



P.E.I. ROADRUNNERS CBCT-FM RADIO

# ISLAND MARATHON

FROM THE EDITOR

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Spring is a time for feeling young. As the land brings forth new life and the sun renews its warmth, our hearts regain a youthful zest and our minds drift to reborn dreams. Spring is a special time, perhaps even moreso for the runner. The harsh winds of winter are put behind and gentler breezes loom ahead. We chase not only the smell of freshness in the air but also the feeling of freshness in our bodies. We have, in a way, dedicated ourselves to not growing old, to not having our bodies age and whither around our souls. Running extends the hope of spring to all seasons. Yet, spring is only a time on the calendar and the calendar advances with every season. Running may prolong vestiges of youth, but even as our spirit stays young, our legs must grow older.

Try as we might to avoid it, we runners eventually slow down with age. Older runners can continue to improve and set new PB's, of course, but to do so requires a double measure of achievement. After reaching the physical prime of the late 20's, time will make it more demanding for runners to perform well. In recognition of this, runners have established a number of age categories that give the older participant at least the opportunity of competing with others of the same age. Wouldn't it be interesting, though, if we could eliminate the differences of time and be able to stage a race where all runners, despite their age, would be at their prime? It is not such an impossibility as it may seem. Borrowing from an article in our March 1982 Newsletter by Barrie Stanfield, which developed a theme from a Runner's World article, I employed a table of "age adjusted" times to take a second look at the results of this year's Summerside Mardi Gras. The actual results of the top ten runners are printed below on the left. On the right are the age adjusted placings as determined by how a runner's pace compares to that of a world class runner of his own age.

1. Philip Easter	21:26	1. Ron Frid	.841
2. Ron Frid	21:27	2. Philip Easter	.811
3. Paul Wright	22:26	3. Salam Hashem	.805
4. Spencer Campbell	23:01	4. Stew Freeman	.803
5. Don Campbell	23:01	5. Mike Sullivan	.794
6. Salam Hashem	23:15	6. Eleanor Freeman	.786
7. Dave Manovill	23:37	7. Don Campbell	.783
8. Curtis DesRoche	23:49	8. Don Moffet	.778
9. Randy MacNeill	23:54	9. Paul Wright	.775
10. Tony Isaacs	23:55	10. Spencer Campbell	.755

Since I did not have the exact age of all the runners, the age adjusted results may not be entirely accurate. But this approach does create an interesting angle from which to look at the race. It also throws a fresh light on the quality of performance of some of our older runners. Some of those "middle of the pack" runners are really the leaders where age is discounted. It would be nice, perhaps, to occasionally have age adjusted race competitions and to reward runners accordingly. Unfortunately, the need to tabulate results quickly makes this idea impractical.

To those of you who have seen many springs, this is a tribute to the way you have kept your spirit young. To all, it is the hope that, in Bob Dylan's words, you may stay forever young.

- Don Pridmore

LETTER FROM B.C.

Editor's Note: Lawrence McLagen renewed his P.E.I. Roadrunners Club membership recently and sent this note along on his running activities and the B.C. running scene.

Yes, I'm still running and would you believe it, I ran in shorts all winter! The weather never gets too cold. I see from the newspaper that P.E.I. is getting some pretty cold weather lately. I'll be running in the "Masters" category next year! How time flies! Actually, I still feel I can get PR's. I ran a half-marathon last year in 77 minutes - my best to date.

I won a race in Victoria last year. Never thought I'd do it here! A 10 kilometer in 34.00 flat. It was exciting! Police were on motorcycles.

Right now on Vancouver Island, the race series is on. There were eight races in four months. I'm also involved in a series of cross-country races - which I guess I enjoy the most. Looks like I'll place in the top three overall for 30-39 age group (cross country).

I was in an 8 km race in which the winning time when converted to 10 km was 28:30. Amazing stuff!

Please give my regards to any running friends of old!

- Lawrence McLagen

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

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Standings as at April 6, 1985, including the Summerside Mardi Gras 4 Mile Run, the Bedeque Spring Tune-Up 10 Km Run and the Dairy Queen Bunny Hop 10 Km Run. The standings show 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>
Dorothy Gregory	78	3	Rosemary Faulkner	37	2
Eleanor Freeman	69	3	Natalie Clark	23	1
Marlene Costain	58	2	Helen Flynn	23	1
Karen Mellish-May	53	3	Janet Bradley	21	1
Sandra Anderson	38	2	Marina Fay	20	1

FEMALE - AGE GROUPS (TOP 3)

25 - 34

Dorothy Gregory	78
Marlene Costain	58
Karen Mellish-May	53

35 - 39

Rosemary Faulkner	37
Helen Flynn	23

40 & Over

Eleanor Freeman	69
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MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Philip Easter	85	3	Peter Kittilsen	37	2
Ron Frid	78	3	Brian Dunn	34	3
Paul Wright	67	3	Tony Isaacs	29	2
Salam Hashem	50	3	Curtis DesRoche	27	2
Randy MacNeill	48	3	Dave Manovill	27	2
Stew Freeman	46	3	Brooke Gregory	24	2
Don Pridmore	44	2	Colin MacAdam	22	2
Don Campbell	40	2	Spencer Campbell	21	1
Shawn Watters	40	2	John Derry	20	3
			Arnold LaMarsh	20	2

MALE - AGE GROUPS (TOP 3)

17 & Under

Curtis DesRoche	27
Shawn Jay	12

18 - 24

Philip Easter	85
Randy MacNeill	48
Shawn Watters	40

25 - 34

Paul Wright	67
Don Pridmore	44
Brian Dunn	34

35 - 39

Ron Frid	78
Don Campbell	40
Peter Kittilsen	37

40 - 49

Salam Hashem	50
Stew Freeman	46
John Derry	20
Arnold LaMarsh	20

50 & Over

Ewen Stewart	13
Colin Easter	6
Don Moffett	4

# RACE RESULTS

## M A R D I G R A S F O U R M I L E R U N

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Summerside, February 16, 1985

### FINISHERS 1 - 28

Philip Easter	21:26	
Ron Frid	21:27	
Paul Wright	22:26	
Spencer Campbell	23:01	} Tie
Don Campbell	23:01	
Salam Hashem	23:15	
Dave Manovill	23:37	
Curtis DesRoche	23:49	
Randy MacNeill	23:54	
Tony Isaacs	23:55	
Stewart Freeman	24:03	
Brooke Gregory	24:20	
Shawn Jay	24:22	
Darrel Googoo	24:30	
Brian Dunn	24:39	
Arnold LaMarsh	24:44	
Darrin Poirier	25:04	
Dave Edmond	25:28	
John Derry	25:38	
Al Swim	26:02	
Charlie Cheverie	26:16	
Don Moffett	26:28	
Harvey Bernard	26:29	
Julien Gallant	26:30	
Mike Sullivan	26:31	
Dave Sanderson	26:34	
Robert Pendergast	26:52	
Richard Arsenault	26:57	

### FINISHERS 29 - 56

Dorothy Gregory	27:03
Ena MacPherson	27:14
Sunny Bhatia	27:17
Doug MacNevin	27:22
Reagh Ellis	27:44
Doug MacMurdo	27:45
Peter MacPherson	27:51
John Maddix	28:00
Stephen Arsenault	28:30
Derek Anderson	28:32
Colin Easter	28:52
Armand Arsenault	29:20
Ted Brown	29:34
Lloyd MacCallum	29:39
Eleanor Freeman	29:43
Natalie Clark	30:23
Brian Bradley	30:34
Janet Bradley	33:26
Sandra Anderson	33:47
Harvey Anderson	33:48
Foch McNally	34:09
Linda Gaudet	34:15
Karen Mellish-May	35:45
Ken Googoo	36:09
Rosetta Bernard	37:16
Michelle MacCann	40:14
Denise Richardson	41:43
Gordie Arsenault	45:50



RACE RESULTS

S P R I N G T U N E - U P R U N

Bedeque, March 23, 1985

TOP TEN MALES

1. Philip Easter	33:41 *	6. Peter Kittilsen	36:26
2. Ron Frid	34:28	** 7. Stewart Freeman	36:47
3. Don Pridmore	35:35	8. Randy MacNeill	38:10
4. Paul Wright	35:42	9. Brian Dunn	38:20
5. Shawn Watters	35:46	10. Salam Hashem	38:28

TOP THREE FEMALES

1. Marlene Costain	38:48 ***	**** 3. Eleanor Freeman	47:42
2. Dorothy Gregory	42:20		

MALES 17 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Curtis DesRoche	1	16	40:39

MALES 18 - 24

Philip Easter	1	1	33:41
Shawn Watters	2	5	35:42
Randy MacNeill	3	8	38:10
Steve Dywers	4	19	42:09

MALES 25 - 34

Don Pridmore	1	3	35:35
Paul Wright	2	4	35:42
Brian Dunn	3	9	38:20
Tony Isaacs	4	11	38:30
Colin MacAdam	5	13	38:45
Mike Maltais	6	18	42:05
Doug MacMurdo	7	22	44:02
Roy Rodd	8	28	52:05

MALES 35 - 39

Ron Frid	1	2	34:28
Peter Kittilsen	2	6	36:26
Tom MacDonald Sr.	3	26	49:09
Harvey Bernard	4	33	56:47

