



P.E.I. ROADRUNNERS CBCT-FM RADIO

ISLAND MARATHON

FROM THE EDITOR

Jim Wyatt sends his greetings. He passed along this message to me while at a road race in Hamilton on Boxing Day. Jim said he made a special trip from Toronto just to race with one of his old running buddies from the Island. This story was blown, however, when he later confided that he had relatives in Hamilton willing to feed him another Christmas dinner and, being a "poor student", he could use all the free dinners he could get. Besides touching up relatives for free dinners these days, Jim is running with the Longboat Club. One interesting observation he made was that club members there emphasize quality in training over quantity and that even in training runs, they run at a Salam Hashem-type pace. Jim was finding this quite a change from his Island days.

It seems that training programs for runners are as plentiful as diet plans. Don't like what you are doing now? Not to worry, another program/plan will be along tomorrow. Like dieters, runners seem to be searching for that perfect program that will show breakthrough results. Even as runners adhere to one program, they keep an eye out for other training schedules or techniques that might just work better. We Island runners are at a bit of a disadvantage because we do not have trained coaches around who can be relied on for sound advice. Yet, even at that, different coaches have such diverse methods that having them available could even add to the confusion about training programs.

Runners at all levels, from the beginner who is just getting involved to the competitive racer, are joined in the search for training advice that will help them improve. Most of us have learned lessons the hard way. Eventually, after reading hundreds of articles and talking to tens of runners, most find programs that seem to work. Often, they are very different. Undoubtedly, there are certain "rights" and "wrongs" that must be respected. A runner must learn the basics that contribute to developing technique, strength and pace. There are, however, many options that can be taken to achieve results. I know of no three runners on the Island, for instance, who train as differently as Paul Wright, Ron Frid, and myself. Yet, last year we often ran virtually step for step with each other in the races. Admittedly, perhaps none of us has the program to best develop our potential. But we have found that we are not the same runner nor do we respond to running in the same way. Don't try to be the runner you are not.

The key is to know yourself, to analyze your strengths, to understand your mental and physical makeup, to reason your objectives and to evaluate your performance. Take all the advice you can get, but keep the same healthy sense of skepticism you would if you were being told about a diet plan. Happy running in '85!

- Don Pridmore

SUN LIFE GRAND PRIX STANDINGS - 1984 FINAL

When the Sun Life Grand Prix standings for 1983 were listed in the Newsletter last year, a challenge was thrown out. Although participation in Island Road races had been good, there had not been many women runners who had participated in at least three Grand Prix races. The past year saw a remarkable upsurge in the number of women runners in P.E.I. and we are pleased to have the number of participants in the final standings climb from 9 in 1983 to 27 in 1984. The number of male runners also rose in 1984, up to 89 compared to 74 in 1983. Overall, the number of runners making the final standings was up almost 40% over 1983.

This is the one time of the year when all the runners are listed in the standings. We know that many runners miss having their points listed through the year so here is the opportunity to see them all. One of the objectives of the Series is to encourage participation and so in addition to listing the full standings, a list is also included of those who have completed the most races. One item to keep in mind, though, is that it is hard to keep track of the points from more than 1300 separate placings over 21 races and that not all individual results may be accurate. We apologize to any runners who may have accidentally been left off the list or whose points are not correct.

The points have been calculated on a basis of 25 points for a win, 20 for second, 19 for third and 1 point less per succeeding placing. All participants score at least one point per completed Grand Prix race. A bonus of five points is given for establishing a new course record. Only a runner's best six placings are counted. To be listed, an Island runner must have completed at least three races.

Our congratulations go to the various winners. The awards for the top overall and age group winners will be presented at the Club's annual Awards Banquet on February 10th at Brothers Two in Summerside. This year's overall winners, Don Pridmore and Marlene Costain, join the following as winners of the Series:

1983	Philip Easter	Marlene Costain
1982	Jim Wyatt	Eleanor Freeman
1981	Calvin DesRoches	Monica LaPointe
1980	Roy Mason	Monica LaPointe

We would also like to thank Sun Life very heartily for their sponsorship of the Series over the past two years and for their continued support for running on P.E.I.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Marlene Costain	170	6	Donna Profit	108	6
Dorothy Gregory	140	6	Judy MacLean	104	6
Helen Flynn	130	6	Janet Bradley	97	6
Eleanor Freeman	120	6	Marina Fay	95	6
Susane MacPhee-	108	6	Carole Woodhall	83	5
Manning			Rosemary Faulkner	67	6

GRAND PRIX STANDINGS

cont'd

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Susan Rogers	62	3	Charlotte Campbell	32	3
Margot Bentley	61	5	Melody Campbell	30	4
Karen Mellish-May	57	5	Bunty Albert	29	4
Diane Bradley	54	3	Louvina Edwards	25	6
Nina Campbell	47	6	Betty Gillis	16	3
Francie MacDougall	46	3	Kathy Earl	15	3
Sandra Anderson	35	3	Darlene Robison	15	3
Sheila Bell	32	3	Vicki Forster	14	3

AGE GROUPS - TOP 5

<u>UNDER 20</u>		<u>20 - 34</u>		<u>35 & OVER</u>	
Susan Rogers	62	Marlene Costain	170	Helen Flynn	130
Sheila Bell	32	Dorothy Gregory	140	Eleanor Freeman	120
Charlotte Campbell	32	Suzane MacPhee-	108	Rosemary Faulkner	67
Melody Campbell	30	Manning		Nina Campbell	47
		Donna Profit	108	Bunty Albert	29
		Judy MacLean	104		

MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Don Pridmore	170	6	Brian Dunn	23	6
Ron Frid	135	6	Shawn Jay	22	5
Paul Wright	127	6	Doug Jones	22	6
Philip Easter	120	6	John McAleer	22	4
Spencer Campbell	112	6	Parker Lund	20	6
Salam Hashem	107	6	Mike Sullivan	20	6
Randy MacNeill	105	6	Don Moffett	19	
Don Campbell	104	6	Jeff Cook	16	3
Stew Freeman	88	6	Carl Cooper	16	6
Curtis DesRoche	85	6	Gary Hilton	14	6
Peter Kittilsen	84	6	Peter Somers	14	3
Jim Wyatt	84	6	Linnell Edwards	12	5
Ewen Stewart	75	6	Don Harley	12	6
Carl Phillips	74	6	Lambert Pauley	12	6
Albert MacDonald	67	6	Doug MacMurdo	10	6
John Derry	58	5	Rob Anderson	9	3
Arnold LaMarsh	55	6	Brian Bradley	9	6
Dave Manovill	54	6	Brooke Gregory	8	4
Jake Baird	53	6	Wayne MacFarlane	8	6
Harvey Bernard	52	6	Roy Rodd	8	6
Dave Edmond	45	6	David Carota	6	3
Tom MacDonald Jr.	44	6	Francis Dewar	6	6
Tony Issacs	36	5	Joe Gallagher	6	6
Reagh Ellis	29	6	Steve Labchuk	6	6
Paul Arsenault	28	3	Tom MacDonald Sr.	6	6
Al Swim	27	6	Doug MacNevin	6	6
Darcy Peters	26	5	Lauchie MacLure	6	6
Stephen MacKinnon	25	4	John McQuaid	6	6

