



FROM THE EDITOR

Would you believe it, another year gone? Here I am still writing 1980 on my cheques and letters and it's already 1982. Worse yet, I'm still working on my New Year's resolutions for 1973. I not only get passed a lot in races, I get passed even more by time.

Obviously I'm not great at making New Year's resolutions for myself and keeping them. So, guess what - I've decided that I would make some for you. That's right, to whatever you have resolved for 1982 you are kindly directed to add the following (don't worry, they are not that demanding).

1. Enjoy 1982 - remember, 1982 will come only once in your lifetime. Enjoy it while you are here. Your enjoyment of life pays dividends to others, you are much more pleasant to be with when you are happy.

2. Enjoy your running - running, like life, can sometimes get you down. Don't let it. Strive for the goals you set but remember that you are running for recreation, fitness and fun. Once you stop enjoying an activity you cease to make true progress.

3. Balance running with other activities - running can have a proper place in your life and when you find it, keep it. Running isn't everything, it's not even the only thing. It is a part of our lives that should enhance our hours, not dominate them.

4. Play a part in the P.E.I. Roadrunners Club - if you usually race, take off just one or two races this year to be an official or volunteer. Help organize a meeting or a clinic. All it takes is a large number of people making small contributions of time to make a big difference.

5. Help a beginning runner - you have enjoyed the sport, return that by helping someone else get started safely and properly. Perhaps it need not be a beginning runner. Perhaps it's a blind runner, disabled athlete interested in another sport or someone who can just benefit from your experience.

Now please don't expect me to obey these resolutions myself; I'm still working on those 1973 promises. At any rate, you can probably add two or three others of your own. All the best for 1982 and may the miles be happy.

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

ISLAND MARATHON

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

RESULTS OF C.A.H.P.E.R. 10 KM ROAD RACE, OCTOBER 17, 1981

Finishers 1-9		Finishers 10-18		Finishers 19-26	
Dale Corkum	33:30	Monica LaPointe	41:36	Peter Lord	46:19
Calvin DesRoches	35:42	Doug Jones	41:54	David Faulkner	46:59
Philip Easter	36:00	Ninian LeBlanc	43:09	Steve Dalziel	47:35
Don Pridmore	36:34	Rosemary Faulkner	44:24	Philip Clickner	48:34
Salam Hashem	38:17	Ronnie Lund	44:25	Eleanor Farrington	48:37
Dean MacMillan	39:10	Rick LaPointe	44:26	Rollin Andrew	50:31
Paul Wright	40:35	Brian McInnis	44:33	Ronald Buell	53:28
Carl Phillips	40:44	John Pendergast	44:47	Miaretta Clickner	57:01
Don Moffett	41:29	Don Blane	45:47		

RESULTS OF DUNK RIVER 7.5 MILE ROAD RACE, NOVEMBER 7, 1981

Finishers 1-10		Finishers 11-20		Finishers 21-29	
Mike Armitage	39:31	Carl Phillips	45:56	Don Reeves	51:39
Dale Corkum	39:33	Stew Freeman	46:11	Carl MacLeod	51:40
Jim Wyatt	41:55	Monica LaPointe	46:36	John Pendergast	52:24
Philip Easter	41:55	Don Moffett	47:30	Rosemary Faulkner	52:33
Don Pridmore	42:08	Alan Mason	48:03	Lloyd MacCallum	52:56
Roy Mason	42:19	Derrick Ollan	49:17	Walter Lea	53:25
Calvin DesRoches	43:31	Doug Jones	49:20	Rick LaPointe	53:33
Salam Hashem	43:31	Matt Smith	49:39	Eleanor Farrington	57:53
Ewen Stewart	43:31	Bryson MacDonald	50:13	Paul Schurman	64:36
Dean MacMillan	45:06	Ninian LeBlanc	50:53		

RESULTS OF DAIRY QUEEN FIVE MILE POLAR RUN, DECEMBER 27, 1981

Finishers 1-23		Finishers 24-46		Finishers 47-68	
Leo Sheehy	27:39	Richard Papenhausen	33:37	Brian McInnis	38:10
Maurice Bourque	28:40	Terry Edgett	33:39	Don LeClair	38:26
Roy Mason	28:53	Dave Manovill	33:41	Cindy Woodman	38:43
Jim Wyatt	29:11	Andrew Cullen	33:50	Darrin Dunsford	38:56
Willie MacDonald	29:28	Lorne Carmichael	33:55	Peter Lord	39:32
Calvin DesRoches	29:31	Danny Gass	34:28	Fred Affleck	39:29
Dean MacMillan	29:47	Lambert Pauley	34:46	Ronald Buell	40:43
Ewen Stewart	29:51	Steven Lank	35:09	Susan Beaton	41:27
Carl Phillips	30:40	Dave Forsythe	35:15	Dave Darlington	41:34
Alan Mason	30:50	Ninian LeBlanc	35:21	Robert Fullerton	51:57
Don Mersereau	30:58	Dave Beaton	35:35	Rick LaPointe	41:57
Stew Freeman	31:01	Ronnie Lund	35:43	Randy MacNeill	42:14
Doug Jones	31:13	Eric Manuel	35:52	Doug Carmody Jr.	42:49
Matt Smith	31:19	Gerald Mitchell	35:53	Doug Carmody Sr.	43:00
Don Davis	31:33	Rosemary Faulkner	35:57	Sheila Bell	43:25
Leonard MacDonald	32:14	Carl Cooper	36:02	Colin Peverley	44:37
Brian Thompson	32:32	Don Walters	36:06	Lorraine Wyatt	45:01
Allan Armitage	32:35	Ron Beaton	36:29	Karen Hagen	45:40
Jeff Cook	32:36	Art O'Malley	36:36	Diane Houston	45:56
Jake Baird	32:50	Frank Huston	36:47	Valena Wright	46:31
Lawrence MacInnis	32:52	Susan MacEachern	37:01	Margo Wilbert	46:31
Ronnie Drake	33:02	Don Blane	37:48	Mary Beth Arsenault	47:42
Monica LaPointe	33:10	Eleanor Farrington	38:06		

