



FROM THE EDITOR

I missed the Polar Run again this year. That's one of the drawbacks of being an Upper Canadian. Like birds who emigrate for the winter and teachers who depart for the holidays, I journey west to share Christmas with the family. My Christmas season was not without the rigours of racing, however, for on Boxing Day I joined with assorted speedsters, Santas, elves and reindeer (imposters probably) to dash ten miles through the breathtaking environs of Hamilton (actually, the air pollution wasn't too bad, breathing was almost normal!)

Although I have to rely on the accounts, descriptions and summaries of others on the Polar Run, I find it irresistible to compare the two races. You already know about the Polar Run, its build-up, its prizes, its organization, its post-race ceremonies, and its enthusiasm. The Hamilton race wasn't quite the same. No one publicizes it. I'm not too sure who puts it on and I'm not certain they want people like me to enter. There were obviously some very good runners there. Last year's winning time in the McDonald's Run would not have cracked the top 20 in Hamilton. But where were the recreational runners? The awards were almost non-existent (there were no age category awards) and to describe the quality of the awards, well, one runner said, "The winner gets to pick out the best gym bag on the table." It was quite cold that day (-15°C) but, wow, all finishers got a cup of hot chocolate! Otherwise you had to pay for donuts and drinks. The entry fee was \$8.00. Oh yes, how many runners entered this race that has a population of about 3 million living within a one hour drive? One hundred twenty, about the same number as entered the Polar Run.

Personally, I was happy to run in Hamilton. I would have preferred a lower entry fee based on what we received, but what the heck, it was a measured distance and time and I knew some of the runners there. The race did, however, raise a question I have often asked myself about what we as runners have a right to expect. The Hamilton race is at the one extreme of providing relatively little for the participants. Lest you think that is the norm in Hamilton, I have also been at a race there where there were so many draw prizes that even I got something (worthwhile, too!)

On the Island we see races, like the Polar Run, that are exceptionally generous and other races that don't measure up to such standards. On the whole, I think we runners are greatly pampered. We plunk down a few dollars and expect awards galore, prizes for everyone, to be fed, to have our thirsts' quenched, and to have the world, in at least the local area, to come to a stop for us. I'm not quite sure just how we got away with all this, but, yes, it is very nice to be treated royally. Given the choice of the Polar Run or the Hamilton run, it is not difficult to guess which one I prefer.

Have a great 1986 and may each step be easier than the last!

- Don Pridmore

SUN LIFE GRAND PRIX STANDINGS - 1985 FINAL

Is there anything you would like to know about the Sun Life Grand Prix Series of Road Races in 1985? Then ask Harvey Bernard. Harvey ran them all, each of the 14 races in the Series. He was the only P.E.I. runner with such a record in 1985 and that entitles him not only to bragging rights as our top participant, but also to a guaranteed place in the P.E.I. Tourist Hall of Fame, provided they ever build one. We hereby salute Harvey and the other 80 Island runners who participated in at least three Grand Prix races in 1985. We feel that the results recognize not only excellence but also the spirit of participation. All the runners listed below are winners in our books!

To qualify for the final standings, a runner had to complete at least three Grand Prix races and be a full-time resident of P.E.I. at the time of the races. The list of total participants would have been longer had we counted those who also took part in recreational runs. The points were calculated on a basis of 28 points for being the first Island resident finisher, 25 for second, 23 for third, 21 for fourth and one point less per succeeding placing. All Island residents received at least one point per completed Grand Prix race. A bonus of two points was given for establishing a new course record. Only a runner's six best placings were counted. We have tried our best to produce accurate results, but please keep in mind that it is hard to keep track of close to 1,000 placings over 15 races. We apologize to any runners who may have accidentally been left off the list or whose points are not correct. A small number of runners may note corrections that have been made from previous reports.

Our congratulations go to the various winners. The awards for the top overall and age group winners will be presented at the Club's Annual Awards Banquet. This year's overall winners, Ken Doucette and Marlene Costain, join the following as winners of the Series:

1980	- - - -	Roy Mason	Monica LaPointe
1981	- - - -	Calvin DesRoches	Monica LaPointe
1982	- - - -	Jim Wyatt	Eleanor Freeman
1983	- - - -	Philip Easter	Marlene Costain
1984	- - - -	Don Pridmore	Marlene Costain

We would once again like to thank Sun Life for their sponsorship of the Series over the past three years and their continued support for running on P.E.I.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Marlene Costain	180	6	Janet Bradley	101	6
Dorothy Gregory	153	6	Rosemary Faulkner	64	4
Eleanor Freeman	148	6	Rosetta Bernard	55	4
Helen Flynn	147	6	Judy MacLean	52	3
Karen Mellish-May	129	6	Sandra Anderson	51	3
Marina Fay	117	6	Louvina Edwards	24	4

