



## FROM THE EDITOR

Welcome to this edition of the P.E.I. Roadrunners Club Newsletter. We have a mixed bag of things this time around, with articles or items from quite a few different people. So read on and enjoy.

It's funny what one or two good days of weather will do to lift the spirits and make you think of summer. Even after the winter we've had, all it takes is a little sunshine and mild weather to bring the runners out of the woodwork. Many of our Club members train diligently throughout the winter, through storms and cold temperatures over streets of ice and slush, but for some of us winter is a season of semi-hibernation. Now that spring is here it is time to emerge from our abodes and fully awaken to the outdoor habitat.

When runners who participate in races think of spring and summer their thoughts turn to Island road races. There certainly are enough local and regional road races to keep any runner busy, but the runners may be overlooking one potential source of running events that could be a pleasant addition to their schedule. That set of events is the races that are held as part of the P.E.I. Track and Field Association. Are you looking for some 10 KM races? The Track and Field Association will include this distance in their events if there is a demand. Would you like something shorter than most of our road races? Try the track and field 5 KM races. Or would you like to test yourself at even more manageable distances? You might find the 3000 metre, 1500 metre or 800 metre races more to your liking. Even the sprint distances can add variety to your training and give you a new challenge.

In the past, our Club has tended to think almost exclusively in terms of road running. But is there any law saying that a runner can't be a road runner, a track runner and a cross-country runner? None that we know of. In many respects, our Club and the Track and Field Association have a mutual interest in the sport of running. Track runs can be an excellent starting place for beginning runners, recreational runners or runners who just want to try other distances. Road running can offer track runners a different form of training and a lot of pleasant scenery. In this Newsletter you will see a schedule of P.E.I. Track and Field events and a special membership offer. We hope that you will give some consideration to the alternative of track runs and maybe take out a membership.

Happy spring running to you!

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

# ISLAND MARATHON

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

THE FOURTH ANNUAL AWARDS DINNER

It is difficult to say if more people came to the Fourth Annual Awards Dinner to take in the awards festivities and annual general meeting or just to get a good feed at McCrady's Shore Acres. Whatever their primary purpose, no one certainly left without either a handful of awards or a bellyful of good food. Unfortunately, the weather on that Saturday night, February 6, was not with us and the windy cold night forced several regulars to miss the dinner. Several more regulars were out of province and unable to attend. The result was that while the numbers were not great, the evening was still an enjoyable affair.

The highlight of the evening, of course, was the naming of the 1981 Male and Female Roadrunners of the Year. The citations for these runners immediately follow this article. There were several other serious, and some not so serious, awards as well. These were:

- The Coyote Award for gutsy performance and dedication  
- Carl Phillips
- The Most Improved Runner Award - Dean MacMillan
- The Globetrotter Award for running the "Big Three" U.S.A. Marathons  
(Boston, New York and Honolulu) in one year - Stew Freeman
- The Chauffeur Award for driving family and friends to all races  
- Rick LaPointe
- The Comeback of the Year Award (Comebacks include returning from  
physical ailments that had forced a temporary halt to running)  
- Don Moffett
- The Rookie of the Year Award (Otherwise known this year as the  
"its the only way I'll get to see my husband" award)  
- Lorraine Wyatt
- The Club Supporter of the Year Award - Ken Campbell (This was one  
award he didn't have to obtain himself for the Club to present)

We also officially recognized the winners of the 1981 Grand Prix:

- Top Female Points Standing - Monica LaPointe
- Top Male Points Standing - - Calvin DesRoches
- Female Participation Award for Most Races Completed - Eleanor Farrington
- Male Participation Award for Most Races Completed - - Carl Phillips

In addition to the awards, the annual meeting segment dealt with a couple of matters of business. The President's Report was presented by Acting President Don Pridmore (the report is presented later in this edition of the Newsletter). Judy Hiscott presented the Secretary/Treasurer's Report. The meeting unanimously passed the motion to dissolve the Queen's County Roadrunners Club (see the last edition of the Newsletter) with the provision that the provincial Club dedicates itself to upholding the objectives of developing running at the grass roots level in the Queens County, as well as other county areas. Finally, the meeting acclaimed a new slate of officers as presented by Jake Baird acting as the nominations co-ordinator. The Executive for 1982 are:

- Past President - - Don Harley
- President - - - - Don Pridmore
- Vice-President - - Rosemary Faulkner
- Secretary - - - - Jim Wyatt
- Treasurer - - - - Eleanor Farrington
- Prince County Rep - to be appointed by the Prince County Roadrunners

Our thanks and appreciation go to those who have served and contributed to the Club in recent years and who are retiring from the Executive this year:

- Parker Lund - retiring as Past President but remaining as the Provincial Run Canada Rep and, no doubt continuing to be a guiding force for the Club.
- Judy Hiscott - retiring as Secretary/Treasurer so that she can devote equal time to some other sport bodies. Even though she has left the Executive, she will continue to assist the Club through the Sport P.E.I. office.
- Jake Baird - retiring along with the Queen's County Club. Jake thinks he will have time for curling and other volunteer activities now, but he hasn't seen what we've been planning for him in the way of co-ordinating races, etc.

While we are handing out the boquets, we would also like to thank Joan Baird, Don Reeves and Barrie Stanfield for serving as the Selection Committee for the 1981 P.E.I. Roadrunners of the Year. They reviewed the nominations that were sent in and ratified the choices.

So much for this year's annual awards and meeting. See you next year!!

#### C I T A T I O N - F E M A L E R O A D R U N N E R O F T H E Y E A R

There are people we encounter in life who sometimes show us that success is only a little hard work and a little perseverance away. Our 1981 P.E.I. Female Roadrunner of the Year is such a person.

Often when we think of people who inspire us we think of people who have overcome handicaps or who have attained the highest levels of achievement in their field. Yet, just as often the people who influence us are people around us in similar circumstances who decide on modest but meaningful goals and who pursue them without great fanfare until they are won. It is the experience of seeing someone progress slowly, perceptively and of watching someone who could easily have found reasons for not continuing, that provide us with encouragement at the everyday level.

Our 1981 P.E.I. Female Roadrunner of the Year has shown how much can be accomplished in running through gradual development. Her first participation in recreational running began as much as eight years ago. Her goal was fitness rather than competition and her runs were short and well spaced. Her first race, in fact, was not until 1979. Prior to the start of the 1981 road race season, she had participated in only three races. It was during 1981 that she became a regular entrant of P.E.I. road races. Basically, she began by concentrating at the shorter distances and working her way up to the longer distances. By the summer, she had reached her 1981 goal of running two twenty kilometer races.

As a mother of three, and as a woman actively involved in the community, there would have been many valid reasons for her not to find the time for running or not to have pursued her running goals. She has, however, shown the quiet kind of determination and respect for the sport that has impressed those around her. She has improved and, indeed, has become a very respectable Master's division runner. She won many of the Master's divisions of Island road races and her times showed consistent improvement. One particular highlight of the racing season was qualifying to represent P.E.I. at the Labatt's National 20 KM Road Race Championship in Winnipeg.

Our Female Roadrunner of the Year also made a sizeable contribution to running through her involvement in Club activities and her encouragement of other runners. She assisted in activities of the Queen's County Roadrunners Club and served as an official at the few longer distance races that she did not enter.

For her contribution to the P.E.I. Roadrunners Club, for her fine race record and consistent improvement and for the positive influence on runners around her, the P.E.I. Roadrunners Club is pleased to announce the 1981 Female Roadrunner of the Year - ROSEMARY FAULKNER.

