



P.E.I. ROADRUNNERS CBCT-FM RADIO

ISLAND MARATHON

FROM THE EDITOR

Would running have been permitted in George Orwell's totalitarian world of 1984? There are probably many sporting activities that would fit in surprisingly well with the world of Big Brother. Team sports that stress cohesion and obedience to "systems" are the obvious candidates for whatever recreational activity would be permitted in the 1984 society. Football would seem to be the ideal sport, for it is already viewed as stylized warfare between teams that blitz, throw long bombs and fight it out in the trenches. Our own sport, hockey, has become the conquest of, how fittingly, the Soviet Red Army. How Big Brother would have enjoyed watching them. Even many individual sports seem to rely on a subjecting of the competitor to the rules, to a very rigid system or to a well defined sense of behaviour. Golfers will never be revolutionaries.

Nor will runners. At least, I doubt that many would actively oppose political subjugation. Yet, runners could fall into roles as the guerillas of individualism not by seeking to do so, but by merely sabotaging the system with their insistence on individual ways. This is not to imply that runners are free spirits (although some are), for it takes too much personal discipline to run day after day. But runners do seem to be a breed of people who march to the beat of their own drummer (mine isn't in the neighbourhood too often). Running is a sport without rules, without specified locations, without confines. There can be rules, of course, and races have much of the hoopla of other games, but runners persist in measuring their performances by their own standards. Where else is being last O.K.? Anyone attempting to co-ordinate runners or to organize regular activities will surely soon find folly. Runners just are not good followers (neither do they tend to be good leaders). More than anything else, runners tend to be self-reliant, comfortable with themselves, and able to isolate themselves, when desired, from the mainstream. Runners have a way, innocent as it may be, of fouling up imposed order.

No, Big Brother would not have permitted running. Keep being yourselves. Happy 1984!

- Don Pridmore

FINAL SUN LIFE GRAND PRIX RESULTS 1983

Philip Easter and Marlene Costain are the overall champions for the 1983 Sun Life Grand Prix Road Race Series of P.E.I. Philip accumulated 135 points by winning three races and placing second in another three while Marlene achieved a perfect record of 150 through six of her victories.

The final standings include all Island residents who completed at least three races. Scoring is based on 25 points for first, 20 for second and diminishing thereafter by one point per place. All finishers receive at least one point. The final point scores are determined from each runner's six best placings. The race series is composed of 18 women's races and 17 men's races.

We hope that our tallies are correct for all runners. There are quite a number of runners active in the series, so keeping all results accurate has not been easy. In this edition, we have listed all runners who completed the required number of races, not just the leaders, in the overall standings. One challenge we would like to throw out is to have more women in the final standings in 1984.

In addition to racing excellence, the series also recognizes participation. The 1983 male co-winners were Ewen Stewart and Salam Hashem with 15 races apiece. Eleanor Freeman, who ran 14 races, was the women's most active participant. Interestingly enough, each of these runners is in the Masters category. Looks like the younger crowd just can't keep up!

Our congratulations go to every runner on the list. Thanks for making it a fine year!

FEMALES - OVERALL STANDINGS

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Marlene Costain	150	6	Janet Bradley	104	6
Helen Flynn	122	6	Marina Fay	93	6
Francie MacDougall	119	6	Liz Keenan	85	5
Eleanor Freeman	112	6	Bunty Albert	55	5
			Sheila Bell	40	4

