



FROM THE EDITOR

Sometimes you wonder if the work that goes into the P.E.I. Roadrunners Club is really worth it. Sure, we put on some races that are well received by some runners and provide some local publicity for the sport. But do we, as a club, really make much of a difference to the province around us? Obviously, we provide some degree of encouragement for a sport activity that rewards its adherents with recreation and fitness. Yet, after several years, our races and meetings draw relatively few participants compared to costly and time-consuming sports such as golf, baseball, harness racing or even darts. We are not exactly in danger of having our roads worn out by joggers.

There are times, however, that restore the faith. There is a lady in the office building in which I work who provides an example. She does not look to be a runner or even a likely candidate. She is on the distant side of 40 and has fought the battle of the waist line for several years. She has had a bad back the past few years that has given her considerable pain. Up until New Year's Eve, she was an addicted smoker. When she bannished the cigarettes, the weight rolled back on. Her determination to improve her health grew stronger through the winter and she stepped up her exercise program at the Spa. She had always enjoyed walking and, as she had done in past years, she used daily walks to burn off a few of those extra calories. This year, however, she threw in a twist. Something possessed her to start jogging.

The lady in the office asked me one sunny June day what the Run Into Summer would be like. She said she was running about a mile in the mornings and thought she might like to try a two mile run. I tried to be very non-committal, explaining that we are pleased to see all runners but taking pains to point out that two miles was a very long distance (think about it - it is) and that races are not for everyone. I really don't know if I was more pleased about her interest in the run or more afraid that she might be demanding too much of herself.

The doubt was dispelled on race day. That morning she slyly snuck away from home without even telling her family that she would run for fear of not succeeding. But she hung in there. She took the course slow but steadily. She never stopped to walk. She ran far behind most other runners, but that was unimportant. What was important was proving to the world and herself that she could run two miles. I don't believe that I have ever been more proud of a runner. Her own pleasure at her achievement was glowingly evident.

I don't quite know what started the lady running and I can't say for sure that she will continue. I do know that it has improved her health and given her a sense of achievement. One of our races played a large part in that happy adventure. Yes, there are times when I wonder if it is all worth it. So long as we have the ability to make the difference that we did in this one example, the answer is not hard to reach.

For the Marathon of Hope
An annual event sponsored by
Canadian Cancer Society
Canadian Track and Field Association
Fitness and Amateur Sport, Canada
Four Seasons Hotels

Honorary Chairman - Betty L. and Roland M. Fox



Pour le Marathon de l'espoir
Un événement annuel subventionné par
Société Canadienne du Cancer
Association Canadienne d'athlétisme
Condition physique et Sport amateur, Canada
Four Seasons Hotels

Les Présidents honoraires - Betty L. et Roland M. Fox

The Terry Fox Run

La Course Terry Fox

HOW YOU CAN HELP THE TERRY FOX MARATHON OF HOPE

On Sunday, September 19th, the second annual Terry Fox Marathon of Hope will take place in communities across the country. Planning for the event is now taking place and there is the opportunity for you to get involved.

Once again this year, each community is being encouraged to sponsor a local run so that as many people as possible can participate. The Terry Fox Run is not a race. People may run, jog or walk the 10 km distance. Communities are, in fact, being encouraged to have the course open for several hours so that all participants can begin when they want and take as much time as they need.

In order to put on the runs, communities will be looking for volunteers to publicize, organize and oversee the event. Pledge sheets, publicity materials, and organization guidelines will be provided by the Canadian Cancer Society.

You can help by finding out if there already is an organizing committee in your community and then being part of the committee. For further information, contact:

Mr. Jack Ready
Canadian Cancer Society
57 Queen Street
P.O. Box 115
Charlottetown, P.E.I.
C1A 7K2

Phone: 894-9675

GRAND PRIX STANDINGS

(Up to and including Colonel Grey)

<u>MEN</u>		<u>WOMEN</u>		
1.	Don Pridmore	106 pts	1. Eleanor Farrington	102 pts
2.	Carl Phillips	99 pts	2. Gerianne McCarthy	79 pts
3.	Jim Wyatt	95 pts	3. Monica LaPointe	75 pts
4.	Stew Freeman	59 pts	4. Marlene Costain	65 pts
5.	Phillip Easter	51 pts	5. Rosemary Faulkner	62 pts
6.	Steven Simmons	51 pts	6. Moya LaPointe	53 pts
7.	Ewen Stewart	47 pts	7. Janet Bradshaw	44 pts
8.	Calvin DesRoches	34 pts	8. Natalie Clark	38 pts
9.	Salam Hashem	27 pts	9. Nancy Dockendorff	29 pts
10.	Dean MacMillan	27 pts	10. Susan Rogers	20 pts
11.	Julien Gallant	27 pts		
12.	Ron Frid	23 pts		
13.	Paul Arsenault	21 pts		
14.	Spencer Campbell	19 pts		
15.	Allan Mason	19 pts		
16.	Doug Jones	18 pts		
17.	Colin McAdam	18 pts		
18.	Darren Poirier	18 pts		
19.	Andrew Van Wicken	17 pts		
20.	Albert MacDonald	17 pts		
<u>MEN (UNDER 20)</u>			<u>WOMEN 25 & UNDER</u>	
1.	Phillip Easter	51 pts	1. Gerianne McCarthy	79 pts
2.	Steven Simmons	51 pts	2. Monica LaPointe	75 pts
3.	Dean MacMillan	27 pts	3. Marlene Costain	65 pts
<u>MEN 20 - 29</u>			<u>WOMEN OVER 25</u>	
1.	Calvin DesRoches	34 pts	1. Eleanor Farrington	102 pts
2.	Julien Gallant	27 pts	2. Rosemary Faulkner	62 pts
3.	Allan Mason	19 pts	3. Sue Ouellett	17 pts
			<u>MEN 30 - 39</u>	
			1. Don Pridmore	106 pts
			2. Carl Phillips	99 pts
			3. Jim Wyatt	95 pts
			<u>MEN OVER 40</u>	
			1. Stew Freeman	59 pts
			2. Ewen Stewart	47 pts
			3. Salam Hashem	27 pts