AGE GROUPS - TOP THREE

<u>25 - 34</u>		<u>35 - 39</u>		<u>40 & OVER</u>	
Marlene Costain	180	Helen Flynn	147	Eleanor Freeman	148
Dorothy Gregory	153	Janet Bradley	101	Louvina Edwards	24
Karen Mellish-May	129	Rosemary Faulkner	64		

SUN LIFE GRAND PRIX SERIES

cont'd

MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Ken Doucette	171	6	Don Moffett	25	6
Philip Easter	169	6	Bob Gray	24	6
Ron Frid	159	6	Doug MacMurdo	24	5
Paul Wright	150	6	Doug MacNevin	24	6
Don Pridmore	138	6	Sunny Bhatia	22	5
Don Campbell	126	6	Lorne Carmichael	21	4
Salam Hashem	126	6	Brian Bradley	20	6
Curtis DesRoche	123	6	David MacNeill	19	5
Carl Phillips	116	6	John McAleer	18	3
Ewen Stewart	107	6	Roy Rodd	17	6
Randy MacNeill	106	6	Ted Brown	16	5
Stew Freeman	104	6	Peter McGonnell	15	6
John Derry	96	6	Lloyd MacCallum	14	6
Peter Kittilsen	96	5	Roy Matheson	14	6
Tony Isaacs	93	6	Francis O'Donnell	13	5
Harvey Bernard	92	6	Robert Pendergast	13	3
Jake Baird	88	6	Butch Postma	13	5
Brian Dunn	84	6	Carl Cooper	12	5
Dave Manovill	83	6	Ian Glass	11	5
Shawn Watters	82	4	John McQuaid	11	6
Mike Sullivan	80	6	Lambert Pauley	9	3
Ian Griffin	77	4	Fran Dewar	7	3
Ron Lund	74	6	Colin Easter	6	3
Brooke Gregory	60	5	Roger Gillis	6	6
Eric Manuel	57	6	Mel Arsenault	5	5
Arnold LaMarsh	47	4	Albert Mosher	5	5
Darren Poirier	43	3	Reagh Ellis	4	3
Ninian LeBlanc	39	5	Wayne Fraser	4	4
Linnell Edwards	38	6	Don MacInnis	4	4
Don Harley	38	6	Foch McNally	4	4
Colin MacAdam	38	3	Derek Anderson	3	3
Parker Lund	36	6	Joe Gillan	3	3
Tom Corcoran	33	6	Steve Labchuck	3	3
Blair Marriott	31	6	Joe Paquette	3	3
Tom J. MacDonald Sr.	25	6			

AGE GROUPS - TOP FIVE

<u>17 & UNDER</u>		<u>18 - 24</u>		<u>25 - 34</u>	
Curtis DesRoche	123	Philip Easter	169	Paul Wright	150
Ron Lund	74	Randy MacNeill	106	Don Pridmore	138
Darren Poirier	43	Shawn Watters	82	Tony Isaacs	93
Sunny Bhatia	22	Reagh Ellis	4	Jake Baird	88
Robert Pendergast	13			Brian Dunn	84
<u>35 - 39</u>		<u>40 - 49</u>		<u>50 & OVER</u>	
Ken Doucette	171	Salam Hashem	126	Ewen Stewart	107
Ron Frid	159	Stew Freeman	104	Mike Sullivan	80
Don Campbell	126	John Derry	96	Ninian LeBlanc	39
Carl Phillips	116	Arnold LaMarsh	47	Don Moffett	25
Peter Kittilsen	96	Linnell Edwards	38	Roy Matheson	14

SUN LIFE GRAND PRIX SERIES

cont'd

PARTICIPATIONWOMEN - TOP TEN

Eleanor Freeman	14
Karen Mellish-May	11
Marlene Costain	10
Helen Flynn	9
Marina Fay	8
Dorothy Gregory	8
Janet Bradley	6
Rosetta Bernard	4
Louvína Edwards	4
Rosemary Faulkner	4

MEN - TOP TEN

Harvey Bernard	15
Mike Sullivan	13
Ron Frid	12
Salam Hashem	12
Jake Baird	11
Doug MacNevin	11
John Derry	10
Stew Freeman	10
Tom J. MacDonald Sr.	10
Carl Phillips	10