MALES 40 - 49

Stewart Freeman	1	7	36:47
Salam Hashem	2	10	38:28
Arnold LaMarsh	3	15	39:14
John Derry	4	17	41:26
Doug MacNevin	5	21	43:38

SPRING TUNE-UP RUN, RESULTS cont'd

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Ted Brown	6	24	47:23
Lloyd MacCallum	7	27	49:38
Foch McNally	8	29	52:05
Roger Gillis	9	31	56:20
<u>MALES 50 &amp; OVER</u>			
Ewen Stewart	1	12	38:39
Colin Easter	2	23	44:40
<u>FEMALES 25 - 34</u>			
Marlene Costain	1	14	38:48
Dorothy Gregory	2	20	42:20
Karen Mellish-May	3	30	55:20
<u>FEMALES 35 - 39</u>			
Rosemary Faulkner	1	32	56:47
<u>FEMALES 40 &amp; OVER</u>			
Eleanor Freeman	1	25	47:42

\* - Record: Open Male; \*\* - Record: Male Masters (40+)  
\*\*\* - Record: Open Female; \*\*\*\* - Record: Female Masters (35+)

SUMMARY

The 1985 version of the Spring Tune-Up 10K could be termed a partial success - successful in that all four course records were smashed and disappointing because of a feeble registration of only 33 despite favourable weather, a reduction of four from last year.

The Freemans re-wrote the records in the Masters Divisions, Stew with a PR of 36:47 for men, and Eleanor with her good effort of 47:42, which also netted her the trophy of most improved runner.

Out in front, Philip Easter coasted to a new course record of 33:41. Ron Frid, while well behind, had a fine run as well, with his 34:28 also under 1984's mark of 34:32. Marlene Costain posted a new women's mark with a PR of 38:48 for fourteenth overall.

A total of 15 runners broke the 40 minute barrier, some 45% of the starting field, a statistic which ably demonstrates the improving quality of Island runners in recent years.

Again, I am deeply indebted to Don Reeves in particular, for supervising the timing, and the race itself, and to Roger Hewlett (assistant timer) and Marilyn Affleck. My thanks as well to Salam Hashem and Ewen Stewart and to Stew & Eleanor Freeman for their help with certificates, etc. and last but not least a hearty thank you to our sponsor, The Village Store for their generous support and to the St. John Ambulance volunteers.

Paul Wright, Race Co-ordinator

RACE RESULTS

8 T H   A N N U A L   D A I R Y   Q U E E N   B U N N Y   H O P   1 0 K

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Charlottetown, April 6, 1985

TOP TEN MALES

1. Chris Pinsent	34:26	6. Paul Wright	36:01
2. Ron Frid	35:04	7. Don Pridmore	36:30
3. John Edwards	35:04	8. James Ayles	36:36
4. Jamie Thompson	35:44	9. Shawn Watters	36:43
5. Philip Easter	35:52	10. Donald Campbell	37:11

TOP TEN FEMALES

1. Marlene Costain	39:41	6. Marina Fay	50:41
2. Catherine Mayer	40:00	7. Elaine Gallant	53:20
3. Dorothy Gregory	41:23	8. Sandra Anderson	53:53
4. Helen Flynn	46:44	9. Rosemary Faulkner	56:01
5. Eleanor Freeman	47:42	10. Donna Thompson	56:35

FEMALES 18 - 24

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Kim Malcolm	1	87	60:26

FEMALES 25 - 34

Marlene Costain	1	18	39:41
Catherine Mayer	2	19	40:00
Dorothy Gregory	3	24	41:23
Marina Fay	4	70	50:41
Elaine Gallant	5	74	53:20
Sandra Anderson	6	76	53:53
Donna Thompson	7	80	56:35
Vivian Dykerman	8	85	59:47
Karen Mellish-May	9	86	60:20

FEMALES 35 - 39

Helen Flynn	1	53	46:44
Rosemary Faulkner	2	79	56:01

FEMALES 40 - 49

Eleanor Freeman	1	59	47:42
Betty Gillis	2	88	-----

MALES 17 & UNDER

Tommy Joe MacDonald	1	31	42:03
Miles Pinsent	2	33	42:52
Robert Pendergast	3	37	43:42
Hans Wilting	4	38	43:43
Ron Lund	5	42	44:10
Sunny Bhatia	6	49	46:40

8TH ANNUAL DAIRY QUEEN BUNNY HOP 10K, RESULTS cont'd

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Derek Anderson	7	64	48:14
Scott Dennis	8	68	50:36
John MacLean	9	81	58:23
Robert MacInnis	10	84	59:24

MALES 18 - 24

Chris Pinsent	1	1	34:26
Philip Easter	2	5	35:53
James Ayles	3	8	36:36
Shawn Watters	4	9	36:43
Randy MacNeill	5	14	37:34
Reagh Ellis	6	46	45:09
Doug MacDonald	7	47	45:43
Nathan Stairs	8	61	47:55

MALES 25 - 34

John Edwards	1	3	35:04
Jamie Thompson	2	4	35:44
Paul Wright	3	6	36:01
Don Pridmore	4	7	36:30
Albert MacDonald	5	12	37:19
Tony Isaacs	6	16	38:58
Shane MacLure	7	17	39:22
Brooke Gregory	8	20	40:15
Colin MacAdam	9	21	40:55
Dave Manovill	10	22	40:56
Brian Dunn	11	23	41:01
Jake Baird	12	25	41:24
John McAleer	13	26	41:25
Eric Manuel	14	28	41:32
Mike Matais	15	30	42:02
Dave MacDougall	16	32	42:48
Doug MacMurdo	17	34	43:25
Butch Postma	18	35	43:28
Frances O'Donnell	19	36	43:29
Lorne Carmichael	20	43	44:23
Bob Gray	21	55	47:06
Rollin Andrew	22	56	47:23
Joe Gillan	23	57	47:31
John Lam	24	58	47:36
Gerard Dowling	25	60	47:51
Wayne Fraser	26	62	48:00
Blair Marriott	27	73	52:06
Ernie Dunsford	28	78	54:16

MALES 35 - 39

Ron Frid	1	2	35:04
Donald Campbell	2	10	37:11
Peter Kittilsen	3	11	37:18
Harvey Bernard	4	41	44:07
Johnny MacInnis	5	52	46:43
Tom MacDonald	6	54	47:01

8TH ANNUAL DAIRY QUEEN BUNNY HOP 10K, RESULTS      cont'd

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Albert Mosher	7	63	48:12
John McQuaid	8	65	48:41
Don MacInnis	9	66	50:18

MALES 40 - 49

Salam Hashem	1	13	37:32
Stew Freeman	2	15	37:45
John Derry	3	27	41:26
Parker Lund	4	40	44:03
Wayne MacFarlane	5	44	44:31
Linnell Edwards	6	45	44:42
Carl Cooper	7	48	45:43
Doug MacNevin	8	51	46:42
Dave Darlington	9	67	50:18
George Woodhead	10	72	50:58
Foch McNally	11	75	53:48
Roger Gillis	12	77	54:07
Peter McGonnell	13	78	54:16
Ian Glass	14	82	58:42
Mel Arsenault	15	83	58:43

MALES 50 & OVER

Don Moffett	1	29	41:41
Mike Sullivan	2	37	43:55
Colin Easter	3	50	46:41
Steve Labchuk	4	69	50:51
Roy Matheson	5	71	50:52

OTHER BUNNY HOP WINNERS

	<u>FEMALE</u>	<u>MALE</u>	
1978	-----		
1979	Sherry McKenna	53:32	Gary Andrus 37:16
1980	Monica LaPointe	45:29	Mike Armitage 36:33
1981	Monica LaPointe	39:14	Freeman Churchill 35:52
1982	Monica LaPointe	44:11	Colin MacAdam 36:56
1983	Marlene Costain	43:13	Leo Sheehy 35:25
1984	Marlene Costain	41:25	Philip Easter 36:36
1985	Marlene Costain	39:41	Don Pridmore 34:06
			Chris Pinsent 34:26

CLUB OUTFIT UPDATE

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The second order of club singlets and shorts are expected to arrive by May 21st. They will be available for pick-up at Sport P.E.I. located in the Old Charlottetown Hospital - second floor.

Stew & Eleanor Freeman

## 1 9 8 4 P . E . I . R O A D R U N N E R A W A R D S

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Our Seventh Annual P.E.I. Roadrunners Club Awards Banquet was perhaps the most interesting and successful one yet held by the Club. The evening had great food, good jokes, deserving award recipients and definite camaraderie. We would like to say a special thanks to Eleanor and Stew Freeman, who did much of the work in organizing the banquet, to Ken Campbell, who excelled in his role as Master of Ceremonies, to the staff of Brothers Two in Summerside, who put on an excellent dinner, and to the members of the Club Executive, especially Rosemary Faulkner, who made the arrangements for the generous awards. If you missed the Banquet, you have our condolences because you missed one of the best events of the year. If you were there, you would probably like to recapture some of the moments and reflect again on the awards presentation made that evening. We are very pleased to include in this edition of the Newsletter many of the citations for the awards presented at the Banquet.