WOMEN UNDER 20

Liz Keenan	85
Sheila Bell	40

WOMEN 20 - 34

Marlene Costain	150
Francie MacDougall	119
Janet Bradley	104
Marina Fay	93

WOMEN 35 & OVER

Helen Flynn	122
Eleanor Freeman	112
Bunty Albert	55

SUN LIFE GRAND PRIX RESULTS

continued

MALES - OVERALL STANDINGS

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Philip Easter	135	6	Lambert Pauley	12	5
Paul Wright	132	6	Don Harley	9	6
Don Pridmore	122	6	Don Moffett	9	5
Ron Frid	110	6	Don Harris	8	3
Spencer Campbell	106	6	Gary Hilton	8	6
Randy MacNeill	102	6	Dave Forsythe	7	4
Carl Phillips	83	6	Mike Sullivan	7	6
Salam Hashem	81	6	Don Blane	6	6
Stew Freeman	75	6	Brian Bradley	6	6
Calvin DesRoches	73	4	Colin Easter	6	6
Jim Wyatt	73	6	Wayne Long	6	6
Ewen Stewart	57	6	Brian McInnis	6	6
Marc Brittain	56	5	John MacDonald	5	5
Albert MacDonald	54	6	Roger Wells	5	5
Peter Kittilsen	49	4	Francis Dewar	4	4
Roy Mason	48	6	Jim Duguid	4	4
Wayne T. Wright	44	6	Linnell Edwards	4	4
Julien Gallant	42	6	Ed Grant	4	4
Colin MacAdam	39	4	Bob Gray	4	4
Willie MacDonald	37	3	Lloyd MacCallum	4	4
Leo McCosham	37	3	Tom J. MacDonald	4	4
Doug Jones	32	6	Roy Matheson	4	4
Shawn Jay	29	5	Paul Mullin	4	4
Don Campbell	27	4	Peter Neuffer	4	4
Roger Hewlett	25	3	Francis O'Donnell	4	4
Jake Baird	23	6	Armand Arsenault	3	3
Carl Cooper	22	6	Lawrence Buell	3	3
Curtis DesRoches	20	6	Ron Chambers	3	3
Rob Anderson	18	6	Lorne Carmichael	3	3
Al Swim	18	6	Ninian LeBlanc	3	3
Fred Affleck	17	5	Parker Lund	3	3
Richard Kelderman	16	5	Dave MacNeill	3	3
Harvey Bernard	14	6	Dan McCarthy	3	3
Tommy MacDonald	14	6	Jimmy Paynter	3	3
Peter Somers	14	5	Allan Savidant	3	3
Dave Edmond	12	5	Wayne Shelfoon	3	3
Ronnie Lund	12	6	Don Skelton	3	3

TOP FIVE IN EACH AGE CLASSMEN UNDER 20

Philip Easter	135
Spencer Campbell	106
Marc Brittain	56
Willie MacDonald	37
Leo McCosham	37

MEN 20 - 29

Paul Wright	132
Randy MacNeill	102
Calvin DesRoches	73
Albert MacDonald	54
Roy Mason	48

MEN 30 - 39

Don Pridmore	122
Ron Frid	110
Carl Phillips	83
Peter Kittilsen	49
Wayne T. Wright	44

MEN 40 & OVER

Salam Hashem	81
Stew Freeman	75
Jim Wyatt	73
Ewen Stewart	57
Don Campbell	27

PARTICIPATION

TOP 14 MEN

Salam Hashem	15
Ewen Stewart	15
Spencer Campbell	14
Paul Wright	14
Ron Frid	13
Brian Bradley	11
Stew Freeman	11
Doug Jones	11
Wayne T. Wright	11
Jake Baird	10
Curtis DesRoches	10
Philip Easter	10
Gary Hilton	10
Ronnie Lund	10

TOP 9 WOMEN

Eleanor Freeman	14
Helen Flynn	11
Marlene Costain	10
Janet Bradley	7
Francie MacDougall	7
Marina Fay	6
Bunty Albert	5
Liz Keenan	5
Sheila Bell	4

Where are they now?

JOHNNY MILES

Running

Winner of the Boston Marathon in 1926 and 1929.

Miles was an 11-year-old from Florence, Cape Breton, when he went to work in the coal mines while his father, the mine manager, was away during the First World War. Two days before the 1926 race, the 19-year-old arrived in Boston and walked the course to get an idea of the layout. Two runners were favored to win the event that year, Albin Stenroos, the 1924 Olympic champion from Finland, and Clarence DeMar, the top U.S. runner who went on to win the event seven times. But Miles, who had never run a marathon in competition before, beat them both in what historian Jerry Nason called the "biggest upset in the history of the Boston Marathon." His time was 2 hours 25 minutes but officials remeasured the route and found it was 176 yards short of the official distance of 26 miles 385 yards. Only Jerome Drayton of Toronto, who ran it in 2:14.46 in 1977, has a faster time among the 10 Canadians who have won the event. Miles won again in 1929 in 2:33.08. When he competed there were 175 to 200 athletes. This year there were 6,600. "They're easing



up on a lot of rules," he said recently. "Years ago, you couldn't take 50 cents. Now they have trust funds for the athletes." Miles became manager of manufacturing for International Harvester and received the Order of Canada last December. Now 77, he lives in Hamilton, Ont., where he is retired.

— PAUL PATTON.

