



P.E.I. ROADRUNNERS CBCT-FM RADIO

ISLAND MARATHON

F R O M T H E E D I T O R

I'm a fool to write what I intend to - but then foolishness has never stopped me before. I'm about to pass out some praise, which is fine enough, but inevitably, I will miss a whole lot of people who deserve equal attention. I really should know better than to do this, but there have been so many fine performances recently by some relatively little-known runners that it seems like it is worth the flack to single out a few for compliments.

One strong suspicion I have developed of late is that the St. Eleanor's water supply must be spiked with an elixir. That village, the former home of the LaPointe sisters, is steadily developing a running powerhouse. You are probably well acquainted by now with the phenomenal progress of Don Campbell, who in his first year of running, has become one of the Island's best runners, and of the accomplishments of his 16 year old son Spencer. Yet, a quick look at some recent results show that the community has several more good runners coming along. Curtis DesRoche, also 16, has improved remarkably this year and finished eighth in both the Camper's City and Quality Inn/Brothers Two races. Not too far back of him are two other 16 year olds from St. Eleanor's, Stephen MacKinnon who ran the Q.I./Bros. Two in 38:23, and Darcy Peters who was 38:59 in the same race. Of course, Summerside has a trio of 15 year olds who can also motor. Darren Poirier and Paul Arsenault were both under 38 minutes at Q.I./Bros. Two and Peter Somers was 38:59. I am not sure if Jim Harris at Athena had a hand in the development of these runners, but it seems more than a coincidence that the Summerside area is producing some fine young runners. While on the subject of young runners, accolades should also go to Tommy MacDonald of Souris (30:58 at Camper's City) and Wayne Long of Charlottetown. Among those more senior in years, Mike Sullivan amazes me with every new time he posts.

Many female runners, of various ages, are also turning in some promising performances. Dorothy Gregory of Sherwood ran a 37:10 five mile time and has placed second in two races. Camilla Doucette has also had two good placings in her first races. Donna Profit is a familiar face from the days of the founding of the Prince County club and is showing that having children is no reason to slow down. Carole Woodhall and Susane MacPhee-Manning (45:39 10K) have also had some good races.

Well, now even I'm mad at myself because I had hoped to mention so many more runners, particularly those who are faithfully coming to the races, improving, and having fun at participating. So please accept my apologies. Overall though, having too many runners to congratulate on such fine performances and improvement is a situation that I'm very happy to live with.

- Don Pridmore

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S U N L I F E G R A N D P R I X S T A N D I N G S

Standings as at June 9th, including the Summerside Mardi Gras 4 Mile Run, the Bedeque Spring Tune-Up 10 Km Run, the Dairy Queen Bunny Hop 10 Km Run, Athena 7 Mile Run, Camper's City 5 Mile Run, Quality Inn/Brothers Two 10 Km Run and the Colonel Gray/McDonald's 10 Mile Run. The standings include runners with 20 points or more.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Eleanor Freeman	95	5	Carole Woodhall	35	2
Marlene Costain	85	3	Franice MacDougall	32	2
Helen Flynn	69	3	Camilla Doucette	28	2
Donna Profit	55	4	Judy MacLean	28	2
Janet Bradley	52	3	Wanda Costain	26	2
Marina Fay	48	3	Mary Rossiter	25	1
Rosemary Faulkner	48	4	Linda Aspin	22	2
Susane MacPhee-Manning	45	3	Bunty Albert	21	2
Dorothy Gregory	40	2	Linda Gaudet	21	2

FEMALE - AGE GROUPS

Under 20

Wanda Costain	26
Mary Rossiter	25

35 & Over

Eleanor Freeman	95
Helen Flynn	69
Rosemary Faulkner	48
Linda Aspin	22
Bunty Albert	21

20 - 34

Marlene Costain	85
Donna Profit	55
Janet Bradley	52
Marina Fay	48
Susane MacPhee-Manning	45

MEN - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Ron Frid	129	6	Stew Freeman	42	4
Don Pridmore	115	4	Peter Kittilsen	37	2
Salam Hashem	99	6	Arnold LaMarsh	35	4
Don Campbell	99	6	Paul Arsenault	28	3
Spencer Campbell	91	5	Jim Wyatt	26	3
Randy MacNeill	88	5	Stephen MacKinnon	25	4
Paul Wright	74	5	Jake Baird	24	4
Carl Phillips	72	6	Albert MacDonald	21	2
Curtis DesRoche	60	5	John McAleer	21	3
Philip Easter	57	3	Dave Edmond	20	5
Ewen Stewart	47	5	Tommy MacDonald	20	4

MEN - AGE GROUPS

Under 20

Spencer Campbell	91
Curtis DesRoche	60
Philip Easter	57
Paul Arsenault	28
Stephen MacKinnon	25

30 - 39

Ron Frid	129
Don Pridmore	115
Don Campbell	99
Carl Phillips	72
Peter Kittilsen	37

20 - 29

Randy MacNeill	88
Paul Wright	74
Albert MacDonald	21
John McAleer	21

40 & Over

Salam Hashem	99
Ewen Stewart	47
Stew Freeman	42
Jim Wyatt	26

PARTICIPATION LEADERS

Women

Eleanor Freeman	5
Rosemary Faulkner	4
Donna Profit	4

Men

Don Campbell	7
Ron Frid	7
Salam Hashem	7

RACE RESULTS

A T H E N A S E V E N M I L E R U N

Summerside, May 5, 1984

TOP TEN MEN

1. Ron Frid	37:49	6. Arnold LaMarsh	42:19
2. Spencer Campbell	38:34	7. Carl Phillips	42:28
3. Salam Hashem	39:35	8. Tony Isaacs	42:30
4. Donald Campbell	39:57	9. Paul Arsenault	42:38
5. Curtis DesRoche	41:16	10. Darcy Peters	42:47

TOP FIVE WOMEN

1. Eleanor Freeman	52:52	4. Sharon Deighan	61:35
2. Elaine Crossman	60:57	5. Tammy Gallant	62:32
3. Angela Cormier	61:03		

WOMEN 12 - 13

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Elaine Crossman	1	26	60:57
Angela Cormier	2	27	61:03
Tammy Gallant	3	29	62:32

WOMEN 14 - 15

Sharon Deighan	1	28	61:35
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WOMEN 30 & OVER

Eleanor Freeman	1	20	52:52
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MEN 12 - 13

Jason Cameron	1	21	56:59
Stephen Harper	2	24	58:30
Scott Harper	3	25	58:31

MEN 14 - 15

Curtis DesRoche	1	5	41:16
Paul Arsenault	2	9	42:38
Stacy Titus	3	11	42:52
Chris Somers	4	12	43:55
Peter Somers	5	13	44:03
Stephen MacKinnon	6	14	46:33

MEN 16 - 19

Spencer Campbell	1	2	38:34
Darcy Peters	2	10	42:47

Race Results, Athena Seven Mile Run cont'd

<u>MEN 20 - 29</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Tony Isaacs	1	8	42:30
Reagh Ellis	2	16	47:18
Doug MacMurdo	3	17	47:52
David Carota	4	18	49:23
Andre Vautour	5	22	58:07
Joe Gallagher	6	23	58:07
 <u>MEN 30 - 39</u>			
Ron Frid	1	1	37:49
Donald Campbell	2	4	39:57
Arnold LaMarsh	3	6	42:19
Carl Phillips	4	7	42:28
Rob Anderson	5	15	46:58
Roger Gallant	6	19	51:42
 <u>MEN 40 & OVER</u>			
Salam Hashem	1	3	39:35

In past years, "Athena" has been synonymous with sunshine and springtime. Athena '84 - rainy, foggy, and cold, - surely the date was wrong! A disappointment for the many students who are usually out in full force each year. A small (less than half the average number) but enthusiastic group of runners set out. Shivering, but smiling course guides (Athena students) provided bright spots along the seven mile course.

Ron Frid was first across the finish line in 37:49, bettering his last year's time by almost two minutes. Spencer Campbell was also running well. He placed second overall, shaving 1:25 off his best time, finishing in 38:34.

Salam Hashem rounded out the trio with an excellent time of 39:35, a new Master's record.

First in the female division was Eleanor Freeman, who finished in 52:52, a personal best for the course, giving her first place in the 30 & Over category for the sixth consecutive year.

A special congratulations to all the students who braved the cold, wet day and completed the seven mile course.

Once again, a job well done by Jim Harris and his enthusiastic Athena team. They're promising sunshine for next year!

