

B L I N D N E S S N O R O A D B L O C K
T O T H I S I S L A N D R U N N E R

- by Dave Edmond

No doubt, over the years, each and everyone of us has faced injuries and various other setbacks which have interfered with our training or racing regime to some degree. Each time, rest or an alternate form of training has provided the needed cure and our routine is re-established. Have you ever given any thought to what you would do if that wasn't the case? That rest or an alternate form of training wouldn't restore you to your old healthy self? Suppose you lost a limb or possibly your sight through an accident. Could you accept your handicap and still remain active in a physical sense?

Here is the story of one of our own Roadrunners who does suffer from a handicap which has in no way diminished his passion for sports. Robbie Fullerton is twenty-two years of age and suffers from retinitis pigmentosa. He was born in Antigonish, Nova Scotia, suffering from this affliction but it wasn't until he was twelve years old that his sight deteriorated to the point where he now has only 4% tunnel vision. That is, he can see directly ahead but only about five feet, and that is in daylight. In darkness, he is totally blind.

His handling of his disability is certainly commendable. Moving to Wilmot, P.E.I. over three years ago, Robbie completed a two-year course at Holland College in retail management and is currently employed with the Department of Social Services. He has been very active in sports for the disabled and maintains a pretty stiff training program. His accomplishments in the field of sports is indeed admirable. In 1982, he was one of three P.E.I. residents sent to Calgary to participate in the National Competition for the Blind. He competed in the 200 meter race with a time of 33 seconds, placed fifth in the 400 meters in a time of 78 seconds, and received the bronze medal in Showdown, a table game. In 1983, he again represented the province, this time in the Canada Games for the Disabled. The P.E.I. team gathered 33 medals, placing sixth. Personally, Robbie won the silver medal in the shot-put, had a 3:20 in the 800 meters, and placed fourth in Showdown.

You will have noted that Robbie has fared very well in running events. Following a cartilage operation in 1978, Robbie took up running in 1979. All he needed was determination and a guide. For three years, he had some pretty dedicated guides. Monica and Rick LaPointe had him out running on a regular basis. He was putting in anywhere from 2-5 miles a session four to five times a week. Thrown in were the odd seven milers. In 1981, Rick LaPointe guided him to a 41:50 time in the Dairy Queen Polar Run. Then in 1982, he ran the Summerside Mardi Gras four miler in an excellent 32:30 with Rick. With the departure of the LaPointes, Robbie's running continued but not so consistently. Jim Duguid took over as a guide for a three month stretch, running five mile routes about three times per week. Then Bill Martin managed to help out with three mile runs about three times a week. However, Robbie has been off the running circuit since October of last year for want of a guide. He has stayed active through a weight program and by playing goalball for one of the Island teams, but it is running he wants to follow.

Robbie issues an appeal to his fellow P.E.I. Roadrunners to offer their services as a guide so that he too can enjoy the running experience that so many of us take routinely. Robbie is willing to run the route of the guide's choosing, be it close to home or on the backroads. He would prefer to run between 5:00 and 6:00 p.m. during the week and at anytime on the weekends. If anyone can help out, give Robbie a call at 436-4725. (home)

Ministers —

REV. ROBERT A. CROOKS, B.A., M.DIV., A.MUS. (MCGILL)
MANSE — 2835 DUTCH VILLAGE ROAD
PHONE — 455-6577

REV. VICTOR A. MacLEOD, B.A., M.DIV.
124 ADELAIDE AVENUE
PHONE 445-4398

Minister Emeritus —

REV. J. MILTON FRASER, B.A., D.D.
R. R. NO. 2 — MUSQUODOBOIT HARBOUR
PHONE — 889-2556

Clerk of Session —

MR. LLOYD A. FRASER
2775 RALPH DEVLIN DRIVE
PHONE — 455-7652



Bethany United Church

7171 CLINTON AVE., HALIFAX, N. S.
B3L 3Y8

February 23, 1984

Mr. Salam Hashem
251 Fitzroy Street
Charlottetown, P.E.I.
C1A 1S6

Dear Salam:

Greetings from Halifax! What great weather for running. It is mainly the kind of year we are having but I think Halifax is, also, a far better place for keeping at it than in Cape Breton.

Even since I came back from the Polar Run, I have been meaning to drop you a line to tell you how much I enjoyed it. Also, I want to commend you on how well the race was organized. Of course the route was slippery and one could not come near the course, but you couldn't be held responsible for how much of the "white stuff" was to come down! The race went off well and there was a good feeling about the whole thing so congratulations to you and your helpers.

We were sorry to rush away during the presentation but we were trying to catch the boat. As it was, when we got there, it was filled up so we had to wait two hours!

Good running and all the best!

Sincerely

A handwritten signature in cursive script that reads 'Victor'.

Victor MacLeod

jmd

ON THE RUN

- by Rosemary Faulkner

Well, I'm back from a bit of a holiday in Florida with the family and I needed a holiday to recover from the hair-raising experience at the Mardi Gras Run (more about that later!)

We dropped in to Freeport, Maine on our way north as I happen to be a fan of L.L Bean clothing. They are now carrying a line of running clothes and have the gortex suits - jackets -- \$81.00; pants -- \$57.00 (U.S.). They are also carrying shorts, singlets and I liked their nylon running shorts and fitness shorts at \$13.00 in red, yellow, blue, mauve, and grey. They are carrying the new Balance Shoes 410 and 555 (410 are \$39.75 and 555 are \$53.50), again in U.S. funds. L.L. Bean's are a mail order house as well and their spring catalogue address is: L.L. Bean Inc., Freeport, Maine 04033-0001.

After browsing in all the running stores I could find, I am convinced that the value we are able to get for our money here in P.E.I. is second to none. We may not have a wide color and style selection, but the prices are excellent and the basics are here.

Also, I found out about Bart Hersey and his business of custom running shoes and herein is part of his story from February's Yankee Magazine.

Hersey gave up his \$40,000-per-year job as a divisional manager for New Balance to go on his own. He was in charge of four factories in Maine with 800 employees. "It wasn't what I wanted," Hersey said. "I had no contact with people or the product."