RACE RESULTSC . A . H . P . E . R . 1 0 K R O A D R A C E

Stanhope, October 19, 1985

FINISHERS 1 - 13

Leonard MacDonald	34:58
Randy MacNeill	35:09
Gary Soucoup	36:15
Marlene Costain (1st F)	38:27
Brooke Gregory	39:15
Linnell Edwards	40:11
Harvey Bernard	41:09
Don Reeves	41:39
Blair Paquet	43:09
Tommy Joe MacDonald Jr.	44:34
Tom J. MacDonald Sr.	44:42
Wayne Fraser	44:50
Michelle Granger (2nd F)	45:01

FINISHERS 14 - 25

Mark McGonnell	45:09
Dorothy Gregory	47:24 (3rd F)
Peter McGonnell	47:26
Mike Bernard	48:12
Ian Glass	51:28
{ Karen Mellish-May	52:17 (4th F)
{ Rosetta Bernard	52:17 (4th F)
Eleanor Freeman	53:17 (6th F)
Frank Butler	58:28
Carol Gillan	63:33 (7th F)
Joe Gillan	63:34
Louvína Edwards	65:25 (8th F)

RACE RESULTS

8 T H A N N U A L D U N K R I V E R 7 . 2 5 M I L E R O A D R A C E

Central Bedeque, November 9, 1985
(36 Finishers)

TOP TEN MALES

1.	Philip Easter	40:04	6.	Dennis Nickerson	42:18
2.	Ken Doucette	40:25	7.	Salam Hashem	42:36
3.	Ron Frid	40:39	8.	Mark Dunphy	43:31
4.	Philip Stuart	41:48	9.	Don Pridmore	45:17
5.	James Thompson	41:58	10.	John White	45:22

TOP FIVE FEMALES

1.	Marlene Costain	46:12	4.	Karen Mellish-May	58:34
2.	Michelle Granger	50:19	5.	Eleanor Freeman	58:54
3.	Helene Moore	58:30			

MEN 17 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Sunny Bhatia	1	19	50:11

MEN 18 - 24

Philip Easter	1	1	40:04
Mark Dunphy	2	8	43:31
Brian Reid	3	22	51:31

MEN 25 - 34

James Thompson	1	5	41:58
Dennis Nickerson	2	6	42:18
Don Pridmore	3	9	45:17
Jake Baird	4	16	47:51

MEN 35 - 39

Ken Doucette	1	2	40:25
Ron Frid	2	3	40:39
Philip Stuart	3	4	41:48
John White	4	10	45:20
Wayne Wright	5	11	45:24
Carl Phillips	6	14	46:38
Harvey Bernard	7	15	47:51
Jim Fay	8	18	50:05
Brian Bradley	9	26	56:43

MEN 40 - 49

Salam Hashem	1	7	42:36
Stew Freeman	2	13	46:18
Tom MacDonald Sr.	3	23	52:09
Ted Brown	4	25	55:51
Ian Glass	5	33	1:01:38
Ken Hicks	6	34	1:01:38

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DUNK RIVER ROAD RACE

cont'd

<u>MEN 50 & OVER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Don Moffett	1	17	49:08
Mike Sullivan	2	21	50:26
Roy Matheson	3	27	50:28
<u>WOMEN 18 - 24</u>			
Martha MacPherson	1	35	N/A
<u>WOMEN 25 - 34</u>			
Marlene Costain	1	12	46:12
Michelle Granger	2	20	50:19
Helene Moore	3	28	58:30
Karen Mellish-May	4	29	58:34
Marina Fay	5	32	58:54
<u>WOMEN 35 - 39</u>			
Janet Bradley	1	36	1:08:10
<u>WOMEN 40 & OVER</u>			
Eleanor Freeman	1	31	58:51

SUMMARY

Philip Easter of Sherwood became the second male double winner in the 8th Annual Dunk River Run, joining Dale Corkum with his second consecutive triumph, with a time of 40:04. While both somewhat battle-weary, Ken Doucette and Ron Frid recorded solid efforts for second and third, respectively, of 40:25 and 40:39. Marlene Costain handily copped the ladies side in 46:12, her third victory here, but well off her 45:01 standard from 1983. Eleanor Freeman (58:51) and Salam Hashem (43:36) had fine efforts to take the female and male Masters divisions.

Wind was the order of the day as per normal for this race, and it seems likely that both the open division course records would have been jeopardized under tamer conditions. Thirty-six runners competed in the event, whose numbers suffered a decline of mainland entries due to a relay event in Nova Scotia the same weekend, which tied up 140 persons.

A special thank you to my "crew" race day, particularly Denise and Paul Doucette and Ewen Stewart, who competently directed traffic at the 1A - 110 intersection. Thanks as well to the ongoing financial support of Campbell & Burns Machinery, and Callbeck's Ltd. especially, whose involvement with the race dates back to the first annual. And last but not least, a hats off salute to the St. John Ambulance people who kindly give of their time to help ensure the welfare of the participants. See you all next year!

