

PEI ROADRUNNERS CLUB
c/o P.O. Box 302
Charlottetown, PEI
C1A 7K7

PRINCE EDWARD ISLAND ROADRUNNERS CLUB NEWSLETTER



Vol. 86 No. 2

March, 1986

**WELL IT'S A NEW YEAR, WITH NEW EDITORS
FOR THE NEWSLETTER. THIS IS THE FIRST EDITION
BROUGHT TO YOU BY PAUL WRIGHT, BUNTY ALBERT AND
ROSEMARY FAULKNER WITH POWER TO ADD. WE'VE
ATTEMPTED SOME NEW ITEMS, SOME NEW TYPE TO HELP
JANET OUT AND MORE OF THE SAME GREAT CONTENT THAT
MADE EDITOR DON PRIDMORE FAMOUS. BE PATIENT WITH
US, SEND US YOUR ITEMS, BE PREPARED WHEN WE ASK YOU
TO CONTRIBUTE AND MOST OF ALL ENJOY THE READING
AND INFORMATION.**

**HAPPY EASTER, ALL YOU EASTER
BUNNIES**



BEEP! BEEP! **Listen to the Road Runner.**

The 1986 road racing season will soon be upon us, and intrepid souls, battling blustering cold, icy roads and snow shall once again pit heart, lungs, and sinew against the unrelenting weather.

Winter, in its various guises, is many things to many people. For some, it is a curse, a firmly entrenched, unremitting, and often predictable foe whose clutches they feel implored to escape, at least temporarily, to the warmer, friendlier climes of numerous destinations south. For others, there is a stoic acceptance of winter's idiosyncrasies, a **"we'll take it as it comes" attitude.**

And finally, there are those of us who embrace this much maligned and downtrodden season; who celebrate the first snowfall, and eagerly renew their acquaintance with snow, skis, and the solitude of woodland trails. Frankly, I am more than weary of such worn cliches as "you don't have to shovel this" or "it's great for driving" made in reference to a lack of snow, Ad nauseum.

Cross country skiing can offer a reprieve from slippery footing and strong head winds, which often relegate one's pace to a crawl on the roads, while easily developing a higher heart rate than one could attain while running under the aforementioned conditions.

Both aesthetically and physiologically speaking, cross country skiing surpasses winter running, although the extra time commitment to ski preparation and travel to a suitable location may prove too inconvenient or impractical for some people.

Love it or hate it, we are stuck with winter on an annual basis, so those less kindly disposed to its more negative aspects are best advised to become better adjusted—or move to a locale which offers blander meteorology.

Indeed, it is the seasonal contrast which enhances our lives and helps to maintain perspective—variety alleviates monotony.

Unfailingly, winter must yield to the spring, with its ever lengthening daylight hours, running water, and the re-emergence of mud as a prominent landscape feature.

Now, when is that first road race?

Paul Wright

STARTING BLOCKS

REMEMBER THE GOOD OLD DAYS WHEN WE HAD A SPRING FEVER PACE? - If a race director does not come forward for this run soon, we will have to advise the sponsor, CFCY, that they will have to cancel or organize it themselves. Ditto for the Kensington Harvest Festival. Contact Kenny Campbell.

RUNNING AWAY? - If you've participated in all out-of-province running event, call us and tell us how much fun/disappointment you had, how well organized/crummy the run was and whether you'd recommend it to other club members. And, if you're so inclined, tell us how well/poorly you performed! We'll write up the item for the next newsletter.

IN THE RED - The members of the PEI Roadrunners club are honest, dedicated, terrific people but if YOU sort of, kind of, aw shucks, attended the Awards Banquet without (whisper) paying for a ticket.... the Treasurer won't tell a soul about the cheque she got for \$8.50 a couple of months later.

OH GIVE ME A HOME - The PEI Roadrunners club has a collection of equipment: such things as mile/kilometer signs, banners, poles, pylons and rope. It needs a place to rest between races. It needs a place with a roof, a lock and a location that is easily accessible to race directors. If you have an empty shed, garage or large doghouse which might be suitable, and which you are willing to give up or rent, please identify yourself to a member of the executive.

PROMISES PROMISES - The deadline for contributions to the next newsletter is May 20 which will allow it to reach your mailbox by June 10. If you have a story, announcement, book review, letter to the editor, helpful hint for other runners or merely want to see your name in print, send us your material. We'll use it. Send it to THE EDITORS, PEI Roadrunners Club Newsletter, c/o Sport PEI, P.O. Box 302, Charlottetown, PEI, C1A 7K7. Or call Rosemary Faulkner at 569-2765, Paul Wright at 887-2431 or Bunty Albert 894-7256.

ALL DRESSED UP AND NOWHERE TO GO - In a future edition of the newsletter we will do an item on home exercise equipment. If you have bought or used a stationary bicycle or a rowing machine we'd like to hear about your experience. Just fill in the following coupon and mail c/o the Newsletter to Sport PEI, leave in the mailbox at 136 North River Road or call Bunty.

* ITEM _____ BRAND _____ *

* STORE _____ COST _____ *

* SPECIAL FEATURES _____ *

* _____ *

* DURABILITY (excellent, good, poor?) _____ *

* WAS IT WORTH IT? _____ DID YOU USE IT MUCH? _____ *

* GREAT THINGS ABOUT IT _____ *

* _____ *

* TERRIBLE THINGS ABOUT IT _____ *

* _____ *

THE "RUNNING" ALPHABET - PART 1, A TO M

From Running by Jim Ramsay, illustrations by Bob Cram. A Fireside Book published by Simon and Schuster, Inc. Copyright 1984. Paperback.

The definitions included here are the editor's choice of wordplays, sarcasm and groaners. Unfortunately, too many of the jokes are based on the theme of "running hurts". For example, "running for pleasure" is defined as "a basic contradiction in terms of which other examples include: a fun third-degree burn, riotous root canal work and throwing up for laughs". Anyone who appreciated Linnell Edwards' jokes at the Awards Banquet will find hilarity in the definitions of such phrases as "groin pull" and "maintain contact", the exact wording of which we will leave to your imagination.