FINAL GRAND PRIX STANDINGS - 1981

Standings at December 31, 1981 include the following races: Dairy Queen Bunny Hop, Campers' City Five Mile Run, McDonald's Ten Mile Road Race, Seaman's Four Mile Run, Fulton Campbell Twenty Kilometer Memorial Road Race, Belfast Mid Summer Jaunt, Tyne Valley Oyster Festival Run, National Park Run, Volume Rentals Half Marathon, P.E.I. Roadrunners/CBCT-FM Island Marathon, Alice Faye's Three Mile Run for Women, C.A.H.P.E.R. Ten Kilometer Stanhope Run, Dunk River Run and Dairy Queen Polar Run.

Several attempts have been made to acquire the results of the Kensington Harvest Festival 25 KM Run, Athena Seven Mile Run and Northumberland Fisheries Run, all to no avail as yet.

TOP 20 MALES OVERALL

1. Calvin DesRoches	195 (13)
2. Don Pridmore	177 (10)
3. Jim Wyatt	157 (8)
4. Ewen Stewart	153 (10)
5. Carl Phillips	147 (13)
6. Paul Wright	144 (8)
7. Salam Hashem	124 (9)
8. Philip Easter	115 (8)
9. Roy Mason	111 (6)
10. Bill MacEachern	110 (5)
11. Dale Corkum	70 (3)
12. Peter Kittilsen	69 (5)
13. Stew Freeman	69 (6)
14. Dean MacMillan	67 (10)
15. Willie MacDonald	62 (4)
16. Jake Baird	60 (9)
17. Albert MacDonald	54 (4)
18. Tim Dalling	53 (3)
19. Randy MacNeill	51 (6)
20. Matt Smith	47 (9)

TOP SEVEN FEMALES OVERALL

1. Monica LaPointe	275 (11)
2. Eleanor Farrington	200 (11)
3. Rosemary Faulkner	192 (10)
4. Gerianne McCarthy	94 (5)
5. Moya LaPointe	76 (4)
6. Susan MacEachern	56 (3)
7. Sheila Bell	53 (4)

LADIES 25 & UNDER

1. Monica LaPointe	275 (11)
2. Gerianne McCarthy	94 (5)
3. Moya LaPointe	76 (4)
4. Susan MacEachern	56 (3)
5. Sheila Bell	53 (4)

LADIES OVER 25

1. Eleanor Farrington	200 (11)
2. Rosemary Faulkner	192 (10)

NOTE: To qualify in the Grand Prix Standings you must have participated in a minimum of three of the above-mentioned events where results are available. (Number in brackets indicates number of races participated in in 1981.)

MEN UNDER 20

1. Calvin DesRoches	195 (13)
2. Philip Easter	115 (8)
3. Dean MacMillan	67 (10)
4. Willie MacDonald	62 (4)
5. Randy MacNeill	51 (6)
6. Ronnie Lund	16 (7)
7. Danny Gass	4 (4)
8. Tim Easter	4 (4)
9. Allison Keenan	3 (3)
10. Jeff Campbell	3 (3)

MEN 20-29

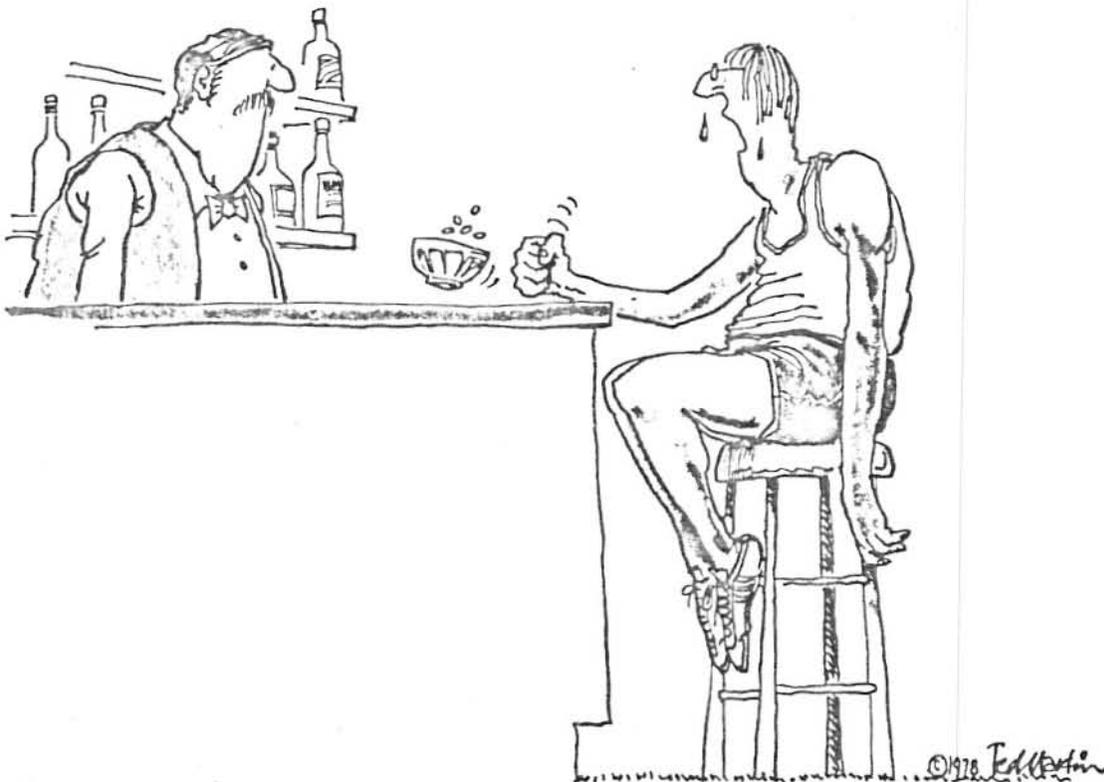
1. Don Pridmore	177 (10)
2. Paul Wright	144 (8)
3. Roy Mason	111 (6)
4. Bill MacEachern	110 (5)
5. Jake Baird	60 (9)
6. Albert MacDonald	54 (4)
7. Alan Mason	30 (6)
8. Lorne Carmichael	23 (7)
9. Fred Affleck	18 (9)
10. Brian McInnis	13 (5)
11. Gary McLaughlan	9 (4)
12. Jimmy Paynter	4 (4)