### 1984 MALE ROADRUNNER OF THE YEAR AWARDS

This year, the Male Roadrunner of the Year awards recognize two men who have given THEIR best to running, the Club and other runners. In many ways, the two are similar - they both have a very relaxed attitude to running, they often train together, they both run in the middle of the pack, and both had improved performances in 1984. Their interest in, and service and dedication to the Club are longstanding. They exemplify the original spirit of the Club by actively promoting and encouraging running and fitness for all ages and abilities.

The first recipient started keeping running logs in 1976 and was an early participant in Roadrunner activities and runs. He was on the organizing committee for the first marathon in 1979 and for four subsequent marathons. He was on the Club Executive in 1981 (and founded and folded the Queens County Roadrunners Club). In 1982 and 1983, he co-ordinated the Campers' City Run.

In 1983-84 and again in 1984-85, our winner organized events for the Spa-Pacemakers Club, reflecting his primary interest in the beginning runner and in promoting general fitness. This year, he oversaw the Alice Faye Women's 3 Mile Run and its successful move to a new location and a new course. He did registration and the results board for the Seaman's Run and is always willing to lend a hand to race organizers.

His running history shows that he ran HIS first marathon in the first Island Marathon and that he has run in every Island Marathon since. Remarkably, his marathon PB is on our incredibly tough course, a 3:07:08 in 1980. Our middle of the pack runner trains regularly as part of a friendly group of morning runners who are more than willing to have new and slower runners join them.

In 1984, our winner ran in 15 road races and placed 19th overall in the Grand Prix standings with a point total of 53, a substantial improvement over his 1983 26th place finish with 23 points. When racing, he consistently places in the top twenty. Individual achievements last year included a 3:12:49 at the National Capital Marathon, the most improved runner award for the Bunny Hop, and an eighth place finish at Tyne Valley. Another athletic endeavour worthy of note is his canoeing prowess as part of Vintage Wine, a Roadrunners Masters team, which again in 1984 won its division in the Red Cross Multi-Sport Relay.

One of his nominators said of him that "he never comes first and is never disappointed when the awards are passed out." He is particularly supportive of other runners both in training and at races and runs. Playing Santa Claus at the Polar Run, complete with pillowed belly and sack of candy is representative of the spirit with which he approaches running. For that spirit, interest, and dedication, the P.E.I. Roadrunners Club is pleased to present a Roadrunner of the Year Award to JAKE BAIRD.

Our other, but by no means lesser, Roadrunner of the Year is a charter member of the Club, has served as Public Relations Director and as President for a year and a half. He has organized countless activities, fun runs and races over the past seven years, and has been a strong contender for this award many times in the past.

In 1984, he organized the membership drive, a resounding success, with a 100% increase in total Island membership.

As P.E.I. representative on the Run Canada Division of C.T.F.A. and as a prime organizer of Run Canada Week in both 1984 and 1985, he has furthered his primary interest in running for fitness and for fun. Two of our largest runs, the Spring Fever Pace with 250 entrants and Seaman's Beverages with 94, were co-ordinated by this fellow in 1984. The standard he sets for quality races is an example to be followed - lots of pre-race promotion, superb organization, high recognition for winners and participants and special follow-up thanks to his volunteers. He contributes regularly to the Newsletter and every year, he donates a trophy to the top Masters runner in the Marathon in memory of his Sports Hall of Fame grandfather, Harry Harley.

As for his running history, he was part of the first Roadrunner contingent to an off-Island marathon - the Johnny Miles in 1978. It was his first marathon. Since that time, he has been a supportive participant in all Club races and has run 11 marathons including five Island ones. He trains regularly and for long distances. His familiar gait can be seen on North River Road in winter and on the North Shore in the summer. Last year, by his own admission, he trained harder than he had since his first marathon and was rewarded with a PB when he ran the National Capital Marathon in May in 3:24:32.

His sincere interest in running and in support of beginning runners were exemplified in 1983 when he ran back to back marathons - first with Helen Flynn and then with Gary Hilton. That type of contribution is characteristic of our award winner every year. He always has an encouraging word for new runners and will train or run with anyone whom he feels needs a boost.

All in all, his contributions to individuals, the Club and his personal philosophy on running led one nominee to say, "He is what running is all about. He has not gotten himself caught up in the competition of sport as so many others do that they miss out on what really matters."

For this, the P.E.I. Roadrunners Club takes great pride in presenting a Roadrunner of the Year Award to DON HARLEY.

1984 FEMALE ROADRUNNER OF THE YEAR

The Female Roadrunner of the Year award is being presented this year to a Club member, not for competitive achievement, but for significant volunteer efforts made in support of Club activities.

While this lady participated in five Island running events during 1984, it is probably safe to say that her work as a race organizer and helper attracted more attention than her personal race results.

She began her helping activities early in the year when she served on the Annual Awards Committee and did an excellent job in writing the citations for the major award winners. Thereafter she cheerfully helped out in various capacities at several road races throughout the year. You may have seen her, for example, doing calligraphy work on race certificates at the Bedeque Spring Tune-Up or recording results at the finish line of the Polar Run on a cold December day. She was the race director of last year's Non-Puffers Pace and also played a major role in the organization of the National 20K. For this latter event, she put in many hours to make sure the course was accurately measured, and on her own initiative, she computerized the tabulation of results after first testing the system at the National Park 10K. She also produced computer printouts for the results of the Island Marathon.

Lest we forget her running participation record completely, it should be noted that this lady showed her team player spirit as a member of the Island women's teams that competed quite successfully at both the Atlantic and Canadian Cross-Country Team Championships.

For her dedication to the sport of running, her loyal support of Club activities, and her hard work on behalf of the Club during the past year, the P.E.I. Roadrunners Club is pleased to present the 1984 Female Roadrunner of the Year Award to BUNTY ALBERT of Charlottetown.

SENIOR MALE ATHLETE OF THE YEAR

Don Pridmore of Charlottetown seems to just keep getting better each year. We all thought he had a very good year in 1983 when he recorded one first-place finish, achieved several personal best times, and finished in third place in the Grand Prix standings, but in 1984, he suddenly became the man to beat - and that was easier said than done. In most impressive fashion, Don won seven Grand Prix races, established four new course records, and finished atop the Grand Prix standings. Perhaps his most outstanding achievement, however, occurred at an off-Island event. Travelling to Ottawa in May, Don lowered his marathon time to 2:39:59, thereby establishing a new Island native record.

Don was also a team player in 1984. He was on the winning team in the Red Cross Multi-Sport Relay and had the fastest time of all competitors in his running leg of the Relay. In addition, he led an Island team to a fifth place finish at the Canadian Cross-Country Team Championships in Fredericton, N.B.

Don has trained extremely hard, with outstanding results, and the P.E.I. Roadrunners Club is indeed pleased to recognize these achievements by presenting him with the Perfection Foods/Sport P.E.I. Recognition Award as their Senior Male Athlete of the Year for 1984.

SENIOR FEMALE ATHLETE OF THE YEAR

For the second year in a row, Marlene Costain, a native of St. Lawrence, ran away with the women's overall title in the Sun Life Grand Prix Road Race Series in P.E.I.

Marlene won eight of the Grand Prix events and obtained the maximum possible 150 points. She won races at distances ranging from 4 miles to the Marathon. She also was awarded 20 bonus points for establishing four new course records. Her new records came at the Summerside Mardi Gras 4 Miler (25:34), the Bedeque Spring Tune-Up 10K (40:25), the C.A.H.P.E.R. 10K (39:12) and the Polar Run 5 Miler (30:30).

In off-Island competition, Marlene finished second in the Halifax half-marathon, and anchored the Island women's team which finished first in the Atlantic Cross-Country Championships in Chatham and third in the Canadian Team Cross-Country Championships in Fredericton.

This outstanding performance record has earned Marlene the Perfection Foods/Sport P.E.I. Recognition Award as the P.E.I. Roadrunners Senior Female Athlete of the Year for 1984.

JUNIOR MALE ATHLETE OF THE YEAR - (18 & UNDER)

Although still in the Junior age category, seventeen year old Spencer Campbell of St. Eleanor's has already established himself as one of P.E.I.'s top road runners.

In 1984, he ranked fifth in the overall Grand Prix standings with 112 points and second in the Under 20 age category. Spencer was first or second in his age category in all of his Grand Prix races, and in December, he set a new course record for Juniors at the Polar Run 5 Miler (27:08).

At the Canadian 20K Championships held in P.E.I. this past summer, he was the second Island finisher and bronze-medal winner in the Junior age category with an excellent time of 71:34. Spencer also distinguished himself in school competitions, winning the Senior boys' 3,000 meter at the Provincial Track & Field Meet in June and the Senior boys' cross-country title in October.

Spencer Campbell's outstanding achievements over the past year have earned him the Perfection Foods/Sport P.E.I. Recognition Award as the P.E.I. Roadrunners Junior Male Athlete of the Year for 1984.

VOLUNTEER OF THE YEAR

The P.E.I. Roadrunners Club owes a great debt to its volunteers. These are the people who allow the runners to race, who attend to the many details of staging an event, who stand in the cold, the wet, the hot and the humid and who go through as much or more (moreoften more) as the runners in sacrifice and effort.