RACE RESULTS

CAMPERS' CITY FIVE MILE RUN

West Royalty, May 12, 1984

TOP TEN MEN

1. Mike Taylor	25:20*	6. Donald Campbell	28:35
2. Ron Frid	27:01	7. Salam Hashem	28:47
3. Philip Easter	27:37	8. Curtis DesRoche	29:30
4. Spencer Campbell	27:53	9. Carl Phillips	29:46
5. Randy MacNeill	28:00	10. Rick Flanagan	29:47

TOP FIVE WOMEN

1. Mary Rossiter	35:33	4. Carole Woodhall	40:14
2. Dorothy Gregory	37:10	5. Camilla Doucette	40:32
3. Paula Segal	39:37		

(* denotes new course record)

WOMEN 16 - 24

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Mary Rossiter	1	42	35:33
Paula Segal	2	60	39:37
Camilla Doucette	3	66	40:32
Sheila Bell	4	70	40:52
Maureen Profit	5	77	44:10
Libby O'Donnell	6	78	45:50
Sr. Vicki Forster	7	85	49:51
Sr. Evelyn Thompson	8	86	50:25
Linda Makin	9	89	58:37

WOMEN 25 - 34

Dorothy Gregory	1	49	37:10
Carole Woodhall	2	63	40:14
Judy MacLean	3	68	40:40
Anne Koughan	4	69	40:46
Linda Gaudet	5	72	40:58
Donna Profit	6	73	41:40
Susane MacPhee-Manning	7	74	43:44
Rhonda Cooper	8	81	47:41
Joan Hilton	9	87	50:37

WOMEN 35 & OVER

Rosemary Faulkner	1	71	40:53
Penny Stuart	2	75	43:51
Louvina Edwards	3	82	47:54
Nina Campbell	4	84	48:45

MEN UNDER 16

Paul Arsenault	1	14	30:47
Peter Somers	2	21	32:08
Craig Bradley	3	25	32:27
Ronnie Lund	4	37	34:23
Robert Pendergast	5	41	35:30
Wayne Long	6	65	40:27
Nicholas Falvo	7	88	58:11

Race Results, Campers' City Five Mile Run cont'd

<u>MEN 16 - 19</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Philip Easter	1	3	27:37
Spencer Campbell	2	4	27:53
Curtis DesRoche	3	8	29:30
Tommy McDonald	4	16	30:58
Stephen MacKinnon	5	17	31:08
Darcy Peters	6	19	31:40
Mark Tuttle	7	34	34:09
David Shepherd	8	45	36:33
<u>MEN 20 - 29</u>			
Mike Taylor	1	1	25:20
Randy MacNeill	2	5	28:00
John McAleer	3	12	30:35
Shane MacClure	4	13	30:38
Jeff Cook	5	15	30:56
Reagh Ellis	6	20	31:50
Gerry Woolfrey	7	24	32:27
Ken Hayward	8	27	32:39
Roger Hewlett	9	29	32:57
Butch Postma	10	30	33:05
Lorne Carmichael	11	33	33:32
Julien Gallant	12	35	34:20
Chance Asay	13	54	37:49
Gerard Dowling	14	55	38:27
Patrick Mason	15	58	38:37
George Miller	16	59	38:55
Steven Dowling	17	79	46:07
Vince Jones	18	80	46:29
<u>MEN 30 - 39</u>			
Ron Frid	1	2	27:01
Donald Campbell	2	6	28:35
Carl Phillips	3	9	29:46
Rick Flanagan	4	10	29:47
Arnold LaMarsh	5	11	30:13
Doug Jones	6	23	32:18
Brian Dunn	7	26	32:37
Andy Arsenault	8	28	32:44
Rob Anderson	9	31	33:17
Francis O'Donnell	10	36	34:22
Harvey Bernard	11	38	34:31
Tom MacDonald	12	39	34:58
Brian McInnis	13	40	35:15
Leon Barrouard	14	43	36:18
Paul Mullin	15	50	37:14
Francis Dewar	16	51	37:19
Albert Mosher	17	52	37:38
Roy Rodd	18	53	37:45
Ron Clark	19	56	38:31
Dave MacNeill	20	57	38:31
Ian MacLean	21	62	39:57
John Carr	22	64	40:17
Gordon Darrach	23	76	43:57

Race Results, Campers' City Five Mile Run

cont'd

<u>MEN 40 & OVER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Salam Hashem	1	7	28:47
Ewen Stewart	2	18	31:20
Lambert Pauley	3	22	32:14
Mike Sullivan	4	32	33:30
Ed Grant	5	44	36:25
Steve Labchuk	6	46	36:40
Wayne MacFarlane	7	47	36:41
Chuck Guite	8	48	37:07
Peter McGonnell	9	61	39:57
Douglas MacNevin	10	67	40:38
Linnell Edwards	11	83	47:55

Campers' City Fifth Annual Run was blessed with fair weather (slightly breezy) in spite of, or perhaps in spite of, the predicted rain. A record number of runners, racers and joggers of all ages enjoyed this year's run.

Mike Taylor of Moncton stole the spotlight with his record-setting performance, chipping almost two full minutes off the old course record and winning in a time of 25:20 (a blistering 5:04 pace!) Mike, who is just coming back from an injury, (what a come-back!) was pleased with his run and expressed his enjoyment in taking part in his first Island race.

Our own Ron Frid, who finished second overall, also came in under the old course record in 27:01. Philip Easter, who set the course record last year, placed third in 27:37.

Mary Rossiter was back on the running scene, topping the female division with a time of 35:33, while two newcomers, Dorothy Gregory and Paula Segal, took second and third.

The Master's Divisions were well represented by Rosemary Faulkner, first female master, and Salam Hashem who set a new male master's record with a time of 28:47.

Our thanks to Campers' City and Brooks for their sponsorship - Sue in particular for her enthusiastic assistance in organizing the run. Thanks also to all those volunteers who took time from their own Saturday morning schedules to lend a hand and make the run possible.

Stew & Eleanor Freeman

RACE RESULTS

QUALITY INN / BROTHERS TWO TEN KM RUN

Wilmot, May 19, 1984

TOP TEN MEN

1. Don Pridmore	33:52 *	6. Salam Hashem	36:14
2. Ron Frid	34:00	7. Paul Wright	36:43
3. Spencer Campbell	34:55	8. Curtis DesRoche	37:12
4. Randy MacNeill	35:03	9. Stew Freeman	37:36
5. Don Campbell	36:05	10. Darren Poirier	37:46

TOP FIVE WOMEN

1. Helen Flynn	44:42	4. Susan Rogers	46:38
2. Dorothy Gregory	45:37	5. Carole Woodhall	46:39
3. Susane MacPhee-Manning	45:39		

(* denotes new course record)

WOMEN UNDER 25

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Susan Rogers	1	60	46:38
Camilla Doucette	2	71	51:07
Dolly Bhatia	3	74	52:06
Maureen Profitt	4	75	52:46
Nancy Dockendorff	5	80	53:50
Susie Clow	6	82	54:59

WOMEN 25 & Over

Helen Flynn	1	45	44:42
Dorothy Gregory	2	51	45:37
Susan MacPhee-Manning	3	55	45:39
Carole Woodhall	4	61	46:39
Janet Bradley	5	62	46:48
Francie MacDougall	6	63	46:56
Eleanor Freeman	7	67	49:35
Donna Profit	8	68	50:47
Judy MacLean	9	70	51:06
Rosemary Faulkner	10	72	51:07
Linda Gaudet	11	73	51:53
Barbara Crozier	12	78	53:36
Bunty Albert	13	84	59:38
Louvina Edwards	14	85	61:28

MEN UNDER 20

Spencer Campbell	1	3	34:55
Curtis DesRoche	2	8	37:12
Darren Poirier	3	10	37:46
Paul Arsenault	4	11	37:50
Stephen MacKinnon	5	15	38:23
Peter Somers	6	18	38:59
Darcy Peters	7	19	38:59
Tommy MacDonald	8	24	40:47

Race Results, Quality Inn/Bros. Two 10 Km Run cont'd

<u>MEN UNDER 20</u>	cont'd	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Sunny Bhatia		9	26	40:53
Sandy Bhatia		10	30	41:35
Robert Pendergast		11	43	43:51
David Shepherd		12	48	45:00
Wayne Long		13	66	47:30
Michael Pendergast		14	69	51:03
Scott Dennis		15	76	53:05

MEN 20 - 29

Randy MacNeill	1	4	35:03
Paul Wright	2	7	36:43
John McAleer	3	12	38:14
Maurice Charron	4	20	39:04
Reagh Ellis	5	21	39:18
Julien Gallant	6	23	40:45
Leonard Arsenaault	7	27	40:57
Paul Burnley	8	29	41:34
Chris Rushton	9	32	42:08
Roger Hewlett	10	34	42:10
Allain Boulianne	11	36	42:18
Don Harris	12	38	43:00
Amand Arsenaault	13	40	43:07
Doug MacMurdo	14	41	43:18
David Carota	15	52	45:37
Chance Asay	16	56	45:45
David MacEachern	17	59	53:37
Vince Jones	18	83	55:20

MEN 30 - 39

Don Pridmore	1	1	33:52
Ron Frid	2	2	34:00
Don Campbell	3	5	36:05
Carl Phillips	4	13	38:15
Arnold LaMarsh	5	16	38:32
David Edmond	6	22	40:20
Rob Anderson	7	28	41:01
Doug Jones	8	31	41:47
Andy Walker	9	33	42:09
Harvey Bernard	10	35	42:12
Brian Newcombe	11	39	43:00
Bob Bowes	12	42	43:24
Tom MacDonald	13	44	43:56
Dan McCarthy	14	46	44:46
Steven Enman	15	47	44:49
Leon Berrouard	16	49	45:24
Paul Mullin	17	50	45:34
Roy Rodd	18	54	45:39
Brian Bradley	19	57	45:51
Ian MacLean	20	64	47:17
Noel Paulet	21	81	54:00