GRAND PRIX STANDINGS

cont'd

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Roy Matheson	6	6	Bob Gray	4	4
Paul Mullin	6	6	Ron Herbert	4	4
Francis O'Donnell	6	6	Barry Kneebone	4	3
Paul Steele	6	6	Peter McGonnell	4	4
Leon Berrouard	5	5	David Shepherd	4	4
Roger Gillis	5	5	Derek Anderson	3	3
Ed Grant	5	5	Chance Assay	3	3
Ninian LeBlanc	5	5	Jim Doyle	3	3
Wayne Long	5	5	Colin Easter	3	3
Dave MacNeill	5	5	Julien Gallant	3	3
Brian McInnis	5	5	Chuck Guite	3	3
Eric Manuel	5	5	Roger Hewlett	3	3
Robert Pendergast	5	5	Ian MacLean	3	3
Allan Savidant	5	5	Dan McCarthy	3	3
Lorne Carmichael	4	4	Albert Mosher	3	3
Tom Corcoran	4	4	Joe Paquette	3	3
			Butch Postma	3	3

AGE GROUPS - TOP FIVE

<u>UNDER 20</u>		<u>20 - 29</u>		<u>30 - 39</u>	
Philip Easter	120	Paul Wright	127	Don Pridmore	170
Spencer Campbell	112	Randy MacNeill	105	Ron Frid	135
Curtis DesRoche	85	Albert MacDonald	67	Don Campbell	104
Tom MacDonald	44	Tony Issacs	36	Peter Kittilsen	84
Paul Arsenault	28	Reagh Ellis	29	Carl Phillips	74
<u>40 & OVER</u>					
Salam Hashem	107				
Stew Freeman	88				
Jim Wyatt	84				
Ewen Stewart	75				
John Derry	58				

PARTICIPATIONMALES - TOP 11

Ron Frid	19
Reagh Ellis	18
Paul Wright	18
Don Campbell	17
Jake Baird	15
Salam Hashem	15
Brian Bradley	14
Dave Edmond	14
Wayne MacFarlane	14
Ewen Stewart	14
Mike Sullivan	14

FEMALES - TOP 10

Eleanor Freeman	18
Helen Flynn	12
Suzanne MacPhee-Manning	12
Marlene Costain	11
Donna Profit	11
Janet Bradley	9
Marina Fay	9
Dorothy Gregory	9
Rosemary Faulkner	8
Judy MacLean	8

RACE SCHEDULE 1985

Grand Prix Races

Mardi Gras - - - - -	February 16, 1985
Spring Tune-Up Run - - - - -	March 23, 1985
Dairy Queen Run - - - - -	April 6, 1985
Camper's City Run - - - - -	May 4, 1985
Brothers Two - - - - -	May 18
McDonald's 10 Mile Run - - - - -	June 8
Seaman's Beverages Run - - - - -	June 29
Fulton Campbell Memorial - - - - -	July 20
ADL Tyne Valley Run - - - - -	August 3
National Park 10 Km - - - - -	August 10
Kensington Harvest Festival - - - - -	August 24
Island Marathon - - - - -	September 7
Dunk River Run - - - - -	November 9
Polar Run - - - - -	December 29/85

Recreational or Participation Runs

CFCY Spring Fever Pace - - - - -	June 2
Run Into Summer - - - - -	June 15
Volume Rentals Run - - - - -	July 13
Alice-Faye's 3 Mile Run for Women - - - - -	September 29
Garden City Golden Mile - - - - -	June 22
Run for Pumpkins Cross Country - - - - -	October 26

Other Runs Happening on P.E.I.
Not Organized by P.E.I. Roadrunners Club

Athena Seven Mile Run - - - - -	May 11
C.A.P.H.E.R. 10 Km Road Race - - - - -	October 19
Run for Light - - - - -	May 26
Red Cross Multi-Sport Relay - - - - -	May 25
Run Canada Week - - - - -	May 25-June 2
Belfast Lions Mid-Summer Jaunt - - - - -	July 27
Northumberland Fisheries Festival Run - - - - -	July 27
North Shore Coastal Run - - - - -	July 27

NEW GUIDELINES FOR 1985 GRAND PRIX SERIES

Once again, the P.E.I. Roadrunners Club is pleased to have Sun Life as the sponsor of the Grand Prix Road Race Series!

The Club Executive has approved four changes for the Series for 1985. First, the number of races included in the standings has been reduced. This year there will be 15 races on the Grand Prix circuit. The list of these races is contained elsewhere in the Newsletter. One objective of this change is to lessen the risk of "burn out" that some runners are putting themselves through by trying to be highly competitive in all Grand Prix races. This approach also allows us to de-emphasize the competitive aspect at several runs where the primary purpose has been to put on a recreational event. This change also allows the Club to concentrate its resources on a more manageable number of races to try to ensure that they meet high standards.

The second change is in the age categories. We have added two age groupings for both male and female runners and re-established the categories so that they actually better fit the distribution of the ages of the race entrants. The new categories are:

<u>MALE</u>	<u>FEMALE</u>
Under 17	Under 17
18 - 24	18 - 24
25 - 34	25 - 34
35 - 39	35 - 39
40 - 49	40 - 49
50 & Over	50 & Over

The third major change is in the point scoring. It shall be as follows:

1st	--	28 points
2nd	--	25 points
3rd	--	23 points
4th	--	21 points
5th	--	20 points

One point less per succeeding placing with all finishers scoring at least one point. Two point bonus for a winning runner establishing a new race record. The best six placings will be counted.