C I T A T I O N - M A L E R O A D R U N N E R O F T H E Y E A R

The 1981 P.E.I. Male Roadrunner of the Year enjoyed a year of many impressive achievements. He has worked hard for his accomplishments and continues to work hard in efforts to attain even higher levels of success. Although he has been training seriously for less than three years, he has already become as good a runner and as knowledgeable a sportsman as almost any runner in the Province.

Our Male Roadrunner of the Year brought us perhaps the Island's biggest surprise in sports events in 1981; a win by an Islander in the P.E.I. Roadrunners/CBCT-FM Island Marathon. His time of 2 hours, 49 minutes, 31 seconds was well off record pace for the course, but it stood as an excellent time on a day when heat and winds dictated that all runners would be slower than their best. Nor was his performance in the Island Marathon the only indication of his development at that distance. He placed second overall, against regional competition, in both the Ben Buffet Marathon in New Waterford and the Heart Marathon in Fredericton. He also placed fifth in a strong regional field at the Johnny Miles Marathon in New Glasgow. All of these marathons were run in times of less than 2:53 despite the fact that weather conditions for all were less than ideal.

In the shorter distances, our Male Roadrunner of the Year also established himself as one of the Island's most consistent runners placing in the top five in each of the races he entered. His times included a 22:29 in the Seaman's Beverages four miler, a 35:43 in the Pictou 10 K, a 47:25 in the Belfast eight miler, a 33:49 in the National Park six miler, and a 1:20:11 in the Volume Rentals Half Marathon. Virtually all of his non-marathons were completed at an average pace under six minutes per mile.

The contributions of our Male Roadrunner of the Year, however, do not end with his races. He has been one of the most active members of the P.E.I. Roadrunners Club in organizing events for the encouragement of runners. He has a special interest in beginning runners and helped fulfill his objective of encouraging runners to get a proper start by organizing a beginners' clinic. He is a regular contributor to the P.E.I. Roadrunners Club Newsletter and writes the "Profiles in the Pack" column. He is a member of the organizing committee of the P.E.I. Roadrunners/CBCT-FM Island Marathon and has served both the Queens County Roadrunners and the P.E.I. Roadrunners Club in many capacities during the past year. His fine, but novel, sense of humour makes him a delight to work with and his sense of dedication to the sport has earned the esteem of his colleagues.

We are pleased to announce our 1981 Male P.E.I. Roadrunner of the Year - JIM WYATT.

P R E S I D E N T ' S R E P O R T

Nineteen hundred and eighty-one A.D. A year in the life of the P.E.I. Roadrunners Club. It was not the most remarkable of years, but it did have its cherished moments. It was the year that Salam Hashem had the Premier of the Province timing a road race. The year that we plodded through one of the hottest days of summer on our way to a grand event in the Labatt's 20 KM Provincial Championship. The year in which an Islander won the Island Marathon for the first time. And it was the year that a hero passed away, the journey of Terry Fox will now press on in heaven.

The P.E.I. Roadrunners Club has completed its fourth year. We are rapidly moving beyond those magical first months when every project was new, when every event was a fresh achievement. There were subtle changes in 1981, changes that cause wonder about the future to follow. Many of the founding members of the Club have, in the normal course of their lives, found new challenges and responsibilities. This has limited their available time for involvement in Club activities. New faces have arisen and still more are needed. This is a normal process but it can also be a painful one. Where is the Club headed? Will the future be as good as the grand memories of the past? Will the foundation be built upon? There are more questions than answers and in this, the second stage, the answers seem to await longer to unfold. 1982 now becomes the year that will tell us more.

There are conflicting signs about the response to recreational running in P.E.I. On the one hand, running has lost its novelty and is no longer in the public eye to the degree of past years. Attendance at most races is down. Club membership is down. Many events, though very much enjoyed, have taken on a routine nature. The public perception of the P.E.I. Roadrunners Club as an elite or possibly 'obsessed' group of runners continues. On the other hand, we have recently seen the excitement in the Polar Run and the enthusiasm of the Corporate Cup in which over 200 city area residents, including almost 100 women, participated. The only conclusion that can be reached is that the opportunity is there. People can become very much interested and involved in the sport of running. But the work must also be there. If we want to set more of our part of the world to running, we must make it happen.

So let us look back at the good times in 1981 and vow to make them or something better happen again this year.

It is always interesting to look back at the past year and pick out highlights. There were many in 1981, and some of you might have special memories about the following:

- JANUARY - Formation of the Queen's County Roadrunners Club
  - Announcement of CBCT-FM sponsorship of the Island Marathon
- MARCH - The Corporate Cup at the West Royalty Fitness Centre attracts 22 teams.
- APRIL - The Queen's County Roadrunners win the Challenge Cup relay competition at the Spa thus creating one very happy coach!
- MAY - A beginning runner's clinic held in Charlottetown
  - CFCY Spring Fever Pace once again works its magic
- JUNE 28 - The tragic day that the world lost Terry Fox. It is now up to us to see that his dream lives on
- JULY - A postal strike grips the nation but Roadrunners keep on running
- AUGUST - The Labatt's Provincial 20 KM Championship is held. Despite the hot weather, the race is extremely well received and enjoyed

SEPTEMBER - Jim Wyatt becomes the first Islander to win the Island Marathon  
- That same day, over 1000 Islanders walk, run or jog 10 KM to raise money  
in the battle against cancer on Terry Fox day

NOVEMBER - Good weather for a change in the Dunk River Run

DECEMBER - Salam Hashem does an outstanding job at organizing the Polar Run

We know that 1982 too will offer its share of highlights. We hope that you are there to enjoy them all. Good running and may 1982 bring all the best to you.

- Don Pridmore

LAST NOTICE

REALLY? - YES, REALLY!

MEMBERSHIP RENEWAL

If you haven't already renewed your membership, you are now faced with a decision. Should you, as an interested runner, invest a mere \$3 in order to keep on receiving this marvellous newsletter, to be kept informed of upcoming races and events, to support your Club so that it can cover some of its incidental costs and so that you can receive discounts at stores that cater to our members? Or should you blow that \$3 on six of those lottery tickets and maybe win \$50,000? Well, we know what we would do but the Club won't give us our \$3 back and, besides, the lottery is sold out this week. So the only rational decision left is to complete the form below and send in your \$3.

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PRINCE EDWARD ISLAND ROADRUNNERS CLUB - MEMBERSHIP REGISTRATION FORM

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

ADDRESS \_\_\_\_\_

\_\_\_\_\_ PHONE \_\_\_\_\_

Enclosed is my payment of \$3 for my 1982 membership in the PEI Roadrunners Club. Please renew my newsletter subscription. (Make cheque payable to the P.E.I. Roadrunners Club.)

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

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

PLEASE COMPLETE AND RETURN WITH MEMBERSHIP FEE TO:

P.E.I. ROADRUNNERS CLUB  
c/o P.O. Box 302  
Charlottetown, P.E.I.  
C1A 7K7

PERSONALITIES IN THE PACK

I've been trying to avoid this. I've been purposely avoiding writing about the people with whom I run regularly. They don't need the publicity and some of them have some difficulty adjusting to either criticism or praise. However, today I'm desperate and I know I can't completely ignore people like Ewen Stewart, Salam Hashem and Jake Baird. How many times can a pseudo-quasi-writer ignore the anguished plea from running fans "Who is Ewen Stewart anyway?". In a departure from the usual and in an effort to get us through this as quickly as possible, I will be covering all three of these runners in one article and I will be covering their lives from the perspective of an insider in that secret organization known variously as the Stewart's Striders, Queen Street Parkade Pounders, etc.

