Running is one of the most natural ways to set the body in motion, to release tension in a rhythmic and vigorous way.

How does running exercise the heart? The heart consists of two pumps working in unison to circulate vital blood to all parts of the body. Blood returning from the body through the veins flows into the right side of the heart. From there, it is pumped into the lungs where the red blood cells dispose of carbon dioxide and pick up oxygen. From the lungs, the cleansed, re-oxygenated blood returns to the left side of the heart and is then pumped to all areas of the body.

Although the heart weighs only one two-hundredth of the total body weight, it requires one-twentieth of the total blood in the body to supply it with nourishment and oxygen so that it can function at its best. The heart does not depend on the blood in its chambers for nourishment. Rather, it is continually fed by two arteries which encircle it and provide the muscles of the chambers with oxygen-laden blood.

The power needed to pump from the heart is supplied by the myocardium, a muscle system surrounding the chambers of the heart. When the myocardium relaxes, blood is pumped into the heart; when it contracts, the blood is forced out. The efficiency of the heart is very dependent on the ability of the myocardium to relax and contract with added capacity.

Running increases the capacity of the myocardium, enabling it to work with greater force so that the heart relaxes more completely and contracts with more strength, emptying and filling the chambers more thoroughly. When the heart is working to its full capacity, the myocardium pumps more blood. This increase in the beat volume enables the heart to pump more blood while beating at a much slower rate. The rest period between beats becomes longer and more beneficial.

Running is one of the most effective ways of exercising the myocardium and improving the whole circulatory system. By following a running program, you can actually increase the size and power of this very important muscle and ensure, barring the misfortune of ill health, that you will be free of most forms of heart disease which attack middle-aged people. Even if you are young, this kind of exercise could very well be vital at a later stage in your life.

Heart disease is the largest single cause of death. To a large extent, the premature degeneration of the heart can be attributed to the sedentary, non-athletic lives. By not making demands on our muscles, we set in train certain degenerative processes.

The first sign of such deterioration is usually obesity. Fat is the energy supply of the body. If it is not used, it is stored. Although eating habits have a great deal to do with overweight problems, exercise is also an important factor. Exercise consumes a good proportion of fat. This is because exercise forces the lungs into working at something near their true capacity. While you are sitting or standing, your lungs are only being used at about a quarter of their potential. If the other three-quarters are continuously unused, they will cease to their vital capacity. When more oxygen is needed by the heart and other muscles in the body, the lungs will need to work extra hard in their reduced state.

Running uses most muscles in the body, especially those in the legs. The lungs are forced to breathe in more oxygen to feed the muscles; the heart has to beat faster to supply this oxygen to the muscles. In this way the whole circulatory system is cleansed and brought to a higher peak of capacity.

Running is also an extremely enjoyable way of releasing mental tension. The physical rhythm, the controlled breathing, and the repetition perform the same function as simple meditation exercises. The extra oxygen in the body goes to the brain as well as to the active leg muscles. After you have tried jogging, you will notice a new ease of mind and will be better able to cope with stress.

Running is a physical experience which gives the mind something wholesome and uncomplicated to concentrate on. Because of this, it will enable you to be mentally and physically fit. Lack of fitness is a conscious as well as an unconscious source of anxiety. By achieving a high level of fitness, you can refresh your whole attitude to life. Your metabolism is improved. You eat less. You lead a more active life.

Running is free and easy. There are no set rules. The distance you cover, the time you spend and ease with which you run are entirely guided by your ability and capacity. It has been shown that regular exercise increases the diameter of the capillaries by 100% and the number of capillaries by 400%. To improve your level of fitness and reach a renewed state of health, you must increase your pulse rate to between 120 and 140 beats per minute for at least 15 minutes each day. Running is one of the most effective ways of doing this.

Running brings many benefits, pleasures and satisfaction to both men and women. For the little amount of effort and thought you have to put into it, you will gain an overabundance of health and well-being, both of body and of mind. Resolve to start a running program now. Remember that all you need to run is the decision to start.