MEN 30-39

MEN 40 & OVER

1.	Jim Wyatt	157 (8)
2.	Carl Phillips	147 (13)
3.	Salam Hashem	124 (9)
4.	Dale Corkum	70 (3)
5.	Peter Kittilsen	69 (5)
6.	Tim Dalling	53 (3)
7.	Matt Smith	47 (9)
8.	Ronnie Drake	34 (9)
9.	Calvin Wiley	19 (4)
10.	Don Blane	18 (8)
11.	Don Harley	17 (7)
12.	Bob Gray	8 (4)
13.	Carl MacLeod	7 (4)
14.	Art O'Malley	5 (5)
15.	Foch McNally	5 (5)
16.	Lloyd MacCallum	5 (5)
17.	Lambert Pauley	4 (3)
18.	Gerald Mitchell	4 (3)
19.	Richard Papenhausen	4 (4)
20.	Dan McCarthy	3 (3)
21.	Allan Savidant	3 (3)
22.	Eric Manuel	3 (3)
23.	Leon Berrouard	3 (3)

1.	Ewen Stewart	153 (10)
2.	Stew Freeman	69 (6)
3.	Ninian LeBlanc	32 (9)
4.	Don Moffett	30 (7)
5.	Rick LaPointe	17 (8)
6.	Don Reeves	15 (4)
7.	Alf Groom	14 (3)
8.	Bob Wigmore	13 (10)
9.	Parker Lund	11 (5)
10.	Walter Lea	5 (5)
11.	Lawrence McInnis	4 (4)
12.	Colin Easter	3 (3)



"Gimme a Gatorade straight-up!"

THE 1982 GRAND PRIX
*** NEW FORMAT ***

This year we will be taking your six best placings!

With close to twenty competitive road races on our calendar, we felt that it was time to make a change in our Grand Prix for 1982. We will continue to award points in each of the competitive races (excluding the "fun and participation" type races such as the Spring Fever Pace, Run Into Summer and Non-Puffers Pace) but it will be only the points you earned in your six best placings that will be counted in the standings. If you run more than six races, you improve your chances in the standings since you may place better than in previous races. Prizes will still be awarded to those who attend the highest number of races.

This change in guidelines is in keeping with the Grand Prix concept in most competitions. Nova Scotia and New Brunswick, for instance, use a 'best of' approach in calculating their road running Grand Prix standings. World Cup skiing is probably the most famous example of the use of only the competitors' top placings to determine the final standings. Although it is physically possible to run all of the road races in P.E.I. (just ask Carl Phillips), our schedule is to the point now where it is extremely difficult for runners to attend all of the races and put in their best performances. Those who do attempt as many races as possible find that they may begin to 'burn out' mid-way through our heavy summer season. Others worry about never leaving the Island in summer for fear that they will drop down in the Grand Prix standings.

We did consider establishing a championship circuit of five or six major races, but we felt that this would be unfair to the races that were excluded. There are many races across the Island that are delightful, which have enthusiastic organizers and sponsors and which are too important for us to leave off the Grand Prix. So chose your favourite races for 1982 and go ahead and run them. One word of caution, though, many of these races are locally organized and not all excel at record keeping. Despite the advice received from the Club, and despite the efforts made by the Club to obtain full results from all races, not all organizers have provided us with their results. Given our volunteer system, we do the best we can to avoid such problems but we cannot always be successful. If you are serious about the Grand Prix, then, you may either wish to bypass the races that did not give us results in 1981 or put pressure on the local organizers themselves to assure results.

We hope that you will enjoy the 1982 Grand Prix.

REVIEW OF GRAND PRIX GUIDELINES

Scoring - Points are awarded at each competitive race (not 'fun or participation' events) that is listed on the 1982 fixtures list which is included in this edition. The points are awarded on the following basis:

1st - 25 points; 2nd - 20 points; 3rd - 19 points; 4th - 18 points; diminishing thereafter by one point per place. All finishers receive at least one point.

Final standings are determined from each runner's six best placings. To be included in the final standings, an athlete must compete in a minimum of three events.

