



P.E.I. Roadrunners Club

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Dear Club Members:

With Spring coming very soon after one of our snowiest winters for years, many Roadrunners have "running in their blood" and are looking forward to another running season.

Your Executive has been busy planning and preparing for the coming season and we want to keep all informed of the happenings. We trust veteran and newcomers; young and old; elite and beginner; fit and unfit; thin and fat, will all participate. We hope to have something of interest for you.

We have had three Executive meetings at the Stewart residence - I'm not sure if the members came to hear the President or to have some of Ewen's muffins - but the first meeting was to get acquainted, evaluate our direction, fill vacancies and to get on with the business. During the second meeting, we dealt with the P.E.I. Road Race Championships. The booklet is now being printed by Sun Life Insurance and should be available about May. Our third Executive meeting dealt mainly with the recreational aspect of the Club, and plans are announced in this letter. Our next Executive meeting is scheduled for June 4th at 7:30 p.m. at 159 Nassau Street, Charlottetown. I hope all the Executive members will take note.

Besides the scheduled races in the Road Race Championships booklet, we are going to have some fun runs - no prizes, no calculations, no timing, just a run for fun, friendship, (immeasurable) and refreshments. The first, President's Fun Run will take place on June 20th. Runners of three stages, elite, recreational, and beginners or newcomers will meet at 159 Nassau Street and leave at 8:30 a.m., 9:00 a.m., and 9:30 a.m. respectively and return by 10:00 a.m. for juice and muffins and fellowship. The President has put out a challenge to the Southcross Buns, Stewart's Striders, and the Summerside area Club members to do the same before October 1st.

We are requesting that at least seven members volunteer for a Marathon '87-'88 Committee. This Committee is for two years and is to look into the possibilities of future marathons, obtaining co-ordinators and sponsors. They do not necessarily have to be on the actual working committee for Marathon Day but they should be serious about organizing the foundation for another excellent Marathon which P.E.I. is noted for. If interested, call Linnell Edwards at 892-1981.

Our first General Meeting will be held at Queen Charlotte Junior High at 6:30 p.m. on Thursday, April 2nd in the form of a Pot Luck Supper. Each member is asked to take one food item, enough for four (e.g. casserole, salad, dessert, biscuits, or rolls). Plates, plastic forks, etc. will be provided. Usually it works out well! Come and enjoy and bring a friend! After a short business meeting, Terry Moore, director of our local Y.M.C.A., will speak on "exercises before and after running."

On May 21st, we have a Memorabilia Night planned under the direction of Parker Lund and some of his veteran friends. Parker will be asking us all to wear T-shirts pertaining to running or races and he will have many items on display of interest to all. Tapes, scrap books, videos, will be there - how about you? We appreciate your efforts, Parker, in obtaining a meeting place - Queen Charlotte Junior High. Our meetings will be on Thursdays - we trust the members will leave the rooms tidy as they found them.

Now how is that for a Spring's agenda? All we need now is your participation and lots of new members.

Come to one or all events and bring a friend!

Sincerely,

Margaret Stewart
President

jmd

SUN LIFE ROAD RACE CHAMPIONSHIP SERIES

1. New regulations governing the Championship will be adopted as follows:
 1. That sixteen (16) races be eligible as Grand Prix events provided:
 - a) they meet a minimum attendance standard of thirty (30) runners. Those failing to attract 30 entrants would lose their Grand Prix status for that year, but again be eligible in future years if they meet this requirement.
 - b) that a race course be accurate to the extent of its description in literature advertising the event. It need not be an exact distance such as 10 km in order to avoid course changes, so long as, say, an 8.3 mile course is not described as being only 8.0 miles, or a 10 km race proved to be only 6 miles. All race coordinators are to measure the course of the event they are organizing so as to inform race participants of the real length of the course.
 2. That six (6) best results be counted in final standings, with some scoring system as present, with the following modifications:
 - a) to qualify for final standings, at least two of the six results must be taken from races of ten miles and up.
 - b) that Grand Prix events from previous year only award two additional bonus points for new course records. Any race which changes a course, appears on the circuit for the first time, or is re-appearing on the circuit after an absence of one year or more, would not award additional bonus points for a new course record until appearing as Grand Prix event for second successive year or more.
 - c) if the race (i) did not qualify as a Grand Prix in a given year, or (ii) if the course was changed in a given year, or (iii) if the race was off the Grand Prix schedule in a given year, then no points would be awarded in the given year and no additional points would be awarded for a new course record in the second year.
 3. It was recommended that only Island residents **be** eligible for Road Series top standing positions - as of now, to be eligible for Road Series top standing, a competitor must be a paid member of the P.E.I. Roadrunners Club on the day of the race. However, off-Island PEIRRC members only may be eligible for non-P.E.I. Resident Award.
 4. Only those runners tallying 25 or more points would be included in the final report on standings.
 5. Only Island events would qualify for inclusion in final standings.
 6. It was also recommended that the "Grand Prix" position be dropped from the title name - suggested name: Road Race Championship Series.
 7. All races in the Grand Prix Series will have the potential of being a Championship race, providing the participation numbers requirement is met, except those designated as "Roadrunner Events."
 8. To encourage participation from non-competitive runners, some runs will offer the following incentives: (i) shorter distance, if necessary; (ii) staggered start, and (iii) free admission; (iv) certificate of participation to non-competitive runners.
 9. More emphasis to be directed toward promoting fun races.