The time you devote to running, whether it is great or small, will bring you plenty of enjoyment as well as a refreshing release from the tensions which effect your mind and body. Remember, as with all exercise, take it slowly at first.

THE TEST OF A BALANCED MIND

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Usually I like questionnaires. As long as they restrict themselves to short answers or the a), b), c), or d) approach, I find them an interesting way to pass a few minutes. Who knows? They might even give me a chance to express all of the knowledge and wisdom I have thus far gleaned in life, all in 25 words or less (which is just about the full extent of my wisdom). So I was intrigued with a questionnaire I received this summer from two psychology professors from Bishop's University in Quebec. They were investigating the different physical and psychological factors that enter into marathon performance. As a participant in the National Capital Marathon in Ottawa, they wanted the benefit of my insights.

Now this was no simple little survey. I've taken career aptitude examinations that had nothing to compare to the complexity of this questionnaire. They even warned in their covering letter that the questionnaire might take about two hours to complete. Still, I gritted my teeth (which hurts, by the way) and steeled my resolve (which doesn't) and plunged right into the task (which is harder than plunging into a swimming pool).

The first part on general information and marathon training background was straightforward. It was easier than running the first six miles of a marathon and more fun than running the last six. My momentum carried me right into the "Health and Opinion Survey", a true/false segment with questions about the reader's physical and mental state. The first question, "I wake up fresh and rested most mornings" was easy to answer - false, false, false! Then, difficulty set in on the second. "My hands and feet are usually warm enough." Gee, I never really thought about that. Sometimes they are, sometimes they are not. What is the usual standard? Vowing to return to this tricky tester later, I hurried on only to be stymied by the next statement. "There seems to be a lump in my throat much of the time." Yes, my Adam's apple! Well, sometimes my throat is lumpy, but I'm not sure that justifies a "true".

Things were getting difficult now. There were 127 statements in this section. Glancing down the page I was befuddled by statements such as "I have strange and peculiar thoughts" (must be true; anyone who would think of running marathons isn't exactly my candidate for normal). "I drink an unusually large amount of water every day." Do I? I had never really thought to check my consumption against the usual. "I have a habit of counting things that are not important such as bulbs on electric signs, and so forth." Now I was desperate. I wrung my sweaty palms, swallowed the lump in my throat, drank another glass of water and answered "false." Incidentally, I noticed that there were twenty-two droplets of water on the side of the glass.

Being able to bear no more, I turned to the final section. Here the idea was to select either statement a) or b), whichever you "believe to be true." Oh, oh. Truth, and the recognition thereof, has never been a strong point of mine. Let's see...

- a) In the case of the well prepared student there is rarely, if ever, such a thing as an unfair test.
- b) Many times exam questions tend to be so unrelated to course work that studying is really useless.

I recall a few old teachers of mine, especially in Economics, who could zap the best prepared student going. Obviously, a) is false. Some teachers did ask questions unrelated to course work, but I never saw a case where studying wisely hurt. Thus, b) is false. Horrors! Time for another glass of water, towel dry my sweaty palms and try to figure this out.

- a) The idea that teachers are unfair to students is nonsense.
- b) Most students don't realize the extent to which their grades are influenced by accidental happenings.

Fine. I give qualified agreement to both statements. Is one really more true than the other? Is blue a better colour than red?

I sank deeply in my chair. This was really getting to me. All of the great unanswered questions of the world and these guys wanted to know if I thought that, "most of the time I can't understand why politicians behave the way they do" was true. I broke down right there. I couldn't go on. I drank myself into a bloated stupor, counted the number of holes it takes to fill the Albert Hall and thought strange and peculiar thoughts.

Psychological tests- they may be dangerous to your mental health.

- Don Pridmore

# Runner's World Quiz

by Jim Moore

There are 20 questions with multiple answers. In each question, only one answer is right. The other two answers are somewhere left of right. Choose the answer your running experience tells you is correct and mark the appropriate box. Then check the bottom of this page and score yourself.