S H E E H Y W I N S A G A I N

Leo Sheehy of Albert Mines, New Brunswick broke away from a large pack of runners at the two mile mark of the Campers' City Five Mile Run Saturday and wasn't threatened again as he won his second Island roadrace of 1982. (May 29, 1982)

Sheehy covered the course in 27 minutes and 50 seconds, just ten seconds slower than the record set in 1980. Following Sheehy was Bob Bowen of California, a visitor to P.E.I. until August who posted a time of 28:24. In quick succession came the first Island finishers - Carl Phillips of Tyne Valley in a time of 28:32, Don Pridmore of Charlottetown in 28:38 and Philip Easter of Charlottetown in 28:42. The leading woman was Marlene Costain of Charlottetown in a time of 35:39, well off the course record.

Shane Gallant from Summerside was tops in the under 16 men's category in a time of 32:42. Easter topped the men's 16-19 category, Sheehy was first in the 20-29 age group, Bowen led the 30-39 category and Ewen Stewart of Charlottetown won the Masters (40 & Over) category in a time of 30:11. Bethany Rogers of Charlottetown led the women's under 16 category in a time of 37:46, Costain won the 16-24 women's category, Denyse Beaulieu of Moncton was first in the 25-34 age group and Laureen Springer was the top female master (35 & Over) in a time of 37:41. Sean Drake was the youngest male runner and Bethany Rogers was the youngest female.

There were 52 runners who took to the roads under sunny skys. Awards and a prize draw was made at Campers' City after the race. The following are the complete results:

FINISHERS 1-17

Leo Sheehy	27:50
Robert Bowen	28:24
Carl Phillips	28:32
Don Pridmore	28:38
Philip Easter	28:42
Jim Wyatt	28:46
Leonard MacDonald	29:11
Ron Frid	29:15
Don Davis	29:21
Stephen Simmons	29:32
Walter MacKinley	29:39
Ewen Stewart	30:11
Stew Freeman	30:25
Randy MacNeill	30:51
Bob Simmons	32:00
Brian Smith	32:13
Shawn Watters	32:16

FINISHERS 18-34

Don Moffatt	32:18
Terry Edgett	32:23
Julien Gallant	32:31
Shane Gallant	32:42
Ronnie Drake	33:23
Gary McLaughlin	34:05
Ronnie Lund	34:08
Shawn Jay	34:38
Wayne Wright	34:59
Don Mazer	35:15
Darrin Dunsford	35:20
Brian McInnis	35:21
Marlene Costain	35:39
Lloyd MacCallum	35:56
Roger Wells	37:18
Fred Affleck	37:22
Joe Chapman	37:24

FINISHERS 35-52

Susan Rogers	37:31
Laureen Springer	37:41
Bethany Rogers	37:46
Denyse Beaulieu	37:52
Bob Gray	39:09
Barry Kwaskiewski	39:17
Arron Edgett	39:25
Paul Mullin	39:49
Ronald Buell	40:25
Doug Carmody	40:36
Roger Mahar	41:16
John Cahill	41:35
Tammy Barnett	41:52
Eleanor Farrington	42:01
Liz Keenan	44:00
Sean Drake	44:21
Lorraine Wyatt	44:34
Penelope Stuart	45:23

RESULTS OF ATHENA SEVEN MILE ROADRACE, SATURDAY, MAY 8, 1982

BANTAM GIRLS -			
Tina Arsenault	1	56	63:24
Sharon Deighan	2	59	64:26
Nicky Arsenault	3	62	66:34
Marjorie Cameron	4	70	76:37
Mary Cameron	5	71	76:40
Angela Gallant	6	72	76:44
Lisa Keough	7	73	84:02
Julie Gallant	8	75	84:07
Kendra Gallant	9	79	91:38
MIDGET GIRLS -			
Suzie Clow	1	51	60:36
Nancy Dockendorff	2	55	63:22
Leah Perry	3	68	72:00
Tracey Sonier	4	74	84:03
WOMEN 20-29 --			
Gerianne McCarthy	1	31	53:07
Natalie Clark	2	35	55:35
Janet Bradshaw	3	49	60:27
WOMEN 30 & OVER - Eleanor Farrington			
		37	56:45
NOVICE BOYS --			
Mark Cameron	1	30	52:29
Roger Cormier	2	41	57:16
John Dowe	3	44	57:58
George Wilcox	4	46	58:00
Doug Jones	5	53	62:28
Jason Lyle	6	57	63:49
Michael Dillon	7	58	63:59
Marc Hickox	8	77	88:45
Shawn Gallant	9	78	90:00
David Scollare	10	80	91:48
BANTAM BOYS --			
Chris Somers	1	12	45:25
Darren Poirier	2	13	45:29
Paul Arsenault	3	14	45:30
Curtis DesRoches	4	24	50:04
David Masson	5	26	50:40
Steven Richard	6	27	51:02
Ronnie Lund	7	28	51:14
Mark London	8	39	56:53
Steven Arsenault	9	40	57:07
Shane Arsenault	10	50	60:29
Blair Marsh	11	64	67:12
Todd Clark	12	66	69:03
Dean Perry	13	67	70:50
MIDGET BOYS --			
Spencer Campbell	1	3	40:14
Adrian Irving	2	8	44:37
Ralph Campbell	3	11	45:20
Darcy Peters	4	15	46:40
Roger Wells	5	16	47:56
Roger Wood	6	17	48:21
Lance Inman	7	21	48:37
David Bowers	8	29	52:08
Gerald MacCormack	9	45	57:59