SUN LIFE GRAND PRIX STANDINGS

1986 FINAL

What a race for the male title! Not only did the championship go down to the last race, it went down to the last mile. In the end, Ron Frid and Ken Doucette tied for the 1986 Grand Prix title and Curtis DesRoche was only one point behind. Both Ron and Ken accumulated their points by setting two course records, being the top Island male in three other races, and second in another. Curtis tallied his points by being the top Island runner in six races. Between them, they dominated the 1986 Island race scene.

The women's division a much more widespread sharing of race titles with five runners coming up frequently to the winner's podium. It too was a close overall competition with Dorothy Gregory assuring herself of the title only in the last race of the year. Dorothy joins a growing list of women racers throughout the world who have had a baby and quickly gone on to regain prominence in their sport.

This year 65 male runners and 15 female runners completed the minimum of three Grand Prix races required to qualify for the final standings. 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.

Our congratulations go not only to the overall winners and the age category winners, but to all of the runners who participated and made the races what they are. This year's overall winners join the following as the winners of the Series:

1980	Roy Mason	Monica LaPointe
1981	Calvin DesRoche	Monica LaPointe
1982	Jim Wyatt	Eleanor Freeman
1983	Philip Easter	Marlene Costain
1984	Don Pridmore	Marlene Costain
1985	Ken Doucette	Marlene Costain

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

SUN LIFE GRAND PRIX STANDINGS 1986

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Dorothy Gregory	162	6	Marina Fay	106	6
Helen Flynn	156	6	Judy MacLean	85	4
Tanya Gregory	142	6	Michelle Granger	78	3
Eleanor Freeman	135	6	Nancy MacFarlane	66	4
Myra Fraser	131	5	Louvina Edwards	64	5
Karen Mellish-May	128	6	Velda Nicholson	50	3
Carol Craswell	118	6	Janet Bradley	35	3
Marlene Costain	114	4			

AGE GROUPS - TOP THREE

<u>25 - 34</u>		<u>35 - 39</u>		<u>40 & Over</u>	
Dorothy Gregory	162	Helen Flynn	156	Eleanor Freeman	135
Tanya Gregory	142	Carol Craswell	118	Nancy MacFarlane	66
Myra Fraser	131	Janet Bradley	35	Louvina Edwards	64

MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Ken Doucette	169	6	Jamie Mutch	36	4
Ron Frid	169	6	Doug MacNevin	31	6
Curtis DesRoche	168	6	Don Harley	30	3
Paul Wright	149	6	Lloyd MacCallum	29	4
Salam Hashem	140	6	Julien Gallant	26	3
Don Pridmore	140	6	Bill Perry	26	3
Randy MacNeill	113	5	Tommy J. MacDonald	24	4
Carl Phillips	113	6	Andrew Keilly	23	3
Harvey Bernard	108	6	John Land	21	3
Arnold LaMarsh	107	6	Dave Manovill	21	3
Brooke Gregory	103	6	Ninian LeBlanc	20	6
Jim Wyatt	103	5	Tom Corcoran	18	6
Stew Freeman	102	6	Foch McNally	16	3
Kevin Peters	101	6	Roger Gillis	16	4
Jake Baird	96	6	Dave MacNeill	15	6
Ian Griffin	88	5	John McQuaid	15	6
Eric Manuel	88	6	Don Moffett	15	3
Ewen Stewart	86	6	Eric Pass	13	3
Colin MacAdam	75	4	Ken Hicks	12	5
Mike Sullivan	75	6	Mel Arsenault	11	6
Don Reeves	71	6	Roy Rodd	8	3
Roger Nicholson	69	6	Roy Matheson	7	6
Linnell Edwards	68	6	Kerrie Longaphie	6	4
Blair Paquet	67	5	Wayne MacFarlane	6	4
Jim Fay	66	6	Peter McGonnell	6	6
Ken Blum	63	3	Gary Craswell	4	4
Mike Cameron	57	3	Ian Glass	4	4
Miles Pinsent	57	3	Bob Gray	4	4
Mike MacDonald	49	5	David MacDonald	4	4
Wayne Fraser	43	6	Frank Butler	3	3
Tom MacDonald Sr.	42	6	Al Daley	3	3
Butch Postma	42	5	Ernie Dunsford	3	3
			Parker Lund	3	3

