



P.E.I. Roadrunners Club

P.O. BOX 302
CHARLOTTETOWN, P.E.I.
C1A 7K7

FROM THE EDITOR

ON THE HAZARDS OF COMPETITIVE RUNNING

For those of you who have recently arrived on the running scene, established a solid fitness base, and perhaps are already tyro racers enamoured with competition and with high aspirations for success - beware - competitive distance running, particularly if not handled judiciously, can be extremely hazardous to one's health.

Now, hold on a minute, you say! Doesn't running promote health by strengthening the cardiovascular and pulmonary systems, thereby raising the physical work capacity while controlling blood pressure, body weight, and improving other parameters we all associate with that state known as fitness? Indeed, running does achieve all these marvelous ends, and is also practical and simple to perform as well as efficient in terms of returns versus time invested.

Like almost anything else, however, there is an optimal desirable level beyond which the increased risks outweigh the benefits.

A moderate alcohol intake, for example, may be more healthful than complete abstinence, but we are all familiar with the devastating effects of alcoholism, a condition created by abuse and excess.

And so it is with running and other endurance exercise.

While two to four hours of such work, or say, 15-25 miles of running per week may achieve the desired results, as authorities tell us, four times this amount does not mean we will be four times better.

Hans Selye, the world renowned expert on stress and its effects on our bodies, warned us that while a given level of stress, be it mental or physical, is beneficial, extreme or consistently excessive stress is invariably dangerous and destructive. Certainly intensive interval training, over-racing, and high volume training represent such a stress.

Studies have demonstrated that damage to the immune system, and indefinite periods of chronic fatigue may result from this form of voluntary abuse, as well as increased risk of physical and mental injuries. While physical hurts will generally heal given time, some of the psychological pain and subsequent impairment of ones enjoyment of the sport incurred through the channels mentioned above may prove to be longer lasting, even permanent. Some runners become so traumatized and disillusioned that they feel forced to abandon entirely the activity they once held so dear.

I can relate personally to this type of syndrome, recently suffering through my most protracted period of physical lethargy and mental indifference in my ten years of training and nine of racing. These symptoms are mirrored in my racing performances which are the poorest overall since my early years on my way up. I know of several other of our club members, also longtime runners, who have also been struggling, to a greater or lesser extent, over recent months.

From all these factors, then, the message becomes resoundingly clear - we must listen to our bodies; an oft repeated adage but one equally as oft ignored. Few of us can claim to be Superman (or Superwoman), but such self-delusions of invulnerability have precipitated the downfall of many an athlete.

This is not to discourage the ambitious, only to point out that the road to success is a hazardous one, and that, like life itself, there will be tough times, as well as good times, on the road ahead.

How much is too much? That question has no pat answer; very much an individual thing, as we all have our own optimal stress levels and must discover through trial and error what they are.

The key to a long and enjoyable running career, then, lies in modulating our enthusiasm for and energy expended on our activity, thus mitigating some of the negative features associated with continuous overuse.

Enjoy your runs, and if you race, reach out for your potential and strive hard for your goals. But just remember to proceed with caution!

- Paul Wright

*FOOTNOTE: As a testimony to the benefits of rest, this editor recorded a personal best for 5 miles of 27:07 on August 2nd, three weeks after his return from a ten day layoff from running.

S T A R T I N G B L O C K S

Lose Some, Gain Some

Having lost the Tyne Valley 20 Miler, and, more recently, the North Shore Coastal Run from our early August schedule, we welcomed a new event into the fold - the St. Peter's Blueberry Festival 10 Km event August 9th. Results are elsewhere in this newsletter. In addition, the Belfast Jaunt rejoined the Road Race Series for 1987.

* * * * *

Running Away

A number of Islanders tested their mettle on foreign soil on several occasions. On July 11, in the George Gallant 10 K at Shediac, New Brunswick, Curtis DesRoche and Ken Doucette placed fifth, and sixth respectively on a hot, humid day behind Joe McGuire, Woodstock, N.B. (32:46). Their times were 33:53 and 33:54. Yours truly, in his first contact with the asphalt following a ten day layoff, managed to place 25th in a time of 36:43.

Curtis then followed up with a 33:04, good for eighth overall in a strong field on July 25th at the Joe McGuire 10 K in Woodstock, N.B. The race was won in a swift 30:56, with two runners from the Boston area sweeping top honors.

In the Nova Scotia Marathon at Barrington, N.S. on July 26th, Harvey Bernard and Mike Sullivan placed seventh and eighth in 3:14:31 and 3:14:32 respectively, placing Mike second in the 40 & Over division, while Karen Mellish-May, with her 4:10:02, took second position among women.