If you get all answers right, call Boston, you're ready for the marathon.

15 to 20 right answers and you're still eligible to call yourself a top runner.

10 to 15 correct answers suggests you can still run, but don't expect any T-shirts.

5 to 10 score says you better buy some back issues of Runner's World and start from scratch.

Less than 5 right answers and maybe you should switch to bowling.

## 1 QUARTER-MILER

- 1. Like a Quarter Pounder, only you eat it while you re running.
- 2. A runner who specializes in the quarter mile races.
- 3. A person who runs four times faster than somebody standing still.

## 2 STRESS TEST

- 1. An unexpected visit from the IRS.
- 2. Having to wait for an injury to heal before running again.
- 3. A stamina test, under medical supervision, to determine your physical fitness.

## 3 FOOTSTRIKE

- 1. A painful condition of the groin brought on by insulting a karate expert.
- 2. Impact of foot on any given surface while running.
- 3. An association of podiatrists who hold out for higher fees.

## 4 AEROBICS

- 1. Controlled running to keep an ample supply of oxygen present.
- 2. A Spartan pastime to see who could hold their breath the longest.
- 3. A flying exhibition by the Blue Angels.

## 5 LSD

- 1. A mind altering drug that makes you think you won a race without even being in it.
- 2. Short for Long Slow Distance, a phrase by runner Joe Henderson to describe a running method.
- 3. Roman numeral for the year of the first marathon.

## 6 QUADS

- 1. Running on all fours to strengthen the back muscles.
- 2. Squids with only four tentacles.
- 3. Short for quadriceps, the frontal muscles in the thigh.

## 7 FARTLEK

- 1. Alternating fast and slow running, as a training technique.
- 2. Ferdinand Fartlek, renowned Bolivian runner, now retired.
- 3. The German Air Force code name for hot air balloon.

## 8 BANANAS

- 1. An island chain off the Florida coast—largest is Grand Banana.
- 2. What some runners eat after racing to replace lost potassium.
- 3. What a few runners go when when they arrive too late for the race.

## 9 RIDE AND TIE

- 1. Western slang for a citizen's arrest.
- 2. A wedding on horseback.
- 3. A unique race that features both horses and people.

## 10 MORTON'S FOOT

- 1. A foot abnormality in which the big toe is much shorter than

the second toe.

- 2. A unit of measurement in the manufacture of salt.
- 3. A very important part of Sam Morton's leg.

## 11 SPRINT

- 1. Sprite with a mint flavor.
- 2. Quick acceleration in running speed for a specific time or distance.
- 3. What a Japanese doctor puts on a broken leg.

## 12 LACTIC ACID

- 1. A body secretion that builds up during running and can cause cramps
- 2. A substance in concrete that wears holes in shoes.
- 3. Main cause of finger cramps when milking a cow.

## 13 SPLIT

- 1. What a Persian foot soldier did when attacked by an enemy swinging a battleaxe.
- 2. What can happen to running shorts when going over hurdles.
- 3. Marked distances on a race course for checking your time as you run.

## 14 LIQUORI

- 1. Italian word for drunken driver.
- 2. Pasquale Liquori, famous runner who holds spaghetti-eating record on night before a race.
- 3. Marty Liquori, US Olympian American record-holder for the 5000 meter run.

## 15 FALMOUTH

- 1. Home of the popular 7.1 mile Falmouth race in Massachusetts.
- 2. Old Flemish word for person using obscene language.
- 3. A dropping of the jaw when you hear they're out of T-shirts.

## 16 SHIN SPLINTS

- 1. The name some kids give to home-made stilts.
- 2. A notorious tongue-twister used in the Dale Carnegie class.
- 3. Inflamed muscles and tendons caused mainly by strains and jolts.

## 17 10K

- 1. A clever Soviet spy, considered smarter than 007.
- 2. Stands for 10 kilometers—or 6.2 miles—a popular racing distance.
- 3. Sign off code used by runners wearing a CB radio.