- Paul Wright, Co-ordinator

DUNK RIVER PAST WINNERS

1978	Joe Lehmann	40:42	Suzanne Schmidt	59:09
1979	Dennis Nickerson	43:33	Monica LaPointe	49:41
1980	Dale Corkum	39:15	Monica LaPointe	46:36
1981	Mike Armitage	39:33	Monica LaPointe	46:36
1982	Dale Corkum	40:41	Marlene Costain	49:45
1983	Gary Shupe	38:55	Marlene Costain	45:01
1984	Philip Easter	39:40	Joan Merlin	47:55

RACE RESULTS

I S L A N D O P T I C A L P O L A R R U N

5 Miles
Charlottetown, December 29, 1985

TOP TEN MALES

1.	Gilles Gautreau	25:49*	6.	Curtis DesRoche	26:56
2.	Marc Beaudoin	26:03	7.	Gary Soucoup	28:00
3.	Ken Doucette	26:16	8.	Paul Wright	28:06
4.	Philip Easter	26:46	9.	Paul Bourgeois	28:21
5.	Leo Sheehy	26:50	10.	Salam Hashem	28:30

TOP FIVE FEMALES

1.	Patty Blanchard	29:17*	4.	Tanya Gregory	37:22
2.	Marlene Costain	32:32	5.	Elaine Gallant	37:37
3.	Helen Flynn	34:05**			

* = New Open Records; ** = New Masters Record

FEMALES 20 - 29

	<u>Class Order</u>	<u>Race Order</u>		<u>Time</u>
Patty Blanchard	1	14		29:17
Marlene Costain	2	31		32:32
Tanya Gregory	3	64		37:22
Elaine Gallant	4	66		37:37
Denise Johnston	5	68		37:48
Rae Fitzpatrick	6	75		38:16
Mona-Ann McKenna	7	78		39:44
Katalin Nyinady	8	81		39:45
Marina Fay	9	97		42:14
Karen Mellish-May	10	101		43:37
Jill Corbin	11	106		45:28
Eva O'Hanley	12	108		46:54

FEMALES 30 - 39

Helen Flynn	1	38		34:05
Judy MacLean	2	69		37:49
Denise Doucette	3	76		38:25
Janet Bradley	4	86		40:31
Rosemary Faulkner	5	89		40:45
Sharon Claybourne	6	93		42:02
Rosetta Bernard	7	100		43:21
Velda Nicholson	8	103		44:35
Liz Murnaghan	9	104		44:55
Daguar Cepica	10	108		49:09
Donna Murnaghan	11	110		50:52
Rosemary Herbert	12	110	T	50:52

FEMALES 40 & OVER

Eleanor Freeman	1	77		39:19
Louvina Edwards	2	113		52:52

ISLAND OPTICAL ROAD RACE cont'd

<u>MALES UNDER 16</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Miles Pinsent	1	18	29:46
Aaron Edgett	2	52	36:18
David MacDonald	3	82	39:47
Chris MacKinnon	4	94 T	42:12
 <u>MALES 16 - 19</u>			
Curtis DesRoche	1	6	26:56
Ron Lund	2	16	29:28
 <u>MALES 20 - 29</u>			
Gilles Gautreau	1	1	25:49
Marc Beaudoin	2	2	26:02
Philip Easter	3	4	26:46
Gary Soucoup	4	7	28:00
Paul Wright	5	8	28:06
Shawn Watters	6	11	28:49
Randy MacNeill	7	12	29:08
Colin MacAdam	8	15	29:27
Stumpy Diego	9	17	29:35
Martin Postma	10	25	31:54
Peter Lord	11	33	32:50
David Gallant	12	40	34:35
Allan MacEachern	13	43	34:57
Brian Thompson	14	45	35:00
Todd Sutcliffe	15	47	35:18
John McAleer	16	49	35:50
Charlie MacAdam	17	55	36:27
Larry Stordy	18	56	36:41
Ron Hanic	19	57	36:42
Doug MacDonald	20	71	37:56
Terry McKenna	21	73	38:08
Shawn Mosher	22	74	38:13
Doug Hughes	23	80	39:45
Scott Taylor	24	90	40:54
Gordon MacPhee	25	91	41:12
 <u>MALES 30 - 39</u>			
Ken Doucette	1	3	26:16
Leo Sheehy	2	5	26:56
Don Ellis	3	13	29:10
Edward Boudreau	4	17	29:32
Richard Flanagan	5	19	30:07
Roy Mason	6	20	30:44
Kevin Murphy	7	23	31:44
Tom Corcoran	8	24	31:54
Brian Dunn	9	26	32:04
Dave Manovill	10	27	32:05
Terry Edgett	11	28	32:09
Harvey Bernard	12	30	32:32
Gary Agnew	13	34	32:53
Roger Nicholson	14	35	33:35
Allen Boertien	15	37	33:53