RACE RESULTS

D U N K R I V E R 7.3 M I L E R U N

Saturday, November 5, 1983

FINISHERS 1 - 21

* Gary Shupe	38:55
Leo Sheehy	39:04
Don Pridmore	39:38
** Tom Conway	40:15
Craig Faulkner	40:30
Randy MacNeill	40:48
Walter McKinley	40:56
Spencer Campbell	41:10
Ron Frid	41:41
Salam Hashem	42:03
William MacEachern	42:28
Robert Jobe	42:29
Wayne Gerrior	42:38
Kent Leslie	43:21
Stew Freeman	43:49
Wayne Wright	43:52
Ewen Stewart	44:24
Don Campbell	44:37
*** Marlene Costain	45:01
Terry Edgett	45:21
Curtis Faulkner	46:22

FINISHERS 22 - 41

Paul Kyle	47:01
Tom MacDonald	47:29
Harvey Bernard	47:33
Jim MacDonald	47:49
Doug Jones	48:05
Al Swim	48:23
Dave Edmond	49:12
Mike Sullivan	49:39
Gary Hilton	50:15
John Elliott	51:13
Curtis DesRoches	51:22
Brian Bradley	51:45
Darin Steeves	51:49
Foch McNally	55:16
Francie MacDougall	55:18
Eleanor Freeman	56:15
Janet Bradley	56:51
Judy Gallant	1:00:10
Francis Dewar	1:01:09
Bunty Albert	1:07:40

* denotes Male Open Course Record.

** denotes Male Masters (40 & Over) Record.

*** denotes Female Record.

A sincere thanks to all involved; to our sponsors, Campbell & Burns, and Callbeck's, to the St. John Ambulance volunteers, to those who helped on race day (esp. Dawn and Peter) and to the runners for coming. Our turnout exceeded that of recent years, and total participants fell just one shy of a record number (42) from our inaugural year (1978). Let's top the 50 mark in '84. Thanks again.

Paul Wright

RACE RESULTS

D A I R Y Q U E E N P O L A R R U N

Tuesday, December 27, 1983

FINISHERS 1 - 42

Ralph Freeze	28:16
Phillip Easter	28:47
Leo Sheehey	29:06
Randy MacNeil	29:50
Victor MacLeod	30:02
Leonard MacDonald	30:09
Mike Landry	30:17
Ron Frid	30:27
Salam Hashem	30:44
Stew Freeman	30:57
Spencer Campbell	31:32
Don Campbell	31:35
Albert MacDonald	31:41
Dave Manoville	32:08
Kent Leslie	32:22
Paul Wright	Tie { 32:37
Ewen Stewart	Tie { 32:37
Lambert Pauley	33:18
Tom MacDonald	33:36
Marlene Costain	33:55
Peter Lord	Tie { 33:59
Harvey Bernard	Tie { 33:59
Curtis DesRoches	34:01
Roy Mason	34:02
Doug Jones	34:19
Dave Edmond	34:23
Jim Stahr	34:24
Terry Edgett	34:38
Al Swim	34:50
Jim Wyatt	34:59
Ian Warwick	35:03
Jim Duguid	35:04
Mike Sullivan	35:32
Dave Fraser	35:50
Francis O'Donnell	36:09
Danny Gass	36:45
Bernard Postma	37:00
Colin Easter	37:12
Jim Fay	37:20
Gary Hilton	37:23
Brian McInnis	37:28
Wayne Shelfoon	37:51

FINISHERS 43 - 85

Mary Rossiter	38:00
Tommy J. MacDonald	38:11
Santa Clause	38:22
Foch McNally	38:47
Helen Flynn	Tie { 38:52
Don Blane	Tie { 38:52
Ted Brown	39:20
James Doyle	39:33
William R. Sanders	39:40
Janet Bradley	39:50
Carl Cooper	39:55
Eleanor Freeman	Tie { 39:59
Ron Herbert	Tie { 39:59
Larry MacEachern	41:47
Francis Dewar	41:53
Roy Matheson	42:34
John Suen	42:40
Andrew Swim	42:41
Derek Anderson	42:42
Maureen Pigott	42:49
David Forsythe	42:50
Ron Bubanko	43:21
Kevin Smith	43:26
Lorrie Quigg	43:27
Brendon McGinn	44:11
Scott Taylor	45:24
Stephen Dowling	45:25
Ernie Dunsford	Tie { 45:36
Paul Steel	Tie { 45:36
Peter McGonnell	Tie { 45:36
Marina Fay	Tie { 45:57
Jake Baird	Tie { 45:57
Libby O'Donnell	46:11
Rosemary Herbert	46:12
Sandy MacKay	46:45
Rosemary Faulkner	47:29
Bunty Albert	49:58
Al Stewart	51:05
Jordon Stewart	Tie { 55:51
Donna Thompson	Tie { 55:51
Matthew Bradley	Tie { 58:05
Brian Bradley	Tie { 58:05
Allan Mason	1:03:23

FEMALE RUNNER BREAKS WORLD RECORD

- By Eleanor Freeman

On November 17, 1983, a world record was broken on P.E.I.'s good red soil!

Kanchan Stott, a 37 year old ultra-distance runner, reached her 4000th mile in Bonshaw, thereby setting a world record for the longest distance run by a woman.