SUN LIFE GRAND PRIX STANDINGS 1986

AGE GROUPS - TOP THREE

<u>Under 18</u>		<u>18 - 24</u>		<u>25 - 34</u>	
Miles Pinsent	57	Curtis DesRoche	168	Paul Wright	149
T.J. MacDonald	24	Randy MacNeill	113	Brooke Gregory	103
		Blair Paquet	67	Kevin Peters	101
<u>35 - 39</u>		<u>40 - 49</u>		<u>50 & Over</u>	
Ken Doucette	169	Salam Hashem	140	Ewen Stewart	86
Ron Frid	169	Carl Phillips	113	Mike Sullivan	75
Don Pridmore	140	Arnold LaMarsh	107	Don Reeves	71

PARTICIPATION

Women - Top Ten

Eleanor Freeman	11
Karen Mellish-May	10
Tanya Gregory	9
Helen Flynn	9
Carol Craswell	7
Dorothy Gregory	7
Marina Fay	6
Louvina Edwards	5
Myra Fraser	5
3 way tie for 10th	4

Men - Top Ten

Harvey Bernard	14
Eric Manuel	13
Salam Hashem	12
Mike Sullivan	12
Ron Frid	11
Jake Baird	10
Tom MacDonald	10
Wayne Fraser	10
Ewen Stewart	9
4 way tie for 10th	8

RECORD TIMES FOR ISLAND RACES (OPEN)

(as at December 31, 1986)

Race records can be tricky business. It should be easy enough to keep track of who has the fastest time on a course, but courses change and some complexities arise. Many of our races have slightly, or completely, different courses than when they were started. Where the distances remained constant, the record listed in past annual editions of this listing was usually for the race and not necessarily for the current course. This year's listing breaks that tradition by going with the best times on the present course.

The year 1986 saw a number of course records set that may stand for several years (i.e. Quality Inn/Brothers Two, Island Optical Polar Run). Ken Doucette and Ron Frid both established two new marks. Curtis DesRoche has set the standard for the Garden City Golden Mile, and although he didn't break Roy Mason's race record, now holds the fastest time over a full four at the Seaman's Beverages Run. Paul Wright posted the fastest time ever recorded at the Tyne Valley 20 miler. Myra Fraser, Dorothy Gregory, and Marlene Costain have each set standards for the women to aim toward. All in all, 1986 was a very good year for quality performances on P.E.I.

<u>RACE</u>	<u>DISTANCE</u>	<u>MALE RECORD</u>	<u>FEMALE RECORD</u>
Bedeque Spring Tune-Up	10 km	Phillip 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 mi.	P.J. Meagher 36:18 (1983)	Dorothy Gregory 45:21 (1985)
Quality Inn/Bros. Two	10 km	Smartex Tambala 31:42 (1986)	Jacqueline Gareau 34:20 (1985)
Col. Gray/McDonald's	10 mi.	Ron Frid 55:38 (1986)	Donna Dixon 1:02:40 (1986)
Seaman's Beverages Run	4 mi.	Curtis DesRoche 20:57 (1986)	Marlene Costain 23:47 (1985)
Fulton Campbell Memorial	20 km	Ken Doucette 1:09:46 (1986)	Marlene Costain 1:20:43 (1985)
Garden City Golden Mile	1 mi.	Curtis DesRoche 4:26.3 (1986)	Marlene Costain 5:21.3 (1986)
Belfast Lions Mid-Summer Jaunt	8 mi.	Daniel Gallant 44:29 (1982)	Joceline Otis 52:32 (1983)

Northumberland Fisheries Run	8 mi.	Ron Frid 45:34 (1986)	?
North Shore Coastal Run	16.7 km	Don Pridmore 57:46 (1984)	Sharon Crawford 1:03:12 (1984)
ADL Tyne Valley Run	20 mi.	Paul Wright 1:55:50 (1986)	Sharon Crawford 2:17:23 (1984)
National Park Run	10 km	Dan Kontak 32:23 (1986)	Marlene Costain 37:27 (1985)
Kensington Harvest Festival	21.1 km	Ken Doucette 1:14:03 (1985)	Dorothy Gregory 1:32:29 (1986)
Island Marathon	42.2 km	Ken Doucette 2:36:58 (1986)	Bev Williams 3:14:53 (1985)
Alice-Faye's Run for Women	5 km	-----	Myra Fraser 19:03 (1986)
C.A.P.H.E.R. Run	10 km	Mike Armitage 33:22 (1980)	Marlene Costain 39:12 (1984)
Dunk River Run	7.3 mi.	Gary Shupe 38:55 (1983)	Marlene Costain 45:01 (1983)
Island Optical Polar Run	5 mi.	Marc Beaudoin 25:38 (1986)	Patty Blanchard 28:21 (1986)

1986 President's Report

As President of the P.E.I. Roadrunners Club, my observation was one of observing the Club's needs. It sometimes takes a year to realize the weak and strong points of the Club before you begin to be comfortable with it. My concerns were how to keep running exciting on Prince Edward Island. About a month ago, we sent out a questionnaire survey on particular concerns of the Club and we received a number of good suggestions in return. I realized very early in the season that running in general was on the decline. All around the world, race numbers were down. Some articles I read about running shoe manufacturing companies were looking at making walking shoes because the running shoe sales were down somewhat.