RACE RESULTS

COLONEL GRAY / MCDONALD'S TEN MILE RUN

Charlottetown, June 9, 1984

TOP TEN MEN

1. Don Pridmore	57:58	6. Salam Hashem	61:38
2. Ron Frid	58:22	7. Steven MacKenzie	62:39
3. Paul Wright	58:36	8. Stew Freeman	62:48
4. Peter Kittilsen	60:50	9. Bob Sagor	63:38
5. Don Campbell	61:25	10. Ewen Stewart	64:16

TOP SIX WOMEN

1. Helen Flynn	80:42	4. Eleanor Freeman	85:09
2. Janet Bradley	82:24	5. Liz Murnaghan	90:15
3. Donna Profit	83:35	6. Susane MacPhee-Manning	92:21

WOMEN 20 - 34

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Janet Bradley	1	45	82:24
Donna Profit	2	51	83:35
Liz Murnaghan	3	54	90:15
Susane MacPhee-Manning	4	56	92:21

WOMEN 35 & OVER

Helen Flynn	1	38	80:42
Eleanor Freeman	2	53	85:09

MEN UNDER 20

Stephen MacKinnon	1	17	69:19
Robert Pendergast	2	37	80:30

MEN 20 - 29

Paul Wright	1	3	58:36
Steven MacKenzie	2	7	62:39
Mike Porlier	3	11	65:02
Tony Isaacs	4	12	67:25
Dave Gallant	5	18	69:56
Reagh Ellis	6	20	70:28
John Bureaux	7	28	73:57
Andrew Mahan	8	57	101:17

Race Results, Colonel Gray/McDonald's Ten Mile Run cont'd

<u>MEN 30 - 39</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Don Pridmore	1	1	57:58
Ron Frid	2	2	58:22
Peter Kittilsen	3	4	60:50
Don Campbell	4	5	61:25
Bob Sagor	5	9	63:38
Carl Phillips	6	13	68:01
Dave Edmond	7	14	68:03
Jake Baird	8	15	68:22
Harvey Bernard	9	22	71:04
Dave Manovill	10	24	72:00
Dan McCarthy	11	25	72:08
Doug Jones	12	26	72:23
Barry Kneabone	13	27	73:10
Gary Hilton	14	29	74:03
Don Harley	15	30	74:53
Steve Arsenault	16	33	76:26
Brian MacInnis	17	39	80:51
Roy Rodd	18	40	81:08
Leon Berrouard	19	41	81:22
Paul Mullin	20	42	81:59
Dave MacNeill	21	43	82:21
John McQuaid	22	44	82:21
Brian Bradley	23	46	82:42
Francis Dewar	24	47	82:42
Fred Affleck	25	49	83:20
John MacInnis	26	50	83:35
Frank Johnston	27	52	84:05
<u>MEN 40 & Over</u>			
Salam Hashem	1	6	61:38
Stew Freeman	2	8	62:48
Ewen Stewart	3	10	64:16
Jim Wyatt	4	16	68:22
Al Swim	5	19	70:01
Mike Sullivan	6	21	70:54
Ninian LeBlanc	7	31	76:07
Lance Miron	8	32	76:07
Steve Labchuk	9	34	79:18
Ed Grant	10	35	79:55
Wayne MacFarlane	11	36	80:25
Peter McGonnell	12	48	83:15
Alan Savidant	13	55	90:24

RACE RESULTS

NON - PUFFERS' PACE

Southport, June 2, 1984

<u>RACE ORDER</u>	<u>NAME</u>	<u>PREDICTION ACCURACY</u>	<u>HANDICAP TIME</u>	<u>ACTUAL TIME</u>	<u>ACTUAL ORDER</u>
1	Randy Bell	10	27:31	25:31	9
2	Brian Bradley	4	33:39	27:39	14
3	Gary Hilton	4	33:39	27:39	15
4	Salam Hashem	4	33:53	22:53	4
5	Jim Wyatt	3	34:30	26:30	12
6	Phillip Easter	3	34:36	21:36	1
7	Shawn Watters	3	34:38	22:38	3
8	Don Moffett	3	34:41	25:41	10
9	Donna Osborne	3	34:44	28:44	19
10	Ted Brown	3	34:47	29:47	21
11	Ron Profit	2	35:01	35:01	29
12	Matthew Wright	2	35:06	31:06	23
13	Roger Gillis	2	35:21	34:21	26
14	Paul Steele	2	35:21	34:21	27
15	Jeff Cook	2	35:28	24:28	7
16	Colin Easter	2	35:31	28:31	18
17	Dave Faulkner	2	35:37	33:37	25
18	Harvey Bernard	2	35:37	26:46	13
19	Tommy MacDonald	2	35:49	23:49	5
20	Wally Comeau	2	35:50	30:50	22
21	Doug McNevin	2	35:56	28:56	20
22	Don Pridmore	1	35:57	21:57	2
23	Paul Mullin	1	36:06	28:06	16
24	Ewen Stewart	1	36:07	28:07	17
25	Dave Edmond	1	36:13	26:13	11
26	Ian Atkinson	1	36:18	24:18	6
27	Wayne Wright	1	36:37	24:37	8
28	Darlene Robison	1	36:42	34:42	28
29	Thane Arsenault	1	36:59	35:59	30
30	Janet Bradley	2	37:19	31:19	24
31	Liz Murnaghan	3	38:44	36:44	31
32	Larry Stenabaugh	1	39:49	39:49	32
33	Charles DesRoche	6	38:07	38:07	33
34	Liz Keenan	7	39:50	39:50	34
35	Carolyn Edmond	1	45:58	45:58	35
36	Betty Kennedy	1	46:36	46:36	36

The first and fourth columns of the race results above only tell part of the story of the Non-Puffers' Pace. Fifteen groups of runners set out at one minute intervals depending on their predicted race pace over the four mile course. Group one expected a 9:00 plus per mile pace, group 15 expected better than a 5:45 pace. Next year, I intend to have 19 groups, adding two more at each end of the pace scale.

The runners who were most accurate in assessing their race pace were those who finished in 36 to 37 minutes (or ran in group 1 in over 36 minutes or in group 15 in under 36 minutes). In column 3 above, these runners were given a prediction accuracy rank of "1". One minute on either side and they were given a "2"., and so on. Of course there are those who have bad days or especially good days (for Gary, Brian, Salam, and Jim, it was a GREAT day!) For our regulars, next years' handicaps should be based on actual results of the Mardi Gras and the three spring 10 K's.

For those of you interested in other kinds of statistics, the actual (without handicap) running times and rank are also given. (Columns 5 & 6).

Finally, thank you to the P.E.I. Council on Smoking and Health for their sponsorship (ribbons, certificates, trophies, refreshments) and assistance in organizing the aid station, refreshments, and pre-race PR. Particular thanks are due to Mary-Lee Barrett. Also thanks to the St. John Ambulance and Glen Stewart School (Art O'Malley and Mait MacIsaac), and to Roadrunners volunteers Stew and Eleanor Freeman, Rosemary and Mike Sullivan.

Bunty Albert

EDITOR'S NOTE: The mail from White Rock, B.C. is a little slow in arriving and we didn't have this for our last Newsletter. Even though Parker's letter is starting to get mouldy from age (like a few golfers I know) we knew that you still find his observations timeless and interesting.

S T I L L S T R E A K I N G ,
S T I L L G E T T I N G H I G H ,
A N D S T I L L N E R V O U S !

- Parker Lund

When does it stop? Well, the streaking is still going on (one year last December 23rd). I had my second running high during the last five K's of the Seawall 20K run in Vancouver, and I'm still nervous about running marathons (I'll be starting my eleventh on Sunday, May 6th - the Vancouver Marathon).

When will my streaking end? Since I wrote to the newsletter last, I have been streaking in Vancouver, Washington, and on the islands of Oahu and Maui in Hawaii. My streak will soon be longer mile-wise than time-wise.

Still getting high? It was really only the second time that I can remember getting high since my first time which was coming up the hill toward U.P.E.I. from Towers Mall. When I hit the 15 K point of the 20K Seawall Run, I felt so good that I took off like a gazelle. I floated over the last five K's and was passing people as if they were standing still. I felt like a show-off but I just breezed along. I kept on waiting for something to happen but it didn't. I really enjoyed the whole experience and when I reached the finish line and told Freeman (I will mention him later) what happened, he said, "You had a runner's high." If I could somehow retain this feeling, I might even give Ewen a challenge! Well, maybe Jim? (I hear old age is catching up with him - or it it the Island way?).