A lot can be found out about Ewen Stewart by reading a recent copy of Runner's World (Ewen will provide free photo-copies). He has one of the longest histories of running of any member of the P.E.I. Roadrunners Club and at 48 years of age has been the top Masters runner on the Island since the inception of the Roadrunners. It would be impossible in the limited space the stingy editor gives me to list Ewen's achievements in races but everyone has examples which to me catch the essence of the man. When I first started to run in races, it seemed that everyone's secret dream was to beat Ewen (he also gets Dusty, Old Gold and, in Bermuda, Pops). It wasn't too long before I got the urge too. Finally in the Seaman's four mile I puffed across just ahead of him. The next person across was Ewen and the first thing he did was to congratulate me for beating him. I have no idea how he knew that I was concentrating on that unless it was the bulls-eye I had painted on the back of his t-shirt before the race. Ewen can always be seen before and after races spreading the good word on running to everyone within listening distance. His fitness level and the way he makes his training an integral part of his life-style are examples we could all do well to follow. The next race I ran, I tried to run with Ewen but it was a longer distance and he left me admiring his back from the bottom of Bell's hill. Ewen's favourite training food is just about anything you can think of, but he is very partial to pancakes and syrup, and peanut butter, and bananas, and honey, and just about everything else. As near as I can understand, Ewen bought the entire stock of a running shoe store about four years ago, because he has about twenty zillion shoes in rotation and yet doesn't seem to buy a lot of new ones. Ewen's running style either makes him very stoic or virtually indestructable. With the exception of a stress fracture two years ago and the odd blister, he seems to be free of injuries. Ewen in real life works for Agriculture Canada where he does unusual experiments on small cattle, sheep and leaves.

Next of the trio is Jake Baird, the only former president of the Queen's County Roadrunners still living. Jake's from away (not as far away as Salam) having been kicked out of New Brunswick after he finished his schooling. Jake's a Phys Ed grad which explains his knowledge of muscles and stuff. He lives with Joan in a basement on Belvedere which has a boat in the window. Anyone running by should check the boat because if it's lit up Jake is ready to run. Jake has a very relaxed, easy looking running style but makes me feel a little better than Ewen does because he has injuries from time to time, although nothing too serious. Jake is the conscience of the group, always expressing concern when the rest of us don't consider the recreational runner enough or when we start taking ourselves too seriously. He's a cool dude. Jake's a very emotional runner and will have the occasional bad race (remember Johnny Miles, Jake). He can also psych himself up for a big effort if he decides the event is important. Jake's favourite training food is a cold beer at the cottage. Jake works for Employment and Immigration in the organization that looks after the Canada Community Development Program (Canada Works, L.I.P., etc.) and other similar programs. Jake drives a Jeep.

The next for me to dip in my poison ink is Salam Hashem who leads most of our training runs (both in running and singing). Salam has a nasty habit of setting a pace that Bill Rogers would have difficulty matching. We say that we run with him but if we were being honest we'd have to say we run behind him. Salam's from Lebanon (that's 'away') and came to Canada some fifteen years ago. He operates "Griffith's and Sons" grocery store next to the Charlottetown Forum. This is a frequent gathering place for runners and is also the site of the pre-marathon Lebanese carbo-fest hosted by Salam on a secret date in September. Salam has become quite famous for his invention of the new three years-in-one calendar. His store was a very popular place for birthday parties during 1981. Salam also likes to throw things around and has won medals at track and field meets for javelin as well as 'on-track' running. He is a very sought-after coach, having helped Parker Lund to his finest performance in the javelin ever. Salam is one of the most influential road-runners around with connections in the Premier's office and Errol Thompson's pop company. He's talking about following up the Polar Run's success with a Miracle Mile on Kent Street with the entire provincial cabinet as officials, and then a series of marathons in each county with all expenses covered by minor hockey, and then . . . One of the great disappointments to the other three of us, and to anyone else who has seen Salam running at his strongest, is that these efforts are saved for the privacy of training runs and many may never see this fine running machine. A caution to those who may feel animosity toward this writer for past or future items; we also call Salam our enforcer because of his somewhat mildly negative remarks about certain members of city council and others.

Although I may like to tease these gentlemen, I must confess the utmost respect and devotion to all of them. There never was a more mixed bag of personalities, backgrounds, life-styles than the four of us (supplimented by such others as Parker Lund, Rosemary Faulkner, Brian McInnis, Calvin DesRoches, etc.). No matter how tough things get economically and socially, the one thing that will stay the same is the fact that at ten minutes to six a.m. on a week-day you can find someone running on Upper Queen Street.

- By Jim Wyatt

### BLONDIE

By Dean Young



RESULTS FROM THE P.E.I. RUNNERS SURVEY ON FUTURE DIRECTIONS

In the October 1981 Newsletter we included a survey questionnaire on what the chief priorities and events of the P.E.I. Roadrunners Club should be. The response was interesting both because of the views expressed and the varied backgrounds in running of those who took the time to complete the form and to send it back in to us. Two runners who didn't miss a race in 1981, Calvin DesRoches and Carl Phillips, kept up their perfect participation record by sending in replies; but from the other end of the spectrum we got responses from runners who do not enter road races, as well as some from runners who occasionally enter races. In all, we had seven responses, which is not a large number but is a very reasonable return in that people were asked to fill in an open-ended questionnaire and mail it in at their own expense.

We found that of those who responded, there was a general concern about providing more inspiration, information and participation for beginning and recreational runners. What was harder to get agreement on, however, was how to go about it. All of the respondents thought that fun races/paces such as the CFCY Spring Fever Pace were good events to put on, but they placed different degrees of support on beginners clinics, regular meetings or other events.

The survey certainly gives us some ideas to work on for the future. This is not a guarantee that the suggestions will lead to new actions, but it is confirmation that there are things to try and solid possibilities for encouraging a broader base of running in P.E.I. We would like to thank all of those who took the time and gave the thought to answering the questionnaire. We appreciate your contribution.

For the interest of our readers, we would like to present excerpts from the questionnaire responses. One response, that from Connie Hansen, has been made into a separate article both because of its length and the interesting point of view she expresses as a non-competitive, recreational runner.

Allan Savidant, Summerside - The P.E.I. Roadrunners Club could divide its schedule into two classes of runs; a 'grand prix' section and a 'non-competitive' or 'beginners' section. Highly competitive runners (e.g. under a seven-minute per mile pace) would compete in the grand prix while slower runners would compete in the other class. Competitive runners could officiate at non-competitive races and vice-versa.

Your Club should provide a resource for individual 'grass roots' runners. It is the non-runners who really need you. Committed runners can make their own way by reading, etc., but non-runners often don't know where to look for information or know the benefits of running.

Carl Phillips, Tyne Valley - Maybe a race in the O'Leary to Tignish Area (West Prince) could be arranged, or some events in 'out-of-the-way places' (e.g. cross-country races, backroad scenic areas).

Spread the trophies and medals around to different runners to allow more people to win. A draw is a good idea to ensure that non-winners are involved too.

Judy Gaudet, Summerside - I would like to see the Club get together a bit more, especially in Prince County! It would be great to get a few meetings and fun runs going up here, particularly in the spring and fall.