As our season began, we noticed that we were not getting the numbers to our races either. Some races saw a larger drop-off than others and some races maintained the numbers they had from previous years. I had two race co-ordinators call me and tell me that they didn't want their race on the 1987 calendar because there was too much effort and work put towards organizing the races and the sponsor and co-ordinator were not happy with the numbers participating in the races; namely, the Tyne Valley 20 Miler and the C.A.P.H.E.R. Although these things have happened, we still have a very sound running schedule and this is one of the reasons why I decided to look at the Grand Prix. Maybe if we changed something, we could generate new life into the races that are remaining so I formed a committee and decided to go to the Club for their input.

The questionnaire that I mentioned earlier was then sent out to all Club members. It was a two-fold questionnaire looking for responses to the race scheduling for 1987 and also suggestions for other ideas from the Club members. The response was not good. We received less than 25% response, and the majority of those were already in favour of what was going on from the previous year.

I see running as a form of entertainment. It keeps us happy mentally and physically. It allows us to pretty well eat what we want and allows us to participate in a lot of outdoor activities that we wouldn't normally be able to do unless we were physically fit. Getting back to the entertainment aspect - did you ever observe the last five minutes or so before a road race at the starting line? Everybody is happy, excited to be there. They are on, what we call an emotional running high. They're being entertained, some are more serious and some very social. It all adds up to being good, healthy, entertainment.

Over the past year, most of the races were reasonably successful - from the Dairy Queen Bunny Hop to the Polar Run. Some of the weaker races have been reviewed and we're trying to find ways and incentives to strengthen them. Early in the year, we had the resignation of our Vice-President, Bunty Albert, due to heavy commitments of travel through her work that would keep her away from Club activities for long periods of time. In the Constitution, the Executive has the power to appoint from within another person to this position without going to the Club members so we had a special meeting and appointed Paul Wright to the Vice-President's chair. He gracefully accepted.

This year is the 10th Anniversary of the P.E.I. Roadrunners Club. The Executive hopes that the new Executive will look at some anniversary-related events to highlight this occasion. In 1977, eight runners, namely Parker Lund, Don Harley, Margaret MacDonald, Joyce Bennett, David Beaton, Frank Johnston, Ewen Stewart and myself, ran from Moncton to Charlottetown to raise money for St. Jean's School at the suggestion of Parker Lund. Out of that, the P.E.I. Roadrunners Club was organized. It has been suggested by Frank Johnston that we should try to re-organize that event this year and have as many runners as possible participate and raise money for some other worthwhile cause. This could be fun! It may add new life to the Club. This would have to be organized very soon.

We cannot forget the co-ordinators, volunteers and sponsors of each event that took place over the year. Without them, we would not have a race schedule. I'd like to thank my Executive, Paul Wright, Karen Mellish-May, Fran Dewar, and Harvey Bernard for their volunteered hours given to the Club. It was good working with you. For 1987, I'd like to see some new direction taken. For example, a social meeting slated for once a month throughout the year with a guest speaker or running clinics of sorts. I would like to thank Don Harley for our pot luck social event held at his cottage this past summer.

It has been an interesting year and I hope that next year's Executive will find it even more interesting. Thank you.

Ken Campbell, President
January 22, 1987

P . E . I . ROAD RACING

1977 - 1986

THE GROWTH OF EXCELLENCE

PART II

EXCITING TIMES, EMERGING STARS

The Year 1981

Colin MacAdam enjoyed a quick start to the 1981 race season with successive wins; the 10K Bunny Hop in 36:56, and the 7 Mile Athena Run in 39:32.

Two youngsters made impressive showings in the Bunny Hop - Walter MacDonald seconded in 37:17, and Philip Easter, the 16 year old Sherwood phenomenon and future Grand Prix Champion placed fourth in 38:02. Just behind him was another fast rising star - 39 year old Salam Hashem in 38:03. As everyone knows, Hashem has been King of the Roads on P.E.I. in the Masters Division since turning 40 later in 1981. Another runner about to enjoy his finest season was Carl Phillips who placed sixth in 38:33.

Roy Mason took the Campers City Run (5 Miles) in 28:45 with Philip Easter (28:56) and Don Pridmore second and third respectively.

Leo Sheehy from New Brunswick won the McDonald's Ten Miler in June in a fine 56:08. Colin MacAdam and yours truly were top Island runners, fourth and fifth respectively in 58:56 and 59:07.

On the women's side, Monica LaPointe ran 65:39 to add to her 39:14 Bunny Hop win in which she became the first Island female under the 40 minute barrier.