Upon hearing the radio coverage from Bonshaw, I couldn't help wishing that the Club had known this achievement was imminent. Such a feat deserves recognition! I hopped in the car to seek out this incredible runner.

Congratulations were met with an enthusiastic wave and smile and after taking a picture, I spoke with Kanchan. I was delighted when she accepted an invitation to meet with the Roadrunners that evening. As Kanchan ran on towards Charlottetown, I drove in and began phoning our members to arrange a get-together. Unable to contact our President, (and keeper of the Club T-shirts) I managed to track down a spare at Sport P.E.I. which I presented, on behalf of the P.E.I. Roadrunners Club, to Kanchan after she arrived in Charlottetown and was welcomed by the Mayor.

I felt a little frustrated as I was unable to contact all the Club members. I'm sure they would like to have met Kanchan and heard of her adventurous run. After talking Ewen into phoning more members, I dashed off to Kensington to pick up my son from hockey practice.

Although few of the members contacted were able to attend, those of us who were there had a most enjoyable evening. We found Kanchan to be very soft-spoken and personable and we listened with great interest and a little awe as she related some of the highlights of her cross-Canada run. We thought it fitting to present Kanchan with a gold Roadrunner medal to commemorate setting a new world record on P.E.I. Taylor's Jewellers graciously provided complementary engraving which read: "Nov 17, 1983, 4000 miles World Record, Well Done Kanchan, P.E.I. Roadrunners Logo." She was very pleased and expressed her thanks to the Club.

One week later, Stew and I took part in the Aerobics First 5 Mile Mug Run - great fun! Kanchan had extended an invitation to join her at the celebration buffet held immediately after the completion of her run. In Halifax on Tuesday, November 29/83, Kanchan ran her final miles. We watched as she poured some of the Pacific into the Atlantic. Then we joined Kanchan, along with several other enthusiastic well-wishers, including Nancy Garapick, Anna Pendergast and Marjorie Bailey, in a two-mile, police-escorted jog to City Hall.

PRESS RELEASE



Records are made to be broken, but some of them still have to be made. In May, Canadian Kanchan Stott will set a record by running across the country. Not only will she be one of the first women to run across Canada, but will set a world record for the longest distance run by a woman.

Her run begins May 6 in Victoria, B.C. and will end in October in Halifax, Nova Scotia. At that pace, she will have to run about six hours each day.

Stott is already a champion. She has run marathons in New York, Ottawa and Maine and holds the Canadian Championship record for the longest distance run in a 24-hour race. She ran 106 miles, 400 yards. The race was held in New York last October and was sponsored by the Sri Chinmoy Marathon Team. Stott says the Team was instrumental in pushing her to higher goals.

She has been on the Team for six years and says her meditation teacher, Sri Chinmoy, first inspired her to run and constantly encouraged her. For her, running across Canada was the next step.

"Without Sri Chinmoy's support and encouragement," she says, "I could not have accomplished the long distances. After the 24-hour race, I looked for a greater challenge, for another opportunity to transcend my previous records.

However, Stott does not consider herself to be a marathon runner, instead calls herself an ultra-distance runner. This type of running is relatively new in Canada.

"It is a very different sport from the marathon," says Stott. "The goal of ultra-distance running is to keep the body calm, economical and restrained."

A runner uses her inner strength to keep going for a long time and not to run for speed. Stott has run in three ultra-distance races of 47 and 50 miles. All three were held in honor of Sri Chinmoy's birthday.

The philosophy of Sri Chinmoy stresses the importance of athletics as an opportunity to push beyond one's imagined boundaries. This kind of self-transcendence is a goal of meditation, which Stott practices daily.

Stott says the inner strength she has gained from meditation has allowed her to accomplish what she has done to date.

"Meditation has taught me to be peaceful and calm," she says, "despite the odds and pain."

There is no doubt that more pain is about to begin, but with the support and her beliefs, she is confident that her goals will be achieved.

A N N U A L G E N E R A L M E E T I N G

Approximately two dozen Club members attended the sixth annual general meeting of the P.E.I. Roadrunners Club at the Basilica Recreation Centre, Richmond Street, Charlottetown on January 17/84.

This year's meeting was very much in the "housekeeping" category although it did feature the installment of the Club's first female president, Rosemary Faulkner. Otherwise, the meeting agenda included reports from the president (see next three pages) and Run Canada rep, the adoption of the new Club constitution, the election of officers and a (short) general discussion session. Members of the Club apparently thought that outgoing president Don Pridmore would have time on his hands so they presented him with a clock (there is no truth to the rumor that he has been carrying it around to time his runs).

The meeting concluded with the really good part - biscuits, cheese, crackers, orange juice, etc courtesy of Ewen, Rosemary, and others.