- A - arch support - Sarcastic encouragement, e.g. "Sure I'll pay your entrance fee and watch you run. I need a good laugh."
- B - breath - Generic term for runner's cycle of oxygen-carbon dioxide exchange. More specific terms include: pant, gasp, wheeze, and death rattle.
- C - carbohydrate loading - The procession of dock workers in Naples, Italy, who carry huge sacks of spaghetti, linguini and lasagna to waiting cargo vessels to be shipped to America and eaten by millions of would-be marathon runners who, after the meal, decide to have another bottle of Chianti and forget the whole thing.
- D - delinquents - Teenage joggers who pass you easily when they should be doing their homework.
- E - effete - Feet requiring the widest running-shoe size. (Editor's note: This one's for you, Rosemary!)
- F - Frank Shorter - Diet device used by runners to trim the fat, ugly, puckered little ends off hot dogs.
- G - galavant - (French) The woman running in front of you.
- gale - Any wind in a runner's face. (See zephyr, next Newsletter.)
- H - harrier - (1) Cross country runner. (2) What you become if you get into steroids.
- I - inconsistent - Term you apply to a competitor who beats you by a hundred yards on one occasion and a mile on another.
- J - jog - A large, stupid athlete.
- K - Knee - A part of the body with such profound design deficiencies that Ralph Nader wants all years and all models immediately recalled.
- L - lunge - (1) To throw one's body across the finish tape in a desperate attempt to win. (2) The meal a runner has after breakfast and before dinner.
- M - middle distance - Distance that increases in direct proportion to a runner's age. By middle age, all middle distances cease to exist entirely and become long distances.

SOME RABBIT! - Shawn Watters chased Paul McCloy around the track at the Atlantic Indoor Track and Field Championships in Moncton on March 9th but didn't catch him. They were entered in the 1500 meter run. We look forward to seeing Shawn's speed at some of the shorter runs this spring.

MAIL ORDER SHOES - At least two stores in Ottawa will ship running shoes to PEI. Sports 4 has most brands: 139 Bank St., Ottawa, Ontario, K1D 5N7. 613-234-6562. Watch for the other store next newsletter.



PRE-BOSTON TEA PARTY - Twenty two mile runs are good training for Boston. And what do you do to cool down afterwards? Well, Paul Wright goes cross-country skiing, goes home and bakes a carrot cake (almost as good as his cheesecake), and serves the cake with tea - in china cups - to the ladies who come to visit in the evening.

ANNUAL MEETING

MINUTES

ITEM I: INTRODUCTORY REMARK

Past President, Rosemary Faulkner, called the meeting to order and welcomed the members in attendance. Rosemary noted that President Brian Dunn would be absent because of family commitments.

ITEM II: MINUTES OF THE LAST GENERAL MEETING

The minutes as presented in the newsletter were tabled. It was moved by Jake Baird, seconded by Marina Fay, that the minutes be adopted. MOTION CARRIED

ITEM III: PRESIDENT'S REPORT

Due to the absence of President Brian Dunn, Carl Cooper read the President's Report (text follows). It was moved by Ewen Stewart, seconded by Eleanor Freeman, that the report be adopted. MOTION CARRIED

ITEM IV: TREASURER'S REPORT

Carl Cooper read the Treasurer's Report. The Club has a balance of \$401.54 on hand. Eleanor Freeman noted that the expenditure of \$25.00 for a meeting room at The Dundee for the incoming 1985 Executive and the \$100.00 for the Club summer social should not be repeated by the incoming Executive. It was moved by Bunty Albert, seconded by Don Harley, that the report be adopted. MOTION CARRIED

ITEM V: RUN CANADA REPORT

Don Harley reviewed the Run Canada activities for 1985. It was estimated that 17,000 people participated in P.E.I., mostly at the school level. He also reported that Run Canada seems to be concentrating on the elite runner, with the hope of improving our Olympic performance.

Don has resigned as Club representative on Run Canada and we are looking for a new representative.

ITEM VI: ELECTION OF NEW OFFICERS

The following members were nominated for the 1986 Executive: President - Ken Campbell; Vice-President - Bunty Albert; Secretary/Treasurer - Karen Mellish-May; Directors: Prince - Paul Wright; Queens - Harvey Bernard; Kings - Fran Dewar. Past President - Brian Dunn; Newsletter Committee - Paul Wright, Bunty Albert, and Rosemary Faulkner; Grand Prix Results - Don Pridmore. The officers were elected by acclamation as there were no nominations from the floor.

ITEM VII: NEW BUSINESS/OPEN DISCUSSION

Vice-President, Bunty Albert, assumed the chair for the open session. Bunty stated that the new Executive would attempt to deal with the issues raised in the President's Report.

Don Harley suggested that the Executive investigate acquiring some equipment and a storage area for signs, markers, pylons, water jugs, etc. Race profits should be used for Club equipment. Jake Baird suggested we contact Sport P.E.I. to see if other sport bodies have similar problems and might be able to offer some help. The meeting directed the Executive to take action on this issue including the assignment of Club or race revenues to equipment.

There was a lot of discussion about the direction of the Club racing versus participation (see President Parker Lund's report, 1978). Suggestions were made that we have less Grand Prix and more fun runs with no award structure.

The Bradleys and the Edwards agreed to organize and direct the McDonald's/Col. Grey Run.

Paul Wright stated that Ken Doucette was interested in organizing a 10 mile race for sometime in October.

Jake Baird noted the growth of informal running groups such as The Spa, and Southport/Bunbury, saying this indicated the preference of many for fun runs.

Bunty said the new Executive will further examine the number of Grand Prix races.

Eleanor Freeman said the Club should have a policy on young runners who are not accompanied by an adult. It was noted that the Past President had written to race directors about this during the last racing season. The Executive was asked to provide direction to race co-ordinators on legal issues such as the age of runners.

There was a short discussion and a general agreement about raising the membership dues; however, this would have to wait until 1987 since the '86 drive was already started at last year's fees.

ITEM VIII: ADJOURNMENT

It was moved by Don Harley, seconded by Ewen Stewart, that the meeting be adjourned.
MOTION CARRIED

Respectfully submitted,

Carl Cooper /s/

Carl Cooper
Acting Secretary

NOTE: Due to space constraints, this newsletter can highlight only President, Brian Dunn's comments about the future of the Club.

PRESIDENT'S MESSAGE

The Future:

I believe that the club has a viable, active and worthwhile future as long as more people become involved.

In order to make the club more useful I believe that a Race Co-ordinator, separate from the President should become a member of the executive. The major function of this position would be to co-ordinate the races, make sure all races live up to expectations and to promote the races. The President would then be free to make sure that the club's other functions are fully discharged.

I hope that the new executive will look closely at this suggestion and act upon it as they see fit.

In closing I would like to thank the following for their support throughout the year; Carl Cooper, Eleanor and Stew Freeman, Fran Dewar, Paul Wright and Rosemary Faulkner. I would also like to thank Don Pridmore for his efforts on the newsletter. I am sure we all understand Don's reasons for passing on the newsletter to new editors. His contribution will be hard to match.

Thank you and have a good year of running.