As the summer season unravelled, a rivalry developed which was to foreshadow a showdown battle in the Island Marathon. The aforementioned rivalry arose between fast developing Jim Wyatt, 39 of Crossroads, and this writer. Both were consistent top three finishers throughout the summer, and here is a summary of their performances:

<u>Race</u>	<u>Wyatt</u>	<u>Wright</u>
Seaman's 4 Mile Run	3rd (22:29)	13th (24:20)
Fulton Campbell 20 Km	3rd (1:14:49)	2nd (1:13:22)
Belfast 8 Mile	3rd (47:25)	1st (47:13)
Prov. 20 Km Ch'ship	5th (1:19:15)	2nd (1:15:24)
Tyne Valley 20 Mile	not entered	2nd (2:05:23)
National Park 10 Km	3rd (33:49)	4th (34:01)
Volume Rentals Half-Marathon	3rd (1:20:11)	not entered (ran National 20K Championship that weekend)

The climax, of course, occurred on September 13, 1981, when the two clashed head to head in the third Island Marathon. On a blistering hot day, they ran step for step and together overhauled early leader Bill MacEachern of Westville, N.S. just before the 20 mile mark.

Just beyond the 21 mile mark, however, Wyatt assumed the lead and stretched his finish margin to several hundred yards to become the first ever P.E.I. resident to capture this torturous, hilly race in 2:49:31.

Later that autumn, Mike Armitage and Dale Corkum presented another memorable battle at Dunk River. This time Mike prevailed by two seconds in 39:31, while Jim Wyatt capped off a tremendous season with a third place finish in a tie with Philip Easter, the 16 year old Sherwood phenomenon who would be dominating the shorter Island road races a year and a half later. On the ladies' side, Monica LaPointe set a new course record with a great 46:36 time, while Rosemary Faulkner ran one of her finest ever races, a 52:33 which is still the course record for Masters.

For the year, Calvin DesRoche used consistent top ten placings over a large number of races to cop the Male Grand Prix title (195 points) while a steadily improving Don Pridmore took second spot (177 points) while continuing his climb to the top. Jim Wyatt, who finished third (157 points) was to be named Male Roadrunner of the Year, while Ewen Stewart and Carl Phillips, who also posted outstanding seasons, rounded out the top five. Monica LaPointe won the Women's Grand Prix title with a runaway total of 275 points, while Rosemary Faulkner, who placed third (192 points) and represented P.E.I. at the National 20 Km Road Race Championships in Winnipeg, was named Female Roadrunner of the Year.

The Year 1982

The 1982 race season confirmed the credentials of several runners, and established the potential of several more. Jim Wyatt moved up two positions on the Grand Prix circuit to claim the overall title, while Don Pridmore finished second for the second consecutive year, this time just two points out of first place (116 points). Carl Phillips ascended from fifth place to a close third, as the Tyne Valley native tallied 114 points, while last year's champion, Calvin DesRoches of Freetown tumbled to fifth spot.

Meanwhile, Philip Easter moved quickly up the ladder from eighth spot to fourth spot, and a little known but soon to become famous York resident - you guessed it - Ron Frid - came out of nowhere to garner 99 points for sixth place.

Leo Sheehy of New Brunswick set a course record of 35:25 over the tough Bunny Hop 10 Km route on April 10th while top P.E.I. finisher was Jim Wyatt (36:36). Monica LaPointe won the ladies' race in 44:11, while Salam Hashem (38:42) and Rosemary Faulkner(47:24) won the Masters divisions.

At the Quality Inn/Brothers Two 10 Km race in May, which doubled as the Canadian Masters Championship, Carl Phillips began his string of impressive performances which were to follow over the summer with a swift 35:15 PR, good for third and top Islander.

Rosemary Faulkner became the Canadian Female Masters 10 Km Champion, and the overall women's winner, when she crossed the line with a super 44:38 effort.

Highlighting Carl Phillips strong summer season were the following performances, several of which were PR's: Seaman's Beverages 4 Mile (22:28 PR, 5th); Belfast 8 Miles (47:08 PR, 1st PEI finisher, 3rd overall); ADL Tyne Valley 20 Miler (2:11:19, PR, 7th); National Park 10 Km (35:39, 5th); and a personal best 3:01:09, 6th place in the Island Marathon, which surely would have been beneath three hours under cooler conditions.

Dale Friesen, a former Victoria, P.E.I. resident, snatched two summer races, the Seaman's 4 Miler, in 20:45, and the National Park Run in a fine 33:51 into a headwind.

Monica LaPointe enjoyed victories in the Seaman's run and the Belfast Jaunt to conclude her sojourn on P.E.I. and her reign over local female racers, prior to moving to B.C. Dartmouth's Bob Russell successfully resolved a battle with Leo Sheehy of Albert Mines, N.B. to lower the Tyne Valley 20 Mile course record to 1:58:09, with Sheehy becoming the second competitor to break two hours on the deceptively challenging course with a 1:59:10. Eleanor Freeman won the women's crown at 2:59:31.