His separation from New Balance was amicable, and Hersey said it was New Balance owner Jim Davis who suggested that Hersey start making custom-built running shoes. Davis told Hersey he was always getting requests for custom shoes — a demand a mass producer of footwear simply cannot meet.

Working on the assumptions that "a real good anything is custom-made" and that "making a high-tech running shoe is like making a Ferrari," Hersey went about designing his shoe. "A friend told me to aim for something classic like a blue blazer, gray slacks, and a burgundy tie," Hersey said. So the Hersey custom running shoe is a pleasing match of those three

colors. Each pair has 38 separate pieces in the upper and is made of ten different materials chosen for weight, support, and durability. If you want to know more about Hersey's shoes, he'll send you a brochure outlining "15 reasons why my shoes are better than the shoes you run in now."

Like the Limmers, Hersey builds each shoe to fit exactly. For very difficult feet, Hersey will even construct a cast of the foot. To date his business has been coming not only from serious runners impressed by Hersey's craft but from those whose feet simply can't fit into a standard shoe.

Hersey said one customer with one foot smaller than the other, one leg shorter than the other, and an Achilles tendon problem ordered three pairs in three months. A doctor from Ottawa, Canada, with one foot a 7EEEE and the other a 9, sent in a rush order so he could compete in a marathon. "He said he'd never been able to go more than ten kilometers," Hersey said. "He finished the marathon in my shoes."

Hersey has some misgiving about charging as much as \$150 for his training shoe but acknowledges the price tag corresponds to the quality. "What bothers me about the shoes is that many people who need them won't be able to afford them."

For information write to Bart Hersey, The Hersey Custom Shoe Company, RFD 3, Box 7390, Farmington, ME 04938. □□

Well, as I promised, I wanted to tell you all about the trip I made to the Mardi Gras run this past March. As some of you will know, I have been unable to participate in a number of our runs last season because of illness. So, for my first big effort this season, I planned on going to Summerside for my first Mardi Gras run organized by the curly-haired barber, Don Reeves. Well, I called up Ewen Stewart and Margaret said I could travel with Ewen to Summerside which got me there nice and relaxed (so Jim Wyatt said!). I had a great run; it was nice to feel the strength coming back. We had the awards ceremony where we heard that our thoroughly organized past president, Don Pridmore's car had broken down on the way to the run and he missed the race (his car, by the way, hasn't been out of Charlottetown all winter and didn't want to go to Summerside that day; it would wait for him in Fredericton, while he hitched a ride the rest of the way.) So, Don was to join Ewen and I on our trip home. While Don sold some more memberships, (he gets a cut), Ewen went to start the car and Ewen, being the cautious driver he is, had left the lights on in the car while the Mardi Gras was underway. Guess what? The car wouldn't start and required a boost. Thanks go out at this time to the race organizers who rounded up booster cables for Ewen's car. After Don got some french fries and Ewen supplied me with one of his black bananas, we motored an hour or so later to Fredericton where Don picked up his car that agreed to drive to Newland Crescent and we followed him back via Nassau Street.

We all had a great laugh and all I can say is these guys sure can run better than they can handle their cars. Next time, I'll drive, fellas!

RESULTS OF THE 1983
NEW BRUNSWICK ROAD RACE SERIES

1983 LABATT'S LITE SERIES RESULTS

MENS OPEN

1. Joe McGuire (Woodstock)	250
2. Kevin Hopper (St. John)	231
3. Leo Sheehy (Albert Mines)	220
4. P.J. Meagher (Fredericton)	220
5. Butch Gallant (Shediac)	191
6. Tony Noble (Fredericton)	188
7. Roly McSorley (Fredericton)	173
8. David Tree (Fredericton)	160
9. Bill LeDrew (Fredericton)	156
10. Edward Boudreau (Memramcook)	150
11. Bill Arseneault (Saint John)	139
12. Bill Cummings (Saint John)	135
13. George Hubbard (Fredericton)	131
14. Scott Hare (Newcastle)	127
15. Benny Poirier (Balmoral)	126
16. Ray Maltais (Balmoral)	112
17. Joe Grondin (Moncton)	109
18. Mike Simmons (Fredericton)	105
19. Terry Edgett (Dieppe)	102
20. John Cathcart (Fredericton)	99

WOMEN

1. Terri Lee Damon (Saint John)	260
2. Jacqueline Maillet (Richibucto)	240
3. Alexia Leaman (Moncton)	193
4. Denyse Pelletier (Moncton)	183
5. Lil Harris (Riverview)	179
6. Julie Todd (Saint John)	179
7. Sheila Andrews (Fredericton)	164
8. Claudette Maltais (Balmoral)	163
9. Crystal Nash (Fredericton)	153
10. Ginette McGuire (Woodstock)	152

MASTERS

1. Bill Best (Minto)	250
2. Paul Bourgeois (Grande Digue)	240
3. Mike Lushington (Balmoral)	215
4. Andre Chartrand (Fredericton)	180
5. Bill Todd (Rothesay)	179
6. Jim Burns (Oromocto)	178
7. Tim Andrews (Fredericton)	159
8. Jan Truks (Newcastle)	144
9. Leandre Bourque (Dieppe)	140
10. Alphonse Doiron (Shediac)	131

VETERANS (50+)

1. George Gallant (Cap Pele)	270
2. Terry Goodlad (Oromocto)	245
3. Colin McCabe (Sackville)	210
4. Fred Turnbull (Fredericton)	191
5. George DeMerchant (Plaster Rock)	103

WHY USE WEIGHTS ?

- from Salam Hashem

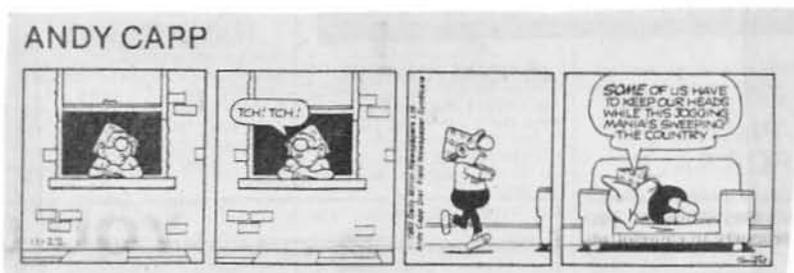
The principle of muscle growth is the same, whatever the aim. In weight training, the muscles are asked to work against a given resistance (weight) a given number of times each day. When the "load" can be handled without undue effort, the resistance and/or the number of repetitions are increased. The great advantage of weights is their versatility and adaptability. You can adjust the weight and repetitions to suit you, and you can savor (and develop) all the major muscles in the body.