Finally, only the placings of Island residents will be used in determining the points awarded. That is, the first Island finisher receives 28 points regardless of actual place of finish, and so on down the line.

We hope that you will find these changes to your liking and that you will enjoy the 1985 Series.

1985 MEMBERSHIP DRIVE

The membership drive in 1984 was a tremendous success with approximately a 100% increase over 1983 for a total membership of 230 Island residents. The off-Island membership has a slight increase to 45 members.

Again this year, to encourage membership renewal, and to attract new Club members, we will be holding a special "Prize Draw" at the Spring Tune-Up Run at Bedeque on March 23, 1985. (Prizes will be announced later).

The draw will be open to Island roadrunners only, but to be eligible, you must purchase a Club Membership by MARCH 23, 1985.

Don Harley
Chairman
Membership Drive

Please detach here and return in the pre-addressed envelope.



1985 CLUB MEMBERSHIP



NAME _____

MAILING ADDRESS _____

(POSTAL CODE) _____

TELEPHONE (HOME) _____ AGE _____

Please indicate type of membership (Check one) _____

Family \$ 7.00 () _____

Youth \$ 3.00 () _____

(Under 18)

General \$ 5.00 () _____

Please make cheque payable to PEI Roadrunners Club.

1 9 8 4 I S L A N D O P T I C A L P O L A R R U N

A V I E W O F T H E F R O N T

- Leo Sheehy

Although it was not as fast as I would have liked, my 5:30 per mile pace was good enough to give me the "best seat in the house" to watch the 1984 Island Optical Polar Run. At the start, I could tell that this would be no ordinary race. Ralph Freeze and Ron Frid along with Gilles Gautreau struck me as the "big guns" to try to hang on to as we warmed up along Queen Street in the final minutes before the start. Yet, what made this race so interesting was the potential of a number of excellent runners who could race to the top spots. I had already warmed up with Phil Stuart and Paul Wright and knew they were in shape. People like Walter Williams who runs so consistently well and my club-mates Leonard MacDonald and Walter McKinley, were also cause for a few extra butterflies. The addition of fast improving runners such as Spencer Campbell ensured the depth of this quality field.

Gilles was aggressive early on and moved to about a twenty metre lead shortly after the gun. At the time, I was keying on Ron and just trying to relax and let the pack break the wind. Gradually, Gilles came back to us and nine people went through the first mile in a slowish 5:30. Running in such a large lead pack is both exciting and dangerous. With only five miles to run, it is important to keep a close watch on the experienced runners - a quick break could pay big dividends and cause a runner who is slow to react a lot of problems. There is so much movement in a pack this large that runners have to be very alert to avoid collisions - and be prepared to sidestep any that occur in front of you. The wind added an extra factor in that many of us were trying to hang onto the coveted "second row" positions. Being able to tuck in close behind the two or three in the lead gives the windbreak that is so advantageous as well as a good position to go with any quick changes - keep an eye on things, as it were. The problem is that this creates a great deal of closeness and lateral movement among runners. I made contact with other runners or was contacted no fewer than five times in the first mile. These caused no real problems but it might give a better idea of what it's like to run in such a "mob".

The lead pack stayed pretty much together with various people taking the lead positions until about 1½ miles into the race. Surprisingly (to me) it was Phil who finally broke things up. Picking the pace up just a bit, he moved gradually to a fairly sizeable lead. I think that most of us were unsure as to whether he could keep it up but whatever the reason, nobody went with Phil right away. Within a few minutes, with Phil building his lead, Gilles set out in chase. At the two mile mark, Phil led with Gilles closing in. By this time, Ron, Leonard, and Ralph were starting to get harder to hang on to but the four of us were pretty much together with the rest of the pack stringing out behind.

I believe that it was near the park that Ralph seemed to take a run at the leaders. By this time, Gilles had caught Phil and was starting to build his own lead and I, running out of gas, was dropping off the pace. I watched in vain as Leonard and Ron ran away and eventually caught up to Ralph again. Struggling with my own problems and trying desperately to stave off rigor mortis, I find the details of what happened in the fourth mile a little hazy. Basically though, I believe that Phil was holding the same pace as Gilles who by this time had a solid lead.

Those two were well in front of Leonard, Ralph and Ron who, running together, were a hundred miles ahead of me! One by one, some of the runners I had worried about at the start showed me just how much depth this field really had! I slowed considerably in the last mile and a half but really - did three runners have to pass? The first and fastest of these was Walter Williams. He seemed exceptionally strong and I watched with renewed interest as he pulled in the runners ahead. (In the last mile, I was as much a fascinated spectator as a racer). Looking up the hill toward Queen Street, I was pleased to see Leonard with a slight lead for third - the only position in the top three that was still open to debate. The uphill grade and wind changed things considerably while Ralph, Ron and Walter battled it out in the last stretch. Unfortunately, I missed their battle since by now I was a considerable distance back.

I was disappointed with the race only in that I was unable to get a little more involved in the action up front. Ken Campbell asked if I might write a few lines about what actually took place. This I have tried to do but before I stop, I have to write a few words about something that has never been a disappointment - the race organization. Those of us who thrive on quality mid-winter races for everything from measuring our conditioning to inspiration in our training certainly owe Salam Hashem a great deal - as do all the runners who benefitted so much from his efforts. The greatest tribute to Salem's hard work has to be the race itself. Who would have guessed a few years back that a late December race in Charlottetown (or anywhere else in the Maritimes) would attract 120 people and so many quality runners? Well done, Salam - congratulations and thank you!



THE JIM VIPOND CHRISTMAS FUND

BRAVE IN THE ATTEMPT

During the past three decades, The Globe and Mail Christmas Fund, started by former sports editor Jim Vipond, has raised almost \$800,000 for retarded children. Last year, \$26,907 was raised for our designated charity, the Canadian Special Olympics — the sports and recreation programs for the mentally retarded. This year, help us honor Jim and make it a special Christmas for these special Canadian athletes. Please send your donations to: The Jim Vipond Christmas Fund, The Globe and Mail, 444 Front St. W., Toronto, Ont., M5V 2S9. A receipt for donations of more than \$5 will be issued by Canadian Special Olympics Inc.

By SUE FRASER
PEI Special Olympics

Tommy MacGuigan is more than just a special athlete — he's an important person. Tommy's 22 years old and a member of the Wandlyn Warrior floor-hockey team in Charlottetown. Whenever we talk about our athletes, we always make it a point to talk about their abilities, rather than their disabilities. Yes, Tommy is mentally handicapped — but he's also a very caring and concerned citizen in our community.