Categories - (a) Top Standing Awards - Male Under 20, 20-29, 30-39, 40 & Over
Female Under 20, 20-34, 35 & Over

(b) Grand Prizes - Top Male and Female

(c) Participation - Male with most completed races
Female with most completed races

PRINCE EDWARD ISLAND ROADRUNNERS CLUB - 1982 RACE DATES

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
STARDI GRAS FOUR MILE RUN (John MacKenzie, 436-9320)	Feb. 20 Saturday	Summerside	4 Miles	2:00 p.m.
DAIRY QUEEN BUNNY HOP (Ewen Stewart, 894-5668)	April 11 Saturday	Charlottetown	10 Kilometers	10:00 a.m.
ATHENA SEVEN MILE RUN (Jim Harris, 436-9178)	May 8 Saturday	Summerside	7 Miles	10:00 a.m.
CFCY SPRING FEVER PACE (Rick McGuire, 892-1066)	May 16 Sunday	Charlottetown	2 Miles	2:00 p.m.
QUALITY INN/BROTHERS TWO 10 KM ROAD RACE (Alfred Groom, 436-2295)	May 22 Saturday	Summerside	10 Kilometers	2:00 p.m.
CAMPERS' CITY RUN (Jake Baird, 894-4554)	May 29 Saturday	Charlottetown	5 Miles	10:00 a.m.
COLONEL GREY-MCDONALD'S (Parker Lund, 892-7544)	June 12 Saturday	Charlottetown	10 Miles	10:00 a.m.
PROVINCIAL 20 KM CHAMPIONSHIP (Parker Lund, 892-7544)	June 27 Sunday	Charlottetown	20 Kilometers	5:00 p.m.
SEAMAN'S BEVERAGES RUN (Ken Campbell, 892-2721)	July 3 Saturday	Charlottetown	4 Miles	10:00 a.m.
FULTON CAMPBELL MEMORIAL (Bob Simmons, 838-2704)	July 17 Saturday	Montague	20 Kilometers	9:30 a.m.
BELFAST LIONS MID-SUMMER JAUNT (Wayne Panton, 659-2893)	July 24 Saturday	Belfast	8 Miles	11:00 a.m.
TYNE VALLEY OYSTER FESTIVAL RUN (Brian Newcombe, 831-2579)	August 7 Saturday	Tyne Valley	20 Miles	9:00 a.m.
NATIONAL PARK 10 KM CHAMPIONSHIP (Jim Wyatt, 569-3693)	August 14 Saturday	Brackley/ Stanhope	10 Kilometers	10:00 a.m.
KENSINGTON HARVEST FESTIVAL (Don Reeves, 436-5345)	August 21 Saturday	Kensington	25 Kilometers	9:00 a.m.
VOLUME RENTALS 5 KM RUN (Rosemary Faulkner, 569-2765)	August 28 Saturday	Charlottetown	5 Kilometers	10:00 a.m.
P.E.I. ROADRUNNERS/CBCT-FM ISLAND MARATHON (Pat Reilly, 892-3591)	Sept. 12 Sunday	Cavendish to Charlottetown	26 Miles, 385 Yards	12:00 noon
ALICE-FAYE'S THREE MILE RUN (Eleanor Farrington, 963-2895)	Oct. 3 Sunday	Charlottetown	3 Miles	2:00 p.m.

PRINCE EDWARD ISLAND ROADRUNNERS CLUB - 1982 RACE DATES (Cont'd)

<u>EVENT</u>	<u>DATE</u>	<u>LOCATION</u>	<u>DISTANCE</u>	<u>TIME</u>
C.A.H.P.E.R. 10 KM ROAD RACE (Jim Honsberger, 672-2486)	Oct. 17 Sunday	Stanhope	10 Kilometers	2:00 p.m.
DUNK RIVER RUN (Paul Wright, 887-2431)	Nov. 6 Saturday	Central Bedeque	7 Miles	2:00 p.m.
DAIRY QUEEN POLAR RUN (Salam Hashem, 894-9925)	Dec. 26 Sunday	Charlottetown	5 Miles	2:00 p.m.

For further information on any of these races, contact the Sport P.E.I. office (894-8879) or write the Club at P.O. Box 302, Charlottetown, P.E.I., C1A 7K7.

R U N N I N G I N M E X I C O

Recently I had the experience of living in Mexico for two weeks. I lived in Central Mexico in a city called Aquascalientes (population of 300,000). Located at a height of 7000 feet above sea level, Aquascalientes offered me a great chance for some altitude training.

Running in Aquascalientes was quite an experience. I knew it was going to be tough (and it was), but I also thought people would pay as little attention to me as they do when I take to the roads of P.E.I. I was the lone runner, or jogger for that matter, in Aquascalientes and many Mexicans shot long suspicious glances at me during my daily run. In Mexico people don't run for any reason. Many of my runs took place during the daily afternoon shutdown period between two and four o'clock and this I am sure added to their startlement.

From a physical standpoint altitude running is quite demanding. At such heights above sea level oxygen is scarce and a period of adjustment is necessary. Training at altitude causes the body to increase both the number of red blood cells and the hemoglobin count. All summer I ran 40-50 mile weeks so I conservatively decided to start out with three mile runs. Two miles into my first run I was breathing so heavily that I had to stop and walk a spell before I could continue. It wasn't until my fourth day that I was able to run the three miles non-stop. My lungs were not used to such exertion and for a few days I had a lot of chest pain. Near the end of my visit I am happy to report things were getting much better as my times showed improvement everyday.

Mexico, for all its oil and mineral resources, remains an extremely poor and backward country. The people for the most part are friendly and the weather is beautiful. It is a nice country to visit, but to anyone accustomed to our many Canadian conveniences and freedoms, Mexico may not be so attractive a home.

Lorne Carmichael

FOURTH ANNUAL AWARDS DINNER
PRINCE EDWARD ISLAND ROADRUNNERS CLUB

DATE: Saturday, February 6, 1982
(Please note the change in date from the earlier notice)

TIME: Reception 6:30 p.m. Banquet 7:00 p.m.