Getting back to Freeman (Churchill, for those who don't know him). As I was finishing the first 10 K's of the run, I heard someone call my name. I immediately slowed my pace down to 5:30's and went back to talk to him. This was one of the reasons for my poor performance (1:29:08 - 305 out of 697). Well, that's one excuse. After talking to him for ten minutes, having a cup of coffee, and signing a few autographs, I took off again. He was the first Islander (well, converted one, anyway) I saw since coming West. However, there was an "Islander's day" which I hadn't expected following. On my walk back to the car, I passed this runner and he called my name. I stopped, asked him who he was, and he said Gordon Marshall. He ran some of our races when he lived on P.E.I. for two or three years about four years ago. My running friend, Doug Oram, and I then went for breakfast and lo and behold, Lisa Devine came over because her friend had recognized the P.E.I. Roadrunners kangaroo sweater. She was returning from a racquetball tournament in Seattle. When I got home about 1:00 p.m.,

I mentioned to Kay what had taken place. About 2:30 p.m., a knock came on the door and there stood Don Reeves and his wife from Summerside. We had a great chat, solved all the problems in the running domain, and decided that we just needed more natural ability, more training, and bigger stakes to become number ones on the P.E.I. scene. To say the least, it was a very interesting and enjoyable Saturday. To finish off, when I boarded the bus on the following Monday to go to work, this man asked me if I had run on Saturday. I said yes, and we started to talk (naturally). Part way during the conversation, when I asked him his name, he said Peter Gibson. When he heard my name, he asked was I from P.E.I., and when I said yes, he told me that he used to attend the P.E.I. Roadrunners meetings at St. Jean. It's a small world. He and I now meet and talk daily on the bus. He is ready for his first marathon.

Still nervous? Yes, after 10 years of competing, I'm still nervous about racing or should I say running races and especially the big "M". I don't think I'll ever get over nervousness but it might come with age (I'm still only a young fellow.)

I could add disappointment to the title of this letter but I have had very few in my running career. One was getting ready for the Johnny Miles Marathon and then getting sick three days before the run. (It was to be my qualifying run for Boston. However,, Oromocto a month later did the trick.) I have trained moderately well for the Marathon and have put in two twenty-milers. However, last Sunday, I ran a 10K race in White Rock and pulled something in the back of my leg. I am concerned and only hope that by this Sunday, I'm ready to go and that I can complete the 26. You will find out about this as soon as I can let you know. (I know some of you readers are saying, "Oh, yah! Pre-race excuses. Well, I'll let you know the real truth later - right now I have to scratch inside my leg cast and get the nurse to take my bed pan away.)

I'm looking forward to getting home again even though it is a great spot out here for runners. I'm really looking forward to the National 20K and to meeting my running friends again.

P.S. Readers will be happy to know that Parker completed the Marathon successfully in 3:24, which is not his best time but still very respectable.

Your morning smile

"I'm told you're in waste management."

"That's right. I teach aerobics."

THE CAMPBELL'S ARE COMIN'

- Dave Edmond

Why do we run? What motivates us to run or jog down those roads, fighting that incessant Island wind, or rain, or snowstorm? Is it the health benefits? Is it the solitude and tranquility that can be garnered from a distance run? Or is it the opportunity to share an experience with others? No doubt each and everyone of us has an answer to the question - be it one of the above, all of the above, or none of the above. But regardless, there is a motivator.

A family which can claim its slate of running enthusiasts can do so citing a variety of motivation. What had started out as a profile of two of our most prominent road runners has had to be revised and expanded. Don and Spencer Campbell had been the focal point of my article but in all fairness, equal time and space must be provided all family members.

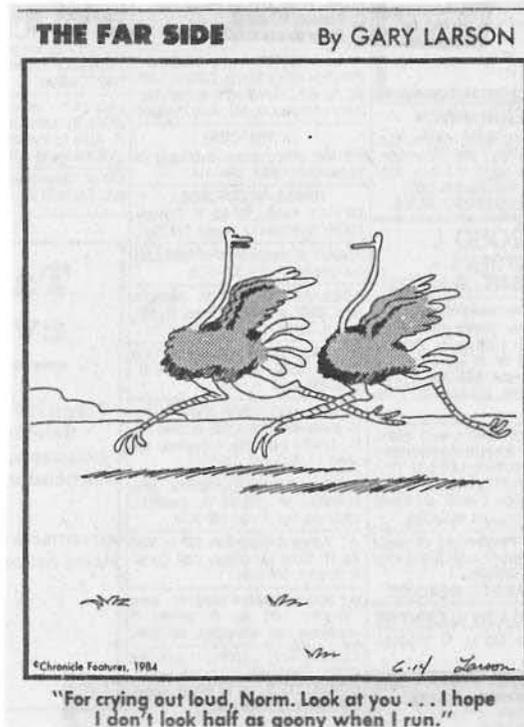
Spencer is the most experienced and the catalyst in this running family. At age 16, he has three years experience in track and field behind him. Originally involved in the short sprints, he was soon encouraged by his Grade 1X teacher, and popular Road Runner, Carl Phillips, to expand into the middle distances. His successes in this area are evidenced by the hardware he has taken home as chronicled in the past three editions of the Newsletter. He and Phillip Easter continually struggle for top spot in the under 20 age category in the Sun Life Grand Prix Circuit.

Father Don, at age 36, has only been running competitively for over a year now, but similar success seems to be just around the corner. And what got Don started? A combination of things really. Don was always an avid supporter of Spencer's involvement in road races and made it a point to be there to urge him on. Attending one such meet, he was approached by one of the veteran Road Runners, Ewen Stewart, and encouraged to try some of the shorter distances instead of simply spectating. Ewen's example and Spencer's enthusiasm for the sport had the desired positive effect. Don gave it a try. And it wasn't long before a further reinforcing motivator came into play. The health benefit. At the onset of his running career, Don weighed in at approximately 180 lbs. He has slimmed down to a healthy 152 lbs. and feels the better for it.

And the rest of the family? It didn't seem fair that Don and Spencer should disappear each weekend and have so much fun and relaxation while all the household chores were left to the distaff side of the family. It soon became apparent that something had to change. And it has. Mother Nina has taken to evening runs with daughter Melodie, not for record setting times but for the fresh air and health benefits. Not to be outdone by the racers in the family, however, both ran together in the Ladies Only meet held in Summerside. And that leaves just one more Campbell. The youngest is Charlotte and it looks like she can carry on behind Spencer. She placed first in her age category in the Alice Faye 3 Miler last year, and first overall in the Ladies Only meet in Summerside.

While success in winning ribbons and hardware has been achieved, greater success in creating and maintaining family ties has been more significant. Each family member has their own reason for running but each has used it to fashion a common bond.

Hats off to a splendid family - The Campbells.



Are you facing addiction?

Experts admit that the line between the obligatory state and simple dedication to a sports is a fuzzy one — but crossing that line can be dangerous. For some people, it's possible even exercise can be too much of a good thing.

Members of the U.S. National Academy of Sciences have explored these characteristics and come up with some questions to ask yourself if you think you may be overdoing it. Do you:

- Feel compelled to indulge in your activity to cope with stress?
- Behave impulsively or unusually?
- Feel you must achieve the gratification provided by your activity immediately?
- Feel antisocial?
- Seek sensation?
- Tend not to work toward goals valued by society?

If you answered yes to a few of these questions, you should give some hard thought to the reasons why you participate in your sport.

W O M E N O N T H E R U N

- Rosemary Faulkner

When you receive this Newsletter, you should be up to your ears in weeds in the garden and strawberries. It is the time of year for enjoyable morning and late evening runs.

This month, I'd like to deal with improving both for the recreational and run participant. With so many more women becoming involved in the Club, I believe you have different levels of interest so I will attempt to help you from where you are at. Generally, for both levels of runners there will come a time when you notice you can cover a longer distance in the same amount of time. As you become more conditioned, your body will naturally want to perform better. The only thing stopping it will be lack of desire to run further or lack of discipline regarding a regular running program. In other words, if you are now running two miles, a few months from now, four miles will be fun to run. As well, for someone like Joan Hilton, maybe this time next year will find running 10 miles with Janet Bradley a breeze!

The Recreational Runner

Let's assume you are running one mile three to four times a week and you are finishing the run tired and sore. In order to see the light at the end of the tunnel, you should perhaps look at your running schedule. You will not improve in your running if you are tired, overweight, if you run a number of days in a row without a rest day, if you set unrealistic goals (in other words, just run and ignore how long it is taking you), and finally, if you are not relaxed, you will not run with ease.

To improve:

- a) Don't wear a stopwatch if you are trying to improve. There is nothing worse than a watch that beeps every ten minutes, when you are not getting anywhere.
- b) If you are now running three or four days in a row, try this schedule:

Day 1 - Regular run	Day 4 - Run 1/3 or 1/2 more
Day 2 - Regular run	than you usually do
Day 3 - Rest	Day 5 - Rest
	Day 6 - Regular run
	Day 7 - Rest or alternate activity
- c) On your rest days, go for a walk, ride your bike or go for a swim.
- d) A fitness test is an excellent before and after tool to see if you are improving, if you have lost inches, and if your body is in better condition.
- e) Look at your diet. Are you following a sensible eating plan and getting adequate rest?

The Race Participant

If you are a recreational racer, I can't say enough about the value of double workouts two or three times a week as a means of improving your distance and lowering your times. Double workouts simply mean running in the morning and again in the evening or afternoon. You usually run further in the morning and a shorter distance in the afternoon (or vice-versa).