Tommy's involvement in the floor-hockey league had taught him many things. Most of all, he's come to understand the importance of teamwork and fair play. He's quick to help out a teammate in trouble and is always looking to pass to the person with the best shot on net. Tommy maintains his composure despite the excitement of the game, and takes on that type of leadership role.

Tommy's interest in sport and recreation extends to an enthusiasm for running. That all started about three years ago, thanks to encouragement by members of the PEI Roadrunners Club. He ran his first distance race in 1981 as part of the Terry Fox 10-kilometre event. His endurance-running ability has really improved since then. Last year, he ran 17 miles as part of the Roadrunners Marathon. Even more impressive is the fact that, only a week before that race, he ran 17 miles on his own to raise money for a young girl with leukemia who needed money for a bone-marrow transplant operation.

Tommy's goals obviously extend beyond athletic accomplishments. He's hoping to find a full-time job so that he can live and work on his own.



Tommy MacGuigan

Toronto Globe and Mail, December 19/84

We would like to congratulate Tommy on his achievements and his determination. It is very gratifying to know that running has made an important difference in Tommy's life and that members of our Club have helped him toward his goals. His recognition in "Canada's National Newspaper" is both fitting and deserved.

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

1984

It is with pleasure that I welcome you, the members of the P.E.I. Roadrunners Club and potentially new members to your 7th Annual General Meeting. This is the third year we have held our business meeting separate from our annual Awards Banquet. It has been a year full of activity, a year when not everything went as we would have hoped, yet one in which we were able to do many new things. I would like to make some general comments first, then deal with how your executive dealt with some of the Club's objectives, and lastly, deal with a few highlights, disappointments, and hopes for 1985.

Initially, I was sceptical about coming to the President's Chair after it was so capably filled for two years by Don Pridmore. Being female, making quick decisions and moving quickly off the road, I felt there may be some question in many of the members' minds as to whether I could, in fact, carry the position off without direction. After a month, I felt there were no more doubts. If there were, I quickly answered them. We had problems initially with members of our executive who were unable to come to meetings but we worked around them and met monthly for two to three hours every month except July and August. We attempted always to keep in touch with you, the membership, with race directors, to keep the Club in the black, and to meet as many of your running interests and concerns as possible.

We look at our achievements over the past year, and I feel that we have met a number of our Club objectives:

1. To Promote Running on P.E.I.

Our Grand Prix Sun Life Series publication has met with a positive response from sponsors and runners alike. The schedule has been widely distributed on and off the Island, to all our members and at all our races and at Sport P.E.I. We have had many mail inquiries and have responded to them all.

Participation in all our runs is up substantially in all age categories for males and in the 25 and over age categories for women. I would like to make special mention of the enthusiasm among our new women runners, especially those in the Masters categories. Many more women are enjoying our Club and we should thank the membership for supporting and encouraging all our new runners, both male and female.

Public promotion in the media has been up and down, especially during the Olympics. In general, our race directors have done an exceptional job in the promotion and reporting on each of their runs. Thanks go especially to Salam Hashem, Al Swim, and Ron Frid who volunteered to report on races for many of the race directors. It is often difficult to report on a race in which they were often winners. I felt their enthusiasm to report was not directly related to their finish positions.

2. To Organize High Quality Road Races

We as an executive were cognizant of the membership's desire to carry out first rate races on P.E.I. We made sure the race directors were given as much assistance in holding high quality runs as possible. When this did not always happen, the membership let us know and we relayed the problems to the race directors and changes were made.

Meetings and communications by phone, in person, and by mail have resulted in the Sun Life Series for 1985 which is available to you in draft form at this meeting. We are proposing a change in the point system to let more people in the points, a new age system to meet the ages of people actually participating in our runs, and three categories of races and events to more truly reflect the interests of runners. Those races listed in the Grand Prix section will be of first quality from the viewpoint of organization, timing, aid stations, prizes, etc. These races should meet the concerns of many elite runners while still encouraging recreational and beginning runners.

We are concerned about the number of young runners unattended during longer runs and would like to make changes in that area.

We have been very pleased by off-Island comments about our runs and running events. The National 20 Km deserves our appreciation and special mention. Each race had its own unique qualities that made it special. No race should be singled out in my opinion. Our Marathon and other races continue to draw off-Island runners and we continue to be encouraged by and appreciate our sponsor's interest in us as a Club.

3. Encouraging Beginning Runners

We were excited this summer to have Beth Brothers on staff for the Club to help organize the 20 Km and as well help organize a Beginners Running Clinic. Our thanks to Employment and Immigration for her employment. We were able to organize an excellent day and a half clinic that attracted more than fifty new and not so new runners. Freeman Churchill led the clinic. Our only concern was Freeman got the flu at the close of the clinic.

Our Newsletter continues to give the readers first quality race results and current running information. Our thanks go to Newsletter editor Don Pridmore who has the amazing ability to pull everything together into a first quality effort. We continue to not advertize the number of issues a year as it is always a surprise.

Our membership as well should be thanked for making all our new members welcome and for encouraging and helping them in their running. When you have been burnt out, it is the new runners who bring back the spark that makes running so much fun and worth continuing.

Other highlights this year have to be our new medals, our new outfits, our occasional social functions (which we've got to have more of), a marathon pulled together in two weeks by the three Muskateers who never organized a race before. Thank you to Wayne MacFarlane, Brian Bradley, and Carl Cooper. For me, it has been the people who are so willing to work, the talents so many bring to our Club, the amazing personalities, the constant desire to have fun and to have a good laugh, yet, the desire by so many to run at their very best. At times, I have felt like a one-person show, but when you participate in a Polar Run with one hundred and twenty people and have fun, you forget the bad times.

We have had lots of problems, loss of our secretary, a red marathon account, Club equipment all over the place, not enough social meetings, too few people doing too much, not doing enough off-Island running as a Club and not resolving our relationship with the P.E.I. Track & Field Association. These things are not insurmountable, however, and I strongly feel we still can keep an air of informality even though our membership has reached close to, if not over 200.

My thanks go to my executive, to Dave Edmond who has acted as our secretary, Carl Cooper, Don Pridmore who officially leaves our executive this year, Marlene Costain, County Representatives Ron Drake, Carl Phillips, Eleanor & Stew Freeman, and to Sport P.E.I. for their support. We wish the new executive continued success in their efforts on your behalf for 1985.