All you need to start are two 5 lb. or 10 lb. (2 kg. or 4 kg) weights and a bar. Repeat the exercises once to start with until you see how they suit you and then increase the repetitions as appropriate. Do each one five times and increase by one each week. Do not go straight into a heavy, strenuous session, and do not start with heavier weights. It's also advisable to go through some warm-up exercises first.

Breathe in on the upward movements. Starting position for all lifts is knees bent, arm and back straight, shoulder just in front of bar, eyes front.

1. Bar on shoulders, press to arms length; develops shoulders, upper back, muscles at back of upper arms.
2. Dumbell in one hand, bend from side to side, breathing freely; develops muscles of spine, side of trunk.
3. Rest bar on shoulders, bend knees; develops legs, hips, and chest.
4. Lift barbell from start close to body and on to chest; develops legs, back. arms.

Good luck in your running!





What the heck is Run Canada Week, you ask?

For those of you who don't know what Run Canada Week is, here is a brief explanation.

The first Run Canada Week was held last May in 1983, and, according to statistics, was a very successful first time endeavor with over 1,000 events across Canada. The Canadian Track and Field Association and the P.E.I. Roadrunners, in conjunction with Run Canada Division of the Association, look forward to another gigantic burst of running activity!

The major goal of the campaign is to expose Canadians to the benefits of running through a week of participatory and educational activities. Bruce Keele, Chairman of the Run Canada Week Committee said, "Run Canada Week will cut across human differences and promote the idea that everyone who participates is an achiever, whether they run a 4 minute mile or a 10 minute mile. We hope to show that the casual weekend jogger can get the same satisfaction from running that experienced long distance runners do." By providing a positive environment, Run Canada Week will show the general public that running and fitness can be a very important and influential part of their lives.

Impact on P.E.I.

Last year, approximately 40 runs were held across the province, based on seven themes including beginner runners, corporate runs, masters runs, women's runs, young runners, disabled runners, and family runs. Approximately 3,500 participants took part in one or more of the events. Participation certificates were given out to all participants and some T-shirts were distributed.

This year, the theme has changed to "Run for the 100" to honor the Canadian Track and Field Association's 100th Anniversary. Accordingly, all Run Canada Week activities should try to relate to the special number "100", such as aiming to register 100 participants in your run.

To promote this year's Run Canada Week, letters have been sent out to all schools, recreation directors, recreation commissions, boys and girls clubs, and other youth groups. To date, approximately 21 runs are in the planning, not taking into account all the schools that will be participating also. Here is a list of all the runs in the making. Dates for most are not available yet.

<u>Ch'town</u>	<u>Date</u>	<u>Time</u>	<u>Contact Person</u>	<u>Phone</u>
Women's Run Y.M.C.A.	Wed. May 16/84	6:30 p.m.	Rose King Rosemary Faulkner	892-3425
Masters Run	Thurs, May 17/84		Ewen Stewart	894-5668
Corporate Run	(not finalized)		Francie MacDougall	566-1400
Campers City Run	Sat. May 12/84	10:00 a.m.	Eleanor Stewart	886-2918
Spring Fever Pace	Sun. May 20/84	2:00 p.m.	Don Harley	892-3656

Remember, if you know of anyone in either Kings or Prince County who wants information on the Club or who wants to join, just give them the name of the county membership reps.

In closing, I would like to thank everyone who renewed their 1984 membership. It was very encouraging to see so many people renew their membership in just three months. We know that it was your love of the Club and not those two nylon running suits that inspired you to renew!

A special welcome to all the new members who have just recently joined the Club. We hope that you enjoy the Club newsletter and get to meet some of the "nice people" who make the Roadrunners Club a club for all runners!

Happy running in '84,

Don Harley
Chairman
Membership Drive

jmd



<u>Sherwood/Parkdale</u>				
Ladies Fun Run	Wed. May 17/84	6:00 p.m.	Phil Handrahan	892-8229
<u>Summerside</u>				
Bros. Two Run	Sat. May 19/84	10:00 a.m.	Alfred Groom	436-2295
Women's Run	(not finalized)		Francie MacDougall	436-5435
<u>Souris</u>				
Fun Run	Thurs., May 17/84	6:00 p.m.	Neil Kinsman	687-2157
<u>Morell</u>				
Fun Run	(not finalized)		Kevin McLaren	961-2689
Day Care Run	Tues., May 1/84		Isabelle Dingwell	961-2746
<u>Montague</u>				
Fun Run	(not finalized)		Nancy Gourley	838-4886
<u>Georgetown</u>				
Fun Run	Sun., May 13/84	2:00 p.m.	Frank Sams	652-2924
<u>Alberton</u>				
Family Fun Run	Sun., May 13/84	2:00 p.m.	Albert Bernard	853-3185
<u>O'Leary</u>				
Family Fun Run	Sun., May 13/84	2:00 p.m.	Joanne MacDonald	859-2888
<u>Tignish</u>				
Fun Run	(not finalized)		Gerald Keough	882-3415
<u>Borden</u>				
Fun Run	Sun., May 13/84		Gardiner MacDougall	855-2410
<u>Kensington</u>				
Fun Run	(not finalized)		Pat Hudson	836-3509
<u>East Royalty</u>				
Community Challenge	(not finalized)		Paula McCloskey	892-4767
<u>Cornwall</u>				
Community Challenge	Wed., May 16/84	6:30 p.m.	John Morrison	566-2354
<u>West Royalty</u>				
Community Challenge	(not finalized)		Marguerite Robichaud	892-1509

Also, twelve schools to date will be holding runs during the week.

Promotional materials for the event include T-shirts for run organizers, posters and brochures. Participation certificates will be available to all participants.

This year's sponsor for the event is Lotto, an Italian company (suppliers of Lotto running shoes, and sportswear to Zellers).