As well, the use of hills is an excellent way to improve. Look at your present route and determine if there are adequate opportunities to run up hills. Hills are excellent to improve stamina and beats lifting weights.

Increasing your mileage should be a slow progression and should only be undertaken if you've accumulated a solid mileage base over a couple of years (20 miles/week). Some running experts feel you should increase the intensity (run faster) of your workouts while keeping the weekly mileage constant. Others feel you should up your mileage by 5% of the previous weeks total, hold that for a couple of weeks and if it feels O.K., add another 5%. Only you can determine what mileage level is best for you.

One more note on double workouts. You should establish a routine. You may want to do four doubles a week, so plan on running them Mondays, Wednesdays, Fridays, and Saturdays. The more routine they become, the easier it will be to do them. Another reason for the routine is that it gives you the recovery period needed between workouts.

The hard/easy days approach to running is also a useful tool to improving. Some experts feel every hard day of running should be followed by an easy one. In other words, if you run six miles today and that is a long run for you, you should not run ten tomorrow but rather run three or four miles at a slower pace.

Finally, the best way - the only way - for a runner to improve is through running.

A note for those who participate in competitive fun runs. Have a time in your head you would like to run for. This eases the pressure sometimes felt when there are others in the run you feel you would like to beat. Remember - running is a sport where your only competition is yourself. If you want to improve, you must run against yourself.

Finally, I also feel that I should be running at least three times the distance of the run in my weekly running schedule. Therefore, if the run is four miles, I should be running at least twelve miles in my weekly training or I will be in trouble and I'll be walking more than running.

R U N C A N A D A W E E K 1 9 8 4

Run Canada Week on P.E.I. was very successful this year. Much of the success has to be attributed to one person - Pat Charlton. Pat was hired on March 12th and she worked on the Run Canada Week project for 10 weeks. She made many new contacts and inovated many new ideas for our Run Canada Week.

In 1984, there were 37 community runs plus 38 runs held at various schools across P.E.I. In all, there were 75 runs for a total participation of about 9,000 people. This compares to a total of 41 events in 1983 for a total of 3,000 participants. The community runs had definite dates set whereas the schools were going with the first sunny day of that week. The weather for Run Canada Week, May 13-21, 1984 was miserable and I'm sure our figures would have been a lot higher if not for all the rainy weather. On behalf of the P.E.I. Roadrunners Club and the Run Canada Committee, I would like to thank Pat Charlton for all her hard work. We also owe a great deal of thanks to Sport P.E.I. for office space and use of all their facilities. We were very fortunate to receive \$2,600.00 in funding from Canadian Track & Field Association, and we thank them for their strong support both financially and organizationally.

In closing, I would like to thank everyone who helped co-ordinate or worked as a helper on the many Run Canada Week events across P.E.I. Run Canada Week has certainly promoted running here on P.E.I. and we look forward to your continual support in 1985.

Sincerely,

Don Harley
P.E.I. Run Canada Rep.
(The Off-Track Division
of the Canadian Track &
Field Association)



ALL ABOUT EXERCISE MACHINES

- Salam Hashem

When a person considers buying an exercise machine, or using one in a gym, he or she often thinks it costs a lot, so it must be good. Up to a point, that is true. A neat, well-made piece of equipment can be a great incentive to exercise. Yet, no matter how faithfully the instructions are followed, and how diligently the exercise is carried out, the person using the machine may well be labouring under a false impression. He or she may have made a bad buy. This is not due to an inaccurate brochure or a fast-talking salesman, but because of lack of knowledge about both the machines and individual requirements. What, then, are the factors that should determine the choice of an exercise machine?

In terms of all-round physical fitness, there are three main considerations. The first is mobility. Does the equipment permit the joints and muscles of the body to move over their full potential range? The second factor is strength. Does the machine develop the muscle tone and power necessary to cope with movements against resistance in all ranges and directions? And the third consideration is cardio-vascular efficiency. To what extent does the equipment make the heart and lungs work at a higher than normal rate without stress, and how much does it increase the rate of recovery after exertion?

Each of these fitness factors contribute to endurance and the reduction of fatigue. As well as these central considerations when choosing an exercise machine, there are other, more practical points. These include the initial cost of running and repairing it, the attractiveness and portability of the equipment, the amount of time involved in its use and the effort it requires in relation to the results it produces.

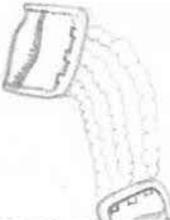
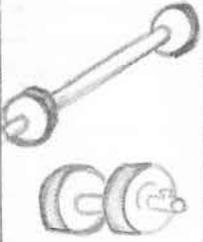
Many exercise machines sell not on the basis of their contribution to improving general fitness but on their claims, theoretical or proved, to be an effective method of reducing weight. But, no matter how complicated the machine, and how determinedly and regularly it is used, one simple fact must be kept in mind - weight reduction can only be effectively achieved when dieting. While this can be aided by general and regular exercise, it is impossible to lose weight by doing nothing and letting a machine do the work. However, it is possible, with only exercise, or using some exercise machines, to lose inches as opposed to weight. Unfortunately, many people turn to exercise machines in the hope of an easy solution to their weight problems. They are nearly always disappointed. Machines for exercise vary widely in size, application, results, and cost.

The following chart shows five different exercise machines and their scores in eight different categories. You could compare the results to what running can do for you in endurance and in strength, also weight reduction. You'll find the running score much higher than any machine in the way of weight reduction and endurance. Anyway these exercise machines and other machines available in the gym can help your running in strengthening all your muscles, especially your upper body, which is really important.

EXERCISE MACHINES

K E Y

X - Poor XXX - Good
 XX - Fair XXXX - Very Good
 XXXXX - Excellent

	<u>R MACHINES</u> 	<u>S CYCLES</u> 	<u>chest EXPANDERS</u> 	<u>VIBRATOR</u> 	<u>weights</u> 
All-Round Mobility	XXX	X	XXX	XX	XXX
Muscular Endurance	XXX	XXXX	XXXX	XXX	XXXX
Strength	XX	XXX	XXXXX	XXX	XXXXX
Weight Reduction	XX	XXX	XXX	X	XX
Multi-Purpose Value	X	X	XXXX	XX	XXXXX
Specificor Limited Value	XXX	XXXX	XXXX	XXX	X
Durability	XXX	XXX	XXXXX	XXX	XXX
Books or Instructions	X	X	XXX	XXX	X

FINALLY BROKE 3 : 3 0

For many runners 3:30 was never a barrier but for me, it was one. Well, I finally broke it on May 13th at the Ottawa Marathon. My time was 3:24:36.

I really trained hard for Ottawa and wanted to break 3:30. I did not train this hard since my first marathon at Johnny Miles in May, 1978.

Ottawa was my tenth marathon but for this one, I had prepared really well. I made a plan book in October of 1983 and started off on my 26 week training program. For the first time in six years, I was consistent on my training weeks. I set a goal of 50 miles per week in the early stages and then kept on building up to 60, 70, 80, and 90 miles per week. During the 26 week period, I only lost two weeks to a bad flu and cold so I was really lucky. I was tired, it seemed, all the time, but I kept on going!

As I now think back, it was my running buddy, Gary Hilton, who kept me going most of the time. That guy wouldn't accept any excuses. Also, I had a great group of friends to train with. The five 20 milers and sometimes 22+ were really tough, but we always had fun on those training runs. Plus the weatherman also gave us a big break, as we had perfect weather for our long runs on practically every Saturday.

One thing that stands out about this past marathon and the hard training was the great team spirit that we all developed. Back in February, 1983, about 12 runners decided that they were definitely going to run Ottawa and it seemed that after that decision, we all stood behind each other in those tough training weeks. We certainly had a fine camaraderie in our group. When someone got down because of a bad training run or a bad cold, there was always someone there to get you up for the next long run.

To me, this is what running is all about; it is a vehicle for your own personal fitness goals but also a means to form and keep a great friendship. I know of many people who have started their friendship and trust for each other through running. So by the time we hit Ottawa, we were ready and raring to go!

The whole weekend at Ottawa went perfect--fine meals together, lots of laughs together and most of all, that bond of friendship was giving every runner the extra confidence needed to face our challenge on Sunday at 9:00 a.m.

Then on Sunday, God gave us a perfect running day but what made the day was the goodwill among our group. I got so much of a lift as we all joked about each other in that small room at Carleton University. I never felt it to such a degree since I ran my first in May of 1978.

I reached my personal goal but also made so many great friendships and that is what meant the most to me. Not everyone reached their goal but there will always be another marathon and if you happen to be a part of the gang that I ran with, they will help you reach your next goal. Thanks a lot, gang!

Here are the results:

Don Pridmore	2:39:58	Dave Edmond	3:22:41
Stu Freeman	2:59:59	Don Harley	3:24:32
Al Swim	3:07:06	Brian Bradley	3:30:15
Jake Baird	3:12:49	Gary Hilton	3:31:26
Carl Cooper	3:18:30	Janet Bradley	3:50:03
		Eleanor Freeman	3:53:11

Joggers Beware!