MIDGET BOYS --	Shane Gallant	10	52	61:50
(Cont'd)	Graham Deighan	11	54	62:46
	Grant Rayner	12	63	67:11
	Ron Linkletter	13	65	68:57
	Chris Dawson	14	69	72:12
SENIOR BOYS --	Steven Simmons	1	5	42:07
	Rick Quesnel	2	7	43:12
	Pete Peters	3	32	54:35
	Kenny Arsenault	4	33	54:41
MEN 20-29 ----	Julien Gallant	1	10	45:14
	Jim Clark	2	36	55:36
	David Carota	3	43	57:30
	Ronald Buell	4	48	60:23
	Robert Fullerton	5	60	65:40
MEN 30-39 ----	Don Mersereau	1	1	39:10
	Carl Phillips	2	2	39:38
	Don Pridmore	3	4	41:08
	Carl MacLeod	4	18	48:23
	Ron Chambers	5	19	48:31
	Dan McCarthy	6	20	48:33
	Keith Tompkins	7	22	49:15
	Rob Anderson	8	23	49:23
	Lloyd MacCallum	9	25	50:25
	Wayne Wright	10	34	55:27
	Allan Savidant	11	38	56:48
	Noel Pauley	12	47	58:42
MEN 40 & OVER -	Stew Freeman	1	6	42:35
	George Gallant	2	9	44:53
	Rick LaPointe	3	61	65:41

RESULTS OF NON-PUFFERS PACE (4 MILES), SUNDAY, JUNE 6, 1982

FINISHERS 1-10

Liz Keenan	30:56
Al Swim	31:04
Andrew Smith	32:54
Ronald Buell	33:11
Lloyd MacCallum	33:13
Suby Gupta	34:01
Chris Green	35:07
Adam Longaphie	35:14
Marina Fay	35:25
Lynden Anderson	35:27

FINISHERS 11-20

Allison McCormick	35:28
Ronnie Lund	35:30
Mike Lloyd	35:43
John Martin	35:49
Jim Wyatt	35:49
Shawn Watters	35:59
Sean Drake	36:03
Don Moffet	36:06
Bill Mosher	36:11
Doug Jones	36:12

FINISHERS 21-30

Ewen Stewart	36:17
Barry Gill	36:50
Nathan Green	36:53
Marsha McCormick	37:12
Art O'Malley	37:13
Bob Gray	38:09
Kent Molyneaux	38:37
Carol Schurman	41:31
Patricia Mella	46:51
Angelo Mella	57:07

RESULTS OF COLONEL GREY-MCDONALD'S 10 MILE RUN
SATURDAY, JUNE 12, 1982

WOMEN 19 & UNDER	-	Monica LaPointe	1	38	69:33
		Moya LaPointe	2	60	77:57
WOMEN 20 - 34	-	Marlene Costain	1	48	72:19
		Gerianne McCarthy	2	58	76:57
WOMEN 35 & OVER	-	Rosemary Faulkner	1	59	77:12
		Eleanor Farrington	2	61	79:29
MEN 15 & UNDER	--	Paul Arsenault	1	16	63:49
		Shawn Jay	2	20	64:43
		Darin Poirier	3	25	66:03
		Shane Gallant	4	30	67:46
		Ronnie Lund	5	32	67:54
		Ronnie LeClair	6	36	69:06
		Roger Wells	7	45	71:42
MEN 16 - 20	-	Brian Thompson	1	7	59:31
		Shawn Watters	2	14	63:24
		Alan Armitage	3	34	68:17
		Greg Collins	4	35	68:56
		Mark Gilman	5	42	70:18
		Bruce Lawson	6	54	76:03
MEN 21 - 29	-	Bill MacEachern	1	1	55:06
		Stephen MacKenzie	2	6	59:04
		Albert MacDonald	3	12	62:52
		Paul Wright	4	13	63:03
		Ian MacEachern	5	18	64:14
		Allan Mason	6	29	67:19
		Francis O'Donnell	7	39	69:34
		Roy Mason	8	43	70:36
		Richard Rogers	9	55	76:14
MEN 30 - 39	-	Don Pridmore	1	2	57:14
		Tim Dalling	2	3	57:33
		Don Mersereau	3	4	57:42
		Jim Wyatt	4	5	57:44
		Carl Phillips	5	8	59:43
		Peter Kittilson	6	9	60:13
		Matt Smith	7	15	63:35
		Jake Baird	8	17	63:51
		John Thompson	9	22	65:39
		Gary Agnew	10	23	65:45
		Ronnie Drake	11	26	66:20
		Jim MacDonnell	12	27	66:39
		Doug Jones	13	28	67:14
		Keith Tompkins	14	31	67:51
		Wayne Wright	15	33	67:58