28 January 1985-10 February 1986

FINANCIAL REPORT

PEI Roadrunners Club

BALANCE FORWARD (Jan. 28/85)		\$361 02
INCOME:		
Memberships	881 00	
E. Stewart (DQ)	49 50	
Interest	4 42	934 92
		<u>1295 94</u>
EXPENDITURES:		
↙ Dundee	25 00	
Carter & Co	12 09	
✓ Irwin Print	32 67	
Taylor's Jewellers	90 86	
Louise MacDonald -	100 00	
Spoert PEI	7 34	
Bike Shop	109 90	
Rosemary Faulkner	15 52	
Trophy Hut	58 25	
B. Dunn (AGM Sport PEI)	22 50	
D. Richardson	8 01	
D. Harley (Run Canada) -	54 00	
Stanhope Beach Lodge -	71 66	
B. Dunn (Social event) -	100 00	
Carter & Co	29 73	
R. Faulkner (Pumpkin Run)	22 51	
Sport PEI	71 20	
The SPA	25 00	
W. S Smith Sound	25 00	881 24
Service Charges	5 16	
Returned Item	8 00	13 16
ENDING BALANCE		<u>401 54</u>

FINANCIAL STATEMENT-P.E.I ROADRUNNERS

BALANCE	FEBRUARY 10,86	\$401.54
Bike Shop Error		-2.00
1985 Banquet Expense		-34.35
1985 Membership Fees still in 85 account ? (ASK CARL)		- 180.00

BALANCE ADJUSTED FOR 86 EXECUTIVE

\$185.19

SENIOR FEMALE ATHLETE- Marlene Costain

Winning the Senior Female Athlete of the Year Award is nothing new for Marlene Costain. She has done it in each of the four years since the award has been presented. What makes the 1985 award particularly noteworthy is not only that she ran well, but that she ran faster. Concentrating primarily on races in the four mile to ten kilometer range, she improved her times to the point that she became one of the top regional runners. She was second in the Brooks Atlantic 10 K Championship for Women in a PB of 36:34. She went on to place 20th in the national 10 K championship. On the Island she was the first Island woman in each of the ten Grand Prix races she entered, six of which she won in course record times. She captured her third consecutive Grand Prix title and enjoyed her finest year yet.

SENIOR FEMALE

SENIOR MALE ATHLETE- Ken Doucette

In only half a year, Ken Doucette has been able to establish very impressive credentials that have earned him the title as our senior male athlete of 1985. Since arriving on the Island last summer, he has been the top Island runner in five of the six Grand Prix events in which he has competed. He was the overall winner in four of those races and established course records in the ADL Tyne Valley 20 Mile Run, the Stanhope Beach Lodge National Park Run, and the Kensington Harvest Festival. In the very dramatic competition for the overall Grand Prix title, Ken was able to edge out another Island runner who had a very fine year, Philip Easter, in the last race of the year. Already known for his strong support and encouragement of other runners, Ken is a very welcome addition to the Island running scene and a deserving winner of the Senior Male Athlete Award.

SENIOR MALE

P.E.I. ROADRUNNER OF THE YEAR FOR 85

MALE WINNER PARKER LUND

Both Margaret and Ewen Stewart appear to have a flair for developing quotable quotes. Margaret's -"Remember back to the days when roadrunning was fun" has become famous throughout the Club and just recently Ewen delivered this little gem in reference to the Roadrunner of the Year Award-"Many of the winners did not earn the award in just one year". These two quotes certainly apply to this year's recipient for he was an integral part of the running scene back in the good old days and his contribution to running on P.E.I. has been felt for many, many years.

Two very important criteria in selecting the Roadrunner of the Year are helping to organize Club activities while showing a sincere interest in running and in particular beginners. This person's contribution in these areas must be considered somewhat prehistoric. Can we imagine what it was like in the world before the formation of the Roadrunners Club? Well, this year's winner, was actively promoting running in the school system on

EIGHTH ANNUAL BANQUET AND AWARDS NIGHT

The eighth annual awards night saw over sixty five runners and their guests come out to eat and pay tribute to the Sun Life Grand Prix winners and to the many who have served the P.E.I. Roadrunners in a variety of ways over the last year.

For the first time since Sun Life has sponsored the Grand Prix we were delighted to have Ed Morrison with us to present the Grand Prix awards. As well we had Janet Doiron from Sport P.E.I. and representatives from the press as P.E.I. Roadrunner guests.

The following is a breakdown of the SunLife Awards and the citations for Male and Female Roadrunner of the Year.

30 age category winners received embroidered Sun Life Crests (winners were announced in the last issue of the Newsletter)

PARTICIPATION WINNERS

Female Eleanor Freeman- received a walnut lazy susan

Male Harvey Bernard- received Birds Eye Maple Book ends

GRAND CHAMPIONS

Female Marlene Costain - received an English Pewter Goblet

Male Ken Doucette - received an English Pewter Stein

PERFECTION FOODS/SPORT P.E.I. AWARDS

JUNIOR MALE ATHLETE-Curtis DesRoche

Seventeen year old Curtis DesRoche of St. Eleanors broke through to the top ranks of road running on the Island in 1985. His strongest races on the road were in the four mile to 10 kilometer range and his results placed him amongst the best Island runners of any age at that distance. His time of 21:44 in the Seaman's Four Mile Run was good for fourth overall and second among Island runners. In the very competitive Quality Inn/Brothers Two 10 K he was ninth overall in a very good time of 35:01. In finishing out the season, Curtis was the third Island runner and sixth overall in 26:56. His strong placings earned him eighth place in the Grand Prix standings for 1985 and established him as a runner to watch in future years.

JUNIOR MALE

WINNERS WINNERS WINNERS

Fox Runs since that time. Once again, our Roadrunner of the Year was there to ensure things got a firm foundation before he passed the reins to others to carry on.

One other organizational success of note was the Island Marathon. The idea was born in 1978, an organizing committee was formed on which he served as co-chairman, resulting in the first Island Marathon being held in September of 1979. He served as co-chairman for the first three years and was successful during the time in establishing our Marathon as one of the best in Atlantic Canada.

Lest you think that all this person does is organize events and serve on committees a survey of his personal achievements will lay that to rest. Over a decade of running has seen him compete in more than 150 races making him one of our more seasoned and experienced competitors. Both his personal training and competitive program have seen some ups and downs over the years but his performances can always be summarized in one word—**gutsy!** He has the ability to push himself to the limit and you can be assured that his performance will reflect everything he has to give on the particular day. It is that toughness that has given him the reputation of someone you do not want to approach the finish line with at the end of a race hoping for him to quit early—**it won't happen!**

His best racing season was probably in 1980 when he finished third master in the Grand Prix and 12th overall in total points. It was also in 1980 that he ran four of the thirteen marathons he has run during his career. It was in the fall of 1980 he ran a very fast 3:04 on our tough Island course and a month later a 3:02 in the Halifax Marathon. He admits a passion for the marathon but is quick to add that he finds getting ready for them the hard part.