Our award winner for 1984 contributed in many ways to the Island road running scene. She served as a race director, a calligrapher, a course designer and measurer, a timer, a recorder, a troubleshooter, an equipment official and volunteer extraordinaire.

Many of her contributions have been reviewed before in these citations, for her dedication to the Club and road running earned her the Female Roadrunner of the Year Award. For her enormous service to the Club, her pursuit of excellence and her support of running, we are proud to present the Volunteer of the Year Award to BUNTY ALBERT.

MALE ROOKIE OF THE YEAR

Our Male Rookie this year has always been in the lead pack of runners and has consistently finished in the 4th - 6th place range with 12 placings at that level. His times have improved over the year with his 10 km times dropping from 37:50 to 35:37 at the National Park 10 Km.

This is one rookie who is not following in his father's footsteps but rather his son's. Our Male Rookie of the Year is DON CAMPBELL.

FEMALE ROOKIE OF THE YEAR

Our Female Rookie of the Year has had an outstanding first year and has become one of our best runners. She has participated in nine races, never finishing lower than third place. She has won three races and set a new course record at the Volume Rentals Run of 20:56. She has had five second place finishes and her times have improved during the season - one example is her 10 km time dropped from 45:37 to 44:03 this Fall.

She was second overall in the Grand Prix Series. Our Female Rookie of the Year is DOROTHY GREGORY.

MOST IMPROVED MALE RUNNER

Our Most Improved Male Runner of 1984 improved his time from 1983 in each of the races in which he participated last year. Three examples help illustrate just how far he progressed within a 12 month period. He took more than nine minutes off his time at the Fulton Campbell Memorial 20K Run, going from a 1:32:48 in 1983 to a 1:23:01 in 1984. At the Kensington Harvest Festival 25K Run, he made a similar improvement by bringing a 1:56:32 down to a very respectable 1:47:37. The biggest difference a year made was in the Island Marathon. There he reduced his time by 29 minutes by going from a 3:46:35 run in 1983 to a 3:17:14 time in 1984. Through his improved performance, he moved up in the Grand Prix standings from 33rd in 1983 to 20th in 1984, even at a time when the level of competition and number of participants had increased. No longer is his claim to fame that he has a running neighbor. He has set his own pace now.

The Most Improved Male Runner of 1984 - HARVEY BERNARD

MOST IMPROVED FEMALE RUNNER

The Most Improved Female Runner of 1984 showed beyond a doubt that a runner can still improve after several years of running. She has been a regular participant at Island races for six years, but it was in 1984 when she enjoyed one of her best seasons. Indicative of her good year were the PB's she set for the Marathon distance at 3:53:11, at the National Capital Marathon, and the 20K at 1:38:18, at the Canadian Championship held last year on the Island.

She took 15 minutes off her time at the Kensington Harvest Festival 25K Run going from 2:23:58 to 2:08:11. In the Island Marathon, she took 30 minutes off her time by lowering a 4:55:31 to 4:25:03. She continued to set a standard of excellence for Masters runners and matched or bettered many younger runners. She also placed fourth overall in the Grand Prix standings. Our Most Improved Female Runner of 1984 is ELEANOR FREEMAN.

#### THE CONSISTENT RUNNER OF THE YEAR

As we recognize our top runners, it is important also to keep in mind that one of the major achievements in sports is to perform consistently well over a number of years. The winner of this award has consistently been among our best runners in P.E.I. since 1979. Although he has not been an overall race winner, he has been at or near the top of his age class.

In 1984, he competed in 12 Island races and placed in the top 10 on seven occasions. He placed ninth overall in the Grand Prix standings, matching his placing in 1983 despite the improved level of competition. His job commitments keep him from many of our races, but with his interest in running and dedication to it, he runs wherever and whenever he can. He has scheduled vacations around races and his travels have taken him to events in places such as New York, Boston, Honolulu, Bermuda, Nanisivik, Helsinki, Montreal, Toronto, and Tyne Valley (just kidding)! Our Consistent Runner of the Year is STEW FREEMAN.

#### RABBIT OF THE YEAR

This year, the rabbit is some runner, a great sprinter, a long distance runner, a back-of-the-packer, a smart, well-dressed dude.

The rabbit has by times been injured this year but continued to participate. We have taken note of this runner's ability to be all through the pack at each race. We have been amazed at this runner's ability to force the pace of the first mile then casually jog to the back for a social, yet very respectable run thoroughly enjoying the whole thing.

You all have to know this year's rabbit is none other than LINNELL EDWARDS.

#### AFFIRMATIVE ACTION AWARD

The Affirmative Action Award was initiated this year to honor this runner's encouragement of women runners during the 1984 season. This runner is often seen during most races back running with the girls by choice (a great person for legs and rear ends).

In a book I picked up recently entitled A Guide to Training and Racing for the Long Distance Runner, there was a short outline on the qualities of a good runner. This runner has all of the qualities - that of desire, physical ability, motivation (by times), dedication, level-headedness, and certainly individuality, confidence and humility. This runner, when he could well be up front with the lead pack, is back encouraging beginning runners because he sure enjoys running. The winner of this year's Affirmative Action Award is none other than JAKE BAIRD.

SALESMAN OF THE YEAR

I'm not sure if many of you are aware of the Institute for Free Enterprise. This is an exclusive organization to which many aspire but few are chosen. To gain entry, you must have excelled at selling, amassed vast profits, and co-incidentally, alienated a lot of your family, in-laws, and former friends. You must also have a body temperature of 36°C, and be able to walk upright.

The P.E.I. Roadrunners Club is fortunate to have a member who could gain entry to that elite group. Surely you've seen him at every race during the past year dutifully peddling his wares - underwear guaranteed to keep you warm, even through a P.E.I. winter and, of course, the ultimate - the Gortex running suit, "regularly priced at \$300.00 but for you, my friend, well, what's a few dollars between friends." Later, many of you were surprised to find that your races were just as long, and as hard to run and your times just as slow - but God, you looked good!

DAVE EDMOND sure is a good salesman!

MOM OF THE YEAR

As all runners know, it is the non-running spouse who supports the elite runner, listening to their injury list and looking after the children every race weekend.

Last year, I'm sure that many of you witnessed this scene. A runner struggles up the hill and approaches a small car parked on the shoulder. The non-running parent is coping, one hand holds a bottle to one child's greedy little lips, another hand deftly changes a diaper. Meanwhile, a foot is placed firmly on the back of a third child to prevent his escape into the underbrush. Meanwhile, we notice that a water bottle which is held in this person's mouth is offered to the exhausted runner. Through clenched teeth, we hear, "You're looking great, dear, keep up the pace," and then to the children, "Say hi to your Mom."

Our Mom of the Year is the spouse who so capably looked after the kids and watched wife Donna do the running - RON PROFIT.

APPRECIATION AWARDS

In August, 1982, several P.E.I. Roadrunner Club members were over to Moncton to run the National 20K Championships. It was after the awards presentations that the first announcement was made revealing the location of the 1984 20K Championship Race. When P.E.I. was announced, the P.E.I. contingent registered a mixture of surprise, excitement, and apprehension. I'll never forget the look on Don Pridmore's face (our President in 1982). The thoughts of hosting a National Race presented a new, almost awesome challenge.

P.E.I. met this challenge and organized a first class National Race. We were fortunate to have the help of Beth Brothers, working under a government grant. The members responsible for the success of this event are too numerous to mention. However, the Club would like to recognize the members of the National 20K Committee who made a big commitment and followed it through. Certificates of Appreciation were presented to the following members:

Don Pridmore, Co-Chairman; Doug Jones, Co-Chairman; Bunty Albert, Course/Results; Gary Hilton, Traffic Control; Jake Baird, Awards; Harvey Bernard, Aid Stations; Janet Bradley, Medical; Linda Gaudet, Registration; Barrie Stanfield, Timing/Recording.

THE FITNESS AWARD

Most of us run primarily as a means to keep fit. There are others among us who, strange as it may seem, don't stop at running but seek out other methods in the never-ending quest for fitness.

Tonight, we'd like to recognize a runner who has gone to great lengths to keep fit, from skipping rope to the 20 Minute Workout, to running. A brief talk with this member reveals that she's up to date on all the latest "get fit" data.

Her motivation serves as an inspiration to all of us. Our 1984 Fitness Award goes to LOUVINA EDWARDS. Well done, Louvina!

P.S. I understand that her latest accomplishment is on the trampoline!

MIRACLE WORKERS

From 1979 through 1981, the P.E.I. Marathon Committee consisted of approximately 15 dedicated club members. For the past three years, Jim Wyatt graciously offered to act as Marathon Chairman, preferring to work without the assistance of an "organized" committee.

Last August, when Jim took up residence in Toronto to pursue a career in law, there was a tremendous gap to fill for our September Marathon. Three members committed themselves, took over the responsibility, and working together with our Past President, Rosemary Faulkner, managed to make the 1984 P.E.I. Marathon a very successful event!

The Club would like to recognize the efforts of these members with Appreciation Certificates - Carl Cooper, Wayne MacFarlane, Brian Bradley, and Rosemary Faulkner.