RESULTS OF COLONEL GREY-MCDONALD'S 10 MILE RUN
(continued)

MEN 30 - 39	-	Ron Chambers	16	40	69:40
		Rob Anderson	17	41	69:40
		Richard Papenhausen	18	44	70:53
		Fred Affleck	19	46	71:50
		Brian MacInnis	20	47	71:59
		Lloyd MacCallum	21	49	74:20
		John Martin	22	50	74:22
		Bob Gray	23	51	74:37
		Barry Dunsford	24	53	75:42
		Ed Grant	25	56	76:35
		Don Blane	26	57	76:40
		Allan Swim	27	62	83:38
		Paul Mullin	28	63	83:45
		Dave McNeil	29	64	83:46
MEN 40 & OVER	-	Ewen Stewart	1	10	60:58
		Neil Ashton	2	11	61:39
		Parker Lund	3	19	64:16
		George Gallant	4	21	65:39
		Don Moffatt	5	24	65:46
		Ninian LeBlanc	6	37	69:25
		Rick LaPointe	7	52	74:56
		Don LeClair	8	65	85:17
		Bill Cooper	9	66	86:31

RESULTS OF CBCT RUN INTO SUMMER (2 MILES), SUNDAY, JUNE 19, 1982

FINISHERS 1-14		FINISHERS 15-28		FINISHERS 29-41	
Shawn Watters	11:27	Barry Kwasniewski	14:09	Marsha McCormick	17:36
Alan Mason	11:27.5	Rick LaPointe	14:13	Winnie Robbins	17:39
Roy Mason	11:39	Moya LaPointe	14:27	Chris Darlington	17:39
Ewen Stewart	11:48	Adam Longaphie	15:32	Mary Cameron	17:39
Troy Longaphie	11:50	Ronald Buell	15:36	Stacey Affleck	18:01
Stew Freeman	12:06	Connie Egan	15:38	Lawrence Buell	18:20
Dave Manovill	12:12	Jason Mosher	15:43	Susan Beaton	18:29
Stephen Toombs	12:31	Don Fitzsimmons	16:05	Karen Hagan	18:29
Mike Lloyd	12:47	Allison McCormick	16:08	Mary Beth Arsenault	19:03
Monica LaPointe	13:12	Sharon Lawlor	16:12	Earl Affleck	21:03
John Martin	13:48	Marina Fay	16:12	Pamela MacCallum	22:10
Bill Mosher	13:51	Helen Flynn	16:23	Sylvia Johnston	22:53
Fred Affleck	14:02	Roy Matheson	16:54	Vanessa MacCallum	23:03
Lloyd MacCallum	14:06	Eleanor Farrington	17:24		

A WORD OF CAUTION - WATCH OUT FOR THE HEAT

Summer is a time for reruns. We may have stolen an idea or two (or three) for articles that appear in the P.E.I. Roadrunners Newsletter, and we may even touch on similar topics more than once but we have never run the same article twice. Until now. Last summer we included in the Newsletter, an excerpt from the article, "Primary prevention of heat stroke in Canadian distance runs" by Dr. Richard L. Hughson. Our summers are short, but many of our races take place during this season. Too often, we are tempted to push too hard, to try to match our best times even in conditions that tax our cooling systems beyond their ability. At this time last year, we had had few, if any, instances where a runner was endangered by overexertion in the heat. Since then, we have witnessed two casses. The runners, and the race organizers, have been fortunate that medical aid has been provided quickly. Good fortune, like good luck, is not guaranteed to last forever. Despite the reasonable precautions we try to take to ensure the safety of our races, your own safety is ultimately up to you. Please don't take the chance of pushing yourself until you drop. You may never rise again.

These eight points are reprinted from the Hughson article.

1. Do not enter a raod 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.

Something that might be worth considering prior to race day is limiting your exposure to the sun. Even where you are not running, the sun can draw a substantial amount of sweat out of you. A day in the sun may not dehydrate you, but it may leave you much more susceptible. One last thought to remember is that the time between when the warning signs first appear and when heat exhaustion is imminent seems to be relatively brief. Both of our runners who collapsed said that they didn't feel that they were in immediate danger. Don't be a hero. Slow down or stop while the decision is still yours.

FOUR MISTAKES BEGINNING RACERS MAKE

(Continued from last newsletter, by Salam Hashem)