Again, the Island Marathon was conducted in incredible heat along with a cross/headwind, but Tim Loftus of Florida, U.S.A. obliterated his adversaries to say nothing of the course record, with a simply astonishing 2:32:36. Jim Wyatt of Crossroads ran a solid 2:51:41 for third overall and best Island finish. Eleanor Farrington-Freeman won the top female Masters award, while Old Gold took his fourth successive Male Masters title at 3:00:39, the first time Ewen finished outside the three hour mark in the Island 26 mile run. The P.E.I. team of Wyatt, Stewart (5th), Mark McCosham (4th), Carl Phillips (6th), and Don Pridmore (7th) claimed the team title.

Don Pridmore served notice he would be tough in 1983 by winning his first race, the C.A.P.H.E.R. 10 K run in 35:36, while yours truly had his best race of a rather quiet and mediocre '82 season with a second place finish at 35:49.

At the Dunk River run in November, Marlene Costain won her first of three ladies' titles with 49:41, while Dale Corkum won his second male crown in a strong 40:41. Philip Easter who would win the race in 1984 and 1985, was in third at 41:19, and propelled himself into a dandy second place time of 27:12 in December's Polar Run, a race which was to set the tone for early 1983 - the "Easter Season" on P.E.I.

The Year 1983

As just intimated, young Philip Easter enjoyed a dynamic blast-off into the Spring race season. He snared three victories - the Dairy Queen Bunny Hop, The Campers City Five Mile, and the Spring Tune-Up 10 K, while establishing a course record 34:50 in the latter. He also enjoyed fourth place finishes in the Mardi Gras Four Miler and the McDonald's Ten Mile Road Race.

Another young runner, sixteen year old Spencer Campbell of St. Eleanors, ascended quickly to the front ranks of Island road wars, with several high placings while Ron Frid and Don Pridmore also demonstrated early season strength. Frid placed second to Easter at Campers City (27:37) and to P.J. Meagher of New Brunswick at the Athena Seven Miler (39:42) to go with a fourth at the S.T.U. 10K and fifth at the Quality Inn 10 K (35:17) and McDonald's Run (58:46). Ever consistent Pridmore managed three runner-up efforts, including a 57:11 PR in the 10 Miler, and a 34:35 at the Quality Inn run. He also matched thirds at the Bunny Hop, behind Easter and Willie MacDonald, and behind Easter and Frid at the Camper City 5 Miler.

Marlene Costain attained primacy as P.E.I.'s prominent female runner with victories in her first five race efforts of '83, including such stalwart performances as a 39:35 10K (Quality Inn/Bros. Two) and a 63:51 ten mile, a feat which placed her 16th in a field of 68 and bent the female course record by practically two minutes.

Eleanor Freeman continued to run well, but by year's end, would yield her domination of the ladies' 35 & Over division due to the mercurial rise of Helen Flynn, who displaced Eleanor to second place in their category, and from first to fourth overall in the Grand Prix standings.

Following the McDonald's Ten Mile Run, I was disgusted and disenchanted with my mediocre race results and firmly resolved to take dramatic action to alleviate this situation. Therefore, I fasted for six full days and part of a seventh in late June - to shed some excess baggage and hopefully to drop my competitive times. This drastic measure paid off handsomely, resulting in three consecutive victories in late July - early August, including a very gratifying win over stiff competition at the Fulton Campbell 20 Km in Montague in 69:48 and a stretch drive in the final mile to elude Philip Easter, Don Pridmore, and Spencer Campbell at Belfast.

Fired up in an effort to make four straight at the Harvest Festival 25 Km Race, however, I was failed by two of my old nemesis - poorly tied shoe laces - and one Don Pridmore, who ran the hills conservatively to finish strongly for his first victory of '83 while this writer stumbled to a third place finish.

None who partook of that Fall's Island Marathon would quickly forget the experience. Having not only the legendary hills to contend with over the Cavendish to Charlottetown course, but a ferocious headwind as well, many runners observed their finish times swollen by some fifteen to twenty minutes. Case in point - the race winner, Mike Dyon of Rexdale, Ontario - PR 2:13:00. 1983 Island Marathon - 2:35:38. Case in point - Tim Loftus, 1982 winner and course record holder (2:32:36) PR 2:24:00 - 1983 Island Marathon - 2:42:58. Behind these two by some twelve minutes were Jamie Thompson (2:54:54) and yours truly (2:55:18). Marlene Costain won her first ladies' crown with a strong 3:39:35 while Ewen Stewart made it five in a row for Male Masters runners with his solid 3:08:26.

Later that autumn, Halifax's Gary Shupe climaxed a scintillating duel with New Brunswick's Leo Sheehy to smash the record at Dunk River with 38:55 to 39:04 for Sheehy; also under the old standard, Don Pridmore ran a fine 39:38 for third. Marlene Costain lowered her women's record to 45:01.