In the Alfred Reynolds 5 Mile Road Race at Port Hood, Cape Breton, on August 2nd, Ken Doucette strode to a third place finish of 26:19, behind a Boston area runner (24:58) and an Aberdeen, Scotland native (25:10) who is spending two weeks in Cape Breton, while this editor shocked himself with a 27:07 PR clocking, good for fifth in a field of 56 runners.

* * * * *

Editor's Note

With co-editor Rosemary Faulkner, and our statistician Don Pridmore both on holidays, I am forced to be a one-man show in piecing this newsletter together; and doing the points standings. Holy cow! Now I know what Don must have felt like those years as a "one-man wild bunch!"

* * * * *

A Gentle Reminder

We at the newsletter need your race results as soon as possible following your event in order to be printed for the newsletter, and for Don Pridmore to calculate the points totals for the Road Race Series. Please submit these to Sport P.E.I., or directly to Don, Rosemary, or myself promptly to ensure their inclusion. Thanks!

* * * * *

Contributions Welcomed

The deadline for material for the Fall newsletter is November 25th in order to have that edition, our final for 1987, released by December 10th or so. Send items to: P.E.I. Roadrunners Club Newsletter, c/o Sport P.E.I., P.O. Box 302, Charlottetown, P.E.I. C1A 7K7 or contact Rosemary Faulkner, (569-2765) or myself (887-2431).

* * * * *

Hints on Proper Diet for the Marathon & All Other Events

The night before a race, a meal of carbohydrates (pasta, rice, potatoes, and bread) will be fully digested before starting time. Eat pasta the night before but not lasagna or fettucinni. Low fat pasta or spaghetti sprinkled with Parmesan cheese is recommended. Your muscle glycogen stores will be at their peak the next day and that will begin to become important after an hour of running.

Drink plenty of fluids, especially water, but avoid excessive amounts of alcoholic beverages which can actually contribute to dehydration. Remember, a 2% dehydration results in a reduced work capacity of 15%.

On the day of the race, eat lightly, if at all. A piece of toast and honey, a little juice, and some coffee about two hours before the race is plenty, and remember, the high performance diet is ideal not only for racing but for life.

* * * * *

Running Shoes

Just a notice to all runners regarding used running shoes. The Salvation Army has notified us that they would greatly appreciate any donations of used running shoes to distribute to those needy people who could put them to good use, so if you have any running shoes that are no longer of use to you, it would be great if you would consider donating them to a worthy cause.

* * * * *

RECOMMENDED STRETCHES FOR PARTICIPANTS:

(A quick 8-9 minute before- & after routine)



NO BOUNCING!

Stretch slowly until you feel a little tension . . . hold . . . relax . . . then slowly try to stretch further. DO NOT STRETCH TO POINT OF PAIN!



CHEST & SHOULDERS

Keep upper body straight, interlace fingers behind back and lift arms up. 10 sec. hold, ease up, then repeat 20 sec. longer



FRONT OF THIGHS

Put hand on wall for balance, grasp foot with opposite hand and pull heel toward buttocks. 20 sec. hold, ease up, then repeat 30 sec. longer
Each leg



UPPER CALVES

Keeping knees and back straight, move hips forward. Be sure heels stay on floor. 20 sec. hold, ease up, then repeat 30 sec. longer



LOWER CALVES

Keeping heels flat on floor, move hips downward bending your knees as far as possible (arrow). 20 sec. hold, ease up, then repeat 30 sec. longer



UPPER & LOWER BACK, SIDE OF HIPS, AND RIB CAGE

Place right leg over left, rotate upper body far to the right. Use left elbow to keep right knee stationary. 10 sec. hold, ease up, then repeat 20 sec. longer
Repeat with opposite side



INSIDE OF THIGHS

Keep back straight, pull self forward gently, bending at hips. 20 sec. hold, ease up, then repeat 30 sec. longer



BACK OF THIGHS & LOWER BACK

Sit with legs straight in front, bend forward toward your toes. 20 sec. hold, ease up, then repeat 30 sec. longer

TENTH ANNUAL DUNK RIVER 7.25 MILE RUN

SPONSORS: Callbecks Ltd. & Campbell & Burns Machinery
Central Bedeque

DISTANCE: 7.25 miles

DATE: Sunday, September 6, 1987

REGISTRATION TIME: 12:50 - 1:50 p.m.

START TIME: 2:00 p.m. on the nose!