It would be difficult to chronicle all his good performances over the years but suffice to say he has been a regular and very good competitor in Island road races for many years. His performance in 1985 attests to his durability—36 points in the Grand Prix and sixth overall in a very tough masters class. In addition, he was a valuable member of the winning team for the first three years of the Multi-Sport Relay. True to form, however, when this winning team split up our recipient assembled a group of beginners from the school where he teaches in order to get more people involved with the event. He has also, from time to time, over the years taken time out from his personal training schedule to run with his wife Kay and his family in order to encourage their running program.

FOR HIS LONG TERM COMMITMENT TO THE PROMOTION OF RUNNING, FOR THE YEARS OF WORK TOWARD BUILDING A STRONG ORGANIZATION, FOR HIS NEVER ENDING CONCERN ABOUT THE GRASS ROOTS OF OUR CLUB AND THE INSPIRATION HE HAS GIVEN HUNDREDS OF PEOPLE ON THE ROADS, THE P.E.I. ROADRUNNERS CLUB TAKES GREAT PRIDE IN PRESENTING A ROADRUNNER OF THE YEAR AWARD TO PARKER LUND.

P.E.I. for many years before the Club was conceived! While a teacher at Colonel Gray High School in 1975, he started the Triple M Plus 2 Running Series that culminated in a "Ten Mile Marathon". The program was directed towards getting people involved in running and was successful in attracting hundreds of students along with others in the community. His time in the first event was 86:12, very respectable for a "10 mile Marathon".

Two years later, after moving to a principalship in an elementary school, he organized an event called the Triple P 100. It was a fund raising event for St. Jean's School which saw a group of eight people make a three day run from Moncton to Charlottetown while raising \$8,000.00 for playground equipment. It was an important event in the history of running in P.E.I. because from this group of people came the impetus for the formation of a running club in P.E.I. Our award winner along with others on this run Ewen Stewart, Don Harley, Ken Campbell and Margaret MacDonald continue to be active Club members today.

In October, 1977 he convened a meeting of interested people from which the P.E.I. Roadrunners Club was formed. He served as the first President for two years and it was under his stewardship that many of the Club's activities were initiated. He was the first editor of the Newsletter; both social runs and fun runs, aimed at beginners, were initiated by him; he also organized monthly meetings and never seemed to run out of ideas for interesting guest speakers. Before the days of race organizers he was instrumental in establishing and organizing such races as the Dairy Queen Polar Run, Volume Rentals Half Marathon, Colonel Gray 10 Miler, CFCY Spring Fever Pace, and Alice Faye's 3 mile Run for Women.

When the Canadian Track and Field Association formed a national roadrunning organizations in 1980 he served as the first provincial representative to that body and continued for three years until 1983. His contributions to running through Run Canada were extensive with some of the more notable being the organization of the Labatt's provincial 20 km championship leading to the national race, coordination of the first Run Canada week on P.E.I. and extensive committee work at the national level in an attempt to establish standards for the conduct of races.

Always a promoter of fitness and running, he brought the concept of corporate fitness initiated in the U.S. to P.E.I. by establishing the Corporate Cup in 1981. He worked in conjunction with the West Royalty Fitness Center who have hosted the annual event since 1981. One event had over 50 teams and in excess of 400 participants, a true testimony to his success as a promoter and organizer.

In September of 1981 when the Terry Fox Runs were established in memory of that great runner, none other than our award winner was asked to serve as the provincial co-ordinator for those events. He acted as the Track and Field liaison with the Canadian Cancer Society and I need not describe in detail the success and significant impact made by the Terry

FEMALE ROADRUNNER OF THE YEAR- ELEANOR FREEMAN

Once again this year the members have placed their many nominations for Female Roadrunner of the Year. This year we have selected someone from the membership who has had many personal bests during her running career, the most recent being at this years Polar Run. The years winner is a mother, a ground breaker, someone highly committed to the Club. Her love of running has brought her many rewards both publically and privately over the years. Our female roadrunner of the year has done more than her share for running on P.E.I. and the following are just a few of the highlights of the past number of years;

- has helped beginning runners with training and advice
- assisted at several races before and after the events
- has been a long time race director
- has been involved in the administration of the Club for the last 4 years
- is a five time winner of the Sunlife Participation Category
- Designed, ordered, and distributed the new singlets and shorts for the Club
- Winner of the master category in many races over many distances, marathon and down.

Most notably on her own she organized **Sports People for Africa** and raised over \$2,000.00 for the cause.

In many ways our winner of this years Female Roadrunner of the Year hopes our concern and commitment to the Club always matches hers. Many times the majority of us do not share her level of commitment and it must by times frustrate her in her efforts.

THIS YEARS WINNER IS A LADY OF FIRSTS SO AS SURPRISE TO HER THE CLUB WILL ALSO PERFORM A FIRST BY GIVING THIS YEARS FEMALE ROADRUNNER OF THE YEAR FOR THE FIRST TIME TO HER LAST NAME AND FOR THE SECOND TIME TO HER FIRST NAME. YES, THIS YEARS WINNER IS.....ELEANOR FREEMAN!!!

Special Achievement Awards

Volunteer of the Year	Mike Sullivan Doug McNevin
Male Rookie	Peter McGonnell
Female Rookie	Rosetta Bernard
Most Improved Male	Brooke Gregory
Most Improved Female	Karen Mellish-Maye

FUN AWARDS

GENTLEMEN OF THE YEAR AWARD

THE "GENTLEMAN" AWARD
(Presented by Carl Cooper)

A gentleman...a man of good breeding, politeness, courtesy...so saith the dictionary.

Maybe it is time that we become a little more serious than we tend to be during this part of our get-together. Our fun awards always seem to focus on the human frailties that we all have but fervently hope that no one else notices. Possibly we go too far sometimes in our attempts at humour and cut too sharply and wound unintentionally.

This award honours one of our fellow runners who would never have to worry whether or not his repartee had injured, for he never lowers himself to such exchanges. He is a runner of high standards both on and off the roads. He respects the demands of running and those who participate in the sport. He would never cast aspersions lest they reflect badly upon the ideals he has set for himself. His faith in the inherent goodness of people is astonishing in the cynical 80's.

He never complains or offers excuses. Every race is his best. He knows it and we recognize it also. He would never say that he beat someone in a race; he just ran faster that day. He is modest in winning and never bitter in defeat. He exhibits the hallmark of a true champion: a quiet and dedicated pursuit of excellence, which sometimes lets him go unnoticed. The only outward sign that betrays his joy at competing and winning is the all too brief enigmatic smile that flashes across his face.