Be looking for more information on these runs in the next few weeks. If you have any questions, please call Pat Charlton at 892-9178.

National Physical Activity Week is provincially co-ordinated by the Division of Youth, Fitness and Recreation and nationally by Fitness Canada.

If anyone has some interesting running tips, or information on prominent Island runners from the past, I would appreciate hearing from you.

Pat Charlton

M E M B E R S , M E M B E R S , A N D M O R E M E M B E R S

How many people on P.E.I. are runners, either competitive or recreational runners? How many of these people know about the P.E.I. Roadrunners Club?

One way to find out is to conduct a membership drive. We decided to offer a few prizes and do a bit of advertising.

Well, something paid off because in just three months, we have surpassed last year's "on-Island" membership of 130 members. We now have 185 members; this includes 120 who have renewed their '84 membership and 65 new members, plus 28 "off-Island" have renewed their membership and five new members for a total membership of 218. Goal for 1984 - 300 members.

The Island membership includes runners from the following counties:

Queens	--	90
Kings	--	30
Prince	--	65

To encourage new members to join our Club, especially in Prince and Kings counties, we have asked the following people to act as contact people in that area. So if you know of anyone who might want a membership form, please give them the names of the following people. The contact people will send their names to us.

Prince County - Dawn Robins
222 Duke Street
Summerside, P.E.I.
CIN 3S4 Phone: 436-2933

David Edmond
62 Tanton Drive
St. Eleanor's, P.E.I.
CIN 4M8 Phone: 436-3119

Wanda Costain
Miminegash
P.E.I.
COB 1S0 Phone: 853-2532

Kings County - Linda Aspin
Belle River
P.E.I. COA 1B0 Phone: 659-2599

Myron Yates
Souris, P.E.I.
COA 2B0 Phone: 583-2654

Albert MacDonald
Belle River, P.E.I.
COA 1B0 Phone: 659-2094

Remember, if you know of anyone in either Kings or Prince County who wants information on the Club or who wants to join, just give them the name of the county membership reps.

In closing, I would like to thank everyone who renewed their 1984 membership. It was very encouraging to see so many people renew their membership in just three months. We know that it was your love of the Club and not those two nylon running suits that inspired you to renew!

A special welcome to all the new members who have just recently joined the Club. We hope that you enjoy the Club newsletter and get to meet some of the "nice people" who make the Roadrunners Club a club for all runners!

Happy running in '84,

Don Harley
Chairman
Membership Drive

jmd

PEANUTS



MEMBERSHIP DRIVE PRIZE WINNERS

The prize draw was held at the Bedeque Rink after the Spring Tune Up run on March 24, 1984. The following names were drawn before the awards presentation by Jamie Thompson of Antigonish, N.S.

The winner of the female running suit was Freda McCarville, North River Road, Charlottetown, P.E.I. (Freda just joined the Club in January, 1984. Happy running in your new suit!)

The winner of the male nylon running suit was Matt Smith, 7 Westview Drive, Charlottetown, P.E.I. (Matt was seen running in his rubber windsurfing suit - so now he'll be more comfortable!)

The Roadrunner T-shirts went to Glen Cameron, Peter Kittilsen, Margaret Stewart, Mrs. Percy Affleck, Dave Edmond, Sunny Bhaia, Gary Hilton, Salam Hashem, Spencer Campbell, John MacDonald.

The famous Roadrunner Mugs were won by Arthur O'Malley and Susan MacEachern. (To the winners of the mugs: Lloyds of London would not insure the mugs if they were damaged while being shipped. If you have not already, please pick up your mugs at the Sport P.E.I. office, Lower Level, Jones Building, 11 Kent Street, Charlottetown, P.E.I.)

The Sun Life Toques were won by Connie Hansen, Jake Baird, John Sandham, Foch McNally, Denise Richardson, and Judy MacLean.

I hope you like your prizes and we look forward to a bigger membership drive in '85. I would like to thank Camper's City for giving the club 1/3 off on the price of the two running suits - Thanks, Mona! Also to the Roadrunners Club for donating 10 T-shirts and Sun Life Assurance for their running toques.

Maybe next year, we'll have a trip for two to anywhere Air Canada flies!

Thanks for joining the Club!

Don Harley
Chairman
Membership Drive

jmd

ROADRUNNERS SPECIAL PRICES



OUTDOOR SPECIALTY SHOP

We just couldn't believe it! We couldn't believe that our selection of top quality running shoes had increased to sixteen! Now, that's not counting that we may have the same shoe for men as well as women. That would bring the total to twenty-five. That's 14 for men and 11 for women. But then, we should have the best selection of the best rated shoes. After all, how could we face the 100 or so runners that we expect on Saturday, May 12th at 10:00 a.m.?

How about that! It's our fifth 5 mile run. It isn't the easiest course around, and we admit that it's a challenge, a most satisfying challenge! It does have its rewards. It isn't just our good service we are noted for. (We do say "Allow at least half an hour - and come undistracted.") Camper's City 5 Mile Run is noted for its many prizes, awards and gifts. In fact, no one goes away empty-handed.

By the way, with about 15 of the top runners going to the Ottawa Marathon, your chances of top prizes is even greater!

Does it show? I mean, does our excitement show? Well, it should! Our clothing has arrived earlier this year. We even have a complete running suit on special at \$39.98. Unreal, isn't it? Well, no, actually it's very real. So are our jazzy short and singlets. Of course, there will be more coming. There always is. Last year only one month went by when we didn't receive a shipment of running clothes. (P.S. Nike shoes arriving soon!)

Friends tell us that we would fail miserably at writing telegrams. However, when it comes to RUNNING SHOE SPECIALS These prices will be in effect from now until 6:00 p.m. Saturday, May 19th, one week after Camper's City 5 Mile Run.