My continued wish is that our membership has a strong participant input in all the Club affairs and activities.

Respectfully submitted,

Rosemary Faulkner/p.s.

Rosemary Faulkner
President

jmd

ENTRANTS IN P.E.I. ROAD RACES

	<u>1983</u>	<u>1984</u>
Atlantic Police Academy Run, 4 Miles	58	--
Summerside Mardi Gras Run, 4 Miles	38	72
Bedeque Spring Tune-Up, 10 Kilometers	25	37
Dairy Queen Bunny Hop, 10 Kilometers	36	85
Summerside Athena Run, 7 Miles	77	29
Campers' City Run, 5 Miles	70	89
CFCY Spring Fever Pace, 2Miles	146	230
Quality Inn/Brothers Two Run, 10 Kilometers	83	86
Non-Puffers Pace, 4 Miles	32	36
McDonald's Run, 10 Miles	73	59
CBCT Run Into Summer, 2 Miles	61	90
Garden City Golden Mile	--	21
Seaman's Beverages Run, 4 Miles	74	94
Fulton Campbell Memorial, 20 Kilometers	64	48
Belfast Lions Mid-Summer Jaunt, 8 Miles	57	63
North Shore Coastal Run, 10.5 Miles	25	59
ADL Tyne Valley Run, 20 Miles	26	26
National Park Run, 10 Kilometers	94	90
Kensington Harvest Festival Run, 25 Kilometers	40	32
Volume Rentals Run, 5 Kilometers	51	54
Stanhope Beach Lodge Canadian 20 Km Championship	--	134
P.E.I. Roadrunners/CBCT-FM Island Marathon	80	54
Alice-Faye Three Mile Run for Women	49	31
CAPHER Run, 10 Kilometer	46	44
Dunk River Run, 7.3 Miles	41	48
Island Optical Polar Run, 5 Miles	<u>88</u>	<u>119</u>
TOTALS	<u>1,434</u>	<u>1,730</u>

14 Nelson Street
Alymer, Quebec
J9H 1G8

November 27, 1984

Dear Roadrunners:

Your November issue and Old Man Wyatt's letter have inspired me to write. Besides, I've been back in Upper Canada for a year now.

First, I must emphatically state that for non-elite runners, the P.E.I. Roadrunners Club beats our local mafia by miles. Don't ever change your style of low-key camaraderie and a warm spirit of friendly competition. Plus, your newsletter is truly a masterpiece!

Second, I must agree with that proto-lawyer's comments on the difference between Upper Canada and "offshore" running events. The sheer size and big bucks involved up here are mind-boggling. However, Jim didn't deal with the state of day-to-day running which to me is more important than weekly races. For those who have been to Ottawa, you know how nice the miles of pathways are. Safe, interesting running. And plowed in winter. After two winters on the Island, I was a nervous wreck dodging rude motorists on icy streets. What good is all that sand on a beach in February anyways?

In closing, I wish to offer accommodation for up to six people in next year's National Capital Marathon (if there is one). Alymer is across the river from the 20 Km marker and is only five minutes from downtown.

On a personal note, I was fortunate to run in Paris last May, with a personal best of 3:40. This was my first experience with a 10,000 plus size event and it was truly awe-inspiring. Only the blasted cobblestones tried to ruin the day. I highly recommend the event, especially with its evening finish in the centre of Paris!

Lots of luck in everything and Merry Christmas!

-Don Skelton

FROM OUR UPPER CANADA SCOUT

- Jim Wyatt

Dear Source of Much Wisdom:

Hello from Upper Canada and Toronto ("Tarantah" for you, Jake).

Well, amazing things are still happening to we displaced Islanders. We no sooner sent Margaret "When Roadrunning was Fun" Stewart packing when I ran into Don Pridmore (isn't he a relative of yours, Mr. Editor?) at an unusual 10 mile race in Hamilton, and get a phone call from Philip Easter. It was the topping on a great Christmas with lots of family around (mine instead of "you know whose").

Margaret stayed overnight on the bed reserved for P.E.I.R.R. members and/or spouses (just another benefit of your membership, so pay up!) and it was great fun even though she wouldn't run with me the next morning.

Actually, the meeting with Don was pre-planned as I wanted to show him how much better I was running. It didn't work as I had my worst run since arriving. You know that painful feeling you get in the pit of your stomach, where the turkey lies after Christmas, when you run the Polar Run; well, it happens in Upper Canada too! As Don zipped by at the 4 mile mark, he at least commented upon my "Salam Hashem" toque (Coca Cola), but he certainly didn't seem in awe of my newfound speed. I'd love to tell you how windy and hilly it was but Don claims that it was the same for him.

This race was interesting for its low-key approach. No advertising, hardly any awards, no refreshments, do-it-yourself certificates, no age groups but a very high calibre field with at least four runners under 50 minutes in fairly tough conditions.

Roger Martindill	48:29.2
Jerry Kooymans	48:53.0
Rob Earl	49:00.4
Dave Edge	49:23.6 (a Brooks buddy)
Don Pridmore	56:53.9
Jim Wyatt	58:16.2
Tracey Robinson	58:32.3 (1st female)
Nancy Brown	60:05.0
Pauline Watson	60:08.5

If I work real hard this year, maybe Don will have better competition next year!

It is now somewhat later (a week) than when I started this short note. At the risk of making it too long, I must tell you guys of a unique event that I just took part in. Outside of a reasonably hilly course, and the fact that it takes place in early January, the Sno-Fest Half Marathon in Peterborough, Ontario (Upper Canada) might be just an ordinary race. The thing that makes it somewhat unique is the "megateam" competition between 30 person teams from a number of clubs in Southern Ontario. There were nine or ten of these teams entered (two from the Longboat Club, including this humble writer).

The rules are that you take the best 20 times out of your 30 runners as long as the 20 times include 8 Masters (male or female) and four women. This year's race was a grudge match for Longboat as the National Capital Roadrunners Association (from Ottawa, for those who think the national capital is on Nassau Street) had taken the title in '84. The prizes for the teams are t-shirts in the appropriate colours for 1st, 2nd and 3rd. Needless to say, Longboat won the team title by over 500 points over Kingston with N.C.R.R.A. in third.