ISLAND OPTICAL POLAR RUN

cont'd

MALES 30 - 39	con'td	Class Order	Race Order	Time
A. Cepica		16	39	34:34
Butch Postma		17	41	34:38
Bob MacGuigan		18	44	34:58
Don MacInnis		19	46	35:12
Brian Bradley		20	48	35:41
Don Harley		21	50 T	36:05
Ron Herbert		22	50 T	36:05
Ed Fraser		23	53	36:20
Dale Inder		24	60	37:00
Bob Gray		25	61	37:15
Albert Mosher		26	62	37:21
Fran Dewar		27	67	37:43
Gerard Watts		28	70	37:55
Wade MacLauchlan		29	72	37:58
Roy Rodd		30	79	39:44
Phil Manovill		31	83	39:54
Don Gallant		32	88	40:41
Joe Gillan		33	94 T	42:12
Jim Fay		34	94 T	42:12
Santa Claus (J.B.)		35	94 T	42:12
Frank Butler		36	107	46:54

MALES 40 - 49

Paul Bourgeois	1	9	28:21
Salam Hashem	2	10	28:30
Stew Freeman	3	21	31:05
Lambert Pauley	4	29	32:24
Tom J. MacDonald Sr.	5	36	33:43
Linnell Edwards	6	42	34:40
Doug MacNevin	7	54	36:21
Lloyd MacCallum	8	59	36:52
Ted Brown	9	65	37:29
Brendon McGinn	10	84 T	39:58
Peter McGonnell	11	84 T	39:58
Ian Glass	12	87	40:38
Mel Arsenault	13	92	41:48
Carl Cooper	14	94 T	42:12
Roger Gillis	15	102	44:34
Ron Giggey	16	109	50:18

MALES 50 & OVER

Ewen Stewart	1	22	31:15
Mike Sullivan	2	32	32:40
Roy Matheson	3	58	36:48



POLAR RUN 1985

From the Organizer

My friends, it has been a hard, rough old winter since the Dunk River Run, but the day the Polar Run was held was good weather and a good time. The generosity of our sponsor, Island Optical, the great runners from New Brunswick led by Leo Sheehy and Patty Blanchard, Gilles Gautreau, Mark Boudoin; Island runners led by Kenny Doucette, Philip Easter, Paul Wright, and Marlene Costain. All these runners helped to make the Polar Run a highly competitive event.

Santa Claus and Company added lots of fun to the event. Also I would like to mention with great thanks the finish line crew, Kenny Campbell, Colin Easter, my boys, and P.E.I. Regiment, City Police, St. John Ambulance, Mrs. Ted Brown, Harvey Bernard's sister and daughter, Karen May, and great help from Mike Sullivan who even spread the road with salt and sand, Paul Wright who is always helpful to the runners on P.E.I., C.F.C.Y., the good coverage by C.H.T.N., and the Journal Pioneer. I would also like to salute Guardian Sports Editor, Bill McGuire, my good friend Brian McInnis of the Evening Patriot, the management and staff of the Charlottetown Hotel, Coca Cola, Pepsi Cola, and C.B.C., and not to forget Premier Jim Lee, for the fifth year as our starter and for his help to Barrie Stanfield in timing the race and presenting the awards.

Thank you all! See you on the roads!

Salam Hashem



Overtraining - Are You Too Close to the Edge?

By Freeman Churchill

In the pursuit of excellence, many in various exercise programs have pushed themselves into a stale state of exhaustion or have become injured. This may be referred to as overtraining or having gotten too close to the edge.

"Training on the edge" is that finely tuned point of one's fitness whereby training harder causes exhaustion and injury, whilst resting permits the body to freshen up and perform optimally. This balance takes time to appreciate.

It will be necessary for those involved in regular vigorous activity to recognize their bodily "warning" signs which tell them they are overtraining.

1. Resting pulse (AM) is higher than usual.
2. Body weight (AM) is lower than usual.
3. Hours slept is less than usual.
4. Appetite is poor - frequently thirsty, change in urine color
 - digestion is poor
 - diarrhea
 - skipping meals
5. Motivation for training is poor-
 - feeling grumpy or being told you are!
 - attention is poor
 - wishing you were in the shower halfway through the workout.
 - workouts seem like work, not fun.
6. Appearance - skin lacks color
 - bags under the eyes (black circles)
 - skin breaks out with minor irritations.
 - eyes are red, drippy, and glossey
 - nose is drippy.
 - posture is poor, slouchy
7. Physical Symptoms - "hung over" from last workout.
 - muscles are sore, lacking elasticity
 - aches in muscles cause you to favor or alter normal movement.
 - performance level drops
 - strength decreases
 - minimal effort is "tiring", while sudden surges in activity are "exhausting"
 - throat feels sore and swollen
 - never feel great, sometimes good, very often just plain lousy.
 - aches or soreness get worse, not better.