Saucony Jazz	\$60.00	Lady Tigress	\$66.00 (ladies)
Rebok T.D.	\$60.00	New Balance 460	\$59.00
Brooks Super Villanova	\$39.00	New Balance 770	\$78.00
Brooks Hugger	\$57.00	KT42 Osaga	\$56.00 (ladies)
Brooks Graphfex	\$65.00	KT26 Osaga	\$54.00
Brooks Chariot	\$78.00	Rebok Sydney Maree	\$48.00 (mens)
Brooks Renegade	\$43.00	Tiger X Calibre GT	\$84.00 (mens)
Rebok Classic	\$52.00	Brooks Chicago	\$52.00 (mens)

A polite reminder - Roadrunners 10% discount is off the regular price, not the above sale prices! Sale starts Saturday, April 21st. Our pre-season clothing sale is on now! Take advantage of our Shoe Sale Spree!

Yours in running,

Mona, Sue, and Colleen

H. I. Quality Sports

*134 A St. Peter's Rd. Parkdale, P.E.I.
C1A 5P5 894-4088*

RUNNING SHOES

	<u>Regular</u>	<u>10% Off</u>
Men's Brooks Chariot (also Ladies Brooks Chariot)	\$74.98	\$67.48
Men's Nike Pegasus	\$54.98	\$49.48
Men's Addidas Boston	\$32.98	\$29.68
Ladies Nike Yankee	\$44.98	\$40.48
Men's Brooks Graphlex (on order)	\$69.98	\$62.98
Men's Tiger X Calibre G.T. (on order)	\$79.98	\$71.98

CLOTHING

Now on order -- Arriving soon!

Brooks outdoor nylon running suits, both men's and ladies' nylon running shorts and singlets.

PLEASE NOTE

As we are just starting in the running shoe and clothing business, you will notice that we have a limited stock, but feel free to ask us to try and order other styles of running shoes. We will do our best to get them for you.

WE WANT YOU TO COMPARE OUR PRICES! IF YOU ARE NOT SATISFIED, MAKE US A DEAL
AND YOU'LL GET A STEAL!

PRINCE COUNTY ROADRUNNERS

TAKE NOTE

With the running population of P.E.I. continually expanding, it is no surprise that there is an increase in participation from Prince County residents. Pretty soon we will be challenging Queens County members for all the hardware!

To give evidence to our status and impetus for growth, "K.C. Sports" of Summerside are throwing their support behind our efforts. Allan Knight, owner of the store, is interested in promoting our runs through in-store advertising and by maintaining some sort of record of race finishes which will be prominently displayed within the premises. At the conclusion of the racing season, he will recognize some Prince County members for their participation during the season.

For those former members who have not yet renewed for 1984 or for potential new members, K.C. Sports has "applications for membership" on hand. Just ask one of the salespersons.

For all roadrunners -- Kings, Queens, and Prince County alike, "K.C. Sports" will give a 10% discount on any regularly priced article in the store upon presentation of their Roadrunner card.

Thanks, Allan, for your support!

UPCOMING MARITIME RACES

Prince Edward Island/Ile du Prince-Edouard

May 12	WEST ROYALTY	Campers' City Run - 5 miles	Stew or Eleanor FREEMAN, 886-2918
May 13	CHARLOTTETOWN	CRUY Spring Fever Pace - 2 miles	Don HARLEY, 892-3656
May 19	SUMMERSIDE	Quality Inn/Brothers Two Run - 10km	Alfred GROOM, 436-2295
Jun 02	SOUTHPORT	Non-Puffers Race Handicap Run-4 miles	Don PRIDMORE, 892-3346
Jun 09	CHARLOTTETOWN	McDonald's Run - 10 miles	Ken CAMPBELL, 892-1673
Jun 16	CHARLOTTETOWN	CBCT Run Into Summer - 2 miles	Don PRIDMORE, 892-3346
Jun 23	CHARLOTTETOWN	The "Golden Mile" - 1 mile	Linnell EDWARDS, 892-1981
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 PENDERGAST, 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	STANCHEL	Kensington Harvest Festival Run - 25 km	Peter KITTILSEN, 886-2418

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 Louisville Rd., Oromocto E2V 1B9, (506) 357-8614 (R), 357-8459 (B); or the Branch Run Canada Chairman, Jacques Lecouffe at 313 Cameron St., Moncton, 382-9759 (R), 384-9486 (B)."

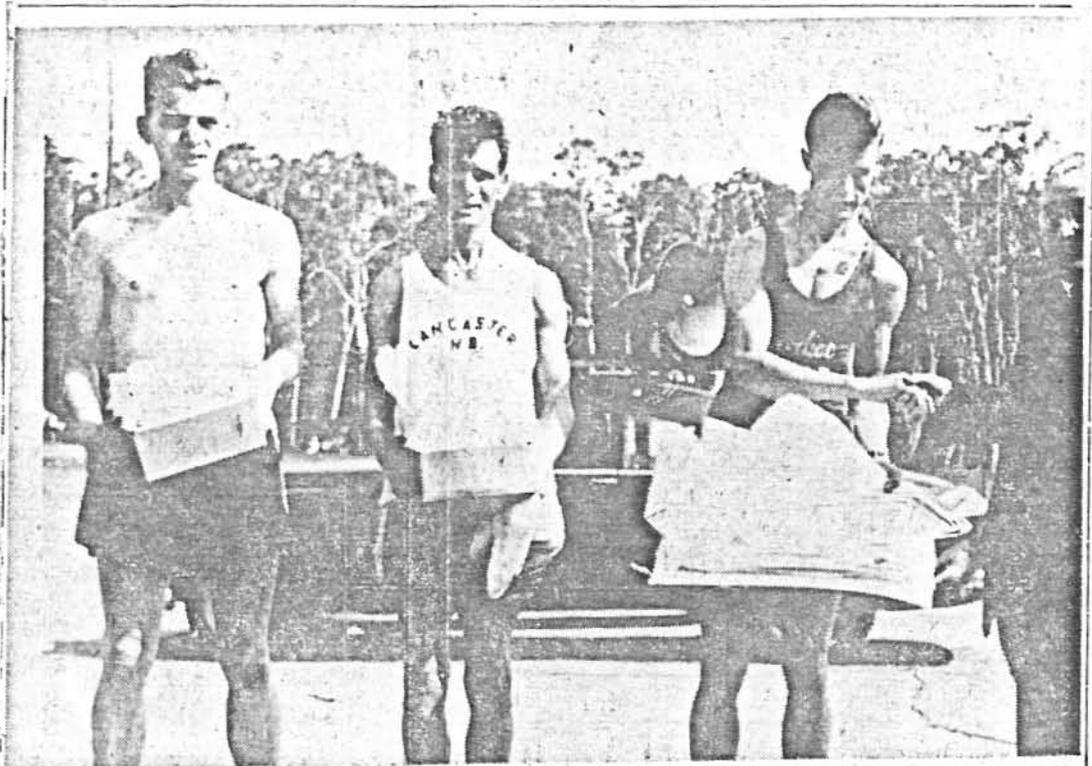
May 12	?	2nd Annual Market Square Fun Run 11 and 5 miles	Pat PALMER, 658-2909
May 19	OROMOCTO	6th Annual Oromocto Legion Road Race	Brian GILLIS
May 20	CAMPBELLTON	Restigouch Road Runners - 1/2 marathon	Mike LUSHINGTON,
Jun 3	MONCTON	5th Annual King Sports Road Race-10km	Jacques LECOUFFE, 384-9484
Jun 10	BALMORAL	Balmoral Trout Festival - 10 km	Benny POIRIER, 826-2545
Jun 16	QUISPAMIS	Quispamis - 8 mile	R.S. JACKSON, 847-5107 or 642-4300
Jun 17	BURTT'S CORNER	6th Annual Greg Foster Memorial Race	Larry GOULD
Jun 23	MONCTON	Y's Mens Club - 10 km	Arnie SHAW, 854-4922
June 24	NEWCASTLE	8th Annual Jaycee Alpine Provincial 10 km Championship	Brian RICHARD, 622-7280
Jul 1	GRAND FALLS	Potato Festival Road Race - 10 km	Charles McCLUSKEY, Dept. Parke & Leisure Services
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 Callant 12.8 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 - 6 & 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 1 1/2 mile Road Race	Clem TREMBLAY, 684-2255