PLACE: McCready's Shore Acres, Cornwall RR#2, P.E.I.

Have we got a treat for you! Anyone familiar with McCready's knows all about their home cooked food and down home country atmosphere. If you don't know, just ask. Here's what is on the menu:

*** The Roadrunner's Smorgasbord ***

Six Hot Dishes - Fried rice, home-made egg rolls, garlic wings, scallop bubbly bake, deep-fried clams & sole, scalloped potatoes.

Cold Cuts - Turkey, ham and beef. Coleslaw, tossed salad, three kinds of jelly molds, home-made pickles, relishes and Granny's own rolls.

Desserts - Three kinds of pie, cheesecake, English trifle parfait and beverage.

The cost of this feast, all you can eat, is \$12 per person. This includes the sales tax and gratuities.

PLEASE NOTE: Since we have to inform Mrs. McCready of how many people to prepare for, we are asking you to reserve your tickets by February 2 by calling Judy Hiscott at 894-8879. Reserved tickets may be purchased at the Sport P.E.I. office or at the door.

The more the merrier, so if you know of anyone else who would like to come along let them know.

If you are in the Charlottetown area and need transportation, a motor pool will probably be available. Call Don Pridmore at 892-3346.

The evening will also include a guest speaker, the presentation of the annual awards and a short business meeting including the election of officers for 1982.

WHY I JOINED THE ROADRUNNERS

During the past year, the P.E.I. Roadrunners Club seemed to be going through a difficult stage in its evolution. During the early years, everyone was at the same stage in running, everything was exciting and new, each expansion of the horizons of roadrunning on P.E.I. was fun, and there were lots of volunteers to share what little, un-structured work there was to do. Now the work is becoming more structured and routine, volunteers are fewer, the 'old guard' are becoming less active in the organization, and there are not as many unexplored horizons to run to. I think this is normal in any organization as it matures. So too is the questioning of the aims and goals of the organization. It is healthy to review the purpose of your Club now that some of the sparkle of the early years has worn off. I'm sure that the Club has evolved in some ways which may not be attractive to all members but that, too, is natural and may have been as a result of the majority of members wanting to develop in that direction. If that is not the case, then membership will decrease and the Club will eventually die a natural death which once again is not an unhealthy occurrence. However, all drops in membership do not necessarily mean that the Club is going the wrong way but it may be a temporary re-adjustment to a different mood, feeling or purpose. It may even only require a re-dedication to the original spirit and goals of the organization, by newer and older members.

I remember joining the roadrunners February, 1980 because I was going to hit the road to get fit and lose weight. I was seeking two things from the organization and not planning on giving anything but a few bucks. I wanted information on running from the newsletter and the social contact through the newsletter and by attending races that told me I wasn't the only fool pounding the pavement. The first race I attended was one of the most exciting, scary and important things I did in my life. We forget what a challenge it is for an over-weight, out-of-shape 37 year old North American male to decide to try and cover the 6.2 miles of something called the "Bunny Hop". Remember, my generation never thought of running more than one mile even when we were young. We had also been taught by all our team and professional sports that you were finished before you hit thirty. But seeing the multitude of different coloured running outfits and different shaped bodies at that first race and also not coming in last (I was 51st of 63) convinced me that I was onto something great. The subsequent two years have proven it.

Does racing improve things for the masses of runners? Are we placing too much emphasis on competition? What was the magic that Salam worked to get the participation at the Polar Run or that Parker and the people at the Spa do for the Corporate Cup that gets over forty women out on the track? I don't know. But I do know that I am still looking for and finding, with the P.E.I. Roadrunners Club, the same things I looked for two years ago. I'm not saying we shouldn't change or that we shouldn't analyze our purpose and how we are carrying it out, but only that we recognize that we have a pretty good thing going now with a lot of positive aspects to it.

Submitted by Jim Wyatt

* * * * *
* M E M B E R S H I P R E N E W A L *
* * * * *

Speaking of putting a few bucks down for the Club, it's that time of year again!

HOW MUCH?

The rate for 1982 will be the same as it was in 1981 - \$3. In Prince County, \$2 of each membership renewal will go to the Prince County Roadrunners and make you a fully paid up member of both the County and Provincial Clubs. In Queens and Kings Counties, the fee goes to the Provincial Club.

WHAT DO I GET?

Paid members remain on our mailing list for the Newsletter and periodical notices for races and other events. So if you want to keep informed of what is happening in running on P.E.I., your renewal will keep you in touch. You also get a flashy membership card that shows that you are a loyal member of one of the best (?) running clubs in the world. After all, how many people can say that they are members of the P.E.I. Roadrunners Club?

WHERE DOES THE MONEY GO?

The Club uses the membership fees to sponsor awards (e.g. banquet, races), to put on meetings and clinics, to purchase race supplies and equipment and to cover general costs it encounters in the promotion of running on P.E.I. Your membership fees help us put on better races and running promotion events.

Please complete and return the form below for your 1982 membership.

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

LAST CALL !

NOMINATIONS FOR ROADRUNNERS OF THE YEAR

If you have not already done so, please complete your nominations for the Male and Female Roadrunner of the Year. Your guidance will help in determining who will be most worthy of the Province's highest honour for roadrunners. Races determine who are the fastest, now we would like you to give consideration to the individuals who represent the best about running on P.E.I. Your nominations should be based on their contribution in the following areas:

- (a) Helped organize Club activities or served on special Club committees;
- (b) Showed a sincere interest in running, and maybe helped encourage beginner runners;
- (c) Trained hard over the past year and showed improvement in road races, or personal training program;
- (d) Always gave his or her best.