Lambert Pauley, Belfast - Do more fund raising for different charities. Increase the number of age categories to give more people a chance to win.

John Sandham, Charlottetown - Organize a few more shorter, non-competitive runs (up to 5 km) for beginners and joggers.

Calvin DesRoches, Freetown - More fun runs and the promotion of runs such as the "Run Into Summer" and "Non-Puffers Pace" give beginners more and better chances to get involved without the pressure of a "competitive" race. At the same time, it is essential that a number of competitive races be maintained because P.E.I. is noted for its good races that draw mainlanders to our races. Perhaps a limit could be placed on the number of competitive races though by not adding new races and by eliminating ones where little interest is being shown.

#### REACHING OUT TO RECREATIONAL RUNNERS, By Connie Hansen

It is my feeling that the P.E.I. Roadrunners should be promoting running as an enjoyable, recreational pursuit and providing information for beginners during those crucial first months. If runners get off on the right foot (excuse the pun) they will experience the joys of running and then choose how running will best fit into their lifestyle.

It is my impression that the club's biggest challenge will be in changing its image from that of being a club of 'serious runners'. A personal example might illustrate the problem of appealing to recreational level runners. My only experience of participating in a P.E.I. road race was in a two-mile race. At that time I was running 30-35 miles a week at a 10 minute per mile pace. That race was a lonely experience since after the first three or four minutes all of the other race participants were out of my sight. I have since learned to enjoy running at my own pace and that I do not have to compete with others, but I do want to feel that I am with some runners of my own ability. For me, that eliminates about ninety percent of your club's activities.

When I began running I was fortunate to have good information sources, but I do not think that this is the case for most people. I attended the 'clinic for beginning runners' last spring as a speaker and I feel that this is an excellent first step in gaining new membership and interest in the sport. If those 'serious runners' want an avenue to meet, then they might want to form a sub-group within the club and meet to talk about their specific concerns, which I think are quite different from the average recreational jogger or runner.

I realize that my views are largely that of a non-competitive runner, but this type of running has significantly enhanced my life and I would like to have more people discover the benefits of recreational running. The P.E.I. Roadrunners Club could be the voice to spread this message across P.E.I.

C.T.F.A. MEMBERSHIP FOR ROAD RUNNERS.

The P.E.I. Track and Field Association would like to remind competitive runners that membership in the Canadian Track and Field Association is available from the local Association for a nominal fee. The fee for 1982 has been set at \$2.00. This is a special, reduced rate for road runners only; the regular membership fee for track and field competitors is \$7.00.

The Association recognizes that road racing has developed on the Island independently of the activities of the P.E.I.T.F.A. Under these circumstances it is understandable that road runners would be somewhat reluctant to pay a fee to a sports-governing body which, on first appearances, does not seem to provide any direct benefits to the road running community. However, it needs to pointed out that road racing does in fact benefit from the overall administrative activities of the C.T.F.A. Examples include certification of our Island marathon course, the development of Run Canada as a national promotional body for off-track running, and coordination of national championships for the marathon, 20km road race and cross country.

Benefits aside though, a C.T.F.A. membership number is required for entry into most major running events and better to register now than hustle around at the last minute to obtain a card number and possibly face higher fees for late registration.

To obtain your 1982 C.T.F.A. membership, please complete and return the form below:

.....

TO: P.E.I. Track and Field Association  
c/o P.O. Box 302  
Charlottetown, P.E.I.  
C1A 7K7

CANADIAN TRACK AND FIELD ASSOCIATION: MEMBERSHIP APPLICATION

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

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_ PHONE \_\_\_\_\_

Enclosed is my cheque for \$2.00 for my 1982 membership in the Canadian Track and Field Association (make cheque payable to the P.E.I. Track and Field Association).

TRACK AND FIELD  
CALENDAR OF EVENTS 1982

<u>Date</u>	<u>Event</u>	<u>Location</u>
May 24	Warm-up Meet	Sherwood (Stonepark)
June 5	P.E.I. School Championships	Charlottetown
June 19	Junior Olympics - East	Montague
June 26	Junefest Meet	Sherwood
July 1	Junior Olympics - West	Summerside
July 8-10	Highland Games	Antigonish, N.S.
July 30-31	Atlantic Age Class Championships	Sherwood
August 6-7	Nova Scotia Invitational Championships	Darmouth, N.S.
August 19-26	Canadian Legion Championships	Oromocto, N.B.
September 4	P.E.I.T.F.A. Championships	Charlottetown

For further information about any of these events, contact Gerald Hill (566-1242) or Barrie Stanfield (894-9379).



R E P O R T F R O M T H E E X E C U T I V E

You probably know that the P.E.I. Roadrunners Club has an Executive body composed of the President, Vice-President, Secretary, Treasurer and Prince County Representative; but you probably don't know what they are doing. (Whoever it was who just thought 'nor do I care' please go and sit in the corner. This is serious business.) From time to time this year we will report on just what Don Pridmore, Rosemary Faulkner, Jim Wyatt, Eleanor Farrington and John MacKenzie seem to be doing on the Club's behalf.

Since the election of the new Executive in February at the Annual Awards Dinner and Meeting, we have held several meetings. In addition to the routine matters such as monitoring on-going commitments and taking care of normal business, we have discussed several initiatives for the upcoming year. These have included:

- (1) Holding some informal club meetings in the Charlottetown area. This will give us more of an opportunity to meet on a social basis and to encourage beginning runners to get to know us.
- (2) Organizing a Race Director's Clinic on Saturday, March 27th.
- (3) Looking into the possibility of ordering Club t-shirts and running attire. We have been checking out prices, colours (our orange colour may not be available) and suppliers.
- (4) Forming a stronger link with the P.E.I. Track and Field Association.
- (5) Looking in general at ways in which we can better promote running. Children and running is a particular area where development may be possible.

One thing we have agreed on very quickly is that it is great to have volunteers to help get the projects underway. It didn't take too long to find out that the President just loves to delegate and already he seems to have run low on delegates. It's an old message, but the more you help, the better off will be the Club.

- Don Pridmore

**Racing Strategy and Tactics:** A contingency plan every racer should have before starting; e.g., when you begin to tire after a fast start and you can hear the thundering footsteps of 2,000 runners coming up fast behind you . . . clear the track.

**Runner:** Any fanatic who runs faster than you, weighs less than you, or who has actually run in a marathon.

**Runner's Knee:** An updated version of the old "trick knee" excuse.

**Second Wind:** An elusive, almost mystical condition sought by joggers. The only way to make sure you'll catch it is to lie down and rest for a while.

AGE STANDARD TIMES.

- By Barrie Stanfield

Wouldn't it be nice if we could just keep getting stronger and faster the more years we put into this running game? Of course, we all know that Father Time is just not that generous. After passing through some peak age period - for the sake of argument, let's say 25-30 for distance runners - there is an inevitable decline in performance. It should be noted here, however, that for the new runner, entering the sport at an advanced age, he/she will probably experience improved performance for some extended period of time until near optimum conditioning is achieved. Such lucky people experience a second childhood!

When we reach the stage where new personal best times (PB's) are unlikely, how can we evaluate our race results? A useful new concept described in the Feb. issue of Runner's World, the so-called Age Standard Time (AST), may provide the answer.