POLICING: R.C.M.P.

MEDICAL SERVICES: St. John Ambulance

CHANGE FACILITIES: Bedeque Area Rec. Centre

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

UPCOMING EVENTS!

AWARDS:

Trophies: Top five overall, top woman.

Medals: Official Dunk River Road Race medals to top three, all age categories.

Ribbons: To all finishers.

Certificates: To all finishers.

T-shirts: Special tenth anniversary long-sleeve T-shirt, bearing race logo, guaranteed to first 50 registered runners.

Draw Prizes: Among these, a pair of Asics Tiger Gel series shoes, courtesy of Salam Hashem.

ENTRY FEE: \$11 per runner (includes T-shirt)

POST RACE: Refreshments, plus awards presentations in the Board Room of Bedeque Rec. Centre at 3:30 p.m.

COURSE RECORDS:			
	Gary Shupe, Halifax, N.S.	38:55	(1983)
	Marlene Costain, Ch'town	45:01	(1983)
	Tom Conway, Halifax, N.S. (Masters Male)	40:15	(1983)
	Rosemary Faulkner, Ch'town (Masters Female) (35+)	52:33	(1981)

RACE INFORMATION & PRE-ENTRIES: Send name, address, age as of September 6, 1987 along with T-shirt size to: Dunk River Road Race
c/o David Wright, Bedeque, P.E.I. COB 1C0

Please make cheques payable to Dunk River Road Race/
Paul Wright.

P . E . I . R O A D R A C I N G

1 9 7 7 - 1 9 8 6

T H E G R O W T H O F E X C E L L E N C E

PART III

RESPECTABILITY ACQUIRED BY P.E.I. RACERS
(1984-1986)

While Parts I & II expounded on the genesis of, firstly, Island races in the late Seventies, and the development of considerable talent among our racers into the early Eighties, the third and concluding episode will deal with the consolidation and maturation of that talent through the years 1984 to 1986.

During the early years covered in this series, Island road races were an easy target for mainland runners who could often come over and "jog" to a win, owing both to our lack of depth, and to the incomplete development of our best competitive runners. By the mid 1980's, however, we have improved our resistance significantly to this challenge, and now can boast several runners who can hold their own with all but the very best of Nova Scotia and New Brunswick athletes. "Stealing the show" from Prince Edward Islanders just isn't as easy now as it once was.

At the Mardi Gras Four Mile Run in Summerside in early March, Ron Frid just edged Randy MacNeill 22:30 to 22:32 for his first of many victories to follow over the next three years. With his innate speed ability and intensive training schedule, the York speedster has established a consistent record of improved and quality performances that few have been able to match over this three year period.

At the Spring Tune-Up 10 Km Run, Don Pridmore kicked off his superb '84 race season with a comfortable win in a very strong 34:32 (course record) over Jamie Thompson (35:10) and Ron Frid (35:26). Marlene Costain coasted to her second win of the season, also a record at 40:25. Pridmore then grabbed the Bunny Hop 10 Km in late April with a startling 34:06 over Philip Easter and Frid, a record that still stands, while Costain won the ladies division again, this time in 41:25. Helen Flynn (47:39) and Salam Hashem (36:57) took the Masters titles.

The Athena Seven Mile Run fell to Ron Frid in an excellent 37:49, followed by Spencer Campbell (38:34) and Salam Hashem (39:35). Hashem, who now had set male Masters records in all three races so far this season, was also about to enjoy his finest season. Spencer's father, Donald, was fourth in 39:57, while Curtis DesRoche, who had yet to make his mark, rounded out the top five in 41:16.

Ron Frid was also top P.E.I. runner at the Campers' City Five Mile in a fine 27:01, while Mary Rossiter claimed the women's title with a 35:33.

At the Quality Inn/Brothers Two Ten Kilometer on May 19th, a scenario arose which was to become very familiar to its authors, Ron Frid and Don Pridmore over the summer months. And, as far as Frid was concerned, far too familiar! After staking Frid to a lead which endured for much of the race, Pridmore roared from behind in the final half-mile to steal the victory in 33:52 to 34:00 flat for the York speedster. Helen Flynn won the women's title with a 44:42, while Salam Hashem won the male Masters division with a 36:14 clocking.

On a hot June day, Pridmore emerged from behind again to defeat Frid and this writer, who had taken earlier turns at the lead, in the last mile. His time was 57:58, to 58:22 for Frid and 58:36 for Wright.