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)"

May 19	BADDECK	The Dan MacDonald 10 mile	Murray KERR, 295-3078
May 21		Joe Earle Annual Victoria Day Road Races	Doug EARLE, 752-3345
May 27	WOLFVILLE	Apple Blossom 8 mile Road Race	Connie MacNEILL, 542-5206
June 2	NEW WATERFORD	John Don MacLeod Memorial, 1/2 Marathon	Gary MacDONALD, 862-6401
June 2	STELLARTON	Donald Forbes 10 km Road Race	Recreation Dept.
June 10	HALIFAX	Halifax Herald Modified Marathon	Aerobics First, 423-1470
June 23	BRIDGEWATER	Bridgewater Bulletin - 6 mile Road Race	Wayne Beazley, 543-5672
June 24	HALIFAX	6th Annual Federal Savings Run-A-Long and Bed Race, 5 miles	Lorraine MOREHOUSE, 453,4280
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

ANYONE REMEMBER THIS?



Big Three In 10-Miler

Rev. Kenneth MacPherson presents the award to the first three finishers in the ten-mile road race held as part of the Maritime International Track and Field in Charlottetown yesterday. From left to right they are Hans Schatz, third, Joe Richard, second and the winner George Gallant. All three runners are from N. B.

A few years before acquiring some gray hairs, George Gallant used to win Island road races. Today, he merely burns up the roads and wins his share of races in the Masters category. We believe this article is from the 1950's. We would like to thank Don Walters for providing us with this clipping.

O T T A W A M A R A T H O N H E R E W E C O M E !

We've been training and we're ready for you! One of the largest groups of Island runners to take part in an off-Island marathon will be running in the tenth annual Ottawa National Capital Marathon on Sunday, May 13, 1984.

If you are looking for a flat course, Ottawa is the one. It is both flat and beautiful, especially along the Rideau Canal.

The Island runners were really fortunate to get the seat sale with Air Canada for \$158.00 return. But the best part is the complete package price, including flight and three nights at the Westin Motel for only \$271.00.

Best of luck to the following runners: Janet Bradley (first one!); Brian Bradley; Al Swim; Gary Hilton; Marlene Costain; Jake Baird; Carl Cooper; Eleanor Freeman; Stew Freeman; Don Pridmore; Don Harley plus there might be a few other starters depending on whether or not the marathon bug hits them!

Below is the course and some of the history about the marathon which will attract about 6,000 - 8,000 runners. The top male and female runners will be trying for spots on our Olympic team.

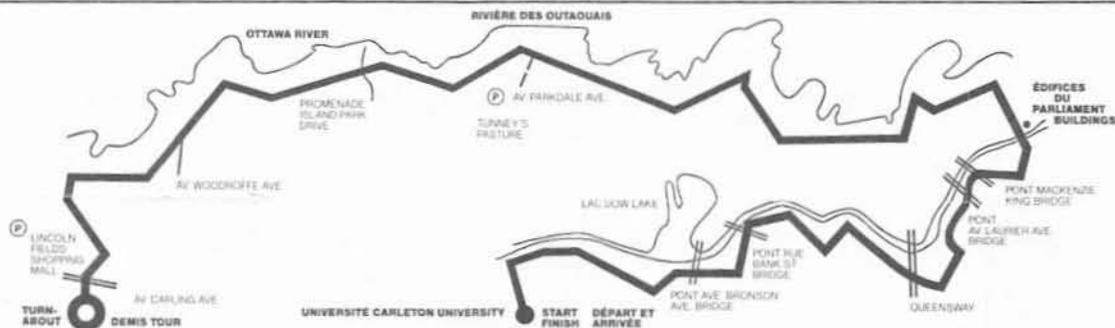
It should be a great run! I will pass on the results in our next newsletter.

Don Harley

COURSE

The out and back certified course starts and finishes on the Carleton University Campus. The race follows paved, traffic-free parkways along the Rideau Canal and the Ottawa River. The course is marked in miles and kilometres; times are called at 1 mile, 5 km and every 5 km there-

after. Refreshment stations are located at 6 km and every 5 km thereafter; sponging stations at 8 km and every 5 km thereafter. The course includes a few kilometres of rolling terrain but no heartbreak hills.