(Overtraining)

When the previously mentioned symptoms begin to appear, it is a sign that your body is failing to adapt to the stresses put on it. It is necessary to allow your body to rest in order for it to freshen up. Failing to adapt is a result of an imbalance related to stress, sleep and rest, and nutrition.

It will be necessary for you to closely monitor your activity and to consult with your physician, nutritionist/dietician or fitness counsellor if you fail to respond positively to moderating your training.

P.S. Don't get too close to the edge!



With the New Year already upon us, resolutions of all types have probably filled our minds. A new running season approaches, and with it the hopes of improvements both in ourselves and in our running.

Memories of the 1985 Roadrunner season are good, as there was a full contingent of competitive and recreational events. Some events were lost while others were gained, but overall the calendar was well stocked with events.

The running "boom" has seen the club with between two hundred and three hundred members. Races were attended at least to the average of years past. And thanks to our Club Editor, Don Pridmore, the Newsletter staged as interesting and informative as ever.

However, there were concerns that crossed the desk of the Executive. Some members may feel they are grave concerns, others might say they are not problems at all. To this, we, the Executive Council, offer no opinion as a group. We feel they should be addressed by the general membership at the Roadrunners Annual Meeting, February 10, 1986, and firm policy be set so the following Executive may have more focused structure and guidelines.

1. THE GENERAL CLUB DIRECTION: Should the P.E.I. Roadrunners Club move into a "race only" type of club in which the total emphasis would be on participation and standardization of club sponsored race events? Or should the focal point of the club be less competitive and more toward the line of the recreational, fitness runner, leaning more heavily upon social events, clinics and non-competitive club events? Or finally, does the club need any change from its existing mix of competitive and recreational events?

2. PARTICIPATION OF MEMBERSHIP AT CLUB EVENTS: A declining nucleus of members seems wholly responsible for organizing and operating all competitive, social and literary club functions. The nature of our club being what it is, we have to come up with ideas on how to get members not only entering events, but working at them. With the possible loss of three events from the 1986 race calendar within the club, we need volunteers as much, if not more, than entrants.

3. TOPICS FOR DISCUSSION:

- (a) Restriction of age in competitive events.
- (b) Dues.
- (c) Is the club doing enough for its members?
- (d) Are the club members doing enough for the club?
- (e) Should the club be worried about declining membership and/or a smaller race schedule?
- (f) Should club affiliations be stronger?
- (g) What will make the club better?

Just a few thoughts for discussion...We hope to see you at the annual meeting.

The Executive
P.E.I.R.R.C.



RECORD TIMES FOR ISLAND RACES (OPEN)

(as at December 31, 1985)

Runners in P.E.I. seem to have taken the old cliché about records being made to be broken to heart. Course records were established last year at a, umm, record pace. Eight new men's records were set and nine women's records were produced. Marlene Costain increased her already handsome share of course records to nine while Ken Doucette and Philip Easter have become the only Island runners to hold three open records.

The number of records broken was helped somewhat by the retirement of some of the older records. With the change of distance in Kensington, two very sturdy records, held by Joe Fougere and Jane Bearisto have been tucked away forever. We also felt it appropriate to retire Ted McKeigan's very impressive record in the Fulton Campbell since the course has now been lengthened to a proper 20 km distance.

<u>RACE</u>	<u>DISTANCE</u>	<u>MALE RECORD</u>	<u>FEMALE RECORD</u>
Summerside Mardi Gras	4 Miles	Philip Easter 21:26 (1985)	Marlene Costain 25:34 (1984)
Bedeque Spring Tune-Up	10 Km	Philip Easter 33:41 (1985)	Marlene Costain 38:48 (1985)
Dairy Queen Bunny Hop	10 Km	Don Pridmore 34:06 (1984)	Monica LaPointe 39:14 (1981)
Summerside Athena Run	6.7 Miles	P.J. Meagher 36:18 (1983)	Dorothy Gregory 45:21 (1985)
Quality Inn/Brothers Two	10 Km	Craig Parsons 32:29 (1985)	Jacqueline Gareau 34:20 (1985)
Campers' City Run	5 Miles	Mike Taylor 25:20 (1984)	Marlene Costain 29:48 (1985)
*Colonel Gray/McDonald's	10 Miles	Ralph Freeze 53:47 (1977)	Marlene Costain 1:03:51 (1983)
*Seaman's Beverages Run	4 Miles	Roy Mason 20:30 (1980)	Marlene Costain 23:47 (1985)
Fulton Campbell Memorial	20 Km	Leo Sheehy 1:11:49 (1985)	Marlene Costain 1:20:43 (1985)
Belfast Lions Mid-Summer Jaunt	8 Miles	Daniel Gallant 44:29 (1982)	Joceline Otis 52:32 (1983)
North Shore Coastal Run	16.7 Km	Don Pridmore 57:46 (1984)	Sharon Crawford 1:03:12 (1984)
ADL Tyne Valley Run	20 Miles	Ken Doucette 1:57:12 (1985)	Sharon Crawford 2:17:23 (1984)