GOOD HOST OF THE YEAR

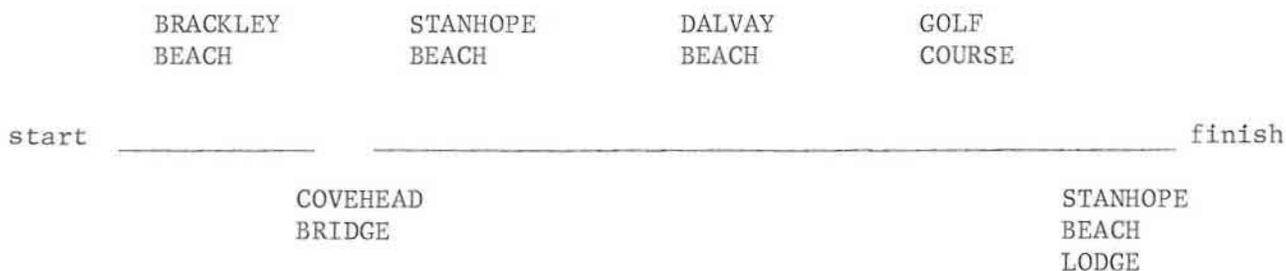
Our next category was a difficult one for the judges. There were so many obvious winners to consider: Ron Frid, Rosemary Faulkner, Marina Fay and Jake Baird, even Kay Lund who gave a perfectly good New Year's Eve party. However, the judges as usual have displayed the wisdom of Solomon in selecting the winner. In fact, the winner is one who has taken the saying, "When running was fun," and applied it to being a host.

Our Good Host of the Year approached his guests and enquired, "Would anyone like something to drink?" How would you expect a group of Roadrunners to react to that? Unfortunately, there was no Beer, Rum, Scotch, Vodka, Wine, Creme de Cafe ..... Reluctantly the guests agreed that coffee would be just fine. Our host smiled and went back to the kitchen, only to return a nanosecond later with an empty coffee jar held high in his hand. The assembled multitude did not smile again when our host returned bearing glasses of lukewarm water for everyone. Is there any doubt that DON PRIDMORE deserves this award!

THE "BEST DAMNED 16TH CENTURY CARTOGRAPHER THERE EVER WAS" AWARD

In real life, when we're not running, some of us are teachers, some of us are home-makers, some of us are civil servants and two of us, by training, at least, are geographers. Geographers use maps a lot. They appreciate good Cartography (which is the art and science of map-making) and are bemused by amateur Cartography.

When the debate was raging on whether or not to move the 20K Course from Charlottetown to the North Shore, a special meeting of the 20K Committee was held at Gary & Joan Hilton's. At that meeting, a presentation was made as to why the National Park course, which we eventually used, was ideal. In support of his arguments our Honourary Member produced a map of the course. It looked something like this:



on a three foot piece of cardboard.

When it was pointed out that the course was not a straight line (or for that matter, that flat), he took the end of the "map" he was holding in his left hand and twisted it around to the front so that, if you were looking at it from the top, Stanhope Beach Lodge would be in the right place. (You had to have seen this done to really appreciate it!)

For this act of creative cartography, Don Pridmore and Bunty Albert (geographers) are presenting DON HARLEY with a facsimile of his original map (unfortunately, the original was lost), a map of the real 20K course, a map of P.E.I. in case he ever wants to move another race course (can you see the Marathon on a straight course with one small hill?) and to invest him as an Honourary Member in the Society of 16th Century Straight Line (close link to the Flat-Earth Society) Cartographers.

SUN LIFE GRAND PRIX AWARDS

Finally, we would like to thank Sun Life for their very welcome support to the Grand Prix Series. Sun Life presented fine awards, including crests to the age category winners, to all of the 1984 winners. The names of the winners appeared in the last edition of the Newsletter, and the banquet coverage is lengthy already, so we will simply say once again, congratulations to the winners and thank you, Sun Life!

DON LECLAIR, B.A., B.Ed.  
EXECUTIVE DIRECTOR

TELEPHONE  
892-9178



SPORT P.E.I.  
P. O. BOX 302  
CHARLOTTETOWN, P. E. I.  
CIA 7K7

MEMO TO: Members - P.E.I. Roadrunners Club  
FROM: Don LeClair, Executive Director  
DATE: May 6, 1985  
SUBJECT: "P.E.I. SPORTSPEOPLE FOR AFRICA" FUND

The creation of the "P.E.I. Sportspeople for Africa" fund by two of your members, in conjunction with the Red Cross, was indeed a very timely and humanitarian gesture, and one worthy of further recognition.

On behalf of Sport P.E.I., I wish to congratulate the P.E.I. Roadrunners Club, and in particular Eleanor and Stew Freeman, for their untiring efforts in launching this concept in our Province with the Campers' City Five Mile Run held Sunday, May 5th. Sport P.E.I. is very pleased to have had the opportunity to endorse this worthwhile project.

The support of the two sponsors, Campers' City and Brooks, in contributing the entire proceeds of the run registrations to the cause was indeed commendable, and hopefully this generosity will set an example for future events.

The plight of the starving people of Africa has attracted global attention and while many methods of fund raising are in place, we believe the concept of sporting events generating funds is original.

It is our hope that other Island sport organizations will do their part and that the Roadrunners will endeavour to duplicate and perhaps even multiply the success of this pilot event during the remainder of the 1985 season.

D. L.

jh

## CAMPERS ' CITY NEWS

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- Mona Clay & Sue Knight

Well, a fair amount is new on the running scene! Lifa (the makers of the underwear that keeps you dry) has come out with polypropolene-lined running shorts for men and women. A soft touch! The line includes a unisex singlet of "poly" mesh.

Ladies, if you are borrowing your best friend's shorts because they are so gosh darn comfortable, help is on the way for you and him. Campers' City now stocks ladies' jockey cotton briefs.

Reebok now offers an all-leather running shoe. Great for rainy days and fits most people, including women, plus takes an orthodic. Reebok's Phase I running shoe has replaced their T.D., but we still have a few men's T.D.'s in stock for those of you who raved about them (favourably, that is).

Laces - such a small item, but you told us not always easy to find. We've got them now!

This past winter saw a dramatic increase in runners' interest in "what do we wear to keep warm and dry?" We've studied the problem and will have even more answers for you next year!

Have you tried out the Brooks "Genesis" running shoe? A bit less than the Chariot and some say they like the fit even better. A real good looker, too. Great stabilizing capabilities! The ladies are liking the new Reebok "Hurricane". It's the most comfortable shoe at a lower price, but it's not for the problem feet though. We can't list them all, but at least six more new style shoes should be arriving within the next month, from Brooks, Nike and Osaga.

If you drop into Campers' City and don't see any running shoes - don't be alarmed! They outgrew that downstairs corner. They now have larger quarters on our second floor, closer to the tred mill.

We would like to remind all P.E.I. Roadrunner Club members that they will receive 10% off THE REGULAR PRICE of all running-related items.

Better stop before they cut me off here. But, before I go, one last tip. Garden gloves make fantastic hand covers for runners. We'll have them in stock again soon! We welcome suggestions. What other items would you like us to carry? Polypropolene shirts or jackets? You'll have to think of something else because we've got them already! Running suits are running out of our store faster than they are running in, but we do have a fair supply left by Nike and Brooks.

O.K., O.K., I'm stopping! But do drop in and see our "New Look". Meet our new staff members: Lorna, Elaine, Scott, and Karmen. By the time this is printed, we'll be back to our full hours of 9:30 a.m. - 9:00 p.m. Monday to Friday, Saturdays to 6:00 p.m. For those who keep asking, I'm feeling terrific. The back brace is off. (The weight is on). Let it be known - it was benign - and I'll be starting to diet (again). P.S. Cindy, Sandy and Madrien are still with us!

FACES IN THE PACK

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- Rosemary Faulkner



Dorothy Gregory

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One of the new faces in the pack is that of 1984's Rookie Female of the Year, Dorothy Gregory. I just became aware of Dorothy at last year's Seaman's Beverages as she took home all the loot! She has always struck me as being a happy-go-lucky person with all the fine characteristics that make a good runner. She is 27 years of age, an Islander married to Brooke Gregory and they live in Sherwood. Dorothy has completed two years towards her BSc degree in General Agriculture and has worked, and hoping to work again, with Agriculture Canada at the Charlottetown Research Station.

You may have seen Dorothy burning up the pavement during many of last summer's races. She started running only a year and a half ago for fitness at the West Royalty Fitness Centre with the Burger King Pace Setters. Her first formal run was during Run Canada Week 1983 when she participated in an all women's run, and from then, she was hooked. Dorothy's first race was Campers' City in 1984. She averages in training 25 miles a week and usually runs if she can in the afternoon by herself or with her running partners, Brooke or Judy MacLean. She has been keeping a diary and likes to wear Nike Pegasus when she runs. She feels that by keeping to a regular program, she has been able to improve and that becoming a member of the Roadrunners Club has added a great deal to her enjoyment of running as a sport and hobby. She hopes to continue to improve and to meet many more people who share her interest in running.

Say hi to Dorothy next time she passes you in a race!