1. NOT TRAINING FOR RACE PACE - To know the right race pace, you have to train for that pace. During the weeks before a race, try some hard runs to find out the pace that you can maintain and to let your body grow accustomed to it. Knowing how your body will respond to a race will give you confidence and cut down the chance of embarrassment by being forced to drop out of the race because of starting too fast.
2. WEARING THE WRONG SHOES - Most beginners - especially those who are overweight - should stick to their training flats in a race. In general, training shoes provide better support than racing flats. However, if you decide to buy a pair of racing shoes for the big event in hopes of running just a little faster, then you should work out in them once or twice a week to accustom your stride to the lighter shoes. Many racing flats have a lower heel than training shoes, and this can lead to strains of the Achillies tendons and calf muscles if the runner is not used to them. A variety of exercises will prepare you to run in racing flats by stretching the backs of the legs. For wall push-ups, stand about three feet from the wall and lean into it, bending the arms but keeping the legs straight and remaining flat-footed. Slant stretches are done by using a wedge of wood with a 35-degree incline on one surface. Standing on the incline for 10 seconds at a time will give the back of your legs a good stretch.
3. NOT PREPARING FOR RACE BLISTERS - Since you usually run faster and harder during a race than during training, there is an increased risk of blistering. A proper sock fit is essential since a sock that slides down into the shoe during a race can cause irritation and blisters. If you have dry feet, use Vaseline or ointment prior to the race. If your feet sweat a lot, use foot powder to keep them dry. If you tend to blister easily, try soaking your feet in a half cup of vinegar and a pan of water for a few days prior to the race. During the race, avoid running through puddles or water hoses. Wet feet will blister sooner than dry feet.
4. NOT KNOWING THE COURSE - If you are serious about running a good competitive race, study the course prior to the day of the event. Most race directors include a course map with the application form. If you live near the race, run the course in your training so you will discover where your strong and weak points are and the best places to pass opponents on this type of terrain. If you don't live near the race, try to train on a route with a similar layout so you can get used to the ups and downs of the course over which you'll race.

PICK-A-TRIP TICKETS AVAILABLE FROM
THE P.E.I. ROADRUNNERS CLUB

Sport P.E.I. has organized a summer fund raising campaign for the sport bodies. It's the "Pick-A-Trip" draw and first prize is return airfare for two anywhere Eastern Provincial Airways flies (donated by EPA). Second prize is two nights double accommodation at any Maritime Wandlyn Inn (donated by Wandlyn Inns). The sport body that sells the most tickets receives sporting goods to the value of \$200 (donated by the Bike Shop and Sport Lodge).

This draw is an excellent way for the club to raise funds since all proceeds (other than \$1 per book which goes to Sport P.E.I. to cover administration) stay with the club. We are looking for people either to sell the tickets for us or who want to buy tickets themselves. The tickets are \$1 each or \$5 for a book of six. Contact Don Pridmore at 892-3346 (evenings).

DO AS I ADVISE, NOT AS I RUN

- By Old Jed

Runners certainly are great ones for giving advice. At first, they hold back a little and tell you that you're doing just fine and to take it easy. Ask a few questions, though, and you'll think you've reached the Oracle. I think it has something to do about all those magazines they read. Have you ever seen any sport like it? Each month, out comes half a dozen magazines all telling you how to run your next 10 kilometers in a) 30 minutes, b) 35 minutes, c) 40 minutes, or d) 3 days. (I'm on the 3 day program). I'll swear that there enough medical columns to guarantee regular readers that they will either become bonafide doctors or hypochondriacs.

A new runner has a choice. Either go to the bookstore and walk out with \$89.24 worth of books and magazines or go to a \$2 P.E.I. Roadrunners race and start asking questions. I chose the latter.

"The most important thing about running is stretching before and after you run," one swift looking fellow told me. He went on to describe the magic six, the Coe program and the MacEachen stretch (reaching for your wallet). He winced as he did that one and for awhile, I thought it was from financial considerations. But no, the poor chap was in pain.

"What's the matter?", said I.

"I ... um ... uh ...haven't been stretching lately and I think I strained myself," replied he.

"Thanks for the advice," said I.

I next came across a elderly gentleman who looked to be a wise man. "Just take it a little at a time and don't try to do too much," he recommended. Later that day, I heard that he included 30 mile runs in his training program.

One lady told me that in racing, I should always start off at an easy pace so as not to tire myself out before the race was even half over. I believe that she was still with the leaders that day after three miles.

And then I stumbled into a guy who looked like the president of the club and who told me always to knot my shoelaces. I seem to recall something about him stopping in several races to - you guessed it - tie up loose shoelaces.

As I said, runners are great people for giving advice. Now if I could just get them to take their own.

REPORT FROM THE EXECUTIVE

Summer is a perplexing time of the year for all of those involved in the organizational aspect of road running. On the one hand, summer is a time that invites you to take it easy, go outdoors and enjoy the weather, travel on holidays, or to participate in the many runs taking place. On the other hand, it's also our busiest season for staging races and planning for things such as the Island Marathon. It gets hard to strike the right balance, especially when the weather is nice and umpteen different things come up. We are, however, endeavouring to do our best to keep things on the running scene rolling and alive. If you have any suggestions or comments, or especially if you would like to help out at races or activities, we (Don Pridmore, Rosemary Faulkner, Jim Wyatt, Eleanor Farrington, and John Mackenzie) would like to hear from you.

One person, to whom we are eternally grateful for her sizeable contributions to the Club over the years, is Judy Hiscott. Both in her official capacity at Sport P.E.I. and in her off hours as a club official, she has given the club many, many hours of her time. Anyone who has dealt with her has marvelled at her efficiency, knowledgeable handling of Club affairs and unfailing good humour. We have benefitted greatly from her input. During the past few years, Judy's responsibilities at Sport P.E.I. have grown and the demands on her time have likewise increased. While we have monopolized much of her spare time, we realize that there are many sports bodies that also like to have her involved on a voluntary basis. For Judy, there is also the question of balancing her time so that the sports bodies know that she is not involved only in one sport. As such, Judy will not be available to us as much as in the past. Still, she will be assisting us at Sport P.E.I. and will continue to be a valuable person in our operation. So, thanks Judy - we appreciate your fine work.