The AST is defined as the time needed by world class runners of given age and sex to run a particular distance. To evaluate your personal performance you simply compare your race time with the appropriate AST (see Tables below) and express the result quantitatively as a Speed Ratio:

$$\text{Speed Ratio} = \text{AST} / \text{Runner's Race Time}$$

Consider, for example, Jim Wyatt's 1981 Island Marathon time of 2:49:31 (169.52 min.). The AST for the marathon distance for a 38-year-old man is given in the table as 130.7 minutes. Jim's Speed Ratio is thus  $130.7 / 169.52 = .771$ ; or expressed as a percentage, Jim ran the marathon 77.2 percent as fast as a world class runner of the same age. Congratulations, Jim!

The AST equation allows the older runner to evaluate his relative level of performance at different ages as well as at different race distances. By comparing Speed Ratio results the runner can determine his best running distance, monitor age effects, and set new performance goals based on personal best Speed Ratios (PSR's)

The AST equation might be considered as a tool for handicapping races or as the basis for special awards. At the least it provides an interesting and different method of assessing the overall results of races, as well as individual performances. Consider, for example, the partial results of a 1981 road race I have selected to illustrate use of the equation - the MacDonald's/Colonel Gray 10-Miler:

<u>Order of Finish</u>	<u>Runner's Name</u>	<u>Age</u>	<u>Race Time Minutes</u>	<u>AST Minutes</u>	<u>Speed Ratio</u>
6	Don Pridmore	30	59.25	45.83	.774
8	Ewen Stewart	48	60.30	51.88	.860
10	Salam Hashem	39	60.58	47.32	.781
16	Carl Phillips	35	63.47	46.67	.735
20	Don Reeves	47	64.25	51.31	.799
29	Lawrence McInnis	61	67.12	59.91	.893
65	Eleanor Farrington	41	79.20	58.31	.736

The Speed Ratio results for the above race indicate that the best relative performance was turned in by the 61-year-old Lawrence McInnis, although that 48-year-old gentleman, Ewen Stewart, wasn't far behind. These results should give Eleanor Farrington some satisfaction as she can now say with some conviction that her performance in finishing 65th was roughly equivalent in quality to Carl Phillips' 16th place finish. Such are the advantages of age and sex!

In conclusion, it is clear that the AST concept has some value in helping us to evaluate the performances of older runners of widely different ages. However, we should be aware of the fact that the AST tables are based on statistical averages and as such do not precisely reflect the real world of people where individual differences produce exceptions to any generality. Moreover, let us always remember that numbers alone are no real measure of the emotional and physical effort made by runners of different natural and acquired abilities in pursuit of their personal goals. Only one person can win the race but we're all winners if we do are best.

TABLE 1 \*

AGE STANDARD TIMES FOR MEN, MINUTES

AGE	5 M	10-K	10 M	26.2 M
30	21.73	27.46	45.83	129.4
31	21.84	27.59	46	129.57
32	21.96	27.72	46.17	129.74
33	22.08	27.86	46.34	129.91
34	22.19	27.99	46.5	130.08
35	22.31	28.12	46.67	130.24
36	22.42	28.25	46.83	130.4
37	22.54	28.38	47	130.55
38	22.66	28.51	47.16	130.7
39	22.77	28.64	47.32	130.85
40	22.89	28.78	47.49	131
41	23.14	29.09	48.01	132.52
42	23.38	29.41	48.55	134.07
43	23.64	29.73	49.09	135.63
44	23.89	30.05	49.64	137.21
45	24.15	30.38	50.19	138.8
46	24.41	30.71	50.75	140.42
47	24.67	31.04	51.31	142.06
48	24.93	31.38	51.88	143.71
49	25.2	31.72	52.46	145.38
50	25.47	32.06	53.04	147.08
51	25.75	32.41	53.63	148.79
52	26.03	32.76	54.23	150.52
53	26.31	33.12	54.83	152.28
54	26.59	33.48	55.44	154.05
55	26.87	33.84	56.06	155.84
56	27.16	34.21	56.69	157.66
57	27.46	34.58	57.32	159.49
58	27.75	34.96	57.95	161.35
59	28.05	35.34	58.6	163.23
60	28.35	35.72	59.25	165.13
61	28.66	36.11	59.91	167.05
62	28.96	36.51	60.58	169
63	29.28	36.9	61.25	170.97
64	29.59	37.3	61.93	172.96
65	29.91	37.71	62.62	174.97
66	30.23	38.12	63.32	177.01
67	30.56	38.53	64.02	179.07
68	30.88	38.95	64.74	181.16
69	31.22	39.38	65.46	183.27
70	31.55	39.81	66.19	185.4
71	31.89	40.24	66.92	187.56
72	32.24	40.68	67.67	189.75
73	32.58	41.12	68.42	191.95
74	32.93	41.57	69.18	194.19
75	33.29	42.02	69.95	196.45

TABLE 2

AGE STANDARD TIMES FOR WOMEN, MINUTES

AGE	5 M	10-K	10 M	26.2 M
30	24.73	31.33	52.6	150.26
31	24.97	31.63	53.07	151.43
32	25.22	31.93	53.55	152.59
33	25.46	32.23	54.02	153.75
34	25.7	32.53	54.49	154.9
35	25.95	32.84	54.96	156.04
36	26.19	33.14	55.43	157.18
37	26.44	33.44	55.9	158.32
38	26.68	33.74	56.36	159.44
39	26.93	34.03	56.83	160.57
40	27.17	34.33	57.3	161.68
41	27.66	34.95	58.31	164.45
42	28.17	35.58	59.34	167.26
43	28.68	36.22	60.4	170.12
44	29.2	36.88	61.47	173.03
45	29.73	37.54	62.55	175.99
46	30.27	38.22	63.66	179
47	30.82	38.91	64.79	182.06
48	31.38	39.61	65.94	185.17
49	31.95	40.32	67.11	188.34
50	32.53	41.05	68.3	191.56
51	33.12	41.79	69.51	194.84
52	33.72	42.54	70.74	198.17
53	34.33	43.31	71.99	201.56
54	34.96	44.09	73.27	205
55	35.59	44.88	74.57	208.51
56	36.24	45.69	75.89	212.08
57	36.9	46.52	77.23	215.7
58	37.57	47.36	78.6	219.39
59	38.25	48.21	79.99	223.14
60	38.94	49.08	81.41	226.96
61	39.65	49.96	82.85	230.84
62	40.37	50.86	84.32	234.79
63	41.11	51.78	85.81	238.8
64	41.85	52.71	87.33	242.89
65	42.61	53.66	88.88	247.04
66	43.39	54.63	90.46	251.26
67	44.17	55.61	92.06	255.56
68	44.98	56.62	93.69	259.93
69	45.79	57.64	95.35	264.38
70	46.63	58.68	97.04	268.9
71	47.47	59.73	98.76	273.5
72	48.33	60.81	100.51	278.17
73	49.21	61.91	102.29	282.93
74	50.11	63.02	104.1	287.77
75	51.02	64.16	105.95	292.69

\* Source: Riegel, Peter. Racing and facing your last PR. Runner's World, Feb. 1982, pp. 34, 37, 71-72.



# Johnny Miles Marathon

NEW GLASGOW, NOVA SCOTIA

Mr Ken Campbell  
Chairman  
Awards Committee  
Island Marathon  
P.O. Box 302 Charlottetown  
P.E.I.

Johnny Miles  
21 BENDMOND PLACE  
APT 1806  
Hamilton Ontario  
L8V 2T1  
Jan 31 1980  
Tel 416 388-1508

Dear Mr Campbell:-

Thank you for your very nice letter of Dec 15/81 together with the photo of the Team award presentation Sept 1981.