REPORT FROM THE EXECUTIVE - BRIAN DUNN

I would like to welcome all Roadrunners back to a new and hopefully even more exciting year of running on the Island. As you know there was a change made in the people who make up the executive of the club. We, the new executive, would like to express our thanks to last year's executive and in particular to Rosemary Faulkner. I hope that we can live up to the high standards set by this group and that we can continue the process of developing and fostering participation in our chosen sport.

To bring you up to date, the executive met February 26 to plan the 1985 running season. The following points are the highlights of the meeting:

- 1) It was agreed that the focus of this executive would be on participation particularly as it applies to the Novice/Recreational runner.
- 2) The executive plans to make a presentation to Sport PEI to have a Masters' category added to their awards structure. We felt that there are a number of gifted Master-level runners on the Island who deserve the recognition.
- 3) We hope shortly to have a T-shirt ready for purchase by all runners. The shirt will be a Grand Prix series one and will be available at all races once it is printed. Part of the proceeds from the sale will go to pre-designated worthy causes.
- 4) Point scoring for the Grand Prix series will be attributed to Island residents only, thereby encouraging Island residents to participate.
- 5) We are happy to announce that once again the Roadrunners are co-sponsoring Run Canada Run week and that we have appointed Menna MacIsaac as co-ordinator.
- 6) A major emphasis will be placed this year on making the Island Marathon a real event. We have scheduled the run for Sept. 1, 1985 and are adding a 10 K and half marathon to be run at the same time. We hope the event is successful and that all Roadrunners will support it.
- 7) We encourage all Roadrunners to submit suggestions and ideas as to how we can improve the club, the races and the services offered to the members.

The executive is hopeful that we will have a very successful year. We ask that you, the members, support the club by getting out to the races and to participate. We would very much like to see a further increase in the number of runners on the Island and an increased level of participation in our local races.

#### THE ULTIMATE RUNNER

I am in possession of an application form for the ultimate runner competition and can acquire more if there is an interest.

The Ultimate Runner will be held Saturday October 19, 1985 at the Jackson Community College, Jackson, Michigan. This event is definitely not for the weak of heart. The Ultimate Runner is a 5 event 1 day competition consisting of the following race distances, 100 meters, 400 meters, 1 mile, 10km and marathon. The winner is decided on a point scoring system and therefore an individual runner need not win any one race or combination to be the overall winner. The 1984 results showed that the male winner did not win any of the individual events but that the female winner won all five of her events. Following are the winning times for the distances.

<u>EVENT</u>	<u>MALE</u>	<u>FEMALE</u>	<u>MASTERS MALE</u>	<u>MASTERS FEMALE</u>
10K	31:05	35:35	34:05	42:52
400M	51.3	60.2	54.5	81.2
100M	11.8	14.0	12.6	18.8
Mile	4:21.6	5.07	4:48.1	6:15.7
Marathon	2:38.27	3:05.47	2:39.30	3:59.48

If any roadrunner is interested in receiving an application let me know and we will write away for a few.

Brian Dunn

R U N C A N A D A R U N

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- Menna MacIsaac  
Run Canada Run Week Co-ordinator

Run Canada Run Week is a nationwide campaign sponsored by Fitness Canada and the Canadian Track & Field Association. The objective is to tell Canadians about the benefits of running through a week of fun, participation, and educational activities. Last year, over 9,000 Islanders of various ages and backgrounds took part in Run Canada Week events. The date set for this year's Run Canada Run Week is May 25 - June 2 and the challenge is on to increase the number of participants in '85!

Since there is no restriction on the size of event to be organized or the number of participants, virtually anyone can host an event by following simple guidelines in the free event organizers' handbook. Events fall into three categories: Fun Run, Road Race, and Clinic. It doesn't matter if you've never run before as you can set your own pace and enjoy it. The most important thing is to participate. The United Nations has proclaimed 1985 as International Year of the Youth, with the theme of "Participation, Development and Peace." Therefore, it would be particularly appropriate to see a large number of our young people getting involved.

Roadrunners will host several runs during Run Week. Already established are the Spring Fever Pace on June 2nd, the Masters Paarlauf on May 30th and also several clinics. Other popular events during this week include the Red Cross Multi-Sport Relay, to kick-off May 25th at the Simmons Sports Complex; the Run for Light on May 26th also at the Simmons Sports Complex; West Royalty Fitness Centre Run on May 27th; Charlottetown Fitness Centre Run, and many community events hosted by the recreation directors in the different communities. Schools and day care facilities across the Island have warmly received the concept of participation of youths, with 48 schools hosting events and 13 day cares.

Included is a list of runs, the details of time and place to be established at a later date. If you are interested in running, or in hosting an event, contact Menna MacIsaac, Island Co-ordinator of Run Canada Run Week, at Sport P.E.I., 892-9178 or the contact people listed with the specific run of interest. More runs are still in the works.

RUN CANADA RUN

May 25 - June 2, 1985

(Established events; details at contact number listed)

PUBLIC RUNS

Red Cross Multi-Sport Relay; Simmons Sports Centre, Ch'town, May 25th at 10 a.m.  
Contact: June Sanderson, 894-8551

Run for Light; Simmons Sports Centre, Ch'town, May 26th at 9 p.m.  
Contact: Phil Bower, C.N.I.B., 894-4149

Spring Fever Pace; Colonel Gray, Ch'town, June 2nd at 2 p.m.  
Contact: Don Harley, 892-3656

Masters Paarlauf; Victoria Park, Ch'town, May 30th at 6 p.m.  
Contact: Ewen Stewart, 894-5668 or Parker Lund, 892-7544

Charlottetown Fitness Club Run; June 1st; Contact: Doug MacDonald, 566-9200

Hire A Student Fun Run; June 1st; Contact: Iona Green, 566-7785

West Royalty Fitness Centre 2 Miler; May 27th; Contact: Dorothy Gregory,  
566-5209

Sherwood/Parkdale Community Run; Contact: Phil Handrahan, 892-8229

Bunbury Community Run; Contact: Ron Fisher, 569-2535

Borden Community Run; Contact: Stephen White, 855-2410

Charlottetown Community Run; Contact: Charles Ryan, 894-5552

Cornwall Community Run; Contact: John Morrison, 566-2354

East Royalty Community Run; Contact: Paula McCloskey, 892-4767

Georgetown Community Run; Contact: Frank Sams, 652-2924

Montague Community Run; Contact: Nancy Gourley, 838-2528

Tignish Community Run; Contact: Gerald Keough, 882-3484

Morell Community Run; Contact: Kevin MacLaren, 961-2689

Souris Community Run; Contact: Neil Kinsman, 687-2157

West Royalty Community Run; Contact: Cheryl Dalziel, 892-1509

Evangeline Community Run; Contact: Jean-Pierre Arsenault, 854-2592

Summerside Challenge Day; May 29th; Contact: Bill Schurman, 436-3431

Summerside Boys & Girls Club Fun Run; Ken Kulleton, 436-9403

Mount Stewart Fun Run; Contact: Susane MacPhee-Manning, 676-2671

Belle River Fun Run; Contact: Linda & Tyler Aspin, 659-2984

Vernon River Fun Run; Contact: Ron & Barbara Drake, 651-2044

Approximately 48 of our Island schools are hosting runs to get youth going, along with 13 day cares and several manors.

#### STAFF RUNS

Canadian Heart Foundation, Charlottetown

Polyclinic Staff Run, Charlottetown

Sleepy Hollow Staff Run, West Royalty

City Police Members Run

Militia Members Run

- Don Harley  
 Chairman of Membership Drive

The total of the members who have either renewed or purchased new memberships for 1985 has reached "170". The main reason for the membership drive is to encourage all our present members to renew their memberships early in the year. We also want new members to be aware of our membership drive because if they join early in the season, we can inform them of all our upcoming summer events plus any other events that might be of interest to them. With the ever increasing high costs of photocopying and mail-outs, it doesn't make much sense to send out materials to runners if they are no longer interested in our club activities.

Special Draw Prizes

Again this year, as part of our membership drive, we held a draw for all on-Island members who renewed or purchased new memberships for 1985 by April 6, 1985. The draw was held after the Dairy Queen Bunny Hop under the direction of Parker Lund. The top two prizes, a pair of men's and ladies Nike Pegasus running shoes were donated by the P.E.I. Roadrunners Club. At this time, I would like to thank the executive of the Club for their financial support. I also would like to thank all the merchants who donated other prizes for our special draw. The following is a list of the winners:

Men's Nike Pegasus - donated by the Club	--	Don Harley
Ladies Nike Pegasus - donated by the Club	--	Margaret Stewart
Ladies Socks - donated by Campers' City	--	Marilyn Affleck
		Louise MacDonald
Men's Socks - donated by Campers' City	--	Brian Dunn
		Jonathan Callbeck
Hats - donated by National Video	--	Sandra Anderson
		Donald Harris
		Eric Hurlburt
Ladies Socks - donated by the Spa	--	Janice MacDonald
Men's Socks - donated by the Spa	--	Don Campbell
Hats - donated by Island Optical	--	Brooke Brehaut
		Ann Scott
Ladies Socks - donated by H.I. Sports	--	Carol Groom
Men's Socks - donated by H.I. Sports	--	Doug MacMurdo

I want to thank everyone who renewed their membership and a special welcome to all those who purchased new memberships in our Club.