At December's Polar Run, Philip Easter wrapped up his first Grand Prix title by placing second to Ralph Freeze in 28:47. Freeze's winning time on a slippery course was 28:16, while Marlene Costain won again in a highly respectable 33:55, considering the conditions.

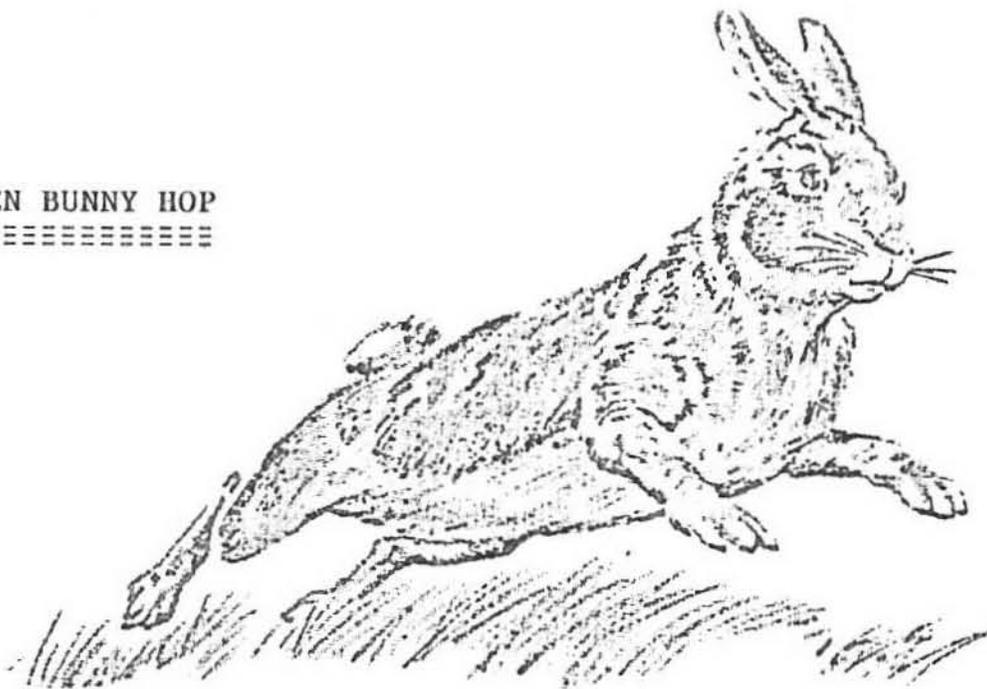
Don Pridmore and Costain capped male and female Roadrunner of the Year honors, respectively for 1983.

In the next issue, Part III: 1984-1986 The Concluding Episode: Respectability Acquired in Island Road Racing.

Paul Wright

DAIRY QUEEN BUNNY HOP

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1. Sponsors ----- Dairy Queen
2. Organizers ----- P.E.I. Roadrunners Club
3. Distance ----- 10 KM (6.2 Miles)
4. Date ----- Saturday, April 18, 1987
5. Registration Time ----- 9 a.m.
6. Starting Time ----- 10 a.m. SHARP!
7. Race Starter ----- Al Stewart
8. Medical Service ----- St. John Ambulance
9. Policing ----- Charlottetown Police and R.C.M.P.
10. Entry Fee ----- \$ 4 (Make cheques payable to
P.E.I. Roadrunners Club)
11. Changing Facilities ---- Available at Dairy Queen
12. Age Classifications ----

<u>Male</u>	<u>Female</u>
1) 18 & Under	1) 18 & Under
2) 19 - 24	2) 19 - 24
3) 25 - 34	3) 25 - 34
4) 35 - 39	4) 35 - 39
5) 40 - 49	5) 40 & Over
6) 50 & Over	
13. Awards - Trophies ----- Presented to Race Winner
Presented to Top Female Runner
Medals ----- To First Master, Male & Female
Certificates --- To all those who participate
Ribbons ----- Presented to First 100 Finishers
14. NOTE - AWARDS WILL BE PRESENTED IN THE DAIRY QUEEN.