This is a very good photo of Fine Super young athletes; and a young good looking Provincial Patron (Mr Kaye)

I wish to congratulate this fine group of men on their fine achievement, and Mr Kaye for his support. I can tell by Mr Kaye's expression & happy smile that he is just as proud as can be at the team's fine achievement. I look forward with continued interest in future years.  
Wishing you at the best.

yours in Sport  
Johnny



ROBERTSON LIBRARY  
UNIVERSITY OF PRINCE EDWARD ISLAND  
CHARLOTTETOWN, PRINCE EDWARD ISLAND, CANADA C1A 4P3

January 26, 1982

JAN 28 1982

Mr. Don Pridmore  
Ed. P.E.I. Roadrunners Newsletter  
c/o Sport P.E.I.  
PO Box 302  
Charlottetown  
Prince Edward Island

Dear Mr. Pridmore,

We have just had a book donated to the Robertson Library and it was suggested by the person making the donation that you might want to write up the title in your newsletter and suggest that anyone interested may join the Robertson Library (no charge, just fill out an application card) and borrow the book.

The book is Cavanagh, Peter R. The Running Shoe Book. Published by the author, 1980.

I hope that your readers might be interested. We do have a number of other books as well, but no periodicals, devoted to running.

Yours sincerely,

A handwritten signature in cursive script that reads 'Mary Beth Harris'.

Mary Beth Harris  
Head, Library Information Services

MBH/vp

EVALUATING THE KNEE, By W. Feigel, DPM

To discover whether you're a victim of runner's knee, you must first determine the nature of the problem. Self-evaluation is important before a runner seeks professional advice.

Begin self-evaluation with an examination of your running shoes. If there appears to be excessive wear on a particular side of the shoe, foot imbalances may exist. Also pay attention to how you run. If you are pounding and loudly slapping the ground on each step, biomechanical problems could be present. Further evaluation can be obtained by having someone observe your running style from behind. Are the heels moving from supination to pronation and back again at each step? If, throughout the gate cycle, the heel is turned out or turned in and little or no motion is present, then a biomechanical imbalance exists.

Once it has been determined that symptoms are being caused by biomechanical problems within the foot and not by serious injury, treatment can begin.

A rule of thumb: When dealing with runners and other athletes, treatment of the foot must be aggressive.

A thorough biomechanical examination of the lower extremity is undertaken, focusing on the foot and ankle. We watch the patient walk or run, then examine the running shoes, which can paint a picture of how the foot functions for the particular runner.

Clinical examination does not tell the whole story, however. A runner does not do his running in a fully equipped clinic. It is critical to discuss the patient's running habits: mileage, speed, shoe gear, running surface. In many instances, this will reveal the problem. For example, we saw one runner who started developing lateral knee pain in one leg, yet was not pronated. We learned that he consistently ran around a track, always in the same direction. We told him to change his direction occasionally during a training session, and his symptoms were eliminated.

Once the foot imbalance is brought under control, we aim at a short-term therapy to get the knee healthy again. Reduction or temporary cessation of actual running is required in almost all cases. If the injury is not too severe, the patient can run, but at a decreased distance and pace. If there is any question about the severity of the injury, the runner is instructed to lay off for a week. During that week begin other treatments and encourage other activities, such as swimming or bicycling, which allow the runner to maintain cardiovascular conditioning while avoiding the pounding of running. After the week, we re-evaluate the pain and the patient usually can begin running again but at a reduced pace. Strengthening exercises begin immediately.

The muscles around the knee have the dual function of moving the joint and, more importantly, stabilizing it. The stronger the muscles around the knee, the less chance of further injury. The quads and hamstrings, which serve as antagonists, are the centers of attention during strengthening. The object is to strengthen both legs equally. Concentrating mainly on the injured leg's weaker muscles can lead to an imbalance in the opposite direction.

We occasionally prescribe aspirin. It is cheap, well-tolerated in most people, and most importantly, is a good anti-inflammatory agent.

We then suggest a stretching program. Stretching is perhaps the single most important activity any runner can do to prevent injury. We recommend stretching before and after running.

We have found about 95 percent of runners suffering runner's knee respond to the treatment plan. Those who don't respond tend to ignore all steps in the treatment process. They fail to give their bodies a chance to recover from the injury.

Knee injuries can be persistent problems for the runner, but can, for the most part, be eliminated with an understanding of the area, proper treatment and common sense. With knowledge of what factors cause it, runners may eventually eradicate the problem of runner's knee.

- Submitted by Salam Hashem

SALAM'S LEG LIFTS

- uses a chair and a weight with a loop of rope through it.
- standing on chair put toe of one foot through loop of rope.
- raise leg with knee bent until upper part of leg is parallel to ground.
- slowly lower until leg extends beyond level of chair seat.
- repeat until tired and change legs.



THE CRYSTAL BALL REVISITED

- By Old Jed

Even now there are doubters. Although my powers of foretelling the future have been demonstrated beyond question, there are those who dare to suggest that my visions of events yet to come are less than inspired. I take you now to a scene at a local Charlottetown grocery store which, in order to protect the identity of the disbelievers, shall remain nameless (but which can be easily found at the corner of Fitzroy and Cumberland). It was the proprietor of said unnamed store and a running buddy of some local fame and notoriety (who shall also remain nameless) who happened upon the following prediction in the February 1980 edition of the P.E.I. Roadrunners Newsletter:

"The P.E.I. Roadrunners Marathon will grow in stature during the 1980's and become a personal favourite of some of the country's top runners. A Nova Scotian runner will win the 1980 race in 2:35. 1981 will finally bring an Island winner, although he will fall well short of the record."

"Oh my gosh," said the buddy (honest! that is what he said), "Tom Olsen did win the 1980 race in a time of 2:34:52 and Tom is from Nova Scotia."

"Hey, you're right," replied the proprietor, "and Jim Wyatt, an Island runner of some local fame and notoriety, won it in 1981 with a time well off record pace!"

The two looked at each other for a second before proceeding on to the next sentence.

"Well, Old Jed really blew it here, though; he said that an Upper Canadian will win in 1982 with a good time of 2:25. Boy is he out to lunch," laughed the buddy.

Blasphemy!! Don't they realize what a great prognosticator I am (no Jake, that's not procrastinator, although I admit to being that as well).

This called for another trip to the crystal ball and another cup of tea. Sometimes predictions are like weather forecasts - they have to be updated at the first sign of a storm cloud. Much to my horror, I did find that I had miscalculated. I had not counted on the recent earthquakes and high tides. These forces have served to delay the course of what must eventually come about. It will not be in '82 that we will see the 2:25, it will be 1983! To those much younger than myself, might I also remind you that the old and classical definition of "Upper Canadian" did also include certain Montrealers. Remember this in 1983.

But what of 1982? Ah yes, a fine race it will be. Our winner of 1981 will not repeat the victory, although I am pleased to say that he will improve his time and place third. Nor will victory go to the American who leads the race much of the way only to face to second on the Lower Malpeque Road hill. This year is fated for a certain New Brunswick runner who will challenge, but just fall short of, the course record.

Now that we have those predictions sorted out, it is time to let you know more about the destiny of some of our provincial runners. In that February 1980 article I gave you glimpses of the future of several of our notable runners. There are, however, several other runners whom you might be interested in.