You know who I'm talking about, but bear with me a minute longer. This past fall in the half-marathon there were some interesting results, and equally interesting reactions. Our winner was in that race. He noticed some of the lead runners start for the Hillsborough Bridge and, even though he knew in his heart that they were wrong, he chose to run with them rather than embarrass them by pointing out the folly of their ways. After all, they were from away and were not aware of the Island way. He rationalized his erratic behaviour by saying "I saw Jim Wyatt head that way, so I felt I must be wrong". But we know that this is his way of once again giving others the benefit of the doubt. Ever the gentleman: **Don Pridmore**.

But wait! We know Don would want to share this award, so Ken Doucette, who followed the same course.....

(Ken Doucette, and not Don, was presented with a copy of Gentleman's Quarterly.)

THE "HARDER YOU WORK THE LUCKIER YOU GET" AWARD
(Presented by Carl Cooper)

As we watch the awards presentation tonight, we think of how lucky the winners are, but we know that, really, they have worked hard to become lucky. So it is with our next award winner. A relentless runner, one who does not compromise his standards in the pursuit of his goals.

This runner expects the best and gets it. He never accepts defeat, he just works harder. His first efforts were to become his trademark, selfless efforts to promote the Club. Can any of us ever forget the benefits of having a discount card for Campers City? This runner arranged that and had the firm place ads in the Newsletter. His reward was modest...a gold discount card, the top of the line. It was no better than ours but, oh, so much prettier.

Buoyed by that success he set a higher goal: the Ottawa (National Capital) Marathon. His ambition and hard work paid off again. He reported the results to the local radio stations and newspaper. And he got lucky again...a small remuneration from these media giants.

But he was not to stop there. As all runners know, the finish line of one race is where you start planning the next, and our dauntless hero was already planning his next success: the 1985 Club membership drive. His zealous approach to soliciting new membership was awesome and became demonic as the day of the big (paid-up members) draw drew near. He knew the force was with him. He was going to be lucky again. Sure enough, **Don Harley** won the draw and the Nike Pegasus running shoes.

This award is from your running colleagues who have not followed your exemplary ways...they have chosen to wait for luck to find them...they now want to share some of their successes with you.

(Don was presented with a poster of A-1, Lotto 649 and other assorted (used) lottery tickets.)

✿ (Editor's note: This year there will be no draw, but there will be an incentive to pay up early. Members not paid up by mid-June will have their names removed from the Membership list. If you're not on the list you won't get the Newsletter and you will be charged the non-member fee for races.)

I'M NOT GOING TO GET SERIOUS ABOUT RUNNING AWARD
Peter McGonnell

GARFIELD AWARD
PARKER LUND
ORIENTEERING AWARD
Karen Mellish-Maye
HANG LOOSE AWARD
Don Harley

DESIGNER OF THE YEAR
Carl Cooper
T.B. AWARD...
Linnell Edwards

APPRECIATION CERTIFICATES



Janet Doiron
Newsletter
Don Pridmore

for all her help producing the Club
for all his help editing the Newsletter



Don and Alf Groom for their efforts as RaceDirectors for
QualityInn/Brothers Two 10 Km run

APPRECIATION GIFT; Brian Dunn, President P.E.I.
Roadrunners 86

THANKS TO M.C.LINNELL EDWARDS

THE TRAINING LOG

KEN DOUCETTE	Years Running:	10	
	PRS:	Marathon	2:24:11
		5 km	14:40
		10 km	31:30

Ken Doucette, the 37 year old Recreation Director at CFB Summerside, commenced his running career in search of physical fitness in 1977 at CFB Cornwallis clocking a 3:04 in his first marathon, which he ran, almost on a whim, at 180 plus pounds. Little did he dream that, in less than three years he would possess the Canadian Forces Marathon Record of 2:24:11 a phenomenal improvement of some forty minutes, a record that stands to this day. Ken has enjoyed much success in his running career, despite getting a late start at the age of 28. Some highlights of ken's 26 marathons include a respectable 29th place in a field of 60 elite runners, at the World Cup Marathon in Montreal in 1979, and a 10th place finish in the Olympic Trials Marathon in Vancouver in 1980. Ken has performed six sub-2:30 marathon efforts, and until 1984 was also the fastest native Nova Scotian marathoner, having surpassed the famed Johnny Miles; prior to Bob EngleHutt's startling fourth place of 2:17 effort in the Olympic Trials in 1984.

Having run enormous mileages (5500-6000 miles annually 1979-83) for several years, Ken now feels more comfortable, and performs well at 90-100 miles per week during his mileage phase, with a reduction in volume during his speed phase and racing season.

Ken lives in Summerside with his wife Denise and their son Paul, and is currently training for the Boston Marathon and hopefully, a faster marathon for this fall.

WINTER SCHEDULE (Marathon Training)

Sunday	20-24 miles at 6:45-7:00 pace
Monday	a.m. 8 miles (6:45 pace), p.m. 7 miles (6:45 Pace)
Tuesday	a.m. 5 miles (6:45 Pace), p.m. 10 miles (fartlek -good effort)
Wednesday	Same as Monday
Thursday	a.m. 5 miles (6:45 pace), p.m. 10-12 miles (tempo run 5:30-5:45 pace)
Friday	Same as Monday and Wednesday
Saturday	8 miles easy run

PEITFA++++PEITFA++++PEITFA++++PEITFA++++PEITFA++++PEITFA++++PEITFA
 E +
 I The Prince Edward Island Track and Field Association is +
 T looking for volunteers to help in the organization and +
 F administration of the Association generally and of the T
 A upcoming track season in particular. If interested in F
 + taking on some administrative and or technical respon- A
 + sibilities, please contact Barrie Stanfield for further +
 T information at 894-9379. (Editor's note: Barrie, who P
 F has shouldered most of the responsibility for the Asso- E
 A ciation for the past four years has indicated that he I
 + will not be continuing his involvement in 1986.) T
 + F
 PEITFA++++PEITFA++++PEITFA++++PEITFA++++PEITFA++++PEITFA++++PEITFA

Run Canada Run Canada Run Canada Run Canada Run Canada Run Canada
May 24 to June 1....May 24 to June 1....May 24 to June 1....

Run Canada Week will have come and gone by the time the next Newsletter comes out. Unless volunteers come forward to co-ordinate Run Canada Week on PEI, activities will be limited to those which occur in the schools. Run Canada Week takes place in conjunction with National Physical Activity Week and is promoted by Run Canada.

Run Canada is a division of the Canadian Track and Field Association. It has a five component programme:

- (1) Talent Identification and Athlete Development;
- (2) Technical (includes officials and course certification);
- (3) Competitions and Events (There is a proposed Canadian 10K circuit with the National Park 10K proposed as the PEI event. This component also includes National Events some of which are listed elsewhere in the Newsletter.);
- (4) Mass Participation (including Run Canada Week);
- (5) Support Services.