Sharon Crawford was the third woman in 1:20:22 and another P.E.I.R.R. friend, Ian Atkinson from Waterloo (of Non-Puffers Pace fame) also ran. The event then deteriorated into beer (provided from club funds, Don) and singing on the bus home. Great time for all except a guy names Bernie Phillips who had just turned 40 and therefore pushed yours truly back to third Master (1:16:03). They have different ways of celebrating here and Bernie received a cream pie in an appropriate manner in front of 600 runners. By the way, the first male was Stephen Boyd of Kingston in 1:05:59 and first women was Susan Stone of Longboat in 1:17:36.

Here's a few other tidbits before I call it quits. During the winter when everything is quiet, the Longboat Club runs a series of time trials at different distances (800M to 5,000M) at the indoor track at York University. There are three per month on Tuesday and Thursday evenings. You must run five to count and at the end of the winter, they have prizes. The York facility is out of this world and solely dedicated to track and field. It's always filled with Olympians so if you get tired, you can watch all the greats!

The Metropolitan Toronto Road Racing Association is an umbrella group in Toronto who run a series of "no frills" races at varying distances through the slack periods of the year so we end up with two races in January, one in December, two in November, one in February and two in March. Anyone coming up this way who wants to find out about races just give me a call at (416) 963-9303 (also anyone who has a summer job).

Enough of these for now. Our best to everyone back "home." Let me know anytime you need a filler, Mr. Editor!

EDITOR'S NOTES

- a) We still say you were in Hamilton for the free dinner!
- b) If we recall correctly, Hamilton's Don Pridmore is a distant cousin of ours. About 1,000 miles distant!
- c) The letter was addressed to the Editor on the envelope, but we can't figure out who the salutation is for.
- d) There will always be room in the Newsletter for your most welcome "fillers!"



P.E.I. ROADRUNNERS CBCT-FM RADIO

ISLAND MARATHON

QUESTIONNAIRE SUMMARY - 36 Returns

QUESTION #1 Course

11 Retain old course
25 New course- 16 suggested Charlottetown area
7 " " North Shore

QUESTION #2 Date/Start Time

11 early Sept.	0900 hrs	22
9 late "	0800 hrs	5
	1200 hrs	2
12 August	1300 hrs	1
1 Labor Day	1000 hrs	1
	1100 hrs	1
	0700 hrs	1
	0600 hrs	1

QUESTION #3 Distance

Marathon only 7
Marathon plus 29

QUESTION #4 Sponsorship

Present sponsorship satisfactory 9
Seek new/additional sponsorship 21

QUESTION #5 Fees

Registration	Unchanged	22
	Increase	12
Late Fee	Unchanged	19
	Increase	14



P.E.I. ROADRUNNERS CBCT-FM RADIO

ISLAND MARATHON

QUESTION #6 Pre-race Events

	YES	No
Carbo Breakfast	15	11
Carbofest	21	5
Clinic	19	13
Course Tour	23	6

QUESTION #7 Awards

"A" Change 26 3

"B"

rank	medals	winners	age	draw
1	8	15	6	1
2	6	8	9	7
3	7	3	10	10
4	9	4	5	12

QUESTION #8 General

Club Race	14
Highly Visible	18
Cancel	2
Running	17 + 2???
Volunteer	16
Neither	1 USA Runner

Not all respondents answered all questions

CLUB SINGLET AND SHORTS SETS

The long awaited club outfits are here!!

Shorts and singlet samples were introduced at the well-attended club meeting on November 27, 1984. A healthy order of 40 sets was placed on December 10, 1984.

Jaouhar Inc., the manufacturer, expected to have the order completed for the Polar Run, and indeed they were ready before Christmas - except for the printing. They arrived today, January 18th and they look great! Distribution will take place at the two meetings scheduled for January 21, 1985 and January 28, 1985.

NEW ORDERS

Those of you who did not have the opportunity to place an order in December have a chance to order now. A second order will be placed two weeks after this newsletter is mailed out.

The cost for the singlet and shorts set is \$24.00. The shorts are black and are available with an open or closed side. The singlet is white mesh with an orange nylon band and a black shoulder inset. Our logo (the bird with "Roadrunners" below it) which appears on the singlet front, is printed in black, as is P.E.I. Roadrunners Club printed on the singlet back.

Order forms and sample sizes are available at the Sport P.E.I. office (old Charlottetown Hospital, second floor). Please be sure of your correct size as Jaouhar's policy is "no returns." Generally, we find they run a little on the small side!

The order will take between 8-10 weeks to complete. Those who wish to order are asked to submit a deposit of \$15.00 per set, as well as a post-dated cheque for the balance of \$9.00 (dated three weeks from original deposit date). If you prefer, the total amount of \$24.00 may be submitted with the order. (Cheques are to be made payable to Stew or Eleanor Freeman). The deposit is required to accompany the order while the balance is payable upon receipt of the completed order (C.O.D.). If anyone wishes to order the singlet alone, the cost will be \$14.50. Shorts only \$11.50.

Leave your order and cheque(s) at Sport P.E.I. or mail to Stew & Eleanor Freeman, Breadalbane RR#1, North Granville, P.E.I. COA 1E0

- Eleanor & Stew Freeman

P.S. A big "thank you" to Sport P.E.I. for allowing us the use of their fitting rooms and sales staff!!

R E C O R D T I M E S F O R I S L A N D R A C E S (O P E N)

(as at December 31, 1984)

As another year has concluded, we have updated the list of record times for each of the ongoing Island road races. The year 1984 was a good year for establishing race records as seven open male times were bettered and eight open female records were set. One record, that of Sheila Curry's 16:10 on a slightly short three mile Alice-Faye course, has been retired since that run has been increased in distance to five kilometers. Some courses have changed slightly over the years, but the old records have been kept since the distances are essentially the same.

We are hopeful that in some future edition, we will be able to list the Masters records for each of these races. That may not be an easy task to complete, but based on the number of Masters runners we have in the Club, it may be a listing in great demand.

Whether or not you run for records, personal bests or just for fun, you may find it interesting to review the best times recorded at our races.