- Jim Wyatt - Jim's running career will come to a fateful end in 1986 when he sprints up to the fourth floor of the Queen's Parkade garage only to find that there isn't a fourth floor.
- Dean MacMillan - Dean will continue training indoors at the Spa until he wears a path in the track. That path will be named an historical site and become known as the MacMillan Trail.
- Salam Hashem - In arranging official starters for the Polar Run, Salam will obtain the services of Premier Joe Ghiz in 1983, Prime Minister John Turner in 1984, U.S. President Jane Fonda in 1985 and U.N. Secretary General Pierre Trudeau in 1986. (Honest, I saw it on his calendar!)
- Calvin DesRoches - Calvin will complete his training as an accountant and take over the finances of the P.E.I. Roadrunners Club. The Club will continue to spend more than it brings in but Calvin's "funny figures" will show a profit.
- Jake Baird - Jake will excell as an organizer of imaginary road races. Having gained experience with the Rocky Point MicMac Run last year he will organize the Hoser Classic in 1982 (the starting instructions are "On your mark, set, take-off eh"), the Jake Baird Education Fund Run in 1983 and the Jake Baird Memorial in 1984 (which Jake will also win).
- Alf Groom - Known for his fast starts, Alf will once again vault into the lead in the Brothers Two 10 KM race. Unfortunately, he will realize too late that pole vaults are not allowed in road races.
- Carl Phillips - Carl, who has not missed an Island road race in over two years, will finally miss one in the winter of 1984. A search party will immediately be organized and find him later trying to jog through a West Prince snowbank.
- Rosemary Faulkner - In order to encourage running on the 'good side of the river' she will form a team from Southport, Crossroads, Bunbury and Tea Hill. In order to shorten their team name, they will use only the first part of the community names and become the "South Cross Buns and Tea".

CAMPERS' CITY NEWSY NOTES

Campers' City now has a \$700 tread-mill. Drop out and give it a whirl. Use it when you try on your new running shoes.

By now most of you know that Brooks 'went under'. They did 'come to grips' with their quality control problem, but not soon enough. Wolverine Inc. (do Hush Puppies and Greb boots ring a bell?) have bought out the old Brooks company.

Wolverine knew a good thing when they saw it. The Vantage remains visually unchanged. However, forefoot cushioning has been improved, and a new heavy duty heel counter is now employed. Wolverine keeps the Brooks name and features that kept Brooks among the top-rated running shoes. On the horizon are the "Supreme", "Houston", "Hawk", "New Vantage", "Super Villanova" and "Dart" (an all purpose walking and running shoe).

Ouch! Wolverine accepts no liability regarding the running shoes purchased by us from the former Brooks company. Solution! We are selling all of our present Brooks shoes at forty percent (40%) off the regular price, as is. Believe me they are going fast. Later, by mail, you will receive a \$5 gift certificate towards the new Brooks shoes expected later this month.

Campers' City has been giving Roadrunner members ten percent off the regular price on running shoes, clothing and running accessories. We will continue to do this. BUT, on any such purchase over \$35 regular price, we will give you an additional five percent by way of a gift certificate to be used in the running department.

Within the next month or so you will find many new shoes at Campers' City Outdoor Specialty Shop: New Balance 730 and 420 in both widths (now in stock), as well as New Balance 555 and 390. Yes, even the high price 990 when it's available. Converse, Osaga and Saucony will round out our stock.

See you at the Campers' City Five Mile Run, Saturday a.m., May 29th.

EDITOR'S NOTE: Thanks Mona for the news on Brooks shoes and the discounts. Businesses that cater to runners or who offer discounts are invited to send material to the Newsletter. We feel that it is of benefit to the Club members to receive this information, so we will be more than glad to use it. Just one more note in regard to sponsors. We are delighted to have businesses that support our Club and running by sponsoring races and offering discounts. More than two dozen businesses each year either sponsor a race or donate major prizes (e.g. for the Island Marathon). It is appropriate for us to show our gratitude to all our sponsors to let them know we appreciate their support. They patronize us, let's patronize them!

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

Word has reached us that Labatt's have pulled out of the national 20 km running championship series. The reasons for this aren't quite clear (it may have to do with some disagreements over the arrangements in particular provinces), but the net effect is the loss of a showcase of running in this country. This is a sad loss of a promising event.

\* \* \* \* \*

Congratulations to Stew Freeman and Eleanor Farrington for completing the Honolulu Marathon in December. That is the third straight year that P.E.I. has had representatives in Honolulu. Stew completed the race in 3:16 and change, while Eleanor just missed the four hour barrier by posting a 4:03. That's not bad in the hot, humid Hawaii climate.

\* \* \* \* \*

Speaking of travelling to sunnier climates, Ewen and Margaret Stewart paid a mid-winter visit to Bermuda. Of course there just happened to be a marathon on at the time and Ewen completed it in 2:52. His time would have been better, but he slowed down to talk to a few runners such as Frank Shorter and Dean Matthews (former Honolulu winners) who were taking it easy.

\* \* \* \* \*

You may have seen Bob Gray's comment in the Guardian about the latest training fad in P.E.I. Bob would sue us if we copied it verbatim, so we will simply plagiarize it instead (we are good at that). Under the 'I Thought I'd Seen Everything' department, Bob noted that some of our runners have come up with a new location for hill training. The Wandlyn hill? No way. It's the Queen Street Parkade. Around and around they go until they reach the top and then they hightail it down the stairs. What Bob didn't mention was that the parking attendant there has been named an honorary coach by the runners. After all, who else does a better job of shouting at them and telling them to move it?

\* \* \* \* \*

Does nothing upset the daily routine of runners? Don Reeves and Monica LaPointe were driving to the starting point for a regular daily run one day this winter when the car hit an icy patch. The car skidded into a ditch and overturned. Uninjured but shaken, Don and Monica crawled out a window, assessed the situation and decided what they should do next. You guessed it - they went for a run.

\* \* \* \* \*

The term 'grass roots' has popped up a couple of times in this Newsletter. We are not quite sure why others start at the 'grass roots', but wouldn't it make more sense, given where road running takes place, if we built it 'from the pavement up'?

\* \* \* \* \*

Congratulations to the Island Telephone Number 1 Team for winning the Corporate Cup at the Spa in January. Ronnie Drake, one of our regular runners, played a large part in the Island Tel victory by putting in two separate quarter-mile runs at just a fraction of a second over sixty seconds. Other P.E.I. Roadrunners Club members were also very much in evidence as they cranked down to the sprint distances. Jim Wyatt, Jake Baird and Connie Egan paced the Canada Employment and Immigration Team to second place overall. The third place RCMP team benefitted greatly from having Phil Lutwick. In perhaps the most exciting race of the day, the executive half-mile run, Phil Lutwick sped through the distance in under 2:20 to edge out Jim Wyatt for the honours. Quite a number of other Roadrunners participated, but rather than try and list them all and perhaps miss some, we will leave them in anonymity. The real story of the day, though, was the great turnout of people from all kinds of backgrounds. Twenty-nine teams entered the day-long Corporate Cup competition. Over 200 runners participated, including approximately eighty women. And there were numerous spectators. The day was great fun and all the runners seemed to enjoy it. Many participants left talking about getting ready for next year's edition.

\* \* \* \* \*

Much of the credit for organizing the Corporate Cup goes to our own Parker Lund and Pat Steeves at the SPA. Great work you two!!