## 18 STACK

- 1. Walter Stack, a 71-year-old runner with 80 marathons under his belt.
- 2. Three or more pancakes.
- 3. 250 runners trying to get through the chute at the same time.

## 19 CHUTE

- 1. A runner's expression of disgust, such as, Awww, chute!
- 2. A roped off path at the finish line where runners pass through to get their time.
- 3. What you should be wearing in case you run off a cliff.

## 20 CARB LOAD

- 1. Amount of exhaust fumes inhaled while running through the Holland Tunnel.
- 2. High carbohydrate meal eaten before a race to store up energy.
- 3. An intoxication mechanics get while souping up engines.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20
(2)	(1)	(2)	(1)	(3)	(2)	(1)	(2)	(3)	(1)	(2)	(1)	(3)	(2)	(1)	(3)	(2)	(1)	(2)	(1)

REPORT FROM THE EXECUTIVE

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It isn't too long after the leaves begin to turn colour that the thoughts of the executive members turn to the coming year. We have firmed up the race schedule for 1983 and we have also begun to contemplate our objectives for the coming twelve month period. There are always so many things that could be done but summoning the commitment and resolve to do them is more difficult.

At present, we are planning for the Annual General Meeting and for the Annual Awards Banquet. It is probable that we will separate these events this time around. The Annual General Meeting will concentrate on club business and give us the opportunity to have the membership talk about the way they see the Club, and running in general, shaping up for the future. The meeting will probably be held in early January and we want to see you there to participate in the discussions. The Awards Banquet will be held later, possibly in February. This year, we want to concentrate on having a social, entertaining banquet that will appeal to all. We hope to see you there - you may be in for an award. More information will be coming to you later via special mailings.

The past few months have been rather eventful for at least some members of our executive. You may have noticed that Freeman has been added to Eleanor Farrington's name. Yes, Eleanor and Stew tied the knot this summer (that expression originated, I think, when two runners tied their shoelaces together. Now all their shoes can get together in one shoe family). Congratulations! Meanwhile, there is less happy news from Rosemary Faulkner, although we can certainly be thankful that the news wasn't worse. Rosemary had to have an operation in September to remove malignant cancer tissue. The operation was a success, but she will have to continue treatment over the next several months. We are pleased to report, however, that she is running again and taking the treatment in stride. Jim Wyatt spent a busy time in co-ordinating the Island Marathon. Judging by the results, he worked efficiently and effectively. Thanks, Jim!

Thinking about the marathon, I hope you will forgive me if I sound repetitious, but I would like to add another word of thanks to all those who helped out. Your efforts and contributions of time make a big difference. We appreciate all of you.

- Don Pridmore  
President

P . E . I . R A C E S C H E D U L E 1 9 8 3

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The P.E. I. Roadrunners Club race schedule has been completed for 1983. We will be maintaining much the same schedule as in 1982. We are pleased to have all of our sponsors back once again and to be able to continue the races that have become a tradition on P.E. I. There is a good mix of distances and we are sure that you will find runs tailored to your level of training.

<u>DISTANCE</u>	<u>NO. OF RACES</u>
0 - 5 km	4
5.1 - 10 km	9
10.1 - 15 km	3
15.1 - 20 km	2
20.1 - 25 km	1
25.1 - 42 km	2