Speaking of Sport P.E.I., I believe that a word of gratitude to that body is well deserved. Sport P.E.I. has been a godsend to the P.E.I. Roadrunners Club. They produce and distribute our Newsletter; they do all our typing; they answer public inquiries on our events; they act as a contact point for our members; and they assist in the daily operations of the club. Our Club, though, is only one of about 50 sport bodies that use their services. In addition, Sport P.E.I. has become much more active in staging projects (e.g. Travel on 2, Supersports, Recognition Program) and activities that help develop sport on the Island. The staff of four do a great job of putting it all together and making things happen. The Board of Directors and committee members, all volunteers who also are often still active in their own particular sports, put in many long, but productive, hours in providing leadership on the sports scene. At times we may tend to take them for granted, but let's make no mistake about it - there is a very sizeable contribution being made to sport development by this competent and dedicated group of people. Next time you are in the Sport P.E.I. office or are talking with one of their staff, let them know that they are appreciated.

- Don Pridmore

H O T T I P S O N R U N N I N G

One of the ways to learn about running is to seek out the words of wisdom of other runners. Too many of these tips go unrecorded, so we asked those who attended our club social meeting in June to write down what they felt to be good advice to novice runners. Some of the responses were sage, fundamental rules of the sport that are basic to safe and enjoyable running. For instance:

- Don't expect too much at first. Remember, perseverance pays off.
- Knot your sneaker laces to prevent them from loosening as you run.
- When running in cold weather, run into the wind at the beginning of the run so that you will have the wind on your back coming home.
- If you run in the early evening, wear a reflector vest or bright T-shirt so that traffic can see you.
- Keep your shoes in good repair. As they wear, build them back up with shoe goo.
- Share the roads with cars and give them the generous portion. Remember, they are not only bigger than you, they are harder to hurt.
- Don't give up on the hills - there are downhills on the other side.

So far, so good. But then we came across a few tips that cause us to wonder just a little bit about the running habits of some of these people.

- Don't smoke while running.
- Don't run on deep water.
- Don't run with dogs in heat.
- Never run barefoot on hot pavement.
- Always replenish your fluids. On a six mile run, drink a six pack.

I'll drink to that. Happy running and don't run through any alligator swamps.

- Don Pridmore

W H E N C A R S H I T J O G G E R S (O U C H !)

The Roadrunners Club was a recent recipient of an article on motor vehicles and joggers in collision. The inspiration for the donor, who is not a jogger, is a particular runner who persists in running at dusk well out on the roadway on one of Charlottetown's busier streets. The donor has not crunched him yet beneath the wheels of her two ton travel facilitator, but I have heard that she is taking bets at 5 to 1 that he will be doing his daily mileage in a cast by mid-autumn.

The title of the article is "When Motor Vehicles Hit Joggers: An Analysis of 60 Cases" and it was published in the fall 1981 edition of Public Health Reports. Dr. Allan F. Williams took a look at the myth and reality of jogger - motor vehicle collisions. During a one year period, he traced all newspaper reports of such accidents in the United States. He then examined factors involved in the accidents, such as time of day, direction of the hit, and collision responsibility to determine if there were reoccurring patterns.

First the myths. Jogger - motor vehicle collisions are relatively rare - much more so than the media might have some people believe. One journal, for instance, reported that in the U.S.A. in 1977, there were 8,000 joggers killed by automobiles and over 100,000 injured. Actually, it turned out that these totals included all pedestrian deaths and injuries. The author was able to verify only 60 accidents in the year under review involving 30 deaths and 35 injuries. So the problem is not large, but it is serious to know that deaths and injuries are involved.

Now the reality. Overall, 38% of the collisions involved driver negligence. That's a high proportion, but it still means that many of the runners were at fault for their own accidents. More than half the collisions (53%) occurred when joggers were running with (i.e. same direction) the traffic. Approximately one-quarter of the accidents (24%) took place when the jogger was facing the oncoming traffic. Only 5% of the collisions took place at intersections and 7% happened when runners were crossing the street. Males were involved in 66% of the collisions and the peak age group involved was to 15 to 24 year olds. Almost half of the collisions occurred between 3 and 9 p.m. More than a third of the collisions took place when two or more joggers were running together.

Dr. Williams concluded that joggers should run against traffic, as close to the shoulder of the road as possible. He advised against night running unless reflective material was worn. "The expected benefits of running far outweigh the danger," he stated. All that safety really takes is "common sense adjustments by drivers and joggers to the fact that they are sharing the roadways."