ST. ELEANORS — The current emphasis on physical fitness has led to an increasing number of joggers on the highway after daylight hours and Chief John London of the St. Eleanors Police Department urges these runners to take every precaution possible to avoid a serious accident.

"Quite often, these joggers wear no reflective clothing of any type," said the chief. "They are quite often in the main travelled portion of the highway and are impossible to see until you are almost upon them."

He urged anybody who feels they must exercise at night to wear reflective clothing and keep off the main roadway. Chief London said he came upon three such joggers during one recent patrol, none of whom could be readily seen. He added the situation is worse for those brave enough to venture out on a rainy or foggy night.

"Unless people begin to exercise a less safety, I am very much afraid there may be a serious accident," he concluded.

MAY 25 1984

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

Honorary Chairmen — Betty L. and Roland M. Fox



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

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

The Terry Fox Run

La Course Terry Fox

May 22, 1984

Mr. Don Pridmore
P.E.I. Roadrunners
P.O. Box 302
City

Dear Mr. Pridmore:

I am writing to request your assistance and support of The Terry Fox Run to be held on September 23, 1984.

We have had very successful Runs on P.E.I. but the search for a cure continues and needs our help on an ongoing basis.

A mention in your booklet "Island Marathon" would be a great help, the Run telephone number is 894-5744.

Your Roadrunner, Ewen Stuart and others came through for Terry last year again. We hope they will all join in again this year.

Any help will be deeply appreciated.

Regards,

Peggy MacDonald
Prov. Coordinator, The Terry Fox Run
P.O. Box 115
Charlottetown

REPORT FROM THE EXECUTIVE

- Rosemary Faulkner

Your executive has been busy on your behalf keeping everything running smoothly and attempting to see that your Club meets as many of your running interests as possible.

Run Canada Week has come and gone and the Club was thrilled at the increased participation by all ages and stages in the fun runs and participation runs held across the Island. I think the excellent work done by each of the organizers needs to be recognized and special thanks go to Pat Charlton from the executive for all her efforts during the past few months. Thanks to P.E.I. Track & Field Association and to Don Harley from Run Canada.

In the last Newsletter, I indicated we would be having a social meeting. It is planned to hold a social evening for members and guest at Jewel's Country Gardens, July 7, 1984 at 6:00 p.m. We are planning to have a barbeque and members are asked to bring along what they want to drink, barbeque and a salad to share. The Club will provide strawberry shortcake for everyone. The evening is planned to coincide with the weekend Running Clinic with Freeman Churchill that your Club is sponsoring thanks to your efforts in the sale of the Travel On tickets.

Some of you will have met Beth Brothers, who has been hired by the Club under the Canada Works program. Beth, a graduate in Public Relations, is providing the legwork for the National 20Km Championship this August 26th at the National Park. As well, she has been doing the legwork for the Running Clinic and she is redoing the Beginner's Running Kit so that is more of an original local booklet. Beth can be contacted at Sport P.E.I. if you wish to talk to her.

Your executive is working on a reusable "information centre" to be put up at each of the runs we are involved in co-ordinating. We would like to see a fold-up display board at each run that would display notices, race results, race information, Club news, Club shirts, pins and other items for sale or for FREE. Carl Cooper is co-ordinating this effort.

A note of thanks to Phillip Easter who presented a donation from the Club, a newsletter and a T-shirt on your behalf to Steven Fonyo when he was in P.E.I. running for Journey for Lives. Also thanks to Stew and Eleanor Freeman for visiting with him in Summer-side and presenting him with the book, "Running on P.E.I."

We are looking at getting a Club jacket for women and if you are interested, give me a call. As well, we think it is time to look at singlets and shorts if we all could agree on color! If you have any ideas, give one of the executive your comments. It will probably work on an order basis (i.e. place your order before the Club's order is sent.)

Finally, a thought I picked up at the annual Sport P.E.I. meeting I attended on your behalf. Wayne Wright spoke on sport and the attributes of the athletes who are members of the P.E.I. Sports Hall of Fame. In essence, his comments reflected how we should all feel about our running; "Running should only be a means to an end, NOT the end in itself."

Enjoy your summer and have a good run!

* * * * *

Carl Cooper submitted the timely following article. It is from the Executive Fitness Newsletter.

Good Nutrition: The Extra Edge for Executive Exercisers

When Martina Navratilova won the U.S. Open tennis tournament in 1983, she didn't thank just her coaches. Included in the kudos was Dr. Robert Haas, the sports nutritionist who redesigned her diet and whom she credits with helping her to "peak performance."

Many world-class athletes are discovering that what they put in their mouths may affect their performances as much as the work they put into their training programs.

Should *recreational* athletes be equally concerned about nutrition? Your performance in the town race or company fun run may not have stakes as high as the U.S. Open, but if competing well is important to you, then yes, nutrition does count. Even if you exercise but don't compete, good nutrition can spur you on to higher energy levels and help you stay cool through the hot summer.

By good nutrition, sports nutritionists usually mean avoiding excessive fats and calories and getting enough of the right vitamins and minerals, either through the foods you eat or by supplementation.

In recent years supplementation to improve performance has gotten a bad name, probably because of such useless and possibly dangerous items as the *non*vitamin B₁₂. But legitimate vitamin and mineral supplements have been proven to enhance stamina and energy—key measures of performance.

One of the best experiments that studied the effect of vitamin and mineral supplementation on athletic performance was conducted by Michael Colgan, Ph.D., of the Colgan Nutritional Institute, Carlsbad, California. Dr. Colgan believes that

even so-called "balanced diets" are probably lacking when it comes to basic nutrients—and he tested athletes to back up his theories.

Dr. Colgan divided 10 experienced marathon runners between the ages of 28 and 44 into two groups. Half the runners were given complete vitamin and mineral supplements; the other half got lookalike placebo pills. Neither Colgan nor the runners knew which marathoners were really taking the vitamins. This double-blind method of research assures scientists of an unbiased outcome.

After six months, the runners taking supplements made *big* improvements in their running times—an average improvement of 17 minutes and 44 seconds. The runners who weren't supplemented had some improvement—after all they were in training—but it was much less, averaging only six minutes and 43 seconds.

Dr. Colgan's athletes used a multi-vitamin and mineral supplement that contained vitamins A, B complex, C, D and E and the minerals zinc, iron, calcium, magnesium, manganese, phosphorus, potassium, copper, molybdenum, chromium, selenium and iodine. It's his belief that a wide range of supplements, taken over at least three to six months, is what's needed to affect athletic performance.

Other studies concerning athletic performance have looked at individual vitamins and minerals. One of the most important groups of vitamins for exercisers is the B complex. While these vitamins work as a group to enhance energy and strength, a few B vitamins have been studied separately.

Daphne Roe, M.D., a professor of

nutrition at Cornell University in Ithaca, New York, found that active people need significantly higher amounts of riboflavin (vitamin B₂) than people who don't exercise regularly. She thinks that exercisers may need twice the Recommended Dietary Allowance of 1.2 milligrams daily.

Robert Haas, Ph.D., Martina Navratilova's nutritionist, says riboflavin is especially important for women athletes. In his new book, *Eat to Win* (Rawson Associates, 1983), Dr. Haas says riboflavin helps women build and maintain strong muscle fiber.

Vitamin B₆ also has been well scrutinized by scientists. John H. Richardson, M.D., a biology professor at Old Dominion University in Norfolk, Virginia, measured the effect B₆ has on muscle stamina. He supplemented half of a group of 40 rats with B₆. He fed the other half of the group normal chow. After one month, the supplemented rats had more endurance. He proved that by anesthetizing the rats, then attaching their calf muscles to a spring and measuring how long the muscles could work before they fatigued. The supplemented rats lasted an average 28 percent longer than the nonsupplemented rats before their muscles fatigued.

Are these results relevant to human muscle strength? Dr. Richardson thinks so, because the way a muscle fatigues would be the same for a rat or a person.

Dr. Richardson also has performed the same kind of muscle-stamina test on rats supplemented with vitamin C. This time, the supplemented rats lasted an average 19 percent longer than nonsupplemented rats (*Canadian Journal of Applied Sports Sciences*, September, 1983).

Another experiment, which tested vitamin C's ability to fight fatigue, agreed with Dr. Richardson's findings. Performed at the University of Alabama Medical Center in Birmingham, it surveyed over 400 people and rated them according to their symptoms of fatigue and intake of vitamin C. The fatigue score of the 330 people who consumed more than 400 milligrams of vitamin C a day was half that of the 81 people who took less than 100 milligrams.

But it isn't just vitamins that give you the kind of energy and endurance you need for your summer exercise; certain minerals are important, too.

Potassium and magnesium are probably the most crucial, because they're lost through perspiration. But Dr. Richardson has discovered through his tests on rats that the mineral selenium also plays a very important role in muscle stamina.

Dr. Richardson found that when he supplemented rats with selenium, they lasted on his muscle-fatigue test 38 percent longer than nonsupplemented rats. He was so astounded by these results that he's continuing to study this mineral. (Don't take more than about 100 micrograms of supplemental selenium a day.)