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
MARDI GRAS FOUR MILE RUN (John MacKenzie, 436-9320)	Feb. 19 Saturday	Summerside	4 miles	2:00 p.m.
DAIRY QUEEN BUNNY HOP (Ewen Stewart, 894-5668)	April 2 Saturday	Charlottetown	10 kms	10:00 a.m.
ATHENA SEVEN MILE RUN (Jim Harris, 436-9178)	May 7 Saturday	Summerside	7 miles	10:00 a.m.
CAMPERS' CITY RUN (Jake Baird, 892-8265)	May 14 Saturday	Charlottetown	5 miles	10:00 a.m.
* CFCY SPRING FEVER PACE (Rick McGuire, 892-1066)	May 15 Sunday	Charlottetown	2 miles	2:00 p.m.
QUALITY INN/BROTHERS TWO 10 KM ROAD RACE (Alfred Groom, 436-2295)	May 21 Saturday	Summerside	10 kms	2:00 p.m.
* NON-PUFFERS PACE - HANDICAP RACE (Don Pridmore, 892-3346)	June 4 Saturday	Southport	4 miles	10:00 a.m.
COLONEL GREY-MCDONALD'S (Parker Lund, 892-7544)	June 11 Saturday	Charlottetown	10 miles	10:00 a.m.
* CBCT RUN INTO SUMMER (Don Pridmore, 892-3346)	June 18 Saturday	Charlottetown	2 miles	10:00 a.m.
SEAMAN'S BEVERAGES RUN (Ken Campbell, 566-2914)	July 2 Saturday	Charlottetown	4 miles	10:00 a.m.
FULTON CAMPBELL MEMORIAL (Bob Simmons, 838-2704)	July 16 Saturday	Montague	20 kms	9:30 a.m.
BELFAST LIONS MID-SUMMER JAUNT (Wayne Panton, 659-2893)	July 23 Saturday	Belfast	8 miles	11:00 a.m.

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
TYNE VALLEY OYSTER FESTIVAL RUN (Brian Newcombe)	August 6 Saturday	Tyne Valley	20 miles	9:00 a.m.
NATIONAL PARK 10 KM CHAMPIONSHIP (Jim Wyatt, 569-3693 or Dale Claybourne, 672-2191)	August 13 Saturday	Brackley/ Stanhope	10 kms	10:00 a.m.
KENSINGTON HARVEST FESTIVAL (Peter Kittilsen, 886-2418)	August 20 Saturday	Kensington	25 kms	9:00 a.m.
VOLUME RENTALS 5 KM RUN (Rosemary Faulkner, 569-2765)	August 27 Saturday	Charlottetown	5 kms	10:00 a.m.
P.E.I. ROADRUNNERS/CBCT-FM ISLAND MARATHON (Pat Reilly, 892-3591)	Sept. 11 Sunday	Cavendish to Charlottetown	26 miles 385 yds	12:00 noon
ALICE-FAYE'S 3 MILE RUN FOR WOMEN (Eleanor Farrington-Freeman 886-2918)	Oct. 2 Sunday	Charlottetown	3 miles	2:00 p.m.
C.A.H.P.E.R. 10 KM ROAD RACE (Jim Honsberger, 672-2486)	Oct. 16 Sunday	Stanhope	10 kms	2:00 p.m.
DUNK RIVER RUN (Paul Wright, 887-2431)	Nov. 5 Saturday	Central Bedeque	7.3 miles	2:00 p.m.
DAIRY QUEEN POLAR RUN (Salam Hasham, 894-9925)	Dec. 31 Saturday	Charlottetown	5 miles	2:00 p.m.

\* Races not on the Grand Prix.

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

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Milk sure has helped Lloyd and Millie MacCallum put in a few extra miles this year. They were the winners in a milk promotion contest of a trip to Nashville. While down in that part of the U.S. of A, they will be using part of their week to travel around to several southern states. Lloyd, by the way, has competed in each of the Island races this year. Kind of looks like milk can't be all that bad for you.

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One of the most enjoyable races this year in the region had to be the National 20 Kilometer Championship held August 22 in Riverview/Moncton and hosted by the Southeast Strides. As those Island runners who entered can attest, everything was first class all the way. The race was well organized, the hosts were terrific and the food and treats were plentiful. Would you believe that thousands of ice cream sundaes were served up to the runners? Well, you better! Perfection Foods, the race sponsor, sure won over a number of ice cream lovers.