RECORD TIMES, continued

<u>RACE</u>	<u>DISTANCE</u>	<u>MALE RECORD</u>	<u>FEMALE RECORD</u>
National Park Run	10 Km	Ken Doucette 33:17 (1985)	Marlene Costain 37:27 (1985)
Kensington Harvest Festival	21.1 Km	Ken Doucette 1:14:03 (1985)	Michelle Granger 1:45:58 (1985)
Volume Rentals Run	5 Km	Philip Easter 16:09 (1983)	Dorothy Gregory 20:56 (1984)
Island Marathon	42.2 Km	Tim Loftus 2:32:36 (1982)	Carol Roy 3:09:55 (1980)
Alice-Faye's Run for Women	5 Km	-----	Susan Rogers 20:41 (1984)
C.A.P.H.E.R. Run	10 Km	Mike Armitage 33:22 (1980)	Marlene Costain 39:12 (1984)
Dunk River Run	7.3 Miles	Gary Shupe 38:55 (1983)	Marlene Costain 45:01 (1983)
Island Optical Polar Run	5 Miles	Gilles Gautreau 25:49 (1985)	Marlene Costain 29:17 (1985)

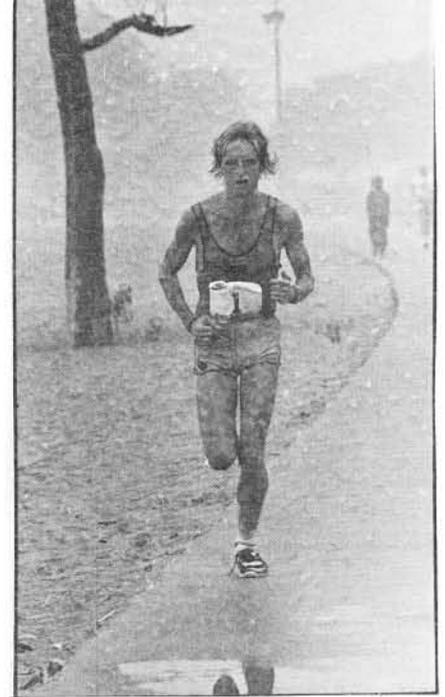
* Male records for these races were established on slightly shorter courses.

PEI ROADRUNNERS
Awards Dinner

Sunday, February 16, 1986
at

Mothers Restaurant in
the Kirkwood Motel
Charlottetown

6:30 Happy Hour
7:00 Dinner



If you feel as bad as this
guy looks, you owe it to
yourself to attend.

Tickets may be purchased through:

Carl Cooper 892-5471
Eleanor Freeman 886-2918
Fran Dewar 651-2422
Paul Wright 887-2431
Rosemary Faulkner 566-3034
Brian Dunn 566-3225
or at
Island Optical
Sport PEI

MENU:

Garden Salad
Garlic Bread
Spaghetti & Meat Sauce
Ice Cream
Coffee or Tea

Cost: \$8.50
(tax & tip included)

SUN LIFE GRAND PRIX AWARDS TO FOLLOW

Pick up your tickets early

PS - In the event of a "Winter Wipeout", the dinner
will be held the following evening (Monday,
February 17, 1986).

ANNUAL MEETING

Date: February 10, 1986

Time: 7:00 pm

Location: MacKinnon Lecture Theatre
Holland College

All Roadrunners interested in discussing the future direction of the club should be there.

We need you there to give input into the club to make it more effective and useful.

If you would like to serve on the executive please contact Rosemary Faulkner.

Nominating Committee for Annual Meeting:

Rosemary Faulkner, Chairman - 569-2765(home)
or 566-3034
Salam Hashem - - - - - 894-9925
Bunty Albert - - - - - 566-8487(work)

Your 1986-87 Executive can make a difference to the P.E.I. Roadrunners Club. We are looking for the following positions: President; Vice-President; Secretary; Treasurer; County Representatives (they are responsible to see that races go off in their areas) - Kings (1); Queens (2); Prince (1).