Please complete and return immediately to: Nomination Committee
 "Roadrunner of the Year"
 c/o P.O. Box 302
 Charlottetown, PEI C1A 7K7

NOTE: NOMINATIONS CLOSE FRIDAY,
JANUARY 22, 1982

Also, where two or more members live at the same address, nominations may be made on a separate sheet of paper and mailed in the same envelope with the form below.

NOMINEE FOR "FEMALE" ROADRUNNER OF THE YEAR

NAME _____

ADDRESS _____

REASON FOR NOMINATION _____

SIGNED _____

NOMINEE FOR "MALE ROADRUNNER OF THE YEAR

NAME _____

ADDRESS _____

REASON FOR NOMINATION _____

SIGNED _____

(Please add more information on back if necessary)

10 KILOMETER RACE SET FOR MONCTON

All runners are invited to Moncton on February 14th to participate in a 10 kilometer road race which will leave from the University of Moncton at 11:30 a.m. Registration will begin at 10:30 a.m. Further information is available from Salam Hashem at 894-9925 or from Leo Sheehy, RR#1, Hopewell Cape, New Brunswick, EOA 1Y0, 506-734-2601.

PERSONALITY IN THE PACK

This week's subject for character assassination is Alf Groom of Summerside. Alf is a 45 year old hotelier (inn-keeper, Jake) and, rumour has it, an important shareholder in Island Telephone. In Alf's case, although I will try to cover his more recent athletic endeavours in roadrunning which date roughly to September 1980, I feel obliged to cover at least lightly Alf's earlier efforts at sports when he was a callow youth.

When you run with Alf Groom you are running with a former Canadian record-holder, British Empire Games competitor and almost Olympian; - - - in the pole vault. Alf came first in the pole vault in two olympic team trials, two Pan-Am Games team trials and two British Empire (now Commonwealth) Games trials. Unfortunately he was only able to attend the British Empire Games in Perth, Australia where he finished seventh because he became too wrapped up in the excitement of the games and had an off day when it became his turn to compete. He says he wasn't sure what had gone wrong until he met the famous runner Peter Snell all alone on an Australian beach and found out that Snell had stayed away from the games site and the team accommodation and so didn't get involved in the hype and activity which surrounds an event of that kind. As my failing memory serves, Snell did pretty well. Alf, obviously, took part in many other events in those years before he reached his prime (is that at 49 Ewen, or 39?), but I'll only mention the one that led him into roadrunning and marathons.

Alf, apparently, competed in the Boston Indoor Track Meet on a couple of occasions and came second on one day. The organizer of that event who obviously depended on athletes of Alf's calibre was one Will Cloney. Those of us in the know will immediately realize that Mr. Cloney also organizes another little-known attraction called the B.A.A. Marathon.

According to the story I hear, Alf, Dandy Don Reeves and Dawn Robbins, were hanging around Water Street one day in September 1980 when Alf suggested that they train and run Boston in April 1981. A quick phone call from Alf and Will Cloney made sure that numbers were on the way. Now I know how Bill Rogers keeps getting a number; he knows Alf Groom. Anyway that was how Alf started running. He still isn't sure why.

Like many runners, Alf is conscious of his diet but the only thing he uses which most of us might find unusual is Perrier Water. This he uses as a thirst quencher after long runs. He let me try some one day and I have to admit it is effective. He says he tried it because he and Don and Dawn used to use pop after runs and he felt Perrier would be better.

Alf rotates four pairs of shoes; two Nike Columbians and two Brooks Nighthawks. Alf states that he has been able to stay away from injuries by being aware of the initial onset of possible injuries and taking appropriate action immediately. In the future, Alf plans to run Boston this year and maybe one other marathon between now and April.

P.S. Back in the old days Alf used to run the 100 yard dash and do some hurdling in meets back when he was doing all that pole vaulting and used to do 100 yards in 10:01. Eat your heart out Ewen.

Submitted by Jim Wyatt

SHIN SPLINTS - CURES AND PREVENTION

Article By Dr. R. Schuster
Submitted By Salam Hashem

The symptoms of shin splints involving the front leg muscles include tingling, numbness and burning. In more severe cases, there can be a "boring" discomfort about the leg that can lead to weakness and even to the inability to lift the front of the foot. When shin splints occur during a run it may be helpful to run more erect. The idea being that by running more erect, the front of the foot will clear the ground with less lifting. Running relaxed so that the foot just skims the ground also decreases workload as does avoiding hills. The runner should stop running if early signs become worse. Icing after a run can be helpful in reducing internal swelling. Heat should never be used.

The most effective prevention for shin splints of the front leg muscles is calf stretching exercises and raising the heels of running shoes. It is also helpful to strengthen the muscles in the front of the foot against resistance. This can be done as in isometric exercise by placing one foot on top of the other and elevating the under foot against the resistance of the upper foot.

N O T I C E

The following resolution will be presented at the Annual Meeting of the P.E.I. Roadrunners Club on February 6, 1982.

MOTION TO DISSOLVE THE QUEENS COUNTY ROADRUNNERS CLUB

WHEREAS the Queens County Roadrunners Club was formed in 1981 as an affiliate body of the P.E.I. Roadrunners Club with the objective of providing a local organization for the promotion and development of road running in Queens County; and

WHEREAS the experience of one year has given indication that the Club has not been able to bring about a significant increase in local running events, activities, meetings and other local promotion of road running; and

WHEREAS the forum exists through the P.E.I. Roadrunners Club to accomplish the objectives of the Queens County Roadrunners Club; and

WHEREAS members committed to Queens County Roadrunners Club projects may have reduced the volunteer time available to the P.E.I. Roadrunners Club which jeopardizes the ability of the provincial club to meet its commitments; and

WHEREAS it now appears that efforts might better be directed through one Provincial Club which is committed to serving Queens County as well as provincial objectives;

THEREFORE BE IT RESOLVED that the Queens County Roadrunners Club be dissolved and that the P.E.I. Roadrunners Club resume responsibility for the promotion and development of running in Queens County as well as other provincial areas.