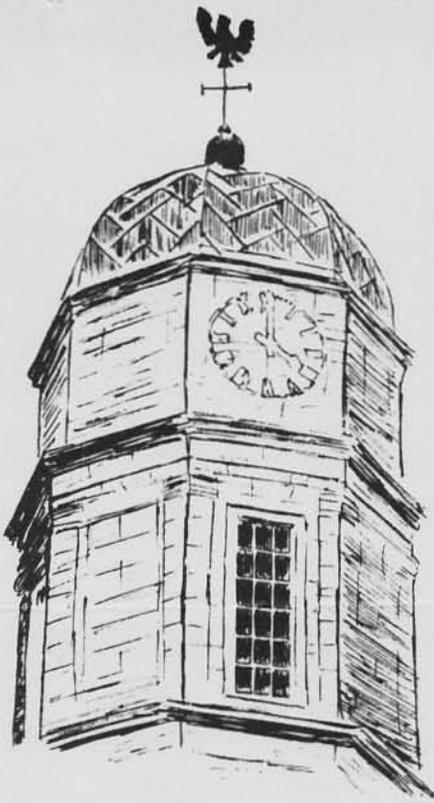


WEATHER

	HIGH	LOW	WIND	RAIN
'83	17°C/63°F	4.2°C/35°F	32 K/20 MPH	TRACE
'82	25°C/73°F	18°C/66°F	6 K/4 MPH	NIL
'81	15°C/58°F	8°C/46°F	8 K/5 MPH	33.02 ml/1.3 in.

RECORDS

OPEN	—men	Brian Maxwell	2:16:02	1978	Berkeley (Cal.)
	—women	Christine Lavallée	2:42:50	1980	Guelph (Ont.)
MASTERS	—men	Art Taylor	2:26:35	1976	Waterloo (Ont.)
	—women	Diane Palmason	2:52:51	1980	Ottawa (Ont.)



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*THESE RATES INCLUDE BREAKFAST, PARKING,
LINENS AND TOWELS

- THESE RATES DO NOT INCLUDE PROVINCIAL SALES TAX
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OR WRITE:

RECEPTIONS/RESERVATIONS COORDINATOR
ROOM 210, STUDENT UNION BUILDING
DALHOUSIE UNIVERSITY, HALIFAX
NOVA SCOTIA, B3H 4J2

WILDFIRE - THE LEGEND OF TOM LONGBOAT

He broke all the records and all the rules. He was dubbed The Human Dynamo, The Onondaga Wonder, the Bronze Mercury, and most commonly, Wildfire. The life story of Tom Longboat, one of the world's great long-distance runners, is dramatized in the 60-minute special, Wildfire, Tuesday, May 29 at 8:00 p.m. edt (8:30 ndt) on CBC Television.

From the rural back roads of his home on Six Nations Reserve, near Brantford, Ontario, to the gruelling track of the 1908 Olympics, Longboat raced his way to fame and captured the hearts and bets of racing fans around the world.

The drama opens when the lanky athlete wins a local race and is spotted by fast-talking promoter Harry Rosenthal, played by Canadian poet Irving Layton. Rosenthal starts Longboat, played by Terry Harford, on his career as an amateur athlete, winning the 1907 Boston Marathon a full five minutes ahead of his nearest rival (a record still held on the old course). Before long, he is lured by Tom Flanagan (Allan Royal), a charismatic Irishman. Longboat proves to be tireless and unbeatable and soon becomes the toast of the international racing world, often winning purses in the six figures and regularly drawing standing-room-only crowds to Madison Square Gardens. Flanagan guards his new client like a prize race horse, even finding him a wife - Laretta Maracle, played by Fern Henry-Pearsons. Despite his excellence, the Indian hero must still endure the racial slurs of his time but is most beaten when he returns home from the war, where he served as a dispatch runner, to find his wife remarried and move away. He runs a little but the running craze is over and times are tough. He eventually finds a job as a refuse collector with the City of Toronto. To a young reporter who tracks him down and asks about his past, Longboat smiles and replies, "Lad, when I was your age, I wanted to be the fastest runner in the world ... and I was."

Canadian runner Bruce Kidd, author of a book on Tom Longboat, acted as consultant on the film, and coached the film's runners, particularly Terry Harford in the role of the great athlete. Says Kidd, "Tom Longboat was one of the greatest athletes the world has ever seen. Even when he lost, Longboat was a courageous competitor, never giving up without a ferocious struggle and that wonderful smile of his." Bruce Kidd also makes his acting debut in the film, playing long-time rival, Dorando Pietri. Wildfire also features Henry Czerny as Mike Flanagan; Brian George as Ashley, the YMCA coach; Ian Large as Alfie Shrubbs, Longboat's favorite competitor and members of the Toronto chapter of the Longboat Runners Club.

SPORT FORUM

CHEAP PRIZES

April 23, 1984.

Dear Sir:

Because we like the sport of running and because we like to come to P.E.I., we the runners from the mainland found a few surprises in the recent Dairy Queen Bunny Hop 10 km run this month. First of all we pay \$3.00 to register for the race. Local runners pay only \$2.00. Secondly, at the presentation only a few cheap ribbons were passed out.

Eighty-five runners participated for a total of approximately \$200.00 fee. Plus the sponsor money which could reach another \$200.00.

The organizers got free service from St. John Ambulance. Also free service from the police and free service from all the volunteers.

Those ribbons and two small trophies were worth no more than \$100.00. My question is why we have to pay more than the local participants? And why is all the money not put back into the race as more prizes?

The Roadrunner club is not a profit organization. Watch out Sport P.E.I.!

Oromocto Trotter

THE GUARDIAN

SPORTS

Alberton: 853-2512

Summerside: 436-9331

Charlottetown: 894-8506

Montague: 838-2521

Souris: 687-2322

The Guardian, Charlottetown, Tues., May 1, 1984—9

Sports Forum

CLARIFIES LETTER

Editor:

Re: Oromocto Trotter:

The P.E.I. Roadrunners Club would like to clarify a few points raised in your letter to The Guardian, April 23, 1984.

Firstly, local runners get no preference over runners coming in from other provinces. If you are a member of the roadrunners club you paid \$2.00 for this years Bunny Hop, if you were a non member you paid \$3.00.