Happy running in 1985!

Special note -- Just in case someone might possibly think that the draw was fixed since I won a pair of Pegasus running shoes, I want to assure you that the draw was perfectly legit. There was one name in the box for each person who renewed or purchased a new membership. It was SOLELY the luck of the draw; in fact, it's probably the first thing that I won in my life outside a book of A-1 lottery tickets!

## O N T H E R U N

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- Rosemary Faulkner

This month, "On the Run" would like to deal with a "what is it and how does it work" item. When researching the running magazines and books on the subject, little was found about it. What is IT anyway? Ultra Sound, of course! Most magazines you read have articles like "Tendonitis in Runners and the Cure", or "Ligament Injury and the Solution", but no articles tell you about the mechanics of rehabilitation. Maybe it is because most of the articles are written by doctors.

Our Club was asked to assist in fund raising to buy a new Ultra Sound machine for the Queen Elizabeth Hospital, so I decided I should experience first-hand how Ultra Sound works and what it is all about. Last Spring, as I began to increase my mileage, I developed a pain upon running, and getting up in the morning, on the inside of my left heel. I was unable to run a whole lot but I did not deal with it until Christmas of this year. I decided to go to a doctor who runs and discussed with him the options - not running (that was out); anti-inflammatories (that was out); cortisone injections (that was out); or a six-week wait for Ultra Sound (my choice). Physiotherapy called in January, and I began ten days of Ultra Sound for six minutes a shot, and together with very little running, heel inserts, and swimming, the problem appears to be licked.

Ultra Sound is the name given to the technology associated with mechanical vibrations of frequencies above those which the ear can respond. Sound is compressed by an oscillating piston for a certain length of time depending on the injury. Most ears hear sound averaging about 20,000 Hz. Ultra Sound frequencies range from 20 KHz to 10 GHz. These soundwaves are produced when a quartz or ceramic crystal is vibrated with a high frequency alternating current. Ultra Sound works a lot like rays of light in that it can be reflected on certain mediums like bone or muscle. If for example, Ultra Sound is used to facilitate bone repair after a broken leg, approximately 70% of the energy from the sound waves will be reflected and 30% absorbed. The dosage of Ultra Sound varies depending on whether you want to relieve pain, or promote healing, etc. It is well known that following an injury, say in my case to the plantar fasciitis, the connective tissue and tendon predisposes to adhesions. Ultra Sound reverses this trend by breaking down the collagen through the heat produced by the soundwaves. The quick short rise in temperature helps this process.

The soundwaves produced through the wand are generated in a small machine for a determined length of time. The patient's foot is placed in a tank of hot water and the wand from the machine is placed on the plantar area. The patient feels heat in the area of the injury which lasts for a short period of time. This warm sensation lasts and tends to relieve the pain and help healing. Ultra Sound is used for many other types of injuries such as pain and muscle spasms, bursitis, tendon and muscle contractures following trauma, joint problems related to osteoarthritis and injury, plantar warts.

Thanks to Terry Nicholson for her information and the use of her book, Electrophysical Agents in Physiotherapy.

## 1985 ISLAND MARATHON

I would like to take this opportunity to keep you up to date on the progress of this years Island Marathon. We have made some significant changes in the structure of the Marathon in an effort to make the Marathon and coinciding races, the largest running event of the year on P.E.I.

This year's Marathon will be September 1st with a 9 A.M. start. It will be a certified out and back course from the West Royalty Fitness Center to Kinlock. Included will be a half Marathon as well as a 10 KM. The race will be co-sponsored by National Video and C.F.C.Y. C.F.C.Y. has told us they will give extensive coverage and also ample air time which will include promo spots as well as pre race interviews with participants. With this kind of publicity we are hoping to get the largest turn out ever for an Island Marathon. We are also planning an awards reception as well as a dance at the Spa the evening of the race.

We are still looking for volunteers to help with various committees connected with the race. If you are interested, please call me at  
566-3301 or 566-3302

Hope to see all of you September 1st.

Dave Manovill,  
Marathon Committee Chairman



# M Island Marathon



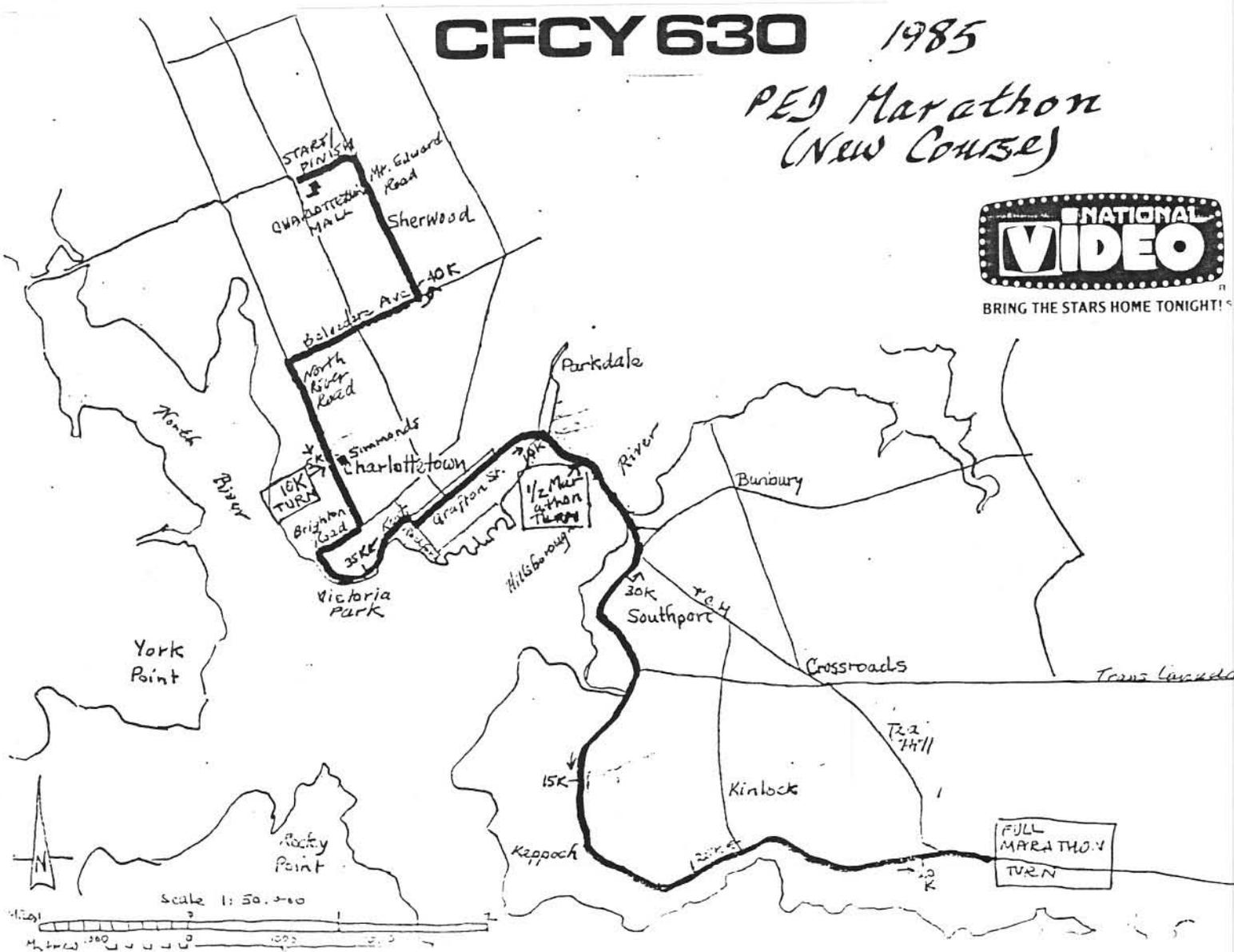
**CFCY  
630**

**CFCY 630 1985**

*PEI Marathon  
(New Course)*



BRING THE STARS HOME TONIGHT!



S U R V E Y

We have had some concern expressed as to the effect a date change of the marathon will have on other runs. I would ask you, the members, to take a couple of minutes and complete the questionnaire and return to me at Sport PEI, P.O. Box 302, Ch'town, P.E.I. C1A 7K7

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Please circle your response.