- Don Pridmore

U P C O M I N G P . E . I . R O A D R A C E S

<u>DATE</u>	<u>EVENT, LOCATION, & DISTANCE</u>
August 7	Tyne Valley Oyster Festival 20 Mile Run (Tyne Valley), 9 a.m. - Brian Newcombe, 831-2579
August 14	National Park 10 Kilometer Championship (Brackley & Stanhope), 10 a.m. - Jim Wyatt, 569-3693
August 21	Kensington Harvest Festival 25 Kilometer Run (Kensington), 9 a.m. - Don Reeves, 436-5345
August 28	Volume Rentals 5 Kilometer Run (Charlottetown), 10 a.m. - Rosemary Faulkner, 569-2765
September 12	P.E.I. Roadrunners/CBCT-FM Island Marathon (Cavendish to Ch'town) 12 noon - Jim Wyatt, 569-2693
October 3	Alice Faye's Three Mile Run for Women (Charlottetown), 2 p.m. - Eleanor Farrington, 963-2895

U P C O M I N G M A I N L A N D R O A D R A C E S

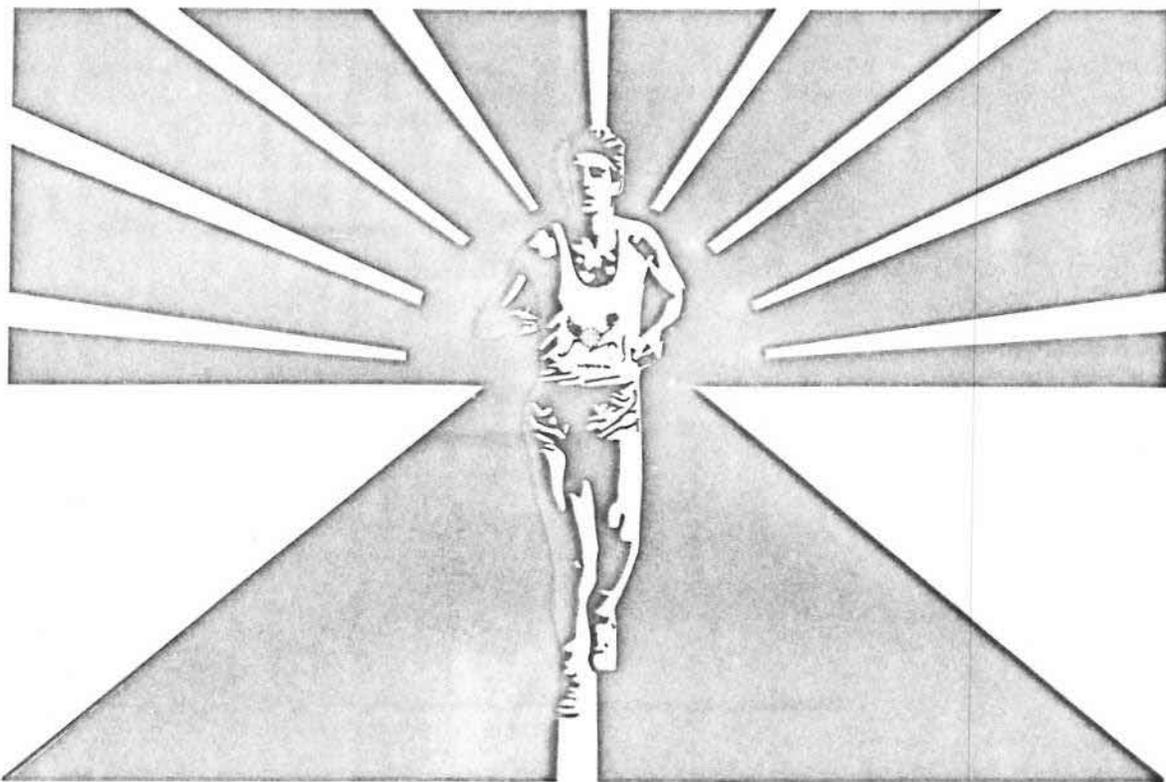
August	2	Dartmouth Natal Day Road Race, 2+6 Miles (Art Russell, 463-3577)
	6	New Glasgow Festival of the Tartans Road Race, 5 Miles, (Recreational Department, 752-8932)
	7	Nova Scotia Provincial 20 Kilometer Championship, Halifax, (N.S.T.F.A. 425-5450)
	14	Inter-Buse 14.5 Mile Fun Run, CFS Margarets to CFB Chatham, (Jean Foucher, 506-876-2897)
	15	Yarmouth, A.F.Churchill Memorial Lighthouse 10 Mile Road Race, (Freeman Churchill, 423-1470)
	16	Fredericton Truck Club 5 Mile Road Race (Fred Steeves, 506-472-9349) (NOTE: Date may not be correct)
	21	Lawrencetown, Annapolis County Exhibition Road Race, 8 Miles (Gabriel Comeau, 584-7102)
	21	Fortress Louisbourg, Chateau Road Race 5 Miles (James Archibald, 733-3383)
	22	Riverview, National 20 Kilometer Championship (Leo Sheehy, 506-734-2601)
	29	Shelburne, Loyalist Road Race 5 Miles, (Jerry Locke, 875-3873)
September	4	Nackawic Community Days, 9 Kilometer Road Race, (John Curtis, 506-575-8936)
	11	Amherst, Joe Murray 6 Mile Road Race, (Red Faulkner, 667-9557)
	11	Lunenburg, Bertt Corkum 5 Mile Road Race (Peggy Vickers, 634-8219)
	12	Halifax, Golden Light 10 Kilometer for Women, (Mike Burke, 422-8154)
	18	Albert, Albert County Exhibition Half Marathon, (Mark Chappell, 506-882-2967)
	19	Shelburne, N.S. Marathon Championship (Jerry Locke, 875-3873)
	26	Halifax, Joe Howe Road Race, 8.1 Miles (Gordon Warnica, 429-1293)

CONTACT THE RACE DIRECTOR TO CONFIRM THE DATE, TIME, STARTING PLACE, ENTRY FEE AND ELIGIBILITY.