The Club executive for 1984 is as follows:

President	Mrs. Rosemary Faulkner 569-2765	
Past President	Mr. Don Pridmore 892-3346	
Vice-President	Mr. Carl Cooper 894-4277	
Secretary	Ms. Margaret MacDonald 892-9433	
Treasurer	Ms. Marlene Costain 892-7683	
County Directors	Eleanor & Stew Freeman 886-2918	(QUEENS)
	Mr. Ron Drake 651-2044	(KINGS)
	Mr. Carl Phillips 831-2503	(PRINCE)
	Mr. Lloyd MacCallum 436-3581	(PRINCE)

President's Report

Five years ago when the P.E.I. Roadrunners Club held its first annual meeting, I thought running as a popular sport had reached its peak. So much for my prognostic skills. Running has indeed continued to grow and, as much as it surprises me still, it enjoyed impressive growth on P.E.I. in 1983. Road races in the Province attracted more than 1,400 entrants in 1983, an increase of 16% over 1982. Run Canada Week last May attracted a reported 3,000 Island participants. Another 350 ran in the Corporate Cup and 90 runners joined in the Red Cross Multi-Sport Relay. The sight of joggers on Island roads is becoming sufficiently familiar that it is no longer a cause of wonderment for our more sedentary friends. We have yet to outnumber cars on the roads, but we are gaining on the pedestrians.

There have been a number of very positive signs for runners in the past year, both those pointing to increased participation and those relating to the quality of running. To take the latter first, of the twenty competitive road races held on the Island last year, nine of the men's winners and thirteen of the women's winners were Island runners. Marlene Costain broke six existing course records, Philip Easter two and Helen Flynn one. Including off-Island runners, 14 of the existing 35 course records fell in 1983. And it was not only in the lead pack that things were speeding up. Most runners found that just to match their placings of past years they had to knock minutes off their times. The satisfaction of increased competitiveness would be slight, however, if it were not accompanied by broadening the base of running. To some extent, we have been successful at this as some of the earlier figures have indicated. Probably the most significant development in this vien has been the substantial growth in the number of women runners. The Alice-Faye three mile run for women more than doubled its number of entrants while the number of female runners in most other races also grew. A Run Canada Week participation event for women drew approximately 80 runners. The ability of the P.E.I. Roadrunners Club to encourage and support the recreational jogger, either female or male, has been a matter of concern amongst our members almost ever since the Club began. I suspect that none of us are really satisfied that we are doing all that could be done to appeal to this segment of the running community, but I do think we can take some consolation in the level of participation in the past year.

Of the highlights of 1983, perhaps the foremost was the inauguration of Run Canada Week last May. Although the Club did not play a formal role in the planning for the week, many of our members organized, assisted or participated in the events. Can anyone forget the joy they had when they joined in with hundreds of others in the Run for Light, or the pride they had when reading of events that were being staged all across the Island and, indeed, the country. 1983 was also the year that the Island had at least one road race every month of the year. It was the year that the P.E.I. Roadrunners Club received its incorporation (thanks Paul and Ron for donating your services) putting us on a more business like foundation. Each month contributed a memory or two of its own that will be fondly looked upon for many years to come. My own list includes the following:

January - 1983 was the year that winter never came. Mild weather made for good running. There was only one storm all month and one race. Guess what coincidence took place?

February - the Corporate Cup was a hugh success. The weather continued to be mild except for one storm. Guess what day the Mardi Gras race and Club awards banquet were scheduled for?

- March - the first Spring Tune-up race was held in perfect weather. Maybe we really could get along with the weatherman after all in 1983.
- April - no way, Jose. The Bunny Hop weather was more suited to ducks and penguins. Do penguins hop?
- May - Run Canada Week. It was an uplift to us all. The month was filled with races every weekend and capped by the Red Cross Multi-Sport Relay.
- June - a personal highlight-the moment the sun came out before the Run Into Summer. That event, like many others, enjoyed a much more successful year in 1983.
- July - the time of year when there is a race almost every weekend. Our schedule welcomed the North Shore Coastal Run featuring splendid scenery, plentiful clam chowder and abundant hospitality.
- August - every year Jim Wyatt tells runners across the Maritimes all about the tail wind for the National Park 10 km run. If only he had remembered to tell the weatherman.
- September - suspicion grows that Jim Wyatt has come out on the losing end of an argument with the weatherman about his tailwind. The wind blows again at the Island Marathon, right into the faces of the brave competitors. Jim is latter heard muttering something about "wind Insurance" for his races in 1984.
- October - the Alice-Faye Run goes from having the smallest field of any road race in 1982 to one of the larger ones in 1983. Eleanor Freeman doesn't stop smiling for a full month. The wind gets cranked up again at the CAPHER run.
- November - having blown itself out over the past five races, the wind gives up at the Dunk River Run. Runners are unaccustomed to this condition at Dunk River but recover in time to smash all existing course records. Katchan Stott visits the Island on her cross-Canada run and reaches the record breaking 4,000 mile mark in Bonshaw.
- December - Santa Claus had snow this year and so too did Salam Hashem. Salam sings several verses of "I'm dreaming of a white Polar Run" while 88 runners vow to take up skiing.