Please note that this resolution does not affect the Prince County Roadrunners.



PAMELA CARROLL

The beaten path: Not followed

C. W. GUSEWELLE

It looked for all the world like one of those paths that cattle carve across a pasture, plodding in solemn file between barn, trough and pond. Cattle neither improvise nor consider. Theirs is a mindless march. They will travel that same path for all their days, unless some barrier is presented to deflect them.

In time, the trail becomes a shallow groove, beaten under their hooves until the earth is as bare and smooth as bone. Seeds fall uselessly there, and nothing - not even weeds - can any longer grow.

Years may pass, then. The pasture may stand empty, the cattle having long since gone off to some other farm, or to hamburger. But the path remains, a record of those creatures' habits and a metaphor for the rote monotony of their unexamined lives.

I came across a path like that the other day, but in an unlikely place. It was in the city's heart, where no livestock ought to be. Straight as a wire the beaten groove stretched away along the boulevard median, telling its terrible story of some creature's sad routine.

But what sort of animal had made it? I bent to examine the trail for spoor. No prints could be found. And no droppings. If no more imaginative than cattle, at least this beast was more sanitary. Crouched there, I heard the sudden near drumming of approaching hooves, and

sprang aside in time for it to pass.

Blue shorts, it wore, with notches at the side. And shoes with the name of a guided missile. No shirt. A brass ornament on a chain around its neck. Sweat bands about its forehead and wrists. And, on its face, an expression of the most exquisite pain.

I took closer notice, and far behind that one - strung out at intervals along the dun ribbon of habit and despair - came others of the herd, both males and females of the species.

The look on all the faces was the same, however. Eyes glassy and a little sunken; veins throbbing; nostrils flared; dry mouths agape, like carp left too long on the bank of a stream.

It dawned on me then what they were pursuing. They were after immortality. Just as the path across the pasture speaks of a cow's need for grain and water, this path cut deep into the boulevard median told of certain people's wish to live forever. Although, so huge was their obvious agony, it was necessary to wonder if living forever would be worth the trouble.

Once the meaning of the trail had been discovered, I realized that some of the makers of it - or of trails exactly like it - live on my street.

Sometimes in the blue morning, before the alarm goes off, I hear them pass. Whole families of them, the sire and the dam and even, in some instances, their young. The slap of their feet against the earth rises up to

where I lie cool inside the open bedroom window, and I feel a moment's bite of envy at the thought of them progressing ensemble - perfectly fit and not at all aged - on into the 21st century and possibly beyond that.

They will live to watch their children turn 100 years old in beauty and vigor. They will watch starships come back from far galaxies and hear the astronauts tell of finding no one there. They will live to see the earth turn green again under its mantle of nuclear ash.

They will see the Mideast pumped empty of oil, and the commerce of the desert returned to camels' hair blankets and glass beads. They will see the \$50 bill become the minimum denomination of exchange.

All that would be something to see, I have to admit, lying there cool on my sheets. But then I hear the hooves of the returning herd.

Under the window they pass again. Their gait is less regular than it was. They can be heard to stumble now, and, when stumbling, sometimes to whimper softly. There is a rank moistness in the slap and jostle of their approach. The breath is torn from them in ragged sobs.

The look of those faces along the beaten path is freshly remembered. That and the nature of cattle. And purged of envy, drawing the covers lightly up around me, I concede immortality to those who care to pay its price.

C. W. Gusewelle writes for The Kansas City Star.

THE YEAR THAT SANTA TOOK UP RUNNING

By Old Jed

Christmas, what a wonderful time of the year! Silver bells, halls decked with holly, chestnuts roasting on an open fire and children's voices gleefully refraining "gimme that, it's my toy"; "I got more presents that you did"; and "another sweater?". All of this made possible by Santa. Christmas, the merry season.

Anticipation is as much a part of Christmas as plum puddings, families and decorations. Has anyone ever lost that youthful expectation of presents galore and of opening that oh so special gift that you've spent the last month dreaming of? Of course not. Just to make sure that my Christmas present for 1981 would be the best ever, I made a trip down to my local department store to put in a personal order with Santa. When I got there, though, Santa was on his break (Santa has a good union, you know). I had just sat down by his chair to anxiously await his return when I noticed, peering out from a pile of candy canes and spruce boughs, a book entitled "My running diary - S. Clause." Wonder of wonders, Santa a runner? Curiosity took command of my fingers. I opened the diary to find the following tale:

January - Enough of this business of resting for eleven months to get ready for the Christmas rush. This year I'm going to get myself fit and set a good example for the kids. I'm going to become a runner.

February - I've started my training program. The first lesson I learned is that it is tough to run in black rubber boots and a red suit with fluffy trim all over it. I had the elves whip me up a red and white Adidas track suit and a pair of Brooks Vantage Supremes.

March - The running is coming along fine. Why just the other day I outraced one of my elves. The little fellows never were any good at long distances.

April - My first real race. I challenged the Easter Bunny but the little critter was just too fast for me. Strange kind of a guy, that Easter Bunny. Seems he likes to give out things like Easter eggs on this particular religious holiday. What a silly practice.