Iron, of course, is also an energy booster for athletes. A Swedish study comparing two groups of athletes working out on exercise bikes found that the group supplemented with iron had four times more improvement in work performance than the nonsupplemented group.

Beating the Heat

Although you may be more concerned with the effect vitamins and minerals have on your exercise performance, certain nutrients can also help keep you cool during hot summer months.

If you want to beat the heat, tops on your list should be potassium and magnesium. These minerals are called electrolytes, and they're vital to your cooling system. Your body loses electrolytes when you perspire during exercise, so it's important to replace them.

One nutrient you *don't* need to replace, however, is salt. "Salt intake isn't very important and, in fact, may be negative," says George Jessup, Ph.D., a physical-fitness expert at Texas A&M University's Human Performance Laboratory.

Dr. Jessup says the naturally occurring salt in many water supplies is high enough that very few people need extra salt to meet their bodies' requirements. You'll especially want to avoid salt tablets, which can actually accelerate sweating and cause dehydration.

On the plus side, extra vitamin C will keep you cooler while you exercise. That's been proven by experiments among mine workers of South Africa. When compared with a group not taking vitamin C, a supplemented group had consistently lower body temperatures. Other experiments in the southern U.S. also showed vita-

Foods for the Summer Exerciser

Here are some foods rich in the vitamins and minerals that exercisers need most.

Vitamin B Complex

beef liver
chicken liver
lean beef
white meat chicken
salmon
navy beans
Swiss cheese

Vitamin C

oranges
green peppers
broccoli
brussels sprouts
cantaloupe

Iron

beef liver
ground beef
lima beans
sunflower seeds
prunes
dried apricots

Magnesium

almonds
tofu
kidney beans
shredded wheat
bananas

Potassium

potatoes
avocados
raisins
bananas
sardines
salmon

Selenium

seafood
whole-grain products
kidneys
liver

min C's ability to temper heat stress.

So before you head into summer training to improve your running time or your aerobic capacity, think nutrition. Your body will thank you for it.

A CANADIAN CHAMPIONSHIP ROAD RACE
COMES TO PRINCE EDWARD ISLAND

The 1984 Canadian 20 Kilometer Road Race Championship will be held in Prince Edward Island. The race is scheduled for Sunday, August 26th starting at Brackley Beach and finishing in Stanhope. For the most part, the route will be very flat and very fast.

Sponsoring the event will be Stanhope Beach Lodge. We will also be receiving assistance from the Government of Prince Edward Island, Aerobics First, Camper's City, the Canadian Track & Field Association, and many others. We believe that with this kind of support, we will be able to put on an event that will be remembered for many years.

Club members will each receive a brochure on the race and we hope to have ample media coverage. As such, the race should become very well known to you within the next few weeks. We hope that you will start planning now for the race. Although this is a championship event, and should attract some of Canada's best male and female runners, the race is open to all those who wish to enter. Our target is to make this the largest field ever for a race on P.E.I. so please feel welcome to join in and be a part of it.

In addition to the race itself, there will be many weekend events that you will want to participate in. There will be the Volume Rentals 5 Km Run in Sherwood on Saturday morning, a clinic at Stanhope Beach Lodge in the afternoon, recreational activities in the area as well on Saturday and a carbo loading or lobster dinner in the evening. Later, you can take in the entertainment at Captain Dick's Lounge. On Sunday, there is the race and afterward, the award ceremonies at Captain Dick's.

One request we make is that you register before August 11th. This will help immensely with our planning. It will also ensure that you receive a t-shirt since they will be given out only as the supply lasts.

Let's make this a roaring Island success! Consider yourself invited!

The race organizers for the Championship will need a number of volunteers to help stage the race. If you are not running, please help. To volunteer, call Beth Brothers at 892-9178 during work days or any of the committee members:

Don Pridmore	- Chairman	Barrie Stanfield	- Timing/
Doug Jones	- Co-Chairman		Recording
Bunty Albert	- Course	John Sandham	- Events
Gary Hilton	- Course	Harvey Bernard	- Aid
Jake Baird	- Awards		Stations
Jim Wyatt	- Awards	Janet Bradley	- Medical
		Linda Gaudet	- Registration

Annual Meeting. The Annual General Meeting of the PEITFA will take place Thursday, June 7, at the Basilica Recreation Center, Charlottetown, at 7:30 p.m. Items on the agenda include a review of the past year's activities, election of a new Executive, and plans for 1984. Nominations for executive positions will be accepted from the floor. Your attendance and input would be appreciated.

Legion Camp Team. The Royal Canadian Legion National Athletic Camp will be held this year in Halifax, N.S., Aug. 9-16. The Camp is for Midget (14-15) and Juvenile (16-17) age classes and includes a 2-day track meet (Aug.11-12) as well as coaching clinics and social events. Selection of athletes for the P.E.I. team is based on performance (beginning with the school meets), participation, and potential for development. In order to identify athletes as early as possible the Association may stage one or two clinics during the month of June so that athletes can demonstrate their interest and talents. These clinics would take the form of «time trials» and field events practice where throws and jumps would be measured. More about these later.

Canada Games Team. The 1985 Canada Games will be held in Saint John, N.B., in early August. The age class for track and field at these Games is 22 & under so the level of competition is quite high. The Association hopes to start identifying potential team members this year although final selections will not be made until 1985. If you would like to be considered for this team you should make your interest known to the team manager, Barrie Stanfield (40 Churchill Ave., Charlottetown, C1A 1Y9 - Tel. 894-9379). Identification tryout clinics may be conducted in conjunction with the Legion team clinics mentioned above.

Provincial Championships Certificates. These certificates were to have been presented at the Awards Banquet but are now being mailed to the athletes. The Executive regrets not being able to hold the banquet this Spring. In the future an awards banquet will probably be held in the Fall of the year.

Calendar of Events.

In-Province	June 30	Canada Day Meet	Charlottetown
	July 7	Laser T & F Club Invitational	Charlottetown
	Sept. 1	Labour Day Meet (Provincial Ch'ships)	Charlottetown
Out-of-Province	June 23	N.B. Highland Games	Oromocto
	July 12-14	Antigonish Highland Games	Antigonish, N.S.
	July 21	Elite Atlantic Invitational/ N.S. Legion Selection	Halifax
National and Regional Championships	Je 29 - Jy 1	Canadian Senior Championships	Winnipeg
	July 21-22	Canadian Junior Championships	Edmonton
	July 27-28	Atlantic Senior Championships	Halifax
	August 4	Atlantic Age Class Championships	Halifax
	August 11-12	National Legion Championships	Halifax

UPCOMING MARITIME RACES

Prince Edward Island/Ile du Prince-Edouard

(For further information contact the Sport P.E.I. office (892-9178) or write to the P.E.I. Roadrunners Club, P.O. Box 302, Charlottetown, P.E.I., C1A 7K7; the Branch Run Canada Chairman is Don Harley, #309 Court, Charlottetown, C1A 8M7 (902) 892-3656(R) 566-7855 (B)".

Jun 30	CHARLOTTETOWN	Seaman's Beverages Run - 4 miles	Ken CAMPBELL, 892-1673
Jul 14	MONTAGUE	Fulton Campbell Memorial - 20 km	Ronnie DRAKE, 651-2044
Jul 21	BELFAST	Belfast Lions Mid-summer Jaunt - 8 miles	Wayne PANTON, 659-2893
Jul 28	FRENCH RIVER	North Shore Coastal Run - 10.5 miles	Austin PENDERCAST, 836-3301
Aug 04	TYNE VALLEY	ADL Tyne Valley Run (plus 5 mile participation run) - 20 miles	Brian NEWCOMBE, 831-2305
Aug 11	BRACKLEY	National Park 10 km Championships	Jim WYATT, 569-3693 or Dale CLAYBOURNE, 672-2191
Aug 18	STANCHIL	Kensington Harvest Festival Run - 25 km	Peter KITTILSEN, 886-2418
Aug 25	SHERWOOD	Volume Rentals Run - 5 km	Rosemary FAULKNER, 569-2765
Aug 26	BRACKLEY	National 20 km Championships	Don PRIDMORE
Sep 09	CHARLOTTETOWN	PEI roadrunners/CBCI-FM Island Marathon - 26 miles	Jim WYATT, 569-3693
Sep 30	WEST ROYALTY	Alice-Faye's Run for Women - 3 miles	Jake BAIRD, 892-8265
Oct 14	STANHOPE	C.A.H.P.E.R. Run - 10 km	Jim HONSBERGER, 672-2486
Nov 10	BEDEQUE	Dunk River Run - 7.3 miles	Paul WRIGHT, 887-2431
Dec 29	CHARLOTTETOWN	Dairy Queen Polar Run - 5 miles	Salam Hashem, 894-9925

Nova Scotia/Nouvelle Ecosse

"For further information about the events listed or about other events scheduled in this branch, contact the Branch office at P.O. Box 3010 South, 5516 Spring Garden Rd., Halifax B3J 3G6, 425-5450; or the Branch Run Canada Chairman, James Balcom at 5661 Victoria Rd, #6, Halifax B3H 1M9 (902) 454-0256 (B) / 422-7771 (R)"