<u>RACE</u>	<u>DISTANCE</u>	<u>MALE RECORD</u>	<u>FEMALE RECORD</u>
Summerside Mardi Gras	4 Miles	Jim Wyatt 22:13 (1982)	Marlene Costain 25:34 (1984)
Bedeque Spring Tune-Up	10 Km	Don Pridmore 34:32 (1984)	Marlene Costain 40:25 (1984)
Dairy Queen Bunny Hop	10 Km	Don Pridmore 34:06 (1984)	Monica LaPointe 39:14 (1981)
Summerside Athena Run	6.7 Miles	P.J. Meagher 36:18 (1983)	Marlene Costain 45:25 (1983)
Quality Inn/Brothers Two	10 Km	Don Pridmore 33:52 (1984)	Marlene Costain 39:31 (1983)
Campers' City Run	5 Miles	Mike Taylor 25:20 (1984)	Marlene Costain 32:07 (1983)
*Colonel Gray/McDonald's	10 Miles	Ralph Freeze 53:47 (1977)	Marlene Costain 1:03:51 (1983)
*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 Freeze 1:22:59 (1978)
Belfast Lions Mid-Summer Jaunt	8 Miles	Daniel Gallant 44:29 (1982)	Joceline Otis 52:32 (1983)
North Shore Coastal Run	16.7 Km	Don Pridmore 57:46 (1984)	Sharon Crawford 1:03:12 (1984)
ADL Tyne Valley Run	20 Miles	Peter James 1:57:55 (1984)	Sharon Crawford 2:17:23 (1984)

M U S C L E S C O N C E R N S

- Salam Hashem

Muscles below the waist may be an advantage for a distance runner, as long as they are not too bulky or heavy. Muscles above the waist can be a disadvantage. Although a certain amount of upper body strength is necessary for running, particularly for sprinters and even middle distance runners, excessive upper body strength with its accompanying muscle size, means excess weight that will hinder rather than help the endurance athlete. Runners must limit their weightlifting because their upper body muscles become too bulky. Most distance runners look too thin, at least from the waist up.

The other important inquiry regarding muscles concerns the ratio of fast twitch to slow twitch fibers. The necessity for predominant slow twitch fiber in marathoners probably has been exaggerated. Elite distance runners typically possess 80% slow twitch muscle fibers. At the same time, the very best marathoners seem also to have the capacity to run very fast at middle distances (near four minutes for a mile in some cases) and might run faster if they trained differently.

Merely having an efficient energy delivery system in a light frame may not result in an ability to run fast marathon time. However, biomechanical efficiency also is an important part of the overall picture. A similar biomechanical imbalance in a runner may result in a leg injury, or at least in a limitation on performance.

Submitted by Carl Cooper

RITE: The Easy, Efficient Way to Exercise

The jogger leaves his house early one morning, ready to begin his daily run. The first 10 minutes or so are pretty rough—he feels winded and in some pain—but he keeps going. Then he settles into his stride and continues his run for another 30 to 45 minutes. When he comes to obstacles, such as stoplights and traffic, he dutifully runs in place, so as not to let his heart rate come down from its aerobic high.

The model exerciser, right? Wrong, says Irving Dardik, M.D., who is the chairman of the U.S. Olympic Committee Council on Sports Medicine and the creator of an Olympic training program called the Elite Project, which U.S. Olympic teams are lining up in droves to join.

What's wrong with this jogger's approach? According to Dr. Dardik, the runner is subscribing to the outmoded and "ridiculous" philosophy that no pain means no gain. He's leaving himself open and vulnerable to injuries, and he's just plain not exercising as efficiently as he could be.

Instead of long, continuous exercise sessions, the jogger should be breaking up his aerobic routine with regular intervals of slower, more restful exercise, an exercise system Dr. Dardik calls Rhythmic Interval Training Exercise (RITE, for short). It's just not necessary to stay at a peak heart rate for long periods of time to obtain cardiovascular benefits, says Dr. Dardik.

Pretty radical words, eh?

But Dr. Dardik works with an elite team of athletic scientists and has the latest in sportsmedicine research to

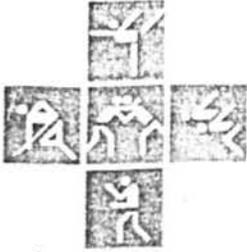
back him up. More than that—he has successful Olympic teams to test the truth of his theories. Of the original five teams that trained under the Elite Project, which uses RITE, the U.S. National Women's Volleyball Team currently is enjoying first-place ratings. They used to be ranked dead last in world standings.

Another Elite Project team, the National Fencers, captured their first gold medal in the 1983 Pan American Games. With the 1984 Olympics just recently completed, you may have noticed these teams or the others (cycling, track and field, and weight lifting) winning even more medals.

Currently, 13 Olympic teams are enrolled in the Elite Project, and 24 other sports are on the waiting list to join. Not only is the project revolutionizing the way athletes physically train, it's also promoting a total approach to excellence in performance that includes nutritional counseling and a strong emphasis on mind-body techniques like relaxation, visualization and simulation.

So what's in this for the everyday exerciser? A lot, according to Dr. Dardik and Denis Waitley, Ph.D., another Olympic trainer on the Elite Project, who have just written a book called *Quantum Fitness: Breakthrough to Excellence* (Pocket Books, 1984). The book translates some of the Elite Project training methods into tips the recreational athlete can use.

RITE can be applied to practically any kind of recreational aerobic-exercise program, as well as used in a weight-training program. You'll no



Nova Scotia
Sport Medicine
Clinic

Halifax Civic Hospital
5938 University Ave.
Halifax, Nova Scotia B3H 1V9

When Purchasing Shoes ...

by Freeman Churchill

When you are purchasing shoes for exercising or walking, please consider:

1. Your specific needs- shoes are designed to give support and protection for specific sports, i.e. running, tennis, etc.
2. Frequency of use.
3. Shoe characteristics; a) shock absorbancy
b) heel support
c) arch support
d) width- foot should not feel cramped
e) flexibility
f) overall comfort
4. Extra supports/Orthotics- there should be ample room for extra supports such as Sorbothane, or personal supports (orthotics). Take these inserts with you when buying the shoes so they will be the best fit possible.
5. Exchange or return policy. You should be able to wear the shoes for 2-3 days at home before being committed to the purchase. Being equally fair, do not soil or abuse the shoes during this trial period. Keep receipts!
6. Stick with works the best for you! Do not buy a shoe for the reason that it worked well for someone else.
7. Give your feet, knees and legs good protection. You're worth it!
8. If you have foot or leg problems, see a knowledgeable physician about it.
9. "Sorbothane" is a very good shock-absorbing insole well worth investing in. It may seem a bit heavy (pricewise too) but consider it as an "ounce of prevention"
10. Purchase shoes at a store where the sales staff are well-trained in fitting shoes, and who know about foot problems.

For additional information, please inquire.