For the past three years, the Run Canada representative for PEI has arranged for paid help for administrative and promotional work for the week long event. Don Harley, last year's Run Canada representative, has resigned and at press time a replacement had not been found. Further, it appears that there are no programs available this year from which to seek short term paid help. In other words, this year's Run Canada Week will have to be a strictly volunteer effort. And the volunteers have to be found immediately.

The volunteers being sought are

- (1) A PEI Run Canada representative to act as the liason between PEI roadrunning and Run Canada. The job involves two National meetings a year (paid by CTFA) and responsibility for co-ordinating various activities such as Run Canada Week and the registration and certification of officials.
- (2) One or more people to find other persons or groups to organize events during the week of May 24-June 1 (some of these events like the Run for Light and the Spring Fever Pace are already scheduled), to publicize the events as widely as possible, to ensure certificates and other material are available to race organizers, etc.. The volunteers may wish to undertake other tasks such as offering clinics as has been done in other years, but it is encouraging mass participation in running that is most important.

For further information, or if you'd like to volunteer, contact Don Harley at 892-3656 or Bunty Albert at 894-7256.

....May 24 to June 1....May 24 to June 1....May 24 to June 1....
 Run Canada Run Canada Run Canada Run Canada Run Canada Run Canada

SO YOU THINK YOU ARE TOO FAT DO YOU?????

Some Simple Fat Tests

Without fancy laboratory equipment it's difficult to get a really accurate measurement of what your percentage of body fat is. However, there are a few simple tests you can take yourself to see if you are over the maximum recommended level of body fat and need to slim down a little.

1. The Mirror Test

This test is easy, but you have to be honest with yourself. Get undressed and take a good look at yourself in a full-length mirror. What do you see?

- Does your stomach protrude? Yes No
- Are your hips too big? Yes No
- Do you have "saddlebags" at the tops of your thighs? Yes No
- Do the backs of your arms sag? Yes No
- Do your buttocks sag? Yes No
- Do you have "handlebars" above your hips? Yes No
- Do your thighs have that "cottage cheese" look? Yes No
- Do your ankles look too big? Yes No

Chances are that if you *look* overfat you *are* overfat. If you've answered yes to more than one or two of these questions, you're probably fatter than you should be.

2. The Chest/Waist Test

With your chest *expanded as much as possible* measure its girth just below your armpits. With your stomach *relaxed (not sucked in!)* measure your waist at your navel.

Measurements: Chest _____ cm
Waist _____ cm

For men: If the difference between your chest measurement and your waist measurement is less than 12 cm then you are probably too fat.

For women: If the difference between your chest measurement and your waist measurement is less than 25 cm then you are probably too fat.

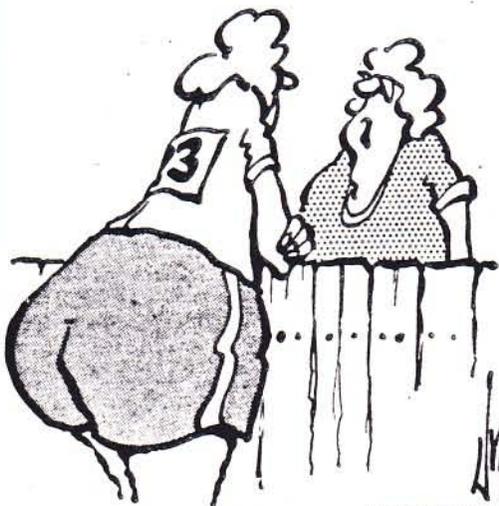
3. The Pinch Test

Between your thumb and your forefinger pinch a fold of skin plus the fat beneath it from:

- a. the underside of your upper arm
- b. your abdomen just to one side of your navel
- c. halfway up the back of your thighs.

Using a ruler or calipers measure the thickness of each fold. Generally speaking, the pinched fold of skin should be less than 2.5 cm thick. Every 0.5 cm extra is equal to about 3.75 kg of excess body fat.

HERMAN/UNGER



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That jogging certainly seems to be getting your weight down

9TH ANNUAL DAIRY QUEEN BUNNY HOP 10KM

SPONSOR: DAIRY QUEEN ,UNIVERSITY AVE/ CHARLOTTETOWN
DISTANCE 10Km
DATE MARCH 29,86
REGISTRATION 9:00-10:00 a.m.
START TIME 10:00a.m.
POLICING CITY POLICE AND R.C.M.P.
MEDICAL SERVICE St. John Ambulance
CHANGE FACILITIES Limited at race site
AGE CLASSIFICATIONS

*Contact Ewen Stewart
, Race Organizer*

females 18-24,25-34,35-39,40and over
males 17 andunder,18-24,25-34,35-39,40-49,50andover

AWARDS Trophies: First male and female runners
Prizes: 1st,2nd,3rd, per age category
Ribbons: first 100 finishers
Draw Prizes: assortment

ENTRY FEE: \$3.00

COURSE RECORDS: Men: Don Pridmore(84) 34:06

Women: Monica LaPointe (81) 39:14

4th ANNUAL SPRING TUNE UP 10Km

SPONSOR: VILLAGE STORE,BEDEQUE
DISTANCE: 10Km
DATE; April 5,86
REGISTRATION; 12:50-1:50 p.m.
START; 2:00 SHARP P.M.
POLICING R.C.M.P.
MEDICAL SERVICES St. John Ambulance
CHANGING Bedeque and Area Rec Center
AGE CLASSIFICATIONS; females 18-24,25-34,35-39,40and over
males 17 and
under,18-24,25-34,35-39,40-49,50and

*Contact Paul Wright
, Race Organizer*

over

AWARDS; Trophies: first three finishers, first female
Medals: Top 3 per age category if six ore more finish
in that category
Ribbons: 2nd,3rd, per category if 5 or fewer runners
in a category
Certificates: to all who finish

NOTE: Most improved runer from 85 plus top male and female
master will recieve a trophy.