May - I'm running thirty miles a week now and my weight is down near 200 pounds. My belly doesn't shake like a bowlful of jelly anymore. Now it's more like a potful of mashed potatoes.

June - The weather is warming up now and in order to keep cooler and cut my wind resistance I've shaved my beard off. This is great, you'd have thought that Jim Wyatt and Lawrence McLagan would have thought of it years ago.

July - I'm up to forty miles a week and down to 180 pounds. This really feels good. I feel like a 500 year old again!

August - I went to one of those P.E.I. Roadrunner races this month. Funny thing, though, when it came time for the award presentations I had this awful urge to start giving medals away.

September - With the kind of healthy glow that running has given me, I'll be able to get rid of Rudolph this Christmas and lead my own sleigh.

October - The mileage is up to eighty per week and the weight is down to 150. I'm so skinny now that I'll even be able to get down Ewen Stewart's chimney.

November - Oh what a terrible shock this month has been. I proudly entered the Santa Claus parade hoping to show off my proud healthy figure and all I kept hearing was "who is that funny skinny guy in the red track suit?" Even Parker Lund would be a better Santa than that guy." What am I going to do!

December - I've solved my problem. I simply put on a fake beard and tucked a pillow over my belly. I'm happy and so are the kids. Ho, ho, ho, this is going to be a Merry Christmas afterall!

So that was it. Santa's own story as a runner. At last I have come to understand a most valuable lesson. If ever you see a Santa and find that he has a false beard and pillows where his tummy should be, don't ever for a moment believe that he isn't real. It's the real Santa, alright, and a real runner.

W A N T T O H E L P E N C O U R A G E F I T N E S S ?

Roadrunners, as well as people involved in other aerobic activities have accepted the importance of and have made a commitment to individual fitness. If we truly believe in fitness then we should see a real benefit in communicating to others the importance of fitness and secondly to provide advice and encouragement to those who are interested in improving their personal fitness.

During the months of January and February the P.E.I. Recreation Association and Sport Canada are working together in a joint project to make Islanders more fitness conscious. Fifteen counsellors from across P.E.I. will be talking to different groups and individuals about fitness. Although the program is specific in its goal (improve fitness levels), the means by which this goal is achieved will vary according to the imagination of the people involved. As one of the counsellors involved in the program I would appreciate it if you would let me know about any group or individual who might be interested in receiving fitness information.

If any readers have any ideas as to how we can most effectively sell our beliefs to others, please contact the undersigned. I would also appreciate it if any members willing to help in the project would contact me.

Walter Lea, Victoria, PEI 658-2443

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

Salam Hashem is to be complimented for his efforts in organizing the Dairy Queen Polar Run. There were few race directors during 1981 on P.E.I. that could brag about doubling the size of their event. Salam is available on a consulting basis during 1982 for any of the designated race directors.

Another coup for Salam was having the Premier of P.E.I., Jim Lee not only start the race and present awards but also act as a timer. No where else but P.E.I.!! Mr. Lee was presented with a P.E.I. Roadrunners t-shirt, to wear during elections, and a copy of "Your Never Too Old" autographed by all the runners. Ewen Stewart did the honours.

It's hard to miss our officials at road races these days thanks to the bright orange vests donated by Ken Campbell of Island Optical. Ken has done an exceptional job for the Club in recent years in rounding up awards for the marathon, officiating races, scrounging goods so as to preserve our meagre bank account and generally helping out. This time, though, he has topped himself by presenting the vests as a gift to the Club. Thanks, Ken. By the way, if you are ever in need of glasses rumour has it that Island Optical can be sweet talked into providing ten percent off to members of the P.E.I. Roadrunners Club

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Don Pridmore had a brief chat with Johnny Miles in Hamilton during the Christmas season. The two time Boston Marathon champion from Sydney Mines, Nova Scotia, looked to be in excellent shape and good spirits. He's active at the moment in lining up a prominent guest speaker for the Johnny Miles Marathon banquet in May. He inquired about the Roadrunners Club and asked Don to pass along a greeting to all. "Tell them that even though I don't get to correspond very much with them that my heart is still down there with them," he said.

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Unfortunately for Don the race organizers in the Hamilton Olympic Club have a much different concept about staging a road race than the Roadrunners. It seems that Don has become used to things like having each mile marked off, occasional split times and, most importantly, knowing the distance of the course. The Hamilton race was supposed to be 16 km but, upon finishing it, Don realized that it was a might short. However, nobody, not even the race organizers, seemed to know how much short it was. Don, who wears out three calculators a year in figuring out his per mile pace every race, was last seen tearing his hair out (the Jim Wyatt look) and inquiring at various government offices where he could get a survey map of Hamilton so he could do his own calculations.

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We are sorry once again that the Newsletter is late in coming out. We had planned to have it in the mail boxes early in January but with several loose ends lying about and other diversions arising things kind of got set back. At any rate, we are here now so read up and enjoy. I wonder what the next edition will bring.

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We hope that you all caught Charlie Ballem's excellent article on Michael Thomas in the current edition of The Island magazine. The article outlines the achievements of probably the best long distance runner ever produced by this Province and provides an insight into what the sport of running, and its fan reaction, was like in the 1908 to 1912 period.

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The P.E.I. Roadrunners Newsletter is produced through the services of SPORT P.E.I. All opinions expressed herein, however, are those of fanatics and not to be taken seriously. (Well, mostly fanatics.) The Newsletter is edited by Don Pridmore and Judy Hiscott. Our thanks go to this month's contributors Jim Wyatt, Lorne Carmichael, Walter Lee, Salam Hashem and Old Jed. Please feel free to drop us a few lines on your running experiences, views or comments at the Sport P.E.I. office.

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