At Montague, a similar scenario developed except that it was Wright, not Frid, who led for the first seventeen kilometers before being assimilated by first Pridmore, then Frid. Their times 1:10:07, 1:10:21, and 1:10:29. Marlene Costain handily assumed the women's title (1:27:55) while Helen Flynn (1:36:48) and Salam Hashem (1:15:05) took the female and male Masters titles.

Pridmore successfully employed a similar strategy to win the North Shore Coastal Run (course record 58:20) and the Harvest Festival 25 Km Road Race (1:31:59). Frid, meanwhile, hit the win column in the Volume Rentals 5K in late August (16:25) while Wright won Belfast on a hot, day in 45:55.

At the National Park 10Km race, two Alberta runners bested Don Pridmore with Dale Erwin victorious in 33:23. Don placed third in that one (34:13) while Dorothy Gregory (44:44) took top female honors.

On Sunday, August 26th, the National 20K Road Race was conducted in the province for the first time, and top male and female runners respectively were Bob Cook (Winnipeg) in 1:02:15, and Tracey Robinson (Guelph, Ontario) at 1:11:16. Top P.E.I. male and female runners were Ron Frid (1:10:35) and Marlene Costain (1:22:55). On Saturday of that same weekend, Frid had copped the Volume Rentals race, now a 5 km event, in 16:25, while Dorothy Gregory was the women's winner in 20:56.

Two weeks later, I managed to win the Island Marathon, in 2:44:24 on yet another hot, breezy day; the last year the race would be held on the original Cavendish-Charlottetown course. Despite a rapid start by Salam Hashem, whose sub 6:00 mile set the pace to the 10K mark in North Rustico, and subsequent attempts by Don Pridmore and John Edwards to challenge for the lead the margin widened considerably when Pridmore dropped out at 18 miles, and Edwards slowed dramatically. Hashem passed him again for second in 2:51:57, with Edwards third in 2:57:25. Marlene Costain had no problem winning the women's race in 3:29:08.

Later that Fall, Pridmore won again, at the CAHPER 10 Km in Stanhope (34:18) followed by Edwards (34:27) and Philip Easter (34:43). Easter would taste victory in November, with a 39:40 clocking at the Dunk River Run, his first of two straight wins there. Don Pridmore nipped Spencer Campbell (40:14 to 40:16) for second place. In these two events, the women's top finishers were Marlene Costain at Stanhope (39:13) and Joan Merlin of Halifax at Dunk River (47:55).

Gilles Gautreau grabbed December's Polar Run (5 miles) in a record 26:23, with Phil Stuart of Maine second (26:39) and Ron Frid top local at 26:58. Marlene Costain also hit the record books with her dandy 30:30 showing, giving her slightly over a minute lead on Ben Williams from Halifax (31:37) who had held the old mark of 32:33.

Don Pridmore and Costain revelled in dominant seasons and consequently won the '84 Grand Prix titles by outlandish margins. Between them they won eighteen P.E.I. races, and each established four new course marks.

The Year 1985

Just as he had in '83, Sherwood's Philip Easter came roaring out like a lion in February and March of 1985, setting records in the Mardi Gras 4 Mile (21:26) and Spring Tune-Up 10K (33:41) races, with Ron Frid, the runner-up on both occasions (21:27) and 34:28). Dorothy Gregory nabbed the Mardi Gras (27:02) before Marlene Costain crashed her own Spring Tune-Up record, finishing in a strong 38:48.

Ron Frid built on his early season success to record wins at Athena and McDonald's Ten Mile (56:44) outduelling your humble newsletter editor (57:02) who had struggled alongside him to the nine mile mark. Don Pridmore placed third in 59:04, well off his best, while Marlene Costain again ruled the women in an impressive 60:38, a course record and seventh overall.

At Montague, Leo Sheehy's late surge about 15K broke up a group of four to dash home first in 1:11:49, an initial record for the now official 20K Fulton Campbell event. Kent Leslie edged myself for second (1:12:20 to 1:12:26). The women's title fell to Costain in a solid 80:22.

The Flash from York, Ron Frid, again hit the win column at Belfast with his first of two consecutive (45:07) thus robbing me of a bid for three straight. I ran 46:08 for second, edging the Lebanese Express, Salam Hashem (45:56) whose magnificent summer performances belied his age (43).

P.E.I.'s depth in distance running strengthened enormously in late July with the posting of Ken Doucette to CFB Summerside. Ken, a native of Trenton, will long be remembered in Maritime running circles as the man who broke Johnny Miles record for Nova Scotia natives in 1980 with a sizzling 2:24:12. Doucette's P.E.I. debut proved successful as he