Refreshments: to all runners and helpers following race

ENTRY FEE; \$4.00

COURSE RECORDS; male (85) Philip Easter 33:41
Female (85) Marlene Costain 38:48
Master Male (85) stew Freeman 36:47
Master Female (85) Eleanor Freeman 47:42

Mc DONALD 'S RUN FOR S.A.D.D. (students against drunk driving)

SPONSOR: McDONALD'S RESTAURANT
DISTANCE: 10 miles and 3mile fun run
DATE: June 7,86
REGISTRATION: 9:00a.m.
START TIME: 10:00a.m.
POLICING: CITY POLICE AND R.C.M.P.
MEDICAL FACILITIES : T.B.A.
CHANGING: T.B.A.
AGE CATEGORIES: female 17 and under,18- 24 24,25-34,35-39,40- and over
male: 17 and under,18-24,25-34,35-39,40-49, 50 and over
AWARDS; Trophies: Top maleand female finishers
Medals: age category winners
Certificates: All finishers
Family Award: Any two family members with lowest combined time
ENTRY FEE : \$2.00 p PEIRRC
\$ 3.00 non-members
COURSE RECORDS: Male (77) 53:47 Ralph Freeze
female(85) MarleneCostain 1:00:38
Male Master (85) Salem Hasham 59:39
* NOTE : Therewill bea new courseroutethis year
RACE ORGANIZERS : BRIAN BRADLEY AND JANET , THE EDWARDS
(Brian's number is 569-4373)

SPRINTS AND INTERVALS

MORE LIKE A MARATHON? - The Sport P.E.I. Awards Banquet and Annual General Meeting will be held at Rodd's Mill River Resort on May 10, the meeting in the morning, the Banquet at night. (That leaves time in between to get in a round of golf or to get a start on the cross country season.) The banquet theme is "Participation, Development and Peace", commemorating 1985 as International Youth Year. For more information call Sport PEI.

CHEAP DIGS - If you are travelling to the Halifax area to take part in a track or roadrunning event this summer, Dalhousie University Conference Centre is prepared to offer accomodation in residence, meal service and box lunches. The accomodation is \$11 - \$13 per person. Arrangements should be made through a sport governing body (in other words the Roadrunners or PEITFA) so call one or the other if you want to take advantage of Dal's offer.



New Brunswick Fixtures List

(April-June, 86)

- April 6,86 Fredericton,8th annual Heart Marathon
(1/2,1/4 marathons well,call
Connie Gutan 455-26991
- May 3 Memramooch 8.4 road race (Ed Boudreau
758;-2415)
- May 11 Dieppe Sports Exports 10km (J. Le
Couffe 382-3906
- May 18 Campbellton Super Service 1/2 Marathon
(21.1 km Call Mike
Lusheryton 826-3083)
- May 24 Oromocto 10km (Camilla MacDougall
357-9940
- June 1 Moncton Marathon (26.2miles) Gary Agnew
386-4598
- June 8 Balmoral Labatts 10km Beny Poirer
826-2645
or826-3412
- June 15 Moncton Shoppers Drug Mart Fun Run for Big
Brothers/Big Sisters
(10km and 5km fun run
John Johnston
859-3360
- June 29 Richibucto Scallop Festival 10km Norma
Thompson 532-4828
- June 29th Campbellton D. Queen 9km O'Neill Arenau ,24
Rue Dieppe Campbellton, N.B 2Z3

K.C. SPORT SHOETRIATHLON AND TRIATHLON RELAY RACE

1000 yd. swim — 20 mile bike — 6 mile run
9 a.m. start Sunday 6th July 1986 Summerside, P.E.I.

Due to the success of the Red Cross Relay Race and other multi-sport races held in the Maritimes, I have organized a multi-sport race to be held in Summerside on 6th Jul, 1986. It will be a triathlon in which an individual or a team of two or three individuals has to swim 1000 yds., bike 20 miles, and then run 6 miles. Note that two people can enter the team relay providing one person completes one leg and the other completes two legs.

Although everyone will be out to do their best, the emphasis is on participation. It is hoped that many of the athletes that participate in the Red Cross Relay Race will form teams to race in Summerside. It does not matter if you have had any previous experience, why not try it? I guarantee you will enjoy yourself and you will find it a very rewarding experience.

If you decide to enter as an individual, you will have to train adequately to participate. Realistically, you should be active in at least one, preferably two, of the three sports. If you have and questions or need advice on training, contact me and I will try to help you out. Good luck in your training, see you on race day.

For entry forms and complete information, send a SELF ADDRESSED STAMPED ENVELOPE or call me at:

Tony Isaacs,
366 Holman Cres.,
Summerside, P.E.I., CLN 2M8 Ph. 902-436-6810

Registration Deadline: 29 June, 1986, 6 P.M. (late reg. accepted from out of province competitors, but T-shirts cannot be guaranteed)

Entry Fee: \$15.00 per person, no refunds

Individual Categories: MALE: OPEN, 16-20, 21-30, 31-40, 40+
FEMALE: OPEN, 16-20, 21-40, 40+

Team Categories: Male, Female, Under 20, Mixed, Corporate

Minimum Age: 16 yrs on race day.

AWARDS: For all categories, overall winners and fastest swimmer, cyclist and runner. All participants will receive a finishers certificate, finishers medal, and a T-shirt.

SERVICES: All entry fees will be used solely for providing the best goods and services to the athletes, some of the services you can expect are mile markers every 5 miles during the bike leg and every mile on the run. Time splits at turn around points of the bike and run, and on completion of each leg of the race. Water and sponge stations at the transition area, the bike turn around point, and every mile of the run. Course Marshalls at major intersections, Lifeguards and safety boats for the swim. As soon as everyone has finished, the race, the post race refreshments and awards presentation will begin at the Summerside Yacht Club.

SCHEDULE

- 29 June: 6 P.M. Registration closes
- 5 July: 4-6 P.M. Pre-race check in at the S.Y.C. This is to confirm registration, pick race kits and race regulations, check out the map of the race route and ask any questions you may have this is not mandatory, but it makes things run smoother.
- 6 July: 7:30-8:45 A.M. Pre-race check in for all participants.
- 6 July: 9 A.M. Race starts
- 6 July: 12-1 P.M. Post-race reception and awards ceremony
ALL ACTIVITIES AT THE S.Y.C. NEAR THE WATERFRONT MALL

K.C. SPORT TRIATHLON AND TRIATHLON RELAY RACE ENTRY FORM

(to be completed by individual triathletes or Relay Team Captains)

NAME _____ AGE _____ SEX _____

ADDRESS _____ CITY/TOWN _____

PROVINCE _____ AREA CODE _____ TELEPHONE _____

CATEGORY: TRIATHLON _____ RELAY RACE _____

RELAY RACE TEAM LISTS: SWIMMER _____ AGE _____ SEX _____

CYCLIST _____ AGE _____ SEX _____

RUNNER _____ AGE _____ SEX _____

WAIVER: I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, waive and release any and all claims for damages resulting from injuries I may sustain during the K.C. Sport Triathlon and Triathlon Relay Race, in which I shall swim 1000 yds., and/or cycle 20 miles, and/or run 6 miles on 30 June, 1986.

I attest and verify that I am physically fit and sufficiently trained for this event.