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For the Island runners, the big breakthrough of the Championship was the victory by Dean MacMillan in the junior division (16 and under). Our hearty congratulations go to Dean on this impressive achievement. Dean's time was 1:18:44. Other Island runners included Don Pridmore (1:14:03), Peter Kittilsen (1:15:03), Ewen Stewart (1:15:26), Jim Wyatt (1:15:26), Carl Phillips (1:20:16), Stew Freeman (1:21:09), Eleanor Farrington-Freeman (1:40:21), Ron Chambers and Rob Anderson (times not available).

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While on the topic of the National 20 Kilometer Championship, the 1984 edition of the race has been awarded to P.E.I.! This is a major national event and we are going to have our work cut out for us in hosting it. It will really be something to look forward to though!

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Marathons, marathons, marathons! Island runners were awfully busy this fall covering 26 mile 385 yard chunks of real estate. Among the crew were Jim Wyatt (2:45:35 - best time ever by an Island resident), Ewen Stewart (2:50), Ron Frid (3:10 in his initial marathon), Lorne Carmichael (3:24) and Donna Profit (time not available) in the Toronto Marathon; Peter Kittilsen (2:56), Roy Mason (2:59) and Don Skelton (3:52) in the Halifax Harbourview Marathon, and Mark McCosham (just over 3 hours) and Al Swim (3:49) in the Oromocto Marathon.

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The RCMP squad had things pretty much under control at the fall Corporate Cup held September 25th at Victoria Park in Charlottetown. The Mounties won the seven team event with a well balanced team that included Phil Lutwick. The Housing and Community Affairs team, which included our own Don Pridmore, tied for second along with the Provincial Government team. The Corporate Cup was organized by Parker Lund and Pat Steeves and was sponsored by the Spa. Anticipation is already beginning to build for the annual winter Corporate Cup to be held January 29th. Last year, there were 29 corporate teams in that event and this year, an effort is being made to encourage entries from across the Island. Should be good!

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That's it for another Newsletter. We would like to thank all the contributors and all those who helped out. Please feel free to write items or articles and send them in to us at the Sport P.E.I. office. The readers like to hear from others and it saves our lazy editor work. Till next time .....

Editor - Don Pridmore  
Typing and Production  
Janet Doiron and Judy Hiscott

The P.E.I. Roadrunners Club Newsletter is produced through the services of Sport P.E.I.

GRAND PRIX STANDINGS

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(Up to and including Dunk River)  
(No results for Fulton Campbell)

MEN

1. Jim Wyatt	118
2. Don Pridmore	115
3. Carl Phillips	114
4. Philip Easter	107
5. Calvin DesRoches	100
6. Roy Mason	96
7. Ron Frid	94
8. Ewen Stewart	81
9. Salam Hashem	77
10. Stew Freeman	70
11. Dean MacMillan	} 68
12. Peter Kittilsen	
13. Paul Wright	63
14. Doug Jones	55
15. Randy MacNeill	52
16. Steven Simmons	} 51
17. Allan Mason	
18. Colin MacAdam	37
19. Jake Baird	32
20. Julien Gallant	27

MEN (Under 20)

1. Philip Easter	107
2. Dean MacMillan	68
3. Steven Simmons	51

MEN 20-29

1. Calvin DesRoches	100
2. Roy Mason	96
3. Paul Wright	63

MEN 30-39

1. Jim Wyatt	118
2. Don Pridmore	115
3. Carl Phillips	114

MEN (Over 40)

1. Ewen Stewart	81
2. Salam Hashem	77
3. Stew Freeman	70

WOMEN

1. Eleanor Farrington-Freeman	128
2. Monica LaPointe	125
3. Marlene Costain	115
4. Rosemary Faulkner	103
5. Gerianne McCarthy	79
6. Moya LaPointe	73
7. Susan MacEachern	50
8. Sheila Bell	47
9. Susan Rogers	45
10. Janet Bradshaw	44

WOMEN 25 & UNDER

1. Monica LaPointe	125
2. Marlene Costain	115
3. Gerianne McCarthy	79

WOMEN OVER 25

1. Eleanor Farrington-Freeman	128
2. Rosemary Faulkner	103
3. Linda Aspin	} 34
Penni Stuart	