****EDITOR'S NOTE:** Freeman conducted a runners clinic on the Island in July. He has generously given us material from the clinic for the benefit of those who did not attend. We will be running other articles from Freeman in future Newsletter editions.

Minutes of the Annual General Meeting of the

P.E.I. ROADRUNNERS CLUB

Held in the MacKinnon Lecture Hall
of Holland College, Charlottetown, P.E.I.

Monday, January 29, 1985

MEMBERS Rosemary Faulkner - President
Carl Cooper - Vice President
Dave Edmond - Secretary
Marlene Costain - Treasurer - Absent
Eleanor Freeman/Stew Freeman - Queen's County Director
Carl Phillips/Lloyd MacCallum - Prince County Director
Ron Drake - King's County Director - Absent

INTRODUCTORY REMARKS

The meeting was called to order by the President, Rosemary Faulkner, at 7:30 PM. Rosemary welcomed all in attendance and opened the proceedings by unveiling the new Roadrunner Bulletin Board created by Denise Richardson. A round of applause was given Denise for her fine workmanship.

ITEM	DISCUSSION	ACTION
I	<p><u>EXECUTIVE</u></p> <p>1. Rosemary introduced the past executive of the club for the benefit of all present.</p> <p>Vice President - Carl Cooper Secretary - Dave Edmond Treasurer- Marlene Costain Directors: Queens - Eleanor/Stew Freeman Prince - Carl Phillips/Lloyd MacCallum Kings - Ron Drake</p>	
II	<p><u>MINUTES OF THE LAST GENERAL MEETING</u></p> <p>2. The minutes of the last general meeting, held at the Basilica Center, on January 17, 1984 were read by the secretary. Moved by Doug Jones, seconded by Eleanor Freeman that the minutes be adopted as presented.</p> <p>CARRIED</p>	

ITEM	DISCUSSION	ACTION
III	<p><u>PRESIDENT'S ADDRESS</u></p> <p>3. Outgoing president, Rosemary Faulkner, capsulized the past year's activities, highlighting the positive aspects of the race year. Particular attention was paid to race publicity and to the increased participation by women. She also emphasized that new members were always welcome and encouraged to join. Also mentioned were some of the problems encountered by the executive. From that, she moved on to the 1985 program and the proposals formulated by the outgoing executive. She concluded by thanking the many volunteers who stepped in to organize races. While many were short on experience all were long on enthusiasm and a willingness to work.</p>	
IV	<p><u>TREASURES REPORT</u></p> <p>4. The Treasurer being absent, it was left to the President to provide as comprehensive report as she could based on a brief outline of club revenues and expenditures. To assist in the presentation of the club's financial posture, Rosemary introduced an itemized list of revenues and expenditures, kept by month, and indicated it was available for scrutiny by all members. A lively discussion followed and concluded by a motion by Ewan Stewart to adopt the report as presented. Seconded by Don Harley.</p> <p style="text-align: center;">CARRIED</p>	
V	<p><u>1985 PROGRAM</u></p> <p>5. The 1985 program was prepared by the executive in conjunction with the race directors. The published edition would be available in approximately two weeks, courtesy of Sun Life, once again.</p> <p>6. A discussion on the proposed new age categories arose, resulting in a motion from the floor. Moved by Salem Hashem and seconded by Don Harley that the under 25 category be further sub-divided into "Under 17", "18 - 24" and "25 - 34" as presented.</p> <p style="text-align: center;">CARRIED</p> <p>7. It was also moved by Salem Hashem and seconded by Eleanor Freeman that no persons under the age of 16 be allowed to run the P.E.I. Marathon.</p> <p style="text-align: center;">CARRIED</p> <p>8. This motion to be actioned by the Marathon Planning Committee.</p> <p>9. A date for the 1985 P.E.I. Marathon is still tentative with the marathon planning committee scheduling a meeting for the upcoming week. Volunteers to serve are still required and welcome.</p> <p>10. Concerning the Grand Prix Point Scoring System, a lively and spirited debate took place. Moved by Ron Frid and seconded by Brian Bradley that only Island residents could garner points and that their race placings would not be compromised in any way by off-Island participants.</p> <p style="text-align: center;">CARRIED</p>	<p>Race Directors</p> <p>Marathon Committee</p> <p>Race Directors</p>

ITEM	DISCUSSION	ACTION
VI	<p><u>ELECTION OF NEW OFFICERS</u></p> <p>11. At this point, past president, Don Pridmore, as is his duty, presented a new slate of officers to those in attendance. Each person presented had previously been approached and had consented to let their name stand. Nominations from the floor were entertained prior to voting. Salem Hashem nominated Ron Frid for president but he respectfully declined citing his truly competitive nature precluded him from assuming an unbiased and detached attitude in conducting races. His withdrawal was accepted. No further nominations. Ewan Stewart moved nominations cease.</p> <p>Those nominated:</p> <p>President - Brian Dunn Vice President - Wayne MacFarlane Secretary - Brian Bradley Treasurer - Carl Cooper Past President - Rosemary Faulkner</p> <p>Directors:</p> <p>Queens - Stew/Eleanor Freeman/Ron Frid Prince - Paul Wright/Don Campbell Kings - Fran Dewar/Albert MacDonald</p> <p>Memberships: Don Harley</p> <p>Executive was elected as presented.</p>	
VII	<p><u>POINTS FROM THE CHAIR AND FLOOR</u></p> <p>12. Prior to passing over the reins to Brian Dunn, Rosemary made mention of a few important points and asked for points from the floor.</p> <p>13. The Fulton Campbell Run still required a race director. Ron Frid and Salem Hashem agreed to consider assuming the role.</p> <p>14. Sun Life would again sponsor the 1985 Grand Prix.</p> <p>15. The awards banquet would be held at the Brothers Two Restaurant in Summerside on Sunday, February 10, 1985 at 6 PM for cocktails. Supper at 7 PM at a cost of \$8.25. Organized by Stew and Eleanor Freeman.</p> <p>16. The fee structure was adjusted upwards from last year. Moved by Rosemary and seconded by Don Pridmore that the revised fees be accepted.</p> <p>Adult - \$5.00 Student - \$3.00 Family - \$7.00</p> <p>17. From the floor Parker Lund expressed some concern over the fact that not enough concern for the novice/recreational runner was being expressed. He proposed that the new executive take this under consideration.</p>	<p>Ron Frid Salem Hashem</p> <p>Sun Life</p> <p>Executive</p>