Tony Isaacs
366 Holman Cres
Summerside, P.O.E.I.,
CLN 2MS
Phone # 902 436-6810

SIGNATURES

SWIMMERS

CYCLISTS

RUNNERS

SIGNATURE OF PARENT OR GUARDIAN IF UNDER 18 YRS. _____

MAIL A CHECK OR MONEY ORDER MADE PAYABLE TO THE K.C. SPORTS SHOP.
TRIATHLON AND TRIATHLON RELAY RACE AND SEND COMPLETED ENTRY FORM TO:

MEMBERSHIP REPORT

The following is a breakdown of our paid up membership to date as submitted by , membership chairperson, Karen Mellish-Maye.

SINGLE;	37
FAMILY	17
YOUTH	2

56

OUR LAST MEMBERSHIP MAILING LIST HAS 179 ADDRESSES, AND WE HOPE TO HEAR FROM 123 OF YOU IN THE NEAR FUTURE. THE MAILING LIST WILL BE UPDATED BEFORE THE NEXT ISSUE OF THIS EXCELLENT NEWSLETTER IS PUBLISHED, SO SO SO THIS IS YOUR **LAST CHANCE TO RENEW** YOUR MEMBERSHIP . SEE YOU IN THE MAIL



Aerobics in hell

MEMBERS MEMBERS MEMBERS MEMBERS

We would like to introduce you to some new members of the Club, say Hi to them when you see them on the road.

SCOTT DIXON :

Scott moved to the Island eight months ago to work with Advance Medical Technologies. He is especially interested in recreational running, although, I did see him with a new pair of New Balance shoes on recently. Scott works shift work and would like to find a running partner(male or female ?????). He enjoys running now the the Southcross Buns and is planning on meeting up with the Stewart Striders and the runners at the Y.M.C.A. SOON.

JIM AND BEVERLY FAY

These Islanders have recently returned home from Saudi Arabia. Jim has been running for seven years, while Beverly provides the backup support and public relations. Jim does not like early morning runs because **"The Camels look at you funny"**. Most of you have already seen Jim with Beer cans strapped to his head at the polar run, and pulling boats across the harbor, that's what it is like being Marina's brother.

JOSHUA SHEPARD

Joshua is a new runner who likes short distances. To date he has run only for pleasure, but we might see him at a few of the upcoming fun runs. Joshua is nine and his mother is also a new member. Stella has started running after giving up smoking last fall. Let's hope she sticks to running instead of smoking.

Welcome all new members !!!!!

WHAT HAPPENS WHEN YOU CAN'T RUN? - Behavior Today Newsletter reported in a September 1985 issue the results of an examination of the psychological effects of running loss upon consistent runners. The study compared a "prevented runners" group unable to run for at least two weeks, with a comparable "consistent runners" group which ran uninterruptedly. Results showed that "prevented runners" showed greater psychological distress than similar runners who continued to run. Specifically, the prevented runners were significantly more depressed, anxious, tense, and confused. They were also significantly less vigorous, reflected lower self-esteem and greater displeasure with their body images. Advice? In the event of running loss, runners should be encouraged to develop additional ways of meeting their physical, emotional and social needs.

RUNNING FOR FUN

SOUTH CROSS BUNS

Monday nights...7:00 P.M...Meet at the Bunbury Rink on the Bunbury Road...Run at the pace of the slowest runner...Run for about an hour...Contact Rosemary Faulkner for more information.

STEWART'S STRIDERS

Every morning at 5:45...Meet at the top of Queen Street for an hour's run at an 8 minute a mile pace...Contact Ewen Stewart for more information.

YMCA JOGGING CLUB

Weekdays around noon (12:00 - 12:15ish)...Routes of 1.9, 2.6, 3.0 and 5.0 miles...Group plays it by ear each day...Length and speed of run depends on who shows up...Use of the facilities limited to members and guests but anyone can run with the group...Call Rose King at the "Y".

CHARLOTTETOWN FITNESS CLUB (SHERATON/CP HOTEL)

Weekday noons...Group leader John McAleer...Contact the Fitness Centre for more details. Facilities limited to members and guests.

SPA - ROADRUNNERS CLUB

.....NEW.....
.....SATURDAY MORNINGS AT 10:00.....
.....DIFFERENT ROADRUNNER AS GROUP LEADER EACH WEEK.....
.....SPA MEMBERSHIP NOT REQUIRED.....
<GROUP LEADER WILL SIGN IN ALL NON-MEMBERS>
.....MEET IN LOBBY OF THE SPA.....
.....EIGHT WEEK TRIAL PERIOD BEGINNING MARCH 15, 1986.....
.....RUN AT PACE OF SLOWEST RUNNER.....
.....ONE MILE.....
.....ADD MORE MILEAGE IF YOU WANT.....
.....THANKS TO DON HARLEY FOR BEGINNING THIS NEW SOCIAL RUN.....

BLONDIE



FROM ONE OF THE NEW EDITORS

In the six years he served as editor DON PRIDMORE raised the Newsletter from two page infancy in 1980 to thirty page maturity in 1985. During that time he was actually the publisher-editor-writer-producer, for Don chased down contributions, wrote much of the material himself including the opening editorial, applied the editor's craft to others' work, did the layout and arranged for the production work performed so ably by Sport PEI staff. The new Newsletter team will have to perform all the same tasks as he did, but there are three of us to spread the load. None of us, however, will be able to replace DON the writer.

A year or so before I joined the Roadrunners "a lady in the office building in which I work"ed excitedly told me that she had been the subject of one of Don's editorials, the one that began "Sometimes you wonder if the work that goes into the P.E.I. Roadrunners Club is really worth it". The editorial went on to point out that one of our shorter races had had an effect on the lifestyle and confidence of one recreational runner and that what we do is indeed "all worth it". Before I read the editorial I already knew Don could write, after all I worked with him, and I appreciated his professionalism and style. But this editorial showed me another side to his writing talents.

I've been an active member of the club (note that I did not say active runner) for three years now, and one of the benefits has included receiving the Newsletter on a (more or less) regular basis. And with each Newsletter I settled down to savour, not the Grand Prix results, not the words of wisdom on training or nutrition from the many qualified sources, not the announcements of upcoming races and social events but "FROM THE EDITOR", "SPRINTS and INTERVALS" and whatever other tidbits Don had written himself.

At the end of the last Newsletter Don threw the torch to "fresher hands and nimbler minds". The fresh hands have high hopes for getting out four more newsletters this year on a predetermined schedule and the "nimbler minds" have some new ideas and sources of material. But as we continue to nurture the Newsletter in the next phase of its life, Don's sensitive, witty and readable copy will be a hard act to follow.

On behalf of all the readers of the Prince Edward Island Roadrunners Club Newsletter, I want to express sincere thanks and appreciation to Don for the skill, effort and energy that he put into the Newsletter for so many years.

- Bunty Albert -



what's so funny Bunty and Don ?