Secondly, prior to any run organized by the club there is no guarantee of the number of people who will be participating so you with your sponsor draw up a budget then do the most with the least. Because we are not a profit making organization but rather a club whose purposes include the shared fun of running and the encouragement of running on P.E.I. and as well the coordination and organization of road races that will be of high standard and that will include various distances so that both excellence and broad participation will be encouraged we often see personal satisfaction as having the priority over monetary values. We are most fortunate to have many sponsors who share with us a keen interest in supporting a number of our runs.

From a non members registration fee at this years Bunny Hop, you got a finishing ribbon and a certificate for a certified 10 km course. The Oromocto Trotter as well received free coupons with a redeemable value of close to \$5.00, age classification ribbons, draw prizes (which I believe they won but left before receiving) and other free refreshments. As well they had the opportunity to mingle with some of the finest Atlantic Provinces runners and share with them the satisfaction of having a good run together. We think that is value.

This year some monies were made on the Bunny Hop and these monies will be used to buy some permanent trophies for the Dairy Queen Bunny Hop Run. The club will not or does not wish to build a bank account of run projects but rather to turn all monies back into the runs.

We hope the Oromocto Trotter will come back again to our Island runs and we always welcome constructive criticisms and suggestions from any runner and we thank the writer for his/her letter.

Rosemary Faulkner,
President
P.E.I. R.R. Club

REPLY TO THE OROMOCTO TROTTER

I asked our Club President to send in a reply to your letter, which appeared in The Guardian's Sport Forum. I do not want to add to her statements regarding the Dairy Queen Bunny Hop because she has quite adequately replied to your letter.

But on behalf of all the members who have worked so hard since the founding of our Club in 1977, I want to make a statement on their behalf.

I was not going to publicly make a statement, but I feel something has to be said in regard to the manner in which you handled this situation. My main reason for feeling upset is because you never had the courtesy to ask the race co-ordinator, Ewen Stewart, about the prize structure or even ask him about what funds he had to work with.

We welcome constructive criticism, but why wouldn't a letter to our Club President, or Ewen Stewart have made your feeling known about our so-called "cheap prizes?"

Do you know how long it has taken us to establish the good name of our Club? Many people have put in long hours to properly measure courses, officiate at the start and finish line, organize well-planned races as far as race times and final results, and look after all the other work of the Club.

But now, with this one letter to Mr. and Mrs. Joe Public, you have done a lot of damage to the good name of the Club. All the members are proud of the P.E.I. Roadrunners Club. Please read Mark Shupe's feeling on pride that appeared in last month's edition of Canadian Runner:

"I am a proud man, proud of the city I live in and proud of my province.

Like many runners, I take pride in the power and freedom running brings, but that's a purely selfish pride. Much of the satisfaction I garner from running comes not at this level, but from the wider context of the so-called "running movement."

The final comment that I want to make is that I think some people are losing the basic concept as to why we founded the Roadrunners Club. Our good friend Al Stewart, Manager of the Dairy Queen, was our first sponsor back in 1977. At that time, we wanted to put on an event where runners of all levels could participate and enjoy themselves. We did not stress the fact of rewarding, or acknowledging only the top runners. We gave "every runner" a race certificate.

I now have to wonder what direction running is going in. I think that Carol Hlus stated it best in last month's issue of the Canadian Runner:

"The personalities of clubs are as varied as the personalities of the runners who belong to them. Some clubs are geared to conducting running clinics and training athletes. They stress winning. Other clubs would not notice it, throughout the entire racing season, not one of their runners chalked up a win in the local fun runs. Their strong point is camaraderie. Their members can't wait to finish runs so they can sit around a table in the nearest chow joint, have a beer, and talk about trivia."

I truly hope that the day will never come when the P.E.I. Roadrunners Club stop stressing camaraderie.

We have many friends in New Brunswick, Nova Scotia, Newfoundland and all across Canada and U.S.A., and we always want any runner to come to P.E.I. and enjoy the run.

Yours very sincerely,

Don Harley
A Founding Member

jmd

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

More of our runners have been "running away" again. Stew and Eleanor Freeman were in Bermuda and had very good races there in the gentle(?) southern rain. Ewen Stewart turned in another sub-three hour marathon at the Heart Marathon in Fredericton in April. Marlene Costain was second in the half-marathon there and Margaret MacDonald also competed in the half-marathon. Paul Wright, as you may have heard, posted an excellent 2:41 at Boston - the best time ever by an Island runner there!

Let's see now. It was raining in Bermuda, snowing in Fredericton, and rainy and windy in Boston. The weather has been sunny for all Island races so far in 1984. Hmm.....

* * * * *

Sport P.E.I. Travel On Draw: Well, we didn't exactly break any sales records but at least we took part in the recent Sport P.E.I. fund raising campaign.

The Club members sold 30 books of tickets for a total sales of \$180.00 minus \$30.00 for the initial cost of the books. That gives us a profit of \$150.00. I'm sure that we will find something really useful to put this money towards. In fact, most of the money will go towards promotional material for the Club.

We want to try and promote the Club in all areas of P.E.I. so this money will certainly be put to a good use. The top three sellers were 1) Don Harley, 2) Rhonda Cooper, 3) Ewen Stewart. Many thanks to all those who helped sell the Travel On Draw tickets. The winners of the draw were as follows: a) Trip for two anywhere Air Canada flies - Carl Howard, Charlottetown; b) Two nights accommodation at a Wandlyn Inn - Barry Beck, Montague; c) Sporting goods to the value of \$200.00 donated by the Bike Shop and Sport Lodge to the top selling sport group who sold 209 books went to Wrestling P.E.I.

Thanks again for all your assistance.

Don Harley

* * * * *

So much for another edition of the Newsletter. Sorry to be so late, but you just would not believe the holdups and delays we went through. We'll try harder next time (which is just what we said the last time.) Remember, this is your Newsletter and we want to hear from you. Send your items in to the Sport P.E.I. office at P.O. Box 302, Charlottetown C1A 7K7 or drop them off at the office at 11 Kent Street, Charlottetown.

Editor - Don Pridmore
Producer - Janet Doiron

PRODUCED BY SPORT P.E.I.