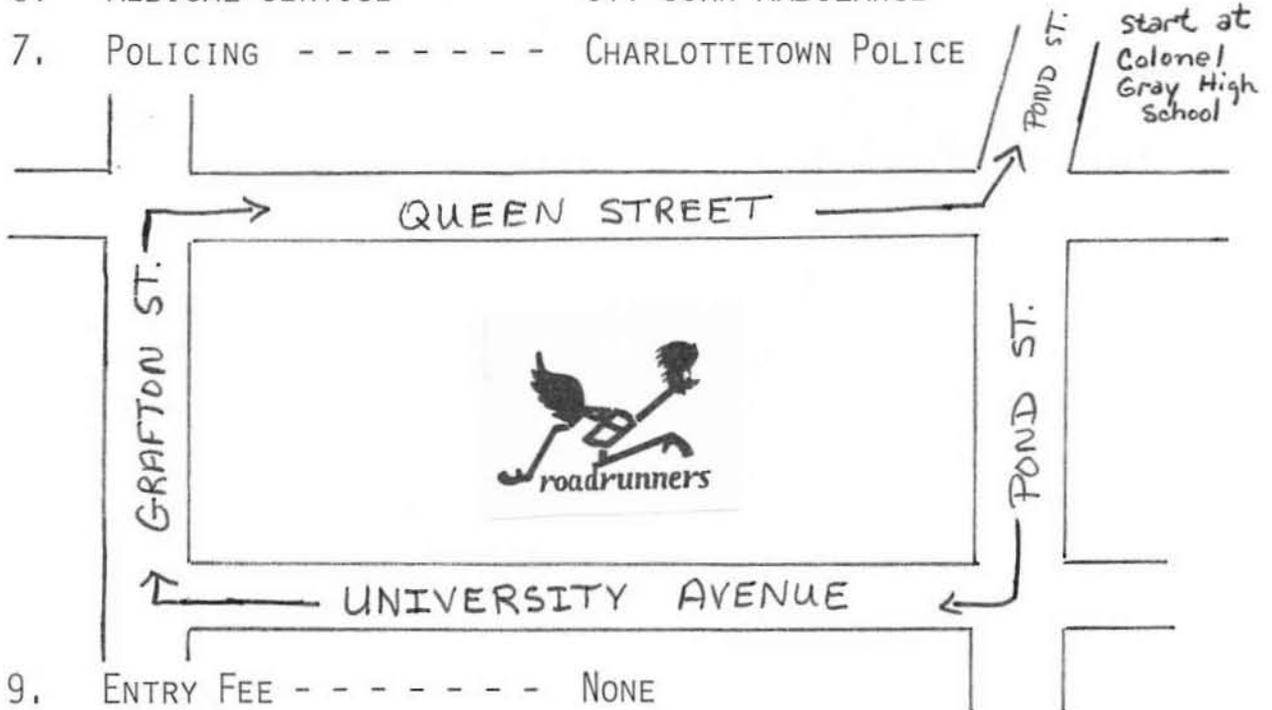
- 1) Are you planning to run one of the following on Sept. 1, 1985?
  - (a) marathon
  - (b) 1/2 marathon
  - (c) 10 K
  - (d) not planning to runIf you answered (d) skip to question 4.
  
- 2) As a runner of one of the above, will you be running any of the following races as training runs?
  - (a) ADL Tyne Valley 20 mile run on Aug. 3
  - (b) National Park 10 K on Aug. 10
  - (c) Kensington Harvest Festival 25 K on Aug. 24
  
- 3) If you aren't planning to use any of the above races as training runs will you run them as regular races?
  - (a) ADL Tyne Valley
  - (b) National Park
  - (c) Kensington
  
- 4) To be answered by only those who responded (d) in question 1. If you are not planning to run on Sept. 1, 1985, are you planning to run any of the following?
  - (a) ADL Tyne Valley - 20 mile on Aug. 3
  - (b) National Park 10 K on Aug. 10
  - (c) Kensington Harvest Festival 25 K on Aug. 24

Brian Dunn

SEVENTH ANNUAL

# CFCY SPRING FEVER PACE

1. SPONSOR - - - - - RADIO STATION CFCY
2. ORGANIZERS - - - - - P.E.I. ROADRUNNERS CLUB
3. DISTANCE - - - - - 2 MILES
4. DATE - - - - - SUNDAY, JUNE 2, 1985
5. STARTING TIME - - - - - 2:00 P.M. SHARP! NO REGISTRATION,  
BE THERE AT 1:45 P.M.
6. MEDICAL SERVICE - - - - - ST. JOHN AMBULANCE
7. POLICING - - - - - CHARLOTTETOWN POLICE



9. ENTRY FEE - - - - - NONE
10. AWARDS - - - - - PARTICIPATION CERTIFICATES

PLEASE NOTE:

WE WOULD LIKE TO URGE ALL CLUB MEMBERS AND ESPECIALLY ALL MEMBERS OF THEIR FAMILIES TO TAKE PART IN THIS TWO MILE FUN RUN.

REFRESHMENTS WILL BE SERVED TO ALL FINISHERS!

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

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BRING THE FAMILY TO A FUN RUN

The P.E.I. Roadrunners Club will once again be organizing the Run Into Summer, this year with a new sponsor. The McLeod Young Weir Run Into Summer will be held at the Agricultural Research Station grounds in Charlottetown at 10:00 a.m., Saturday, June 15th. If it rains, the run will be re-scheduled for Sunday, June 16th at 2:00 p.m. The Run Into Summer features a unique, traffic free, cross-country style course ideally suited to a leisurely (not competitive) jaunt. The two mile run has enjoyed increasing popularity with families and recreational runners. All runners receive a Fun Run certificate in one of five colours as based on their time compared to age standards. We will also be throwing in some new wrinkles and we will once again be drawing for a number of prizes. And there is no entry fee! Please park cars in the Research Station parking lot. Hope to see you at the McLeod Young Weir Run Into Summer!

\* \* \* \* \*

Please remember the change of date of the Quality Inn/Brothers Two 10 Km Race to May 25th. P.E.I. runners are pleased to welcome Jacqueline Gareau to the Island.

\* \* \* \* \*

The Club assists race directors by providing a box of supplies that are used at each of the races. We hear that some items may have been misplaced as the box has been passed along so if you know the whereabouts of items such as clipboards or the Island Optical vests, please contact Brian Dunn.

\* \* \* \* \*

We would like to bid a fond farewell to Dave and Carolyn Edmond. Both were extremely supportive of the Club during their two years here and they shall be greatly missed. Dave leaves behind a legacy of swell-looking blue and silver gortex running suits. We are sure that every time we see a runner in blue and silver, we will think of Dave and reach automatically for our wallets.

\* \* \* \* \*

Just a note on some off-Island activities, we thought you would be interested in the 1984 Grand Prix results in New Brunswick (left column) and the upcoming races there. For more information on New Brunswick races, Sport P.E.I. has a limited number of their Road Race Fixtures booklet. Unfortunately, we do not yet have the Nova Scotia schedule.

**MEN/HOMMES**

1. Scott Hare (Newcastle)	316
2. Ed Boudreau (Memramcook)	273
3. Gilles Gautreau (Moncton)	234
4. Ray Gallant (Plaster Rock)	234
5. Rolly McSorley (Fredericton)	214
6. Bill LeDrew (Fredericton)	212
7. Louis Parent (Campbellton)	199
8. John Cathcart (Fredericton)	182
9. Jacques Roussel (St. Isidore)	178
10. Leo Sheehy (Albert Mines)	170
11. Benny Poirier (Balmoral)	169
12. Graham Fraser (Newcastle)	168
13. Leonard MacDonald (Moncton)	161
14. Michael Patrocci (Hatfield Point)	155
15. Roger Viennesau	146
16. Bill Cummings (Saint John)	134
17. Gerard Bernard (Dalhousie)	131
18. Omer Dupuis (Memramcook)	128
19. Dave Wallace (Fredericton)	109
20. Paul Legere (Aboujgane)	108

**WOMEN/FEMMES**

1. Jocelyn Maillet Parent (Campbellton)	336
2. Brenda Tree (Fredericton)	297
3. Terry Lee Damon (Saint John)	235
4. Jacquelyn Maillet (Richibucto)	228
5. Margaret MacDonald (Fredericton)	200
6. Rayma Palmer (Woodstock)	173
7. Ginnette McGuire (Woodstock)	152
8. Anne Walton (Fredericton)	147
9. Louise Dube (Campbellton)	121
10. Alexia Leaman (Moncton)	113

**MASTERS/MAITRE**

1. Paul Bourgeois (Grand Digue)	351
2. Mike Lushington (Balmoral)	334
3. Jama Tucker (Fredericton)	334
4. Alphonse Doiron (Cap Pele)	290
5. Joe McGuire (Woodstock)	265
6. Jan Truka (Newcastle)	264
7. Frank Eardly (Shediac)	246
8. Bill Best (Newcastle Bridge)	232
9. Virgil Hammock (Sackville)	212
10. Tony Little (Fredericton)	189

**VETERAN**

1. George Gallant (Cap Pele)	400
2. Colin McCabe (Sackville)	227
3. Fred Turnbull (Fredericton)	127
4. George DeMerchant (Plaster Rock)	125
5. Joe Richard (Chatham)	82

UPCOMING NEW BRUNSWICK RACES

May 12	"Sports Experts" 10K, Dieppe
May 19	Half-Marathon Campbellton
May 25	Oromocto 10K
June 2	Kings Sports 10K Moncton
June 9	Labatt's 10K Balmoral
June 16	Miramichi Jaycees 10K, Chatham Shoppers Drug Mart 10K, Moncton
June 22	Tantramar 10K Sackville
June 23	Fredericton 10 Mile Classic
June 30	Dairy Queen 9K Campbellton Grand Falls 10K
July 13	George Gallant 10K Shediac

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Time to wrap up another edition. We had some other items available, but not the space to include them, so we apologize for anything that was left out. Still, we welcome any and all submissions. A special thanks go to the many contributions to this edition.

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Editor Don Pridmore  
Production Janet Doiron