4TH ANNUAL P.E.I. ROADRUNNERS



CBCT-FM RADIO



ISLAND MARATHON SUNDAY, SEPTEMBER 12, 1982

ENTRY FEE: Entries postmarked on or before September 1, 1982 - \$5.00
Post entries accepted: Late entry fee -----\$8.00



NAME _____ AGE (On Sept. 12, 1982) _____

ADDRESS _____ SEX— M - F

CITY _____ PROVINCE/STATE _____ POSTAL CODE _____

BEST MARATHON TIME _____ MARATHON _____ YEAR _____

T-SHIRT SIZE (Circle One) — S M L XL Enclose cheque payable to the P.E.I. Roadrunners Club and mail to:

ATHLETE'S RELEASE — 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.

THE ISLAND MARATHON
P.O. Box 302
Charlottetown, PEI
C1A 7K7

SIGNED _____ DATE _____

SIGNATURE OF PARENT OR GUARDIAN
IF PARTICIPANT IS UNDER 18 _____

REGISTRATION FORM

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

Check out the July edition of Canadian Runner magazine. That issue has an eight page article on "Running on P.E.I.". All you ever needed (or wanted) to know about the background of our club, the P.E.I. racing scene, the history of running in P.E.I. and profiles of several runners are all there for your eyes to take in. We are not sure if the article didn't meet the usual standards or if the magazine is cutting its costs in these difficult economic times, but instead of using the white glossy paper, Canadian Runner printed the article in a yellow newsprint section. Maybe it's just that Don Pridmore, the author of the piece, has entered "yellow journalism".

There was one interesting typographical error in the "Running on P.E.I." story. In an item about Ewen Stewart, the word "near" was left out of a sentence that referred to a "fatal accident". Oh dear, how are we going to break the news to Margaret and the kids that her husband had a "fatal accident".

Each year, our province is visited regularly by runners from New Brunswick and Nova Scotia. With our heavy summer schedule it is difficult for many of our runners to return the visit, but on July 10th, we did have an open weekend date and several of our runners headed over to the other side. One group of runners went to Shediac, New Brunswick to participate in the George Gallant 12.8 Kilometer Run. Ewen Stewart ran a particularly fine race on a hot day by covering the distance in 48:12 and placing as the second Master. Overall, he was 20th out of 125 runners. Daniel Banville, a Rimouski student studying English at U.P.E.I. this summer, was 13th in a time of 46:15. Just behind him in 14th was Don Pridmore in 46:25. Julien Gallant placed 80th in 57:00.

Pictou Run for the Lobster - Having barely recovered from the hospitality shown at last year's run, six stalwart P.E.I. Roadrunners headed to Pictou on Saturday, July 10th. Don Moffatt, Phillip Easter, Doug Jones, Paul Wright, Peter Kittleson, and Jim Wyatt made the 9:05 Wood Island ferry and were picked up on the other side and driven to the starting line in Pictou. The course was hilly and the day was hot so none of the Island runners were able to place high in a quality field of 250 runners. After Freeman Churchill's victory in a time of 33:15, we celebrated with the same old boring lobster and beer and spent the rest of the day visiting with old friends; Bill MacEachern, Dale Corkum, Tom Conway, Bob and Clare (running her first race) Sagor, Dr. Johnny Miles Williston and many, many others. A must for every Island runner (except maybe Paul).

With so many of our Island runners taking part in mainland runs during the warm season, we just can't keep up with their exploits. Please feel free to drop us a line if you run out of province so that we can mention it in the Newsletter.

If you are flying to any races we would like to know about it. Air Canada has promised to provide complimentary tickets to Sport P.E.I. based on the amount of travel that the sport bodies generate. The amount of travel needed to qualify for a ticket for any one sport body is probably more than that body's members do. However, if all of the sport bodies report their trips to Sport P.E.I., the cumulative total of all groups may be sufficient to obtain some tickets. Sport P.E.I. would then decide on how these tickets would be distributed. This does not mean that the P.E.I. Roadrunners will necessarily receive any tickets, but Island athletes in general will benefit,

One of the major running events of the year, the P.E.I. Roadrunners/CBCT-FM Island Marathon, is coming up on September 12th. If you intend to run it, you should be well advanced on your training program. If you have not got a training program, contact us and we will give you a copy of a recommended program. We urge you to register early for the marathon since it helps us in our planning. The entry fee also goes up from \$5 to \$8 after September 1st. If you are not running, we could undoubtedly use your assistance on race day. Call Jim Wyatt at 569-3693 if you are available to help out.

One week after the Island Marathon, on September 19th, the Terry Fox Run will be held. We urge you to participate in the run in your community and to raise money for cancer research. Terry Fox's courage and strength won a part of our hearts. There are many others, though, just like Terry who are showing unfailing courage in their battle against a terrible disease. Show them that you are on their side, that you share Terry's dream and faith.

The P.E.I. Roadrunners Club Newsletter is produced by Sport P.E.I. We would like to welcome Janet Doiron of Sport P.E.I. to the world of our Newsletter as the typist. The Newsletter is edited by Don Pridmore. Thanks to all of you who contributed or helped out with this edition. We are always pleased to receive letters, articles, comments, or cheques from our members. Until next time

A T L A S T !

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FOR MORE INFORMATION, CONTACT DON PRIDMORE AT 892-3346
OR WRITE THE CLUB CARE OF BOX 302, CHARLOTTETOWN, PEI