June 30	LIVERPOOL	Liverpool 5.1 mile Road Race	Joe MASON, 354-5084
Jul 1	HONTSPOINT	Beazley Memorial 6 mile Road Race	Carl PULSIFER, 684,3478
Jul 1	HALIFAX	Canada Day Fun Run	Cliff MATTHEWS, 443,2945
Jul 1	BEDFORD	Bedford Days 10km	Dominique Machek, 835-2884
Jul 7	PICTOU	Schooner Run for the Lobster	Gordon Young, 485-5404
Jul 8	HALIFAX	Annual Brooks 10km Run for Women	Bob BOOK, 425-5450
Jul 21	WINDSOR	Centennial Half Marathon	Recreation Dept., 798-2910
Jul 23	HALIFAX	Halifax Natal Day, 5.2 miles	YMCA, 422-6437
Jul 23	GUYSBOROUGH	10th Annual Guysborough Come Home Week - 5 Mile Race	Phil HOCHMAN, 533-3508
July 30	DARTMOUTH	Dartmouth Natal Day 2 and 6 miles	Art RUSSELL, 463-3557
Aug 4	HALIFAX	Provincial 20km Road Race Champs	NSIFA, 425,5450
Aug 11	GLACE BAY	Parks and Recreation Commission - 5 mile	Recreation Dept., 849-5541
Aug 12	YARMOUTH	A.F. Churchill 10 mile road race	t.b.a.
Aug 18	LAWRENCETOWN	Annapolis County Exhibition 8 mile	Gabriel COMEAU, 584-7102
Aug 26	SHELBURNE	Loyalist 5 mile road race	Jerry LOCKE, 875-3873
Sep 8	LUNENBURG	Bert Corburn Memorial 5 mile	Recreation Dept., 634-8219
Sep 8	AMHERST	Joe Murray Annual 6 mile	Red FAULKNER, 667-9557
Sep 15	TRURO	Harvestfest 10 km road race	Barry WHEELER, 893-9803
Sep 16	SHELBURNE	N.S. Marathon Championships	Jerry LOCKE
Sep 16		Annual Terry Fox - 10 km Fun Runs	t.b.a.
Sep 22	SYDNEY MINES	Cranberry Travellers - 10 mile	Neil MacMULLIN
Sep 22	SACKVILLE	Run for Opportunity - 8 km	Recreation Dept., 865-3248
Sep 29	MAHONE BAY	Frederick Bruhm Jr. Memorial	Jerome BRUHM, 422-3492
Oct 7	HALIFAX	Carlsberg Halifax Marathon (½ marathon)	Frank GERVAIS, 443-1583
Oct 7	NEW WATERFORD	Ben Buffet Memorial Marathons	Gary MacDONALD, 862-6401
Nov 18	MIDDLETON	St Andrews Day ½ Marathon	Malcolm MacKENZIE
Nov 25	HALIFAX	Mug Run - 5 miles	Aerobics First, 423-1470

New Brunswick/Nouveau Brunswick

"For additional information about the events listed or about other events scheduled in this branch, contact the Branch office C/O Dr. R. Prosser, 33 Loisville Rd., Oromocto E2V 1R9, (506) 357-8614 (R), 357-8459 (B); or the Branch Run Canada Chairman, Jacques Lecoiffe at 313 Cameron St., Moncton, 382-9759 (R), 384-9486 (B)."

Jul 1	CAMPBELLTON	Campbellton Salmon Festival - 5.7 mile	O'Neil ARSENAULT, 753-2098
Jul 1	PORT ELGIN	Tilt of the Tartans- 20 km	Peter McCRAIG, 538-7530
Jul 7	SHEDIAC	George Gallant 12.3 km Road Race	John C. THOMPSON, 532-2955
Jun 14	SHIPPAGAN	10 km de Festival	Aldo MALLET, 783-7811 or 546-9951
Jul 21	SAINT JOHN	Loyalist Day Run - 5 & 13 miles	Wayne MURPHY, 693-4382
Jul 28	WOODSTOCK	Knights of Columbus Annual Run 6.5 miles	Mark MOREHOUSE, 328-3307
Jul 28	DALHOUSIE	Dalhousie News Classic 11 1/2 mile Road Race	Clem TREMBLAY, 684-2255
Aug 5	DIEPPE	Dieppe Road Race - 10 km adult 4 km junior	Terry EDGEY
Aug 12	MONCTON	Perfection 20 km Provincial Champs	Southeast Striders Running Club
Aug 19	CHATHAM	Inter-Base Fun Run 14.5 Miles	Serge CAVELLE, 773-4421
Sep 1	NACKAWIC	9 km Road Race	Darryl JARDINE, 575-2194
Sep 3	FREDERICTON	Fredericton 5 mile Road Race	Brian McEWING, 454-6130
Sep 8	ST. MARTINS	2nd Annual Fun Run 5 and 10 miles	Wayne LITTLE, 833-2206
Sep 15	ALBERT	Albert County Exhibition Half Marathon	Mack CHAPPELL, 882-2967
Oct 7	GAGETOWN	Atlantic Autumn Marathon 42 km, 21km, 10.5 km	Terry GOODIADD
Oct 7	OROMOCTO	Atlantic Marathon	David McCRINDLE Dept of Leisure Services, 357-3333
Nov 10	SAINT JOHN	Runner World Fun Run - 8 miles	Wayne MURPHY, 693-4382

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

Steven Fonyo made a memorable visit to Prince Edward Island during his Journey for Lives. He is being given a very good reception wherever he goes and his quest of raising funds for the fight against cancer is proving to be more than successful. Members of the P.E.I. Roadrunners Club greeted him in both Charlottetown and Summerside to wish him well on his journey and to make contributions. It takes a great deal of dedication to run across this country on two strong legs. Steve Fonyo is determined to make it despite the "handicap" of having only one. We wish him the best in this difficult but generous journey.

* * * * *

Rosemary Faulkner has passed along the word that social runs are now being held "on the good side of the River." Runners in the Bunbury/Southport/Crossroads/Keppoch/Kinlock area can meet Wednesday nights at 7:30 p.m. at the Bunbury Rink. The pace is kept to that of the slowest runner, so everyone can come along and enjoy the company.

* * * * *

One of our female runners was quite pleased to spot the following headline.

NDP Encourages Women To Run

Ah, yes, a marvellous, enlightened social policy was obviously brewing. By gosh, the NDP sure knew how to get this country going again! And surely it wouldn't take too long for the Liberals to "borrow" yet another policy from the NDP. Even the PC's might pick up on this one since the contributions that healthy, active women can make to this country are obvious. And the NDP were going to back this encouragement with dollars! Five hundred of them, to be exact, maybe even more to women in rural areas. Why just women? Because the NDP "recognizes that there is not equality of opportunity between the sexes", since women moreoften bear the load of looking after the children, the child care expenses and/or housekeeping costs needed to keep the home together when they run. The only trouble is, the NDP didn't quite have road running in mind. They were thinking in terms of running for office. Well, that's not bad either but our friend still thinks they should go back to her original interpretation. Can't say that I disagree!

* * * * *

Dave Edmond reports that K.C. Sports is in its new location on Water Street in Summerside and that the store is doing well. They hope to see lots of Prince County runners and keep them up to date on local events.

* * * * *

Our congratulations to several of our young runners who performed extremely well at the P.E.I. School Track & Field Championships held June 9th in Summerside. Bethany Rogers was the individual star of the day with her four first-place finishes in the Midget Ladies 400 M, 800M, 1500M and 3000M events. Sheila Bell won each of the shot put, javelin, and discus in the same age category. Curtis DesRoche won the 3000M in the Midget Men category and was followed by Peter Somers and Marc Brittain. Chris Somers won the 400M, 800M and triple jump while Darren Poirier won the 1500M followed by Paul Arsenault. Tyler Aspin had thirds in both the 800M and javelin. In the Senior category, Spencer Campbell won the 3000M and was followed by Tommy MacDonald. Tommy also placed second to Darcy Peters in the 1500M while Darcy was third in the 800M behind race winner Willie MacDonald. Susan MacEachern won the Senior Ladies 800M.

* * * * *

The award for commitment must go to Rob Anderson from Summerside this newsletter. Rob ran the McDonald's 10 Mile Race this year, even though he started late because he had a car accident on the way from Summerside. He then wrote a note to apologize for being late! That's very impressive, Rob! He even had a good run but was sorry about the car.

* * * * *

So much for another edition of the Newsletter. The editor would like to thank all those who contributed items to this edition. It is very pleasing to see a Club Newsletter that has the views and thoughts of a number of members and this edition has been one of the best yet in attaining this kind of mix. Remember, your editor is very lazy and loves to have things written for him and the Club members like to read a variety of articles and perspectives. So we very much welcome your articles or pieces. Don't feel that it has to be a polished gem or a lengthy article - we are not hard to please! Simply drop off or mail your item to the P.E.I. Roadrunners Club Newsletter, c/o Sport P.E.I. P.O. Box 302, Charlottetown, P.E.I. C1A 7K7, We'll catch some of the summer sun now and think about getting another edition out in October. Until then, happy trails to you!

* * * * *

Editor - Don Pridmore
Production - Janet Doiron

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