At the same time as we look back fondly at 1983, I believe that we can be optimistic about the prospects for 1984. Last fall we got back to the idea of having more frequent Club meetings and clinics and under the direction of Don Harley I feel that these meetings can help rekindle a more solid Club feeling. This summer we will be hosting the National 20 Km road race championship and I am sure that we will make this one of the best running events ever held in the Maritimes. The Club will have a new President and a mostly new Executive and I am very pleased not only that we have been able to recruit such capable people but that there are so many new members who are willing to undertake these responsibilities.

I would like to conclude by thanking all of those who, in recognizing how truly lazy I really am, have helped to make my period as President easy and rewarding. My best wishes go to Rosemary and the new Directors and to all Club members. May 1984 be an even better year.

Don Pridmore
President

ENTRANTS IN P.E.I. ROAD RACES, 1982 AND 1983

	<u>1982</u>	<u>1983</u>
Atlantic Police Academy Run, 4 miles	--	58
Summerside Mardi Gras Run, 4 miles	39	38
Spring Tune-up, Bedeque, 10 km	--	25
Dairy Queen Bunny Hop, 10 km	79	36
Athena Run, Summerside, 7 miles	80	77
Campers' City Run, W. Royalty, 5 miles	52	70
CFCY Spring Fever Pace, 2 miles	185	146
Quality Inn/Brothers Two Run, 10 km	71	83
Non-Puffers Pace, Southport, 4 miles	30	32
McDonald's Run, Charlottetown, 10 miles	66	73
CBCT Run Into Summer, 2 miles	41	61
Seaman's Beverages Run, 4 miles	65	74
Fulton Campbell Memorial, Montague, 20 km	35	64
Belfast Lions Mid-Summer Jaunt, 8 miles	50	57
North Shore Coastal Run, 17 km	--	25
ADL Tyne Valley Run, 20 miles	23	26
National Park 10 km Maritime Championship	96	94
Kensington Harvest Festival Run, 25 km	24	40
Volume Rentals Run, Sherwood, 5 km	41	51
PEI Roadrunners/CBCT-FM ISLAND MARATHON	78	80
Alice-Faye's Run for Women, 3 miles	20	49
CAPHER Run, Stanhope, 10 km	27	46
Dunk River Run, Bedeque, 7.3 miles	33	41
Diary Queen Polar Run, Charlottetown, 5 miles	94	88
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	1229	1434

NEED FOR COPPER

- By Salam Hashem

Some types of anemia do not respond to an increase of iron in the diet. Experiments have shown that copper is an important mineral in the mobilization and use of iron in the body. When copper is lacking, the body cannot release iron from the storage iron. Many iron supplements and tonics contain small amounts of copper to prevent anemia from a lack of copper.

Copper is referred to as a trace element. This is because only tiny amounts are needed in the body. Fortunately, many foods which contain iron also contain copper. These include molasses, liver, nuts, egg yolk, cocoa, chocolate, mushrooms, and wheat bran. Chocolate-covered nuts and sweets made with dark molasses are far more nutritious for the body than many of the over-sugared and artificially-colored varieties on sale today. They can satisfy a craving for sweets and also help to prevent anemia.



"Times are really hard when you can get people to run 26 miles for a \$6.00 T-shirt."

(submitted by Stew's mother)

Next time you may ask, 'Where'd she come from?'

By MIMI LILLY

I was one of those faces in the mass of runners you may have seen bright and early Saturday morning wandering around the YMCA in Austin. I was one of the ones who set out in the tenuous skies to pound the pavement, expand my lungs and join the ranks of the fit.

We arrived at the Y to meet a group elite unto itself. There were people stretching on the sidewalks and bodies with coordinated gym suits, all seeming to know which pose and attitude was appropriate to the moment. I snuck to the bathroom to gain some composure and then raced to the desk to claim my number and T-shirt, bending to touch one or the other of my toes as I went. Finally, my number pinned to my sweatsuit, I dared mingle with the masses. In fact, I actually sauntered outside to eye the competition. I mean, really, how were they to know how fast I could run a mile or, for that matter, which race I would actually be running? I could be

the dark horse that appeared in their worst nightmares, ready to spring ahead in the last 50 meters of the 13-mile run. Ah, what power I felt as I strode through the groups of fellow racers.