Contacts:
 Roger Nicholson
 HARVEY BERNARD
 EWE N STEWART

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

Sunday, December 28, 1986

Charlottetown

FINISHERS 1 - 47

Marc Beaudoin	25:38
Leo Sheehy	25:48
Curtis DesRoche	25:55 }
Ken Doucette	25:55 }
Ron Frid	26:08
Paul Leger	26:57
Shawn Watters	27:27
Joel Bourgeois	28:05
Paul Bourgeois	28:08
Patty Blanchard	28:21
Miles Pinsent	28:35
Paul Wright	29:06
Salam Hashem	29:16
Mat Postma	29:37
Ed Fraser	29:39
Colin MacAdam	30:22
Myra Fraser	30:45 }
Harvey Bernard	30:45 }
Butch Postma	31:08
Mike Sullivan	31:14
Jim Fay	31:21
Don Reeves	31:25
Reagh Ellis	31:41
Dave Manovill	31:48
Kevin Peters	31:57
Ewen Stewart	32:00
Lambert Pauley	32:17
Tommy Joe MacDonald	32:42
Doug MacNevin	32:56
Eric Manuel	32:58
Andrew Keilly	33:03
Kerrie Longaphie	33:15
Peter Lord	33:16
Bob MacGuigan	33:18
Ernie Corrigan	33:22
Jamie Mutch	33:23
John McAleer	33:24
David McKenna	33:26
Dorothy Gregory	33:41
Helen Flynn	33:45
Clare Birch	33:48
Richard Davies	33:51
Tom J. MacDonald (Sr.)	33:55
George Mutch	33:58
Wayne Fraser	34:05
Tanya Gregory	34:19
David Forsythe	34:21

FINISHERS 48 - 94

James Grant	34:22
Ninian LeBlanc	34:23
Charlie MacAdam	34:38
Chris Collier	34:43
Willie MacDonald	34:45
Larry Stordy	34:47
Judy MacLean	34:52
Tom Corcoran	34:53
Leo Callaghan	34:59
Todd Sutcliffe	35:01
Carol Craswell	35:10
Linnell Edwards	35:11
Pam McKenna	35:17
Albert Mosher	35:19
Michelle Birch	35:28
Vince Green	36:02
Robert Smith	36:28
Don LeClair	36:40
Paul Kyle	37:13
Gary Craswell	37:19
William Mills	37:44
Bob Gray	38:00 }
Chris Cudmore	38:00 }
Mel Arsenault	38:06
Ken Gaudet	38:08
Elaine Gallant	38:14
David MacDonald	38:19
Brendon McGinn	38:31
Peter McGonnell	39:36
Velda Nicholson	40:43
Doug Ross	41:05
Roger Gillis	41:23
Ian Glass	41:28
Deborah Milton	41:45
Linda Gaudet	43:16
Doug Jones	43:17
Santa Claus (D.H.)	43:32
David Morrison	43:36
Marg McQuaid	44:23
John McQuaid	44:24
Frank Butler	47:10
Rainbow (J.B.)	47:11
Sunshine Beard	47:12
Sparky the Elf	47:13
Sparky's Helper(B.B.)	47:14
Marina Fay	47:15
Janet Bradley	47:16

5 T H A N N U A L S P R I N G T U N E - U P 1 0 K R O A D R A C E

SPONSOR: The Village Store, Bedeque
DATE: Saturday, April 4, 1987
REGISTRATION: 12:45 to 1:45 p.m. (Bedeque & Area Rec. Centre)
START TIME: 2:00 p.m.
ENTRY FEE: \$5.00 for 1987

AGE CLASSIFICATIONS:

<u>MEN</u>	<u>WOMEN</u>
17 & Under	17 & Under
18 - 24	18 - 24
25 - 34	25 - 34
35 - 39	35 - 39
40 - 49	40 & Over
50 & Over	

AWARDS:

Trophies - to top five overall finishers;
to top female runner;
to top Masters (over 40) male & female
to most improved from '86 male or female

Medals & Ribbons - top three per category if six or more in that category, top two if four or five are entered in that category (ribbons for third); where three or less in a category, ribbons to second and third.

Certificates to all who complete the run.
Draw Prizes: All runners eligible.

MEDICAL SERVICES: St. John Ambulance

POLICING: R.C.M.P.

CHANGING FACILITIES & POST RACE: Bedeque & Area Rec. Centre.
Refreshments and awards presentation in Board Room.

COURSE DESCRIPTION: Rolling, net elevation loss, potentially fast; one major hill from 4.4 to 5.0 km.

COURSE RECORD: Male: 33:41, Philip Easter (1985)
Female: 38:48, Marlene Costain (1985)
Male Master: 36:28, Salam Hashem (1986)
Female Master: 47:42, Eleanor Freeman (1985)

1986 RESULTS: 37 finishers, 14 under 40 minutes, won by Ken Doucette 33:58 and Michelle Granger, 40:52.

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

Off to the Boston Marathon!

At least two of our members will be running in the Boston Marathon on Easter Monday, April 20th. We wish Harvey Bernard and Paul Wright the best of luck in this endeavour. The Boston Marathon is one of the largest and the most prestigious in the world. Other members who have run the Marathon since 1979 include Parker Lund, Don Harley, Ewen Stewart, Don Pridmore, Lance Miron, Jim Wyatt, Stew & Eleanor Freeman, Alf Groom, and Don Reeves.

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This is the last copy of the Roadrunners Club Newsletter for 1986 members. Unless your membership is received by May 1st, your name will be removed from the mailing list.

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Please note that the next issue of the Roadrunner Newsletter is scheduled for mid-June. All articles are to be submitted to Rosemary Faulkner by Friday, May 15, 1987.

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