\* \* \* \* \*

Some Roadrunners who didn't run worked as officials. Kenny Campbell, who piloted the Island Optical Team, seemed to do a little of both. Unfortunately, many of those in the officials' area came down the next day with the mysterious "officials' syndrome" and, wouldn't you guess it, Kenny had it about the worst. Happily, Kenny was back on his feet two days later, none the worse for wear and with a story for anyone who would listen.

\* \* \* \* \*

The P.E.I. Roadrunners Club Newsletter is produced by Sport P.E.I. The Newsletter is co-edited by Don Pridmore and Judy Hiscott. A whole bunch of people contributed to and helped out in this edition including (in no particular order) Barrie Stanfield, Jim Wyatt, Eleanor Fa-rington, Salam Hashem, Connie Hansen, Carl Phillips, Calvin DesRoches, John Sandham, Allan Savidant, Judy Gaudet, Lambert Pauley, John MacKenzie, Stew Freeman and Old Jed. Why not send us your thoughts on running - we're not choosy. After all, if we can run Old Jed's stuff, we can run anything! Send you comments to the Club, c/o P.O. Box 302, Charlottetown, PEI, C1A 7K7.

\* \* \* \* \*

COMING EVENT - New Brunswick Heart Marathon, Fredericton, New Brunswick  
April 11, 1982 - Quarter, Half and Full Marathon Distances  
Limited number of entry forms available by contacting Jim Wyatt  
(569-3693)

\* \* \* \* \*

C O U R S E R E C O R D S ( O P E N ) - P . E . I . R O A D R A C E S

As at March 31, 1982

Course records are tricky business. Some courses change slightly from year to year and not all races report their results. Some runners are intimidated by records because they seem to stress the competitive aspect of our races. Nevertheless, we are once again this year listing the standing open records to the best of our knowledge. For the most competitive runners these records stand as marks of excellence and possible targets for their own running. For recreational runners, these are simply items of interest. Remember, your achievement of a personal best or merely completing a run is the only record you need.

It is interesting to note that only two male records fell in 1981 (both to runners 'from the other side'). Meanwhile, Monica LaPointe lowered seven old marks. Monica now holds all but five of the course records.

<u>RACE</u>	<u>DISTANCE</u>	<u>MEN</u>	<u>WOMEN</u>
Summerside Mardi Gras	4 Miles	Jim Wyatt 22:13 (1982)	Monica LaPointe 26:51 (1982)
Dairy Queen Bunny Hop	10 KM	Freeman Churchill 35:53 (1980)	Monica LaPointe 39:14 (1981)
Campers' City Run	5 Miles	Colin MacAdam 27:40 (1980)	Monica LaPointe 32:38 (1980)
Colonel Gray/McDonald's	10 Miles	Ralph Freeze 53:45 (1977)	Monica LaPointe 1:05:39 (1981)
Seaman's Beverages Run	4 Miles	Roy Mason 20:30 (1980)	Monica LaPointe 24:07 (1981)
Fulton Campbell Memorial	20 KM	Ted McKeigan 1:04:30 (1979)	Nancy (Wheatley) Freeze 1:22:59 (1978)
Belfast Lions Mid-Summer Jaunt	8 Miles	Mike Armitage 45:57 (1979)	Monica LaPointe 52:54 (1981)
Labatt's Provincial Championship	20 KM	Sandy McAuley 1:11:04 (1981)	Monica LaPointe 1:30:37 (1981)
Tyne Valley Oyster Festival Run	20 Miles	Tom Conway 2:01:06 (1980)	Monica LaPointe 2:33:54 (1981)
National Park Run	6 Miles	Mike Armitage 32:29 (1980)	Monica LaPointe 41:33 (1980)
Kensington Harvest Festival Run	25 KM	Joe Fougere 1:29:13 (1978)	Nancy (W) Freeze 1:57:20 (1978)
Volume Rentals Half Marathon	13.1 Miles	Bill MacEachern 1:16:37 (1981)	Nancy Freeze 1:25:20 (1979)
Island Marathon	26.2 Miles	Tom Olsen 2:34:52 (1980)	Carol Roy 3:09:55 (1980)

<u>RACE</u>	<u>DISTANCE</u>	<u>MEN</u>	<u>WOMEN</u>
Alice Faye's Run for Women	3 Miles		Sheila Currie 16:10 (1980)
C.A.H.P.E.R. Stanhope Run	10 KM	Mike Armitage 33:22 (1980)	Monica LaPointe 40:44 (1980)
Dunk River Run	7.3 Miles	Dale Corkum 39:15 (1980)	Monica LaPointe 46:36 (1981)
Dairy Queen Polar Run	5 Miles	Leo Sheehy 27:39 (1981)	Monica LaPointe 33:10 (1981)

U P C O M I N G E V E N T S

Dairy Queen Bunny Hop - Saturday, April 11 - Charlottetown - 10 KM - Starts 10 a.m.  
(Contact Ewen Stewart, 894-5668)

Athena Seven Mile Run - Saturday, May 8 - Summerside - 7 Miles - Starts 10 a.m.  
(Contact Jim Harris, 436-9178)

CFCY Spring Fever Pace - Sunday, May 16 - Charlottetown - 2 Miles - Starts 2 p.m.  
(Contact Rick McGuire, 892-1066)

Quality Inn/Brothers Two 10 KM Road Race - Saturday, May 22 - Summerside - Starts 2 p.m.  
(Contact Alfred Groom, 436-2295)

Campers' City Run - Saturday, May 29 - Charlottetown - 5 Miles - Starts 10 a.m.  
(Contact Jake Baird, 894-4554)

Entry forms for these races will be forwarded in the near future.

 Spring Comments

March 6th. Saturday - sunny and windless - at last! Big patches of bare pavement underfoot - running outside and enjoying it again. Hurray for March! Can't remember the last time I ran to the shore and back with such enthusiasm (just 4 miles from home). Because I live in the country (between New Glasgow and Cavendish), I have access to many beautiful places to run. However, running with consistency throughout this winter seems to have created an unprecedented challenge - 'country runners' especially will agree. Like the rest of you, I am longing for the day we can slip on shorts and a T shirt and "take off" (definitely not for the great white north).

With this coming season shaping up to be our best yet, we are looking forward to seeing lots of new runners, especially females. Last year was encouraging with more female participants in our events than ever. I'm still looking for the day when the girls outnumber the guys! (Alice-Faye doesn't count)

There is no denying it - our club has many very competitive members. However, there is room for the less serious runner. We are anxious to encourage running at all levels and invite you to join us. If you have been debating about running one of our events - wait no longer. You'll find lots of encouragement. Completing any race or run can be a very rewarding experience. Remember, the real victory is in fulfilling your own personal objective, no matter how modest.

I am pleased to be a member of your executive this year. With YOUR help it can be our best year yet!

Thought you might enjoy this personal interpretation of running by a 'running poet' (taken from "The Complete Woman Runner").

- Eleanor Farrington

When I run, my body  
draws in upon itself,  
hones down.  
My bones are within reach;  
Old rhythms restore themselves.

Harmonies reappear.  
I sing my own comeback.  
Each inhalation/exhalation  
has so many notes  
like a chord of music

Something in me tunes in  
on my own clearest frequencies;  
something resonates with a clarity,  
the high perfect sound  
a crystal bell might make.

I am inside this fine body,  
tending to the miles as they pass.  
I fit perfectly inside my skin;  
nothing is left over. Nothing!  
The miles become perfect as I finish them.

I can only run where I am,  
each step a new place of its own.  
Nothing is more right than this:  
the grass, the sky, and my body  
in between, moving and beautiful.

Grace Butcher