At the starting line, in my coordinated sweatsuit, my confidence grew, for a few minutes anyway. My kids were lined up beside me with feet "tickling." We were ready to burst at the sound of the gun. For some strange reason then, a few mothers pulling tiny children with numbers drifted over to ask if I would mind if their children ran with me. Now how were they to know I wasn't going to run five-minute miles? Could it be because my sweatsuit, so carefully chosen had strunk so that it now came mid-calf? Or should I have purchased that sweatband I had eyed so longingly in the store? But even this did not daunt my momentary headiness. The sound of the gun and we were off!

Unfortunately my children and I came in almost last in our race. Most of the little ones left in my care beat me by at least a minute and it almost completely destroyed my confidence when we met the first runners coming back before we had even reached the midpoint. But, we did finish the two-mile run — and, we finished it running! We may even do it again soon.

God bless the lady who came in behind us so we wouldn't be the very last. God bless the middle group who might not be noticed, but who made up the runners whom the really fit can pass. And, yes, God bless even those who havled my time because you give the rest of us something to aim for. But, be careful! Maybe next time I'll be the one who will steam past you just when you thought you had the race won. And you'll glance at me bewildered and wonder, "Now wherever did she come from?" And that's what it's all about, isn't it?



*NOTE: Some of you will remember Mimi & Doug Lilly of Austin, Minnesota who were here for a few years. Doug was an orthopaedic surgeon and I know some of the walking wounded made a trip to his office! Mimi is a writer and she sent along the following article she wrote for a local paper. You may contact me if you wish their address.

Rosemary Faulkner

Winter Doesn't Stop Running Or Jogging Enthusiasts

EDMONTON (CP) — Snow, ice and -20 temperatures can make a person question the sanity of going outside, but winter doesn't stop running or jogging enthusiasts.

"There are only two or three days during the winters in Edmonton that are intolerable for running," said Dr. Art Quinney, a professor in the department of physical education and sport at the University of

Alberta.

"One should look at the severity of conditions — the wind and temperature in combination. In very cold weather, long training runs of high intensity of two to three hours should be avoided."

Gabor Simonyi, University of Alberta track coach, said the three major problems encountered during winter running are footing, breathing in cold air and how to avoid profuse sweating.

A running shoe with a treaded or waffle sole is recommended to solve the footing problem, Simonyi said. The angle at which the foot hits the ground is also important.

"You would never fall if you land on the flat of the foot," he said. "One can run on severe ice us-

ing this way. The farther away from a 90-degree angle, the more the chances of falling."

And running slower will reduce problems with breathing cold air, he advised.

SUGGESTS MASK

"In really cold weather it is a terrific idea to use something like a surgical-dust insulation mask," Simonyi said. "It keeps the nose and chin warm and the air you breathe in is warm."

He suggested runners wear three layers of loose-fitting clothes which all overlap.

"Longjohns should be worn under a pair of shorts and a long-sleeve, turtleneck-type sweater on top would be tucked into the shorts," Simonyi said. "The sweater should be long enough to come down to the thighs.

There should be special protection for the genital organs or a person can come to grief."

A warmup suit, then an outer shell top and bottom would complete the attire.

Covering the hands and head is critical. Wearing a hat is the best way of controlling heat loss.

"The hat should not be a tight fit and should come down to cover the ears," Simonyi said. "Oversize mitts are better to wear because there is more air space."

Simonyi, who warned against over-dressing because it causes sweating, said the key to staying warm is to cover all exposed areas, especially as the weather becomes more severe.

#The Corner # Summer 83

Advice for night joggers

To the Editor:

On page three of the Spring issue of your publication, you drew attention to a Coroner's Jury's recommendations for joggers. Your quote was correct, but one of the recommendations was so faulty as to constitute a major safety hazard for the unwary.

Fluorescent vests are useless at night and their use leads to a false sense of security on the part of the user.

To be effective, fluorescent materials require ultra-violet light. This is not available in car headlights or other artificial light, and consequently fluorescent clothing is ineffective, and tests show that even plain white is visible at greater distances. Only retro-reflective material works better at night.

Fluorescent colours are good in poor weather, or at dawn or dusk since ultra-violet light is then available.

P.G. Green,
Manager,
Communication,
Canada Safety Council.



A T T E N T I O N
1 0 % D I S C O U N T

The following stores offer 10% off their running shoes and clothing to all runners who are members of the P.E.I. Roadrunners Club.

PLEASE NOTE THAT THE 10% IS OFF "THE REGULAR PRICE ONLY" and does not include sale price items.



Plus, Camper's City is putting on a "February Special" of 1/3 off the following running shoes:

Men's New Balance 420 & 555
Men's Brooks Supremes
Ladies New Balance 660
All court shoes (tennis, etc)

H.I. QUALITY SPORTS INC.