If you are interested in a position, let any member of the Nominating Committee know before Feb. 7/86. If as well you wish to bring a nomination forward with the approval of the person you are nominating, you can do that as well. P.S. Also, Newsletter Editor and Committee Members.

ANNUAL AWARDS

A watchful eye has once again seen all the funny things runners have done over the last year.

Under the foot of Rosemary Faulkner, a list of fun awards is being amassed for our Annual Awards Banquet. If you have an award you wish to suggest for some unfortunate soul, give her a call at 569-2765 or 566-3034 before February 12, 1986.



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1986 ROADRACES

The list of races is currently being put together. However, the following 3 races do not have race directors. If someone does not come forward by Monday, February 17/86 to offer their services as race director then the race will be cancelled.

The races are:

- Colonel Gray/McDonald's 10 miler: Date June 7
- National Park 10K : Date August 16
- Kensington Harvest Festival : Date August 23
- ½ Marathon

If you are interested please contact Brian Dunn at 566-3225 during the day.

CAMPERS' CITY 5 MILE RUN DISCONTINUED

The P.E. I. Roadrunners Club would like to thank Mona Clay and Sue Knight for their generous sponsorship of the Campers' City 5 Mile Run over the past six years. Mona and Sue, who personally put so much into the Run over the years, will now be focusing their time and attention (and dollars) on expansion plans for their diversified sports/camping store.

SUMMERSIDE MARDI GRAS RUN CANCELLED

The Summerside Mardi Gras Four Mile Run will not be held this year. We hope that arrangements can be made to continue this run in future years.

SUN LIFE GRAND PRIX ROAD RACE SERIES

RACE SCHEDULE

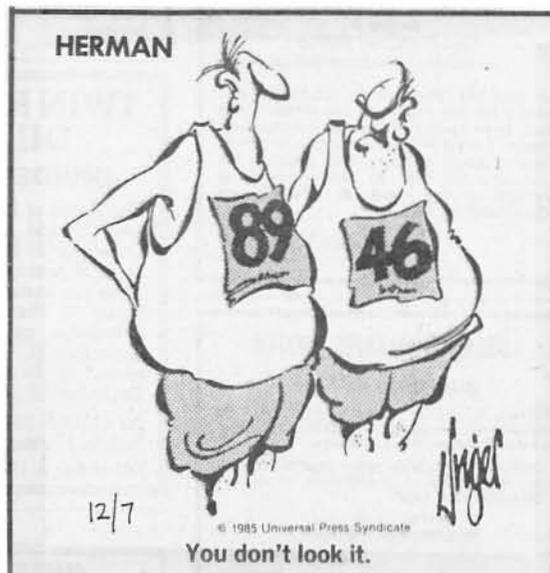
<u>RACE</u>	<u>DATE</u>
Dairy Queen Bunny Hop	Mar 29
Spring Tune-Up	April 5
Quality Inn - Brothers Two	May 24 (Tent.)
Red Cross Multi Sport	May 31
Spring Fever Race	June 1
Colonel Gray/ McDonalds	June 7
Seamans Beverages	June 21
Fulton Campbell	June 28
Garden City Golden Mile	July 12
Belfast Mid Summer	July 19
Northumberland Fisheries	July 26
North Shore Coastal	July 26
ADL Tyne Valley	August 2
National Park 10K	August 16
Kensington Harvest $\frac{1}{2}$ Marathon	August 23
National Video - CFCY Marathon	August 31
Dunk River	Sept 21
Alice Faye	Sept 28
Run for Pumpkins	Oct 25
Island Optical Polar	Dec 28

Not offered for '86

No firm date

- 1) Campers City
- 2) Volume Rentals
- 3) Run into Summer
- 4) Mardi Gras

- 1) Athena
- 2) CAPHER



FINISH LINE

Where does the time go? Its been letting pretty obvious lately that wherever mine has been going, not enough of it has been spent in putting out a Newsletter. For too many editions now I have been telling myself that I'll have more time for the next edition, but I've been deceiving both myself and you, the members of the Club. It is clearly time for me to pass on the editorship of the Newsletter. I do so with regret, but I do so in the hope that fresher hands and nimbler minds can restore the Newsletter to the more energetic, wider interest and better informed product that the Club deserves.

I would like to give my sincerest thanks to the many people who have contributed articles and made the Newsletter more interesting despite my best efforts gum up the works. I would also like to thank Sport P.E.I. for their excellent work, for putting up with my writing and for catching most of my spelling errors.

- Don Pridmore

TYPING & PRODUCTION - JANET DOIRON

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