134A St. Peters Road
(Next to Callbeck's Ltd.)

Harvey Inman and Wally Morrison are pleased to announce that they will now be offering a 10% discount off their running shoes and clothing.

They just returned from a trade show in Montreal, so drop in and see all their new running equipment!

WHAT'S NEW FOR RUNNERS

"LIFA UNDERWEAR"

It might not be new to you, but it is certainly a new type of material to me!

The Lifa fabric was highly recommended to me so I purchased the crew neck tops with our club discount at Camper's City for \$19.53.

They are available in both the tops and bottoms. More expensive but in my opinion, really worth it!

Read about the Lifa fabric below and decide for yourself!

"A GREAT WAY TO KEEP DRYER AND WARMER!"

- Don Harley

THE LIFA BREAKTHROUGH

IT'S DRYER.

This underwear is made of a specially-formulated polypropylene in an elastic type of knit that fits you like a second warm skin. Since polypropylene cannot absorb moisture, the thousands of tiny apertures in the knit let your body moisture pass through. As you move your arms and legs, you stretch the LIFA material, allowing moisture an easy exit. You literally exhaust perspiration through your underwear to the outer garments where it evaporates. You stay dry through your exercise period.

IT'S LIGHTER.

Polypropylene, the major constituent of LIFA fabric, is much lighter* than all common textile fibers, whether natural or synthetic. It is so light, it actually floats! Your body is free to move when you wear LIFA, without any feeling of bulkiness.

IT'S WARMER.

The insulating value of polypropylene is much greater than that of many other fibers such as polyester, wool, cotton etc* (see table below). This combination of greater warmth, lighter weight and the ability to stay dry makes LIFA the ideal choice for underwear, for active people. It has been selected for use by the 1982 Canadian Mt. Everest Expedition, and both U.S. and Canadian National Ski Teams.

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

PRINCE EDWARD ISLAND

- March 3 Summerside Mardi Gras Run, 4 Miles; 2:00 p.m. start at the Summerside Rec. Centre. Contact Don Reeves, 436-5345(h)
- March 24 Spring Tune-Up, 10 Kilometers, Bedeque; 2:00 p.m. start at the Bedeque Rec. Centre. Contact Paul Wright, 887-2431(h)
- April 21 Dairy Queen Bunny Hop, 10 Kilometers; 10:00 a.m. start at the Dairy Queen, Charlottetown. Contact Ewen Stewart, 894-5668(h)

NEW BRUNSWICK

- February 11 Dieppe, Friendship Carnival, 5 Miles. Contact Terry Edgett
- February 18-19 Atlantic Indoor Championships, University de Moncton, 6:00 - 10:00 p.m. on the 18th; 9:00 a.m. - 5:00 p.m. on the 19th, 3000M on the 18th. Contact Walter Ellis, Saint John, 642-3953(h)
- March 17 Saint John, St. Patty's Day, 8 Miles; Contact Wayne Murphy
- April 8 Fredericton, N.B. Heart Marathon. Contact George Hubbard, 455-7312
- April 29 Sackville, 10 Kilometers; Contact Virgil Hammock.

NOVA SCOTIA

Schedule not available.

THE NATIONAL CAPITAL MARATHON

The Ottawa Marathon will be held this year on Sunday, May 13/84 starting at 9:00 a.m. from Carleton University. This marathon is the time trials for Canada's Olympic team, so you can expect that our best marathoners will be trying to make both the men's and women's teams.

The P.E.I. Roadrunners Club travel consultant will be Gary Hilton. He will be helping arrange our best and most economic travel arrangements and accommodations for the Ottawa trip.

The direct flight on Air Canada leaves the Charlottetown Airport on Friday, May 11th at 4:00 p.m. and arrives in Ottawa at 4:35 p.m. (their time). Then on Monday, May 14th, it leaves Ottawa at 12:20 p.m. and arrives at Charlottetown at 2:50 p.m. (our time).

Air Canada offers the following packages:

Regular Excursion (book two weeks to a month ahead)

Leave Friday, May 11th at 4:00 p.m.

Return Monday, May 14th at 2:50 p.m.

Fare	\$237.00	NOTE: The regular fare is
Tax	<u>18.95</u>	\$316.00
TOTAL	\$255.96	

Leave Thursday, May 10th at 4:00 p.m.

Return Tuesday, May 15th at 2:50 p.m.

Fare	\$205.00
Tax	<u>16.40</u>
TOTAL	\$221.40

We might also be able to obtain low-cost accommodations at Carleton University. If you are planning to run the Ottawa Marathon, or be a spectator, please call Gary Hilton before February 25th at 569-4545 (after 6:00 p.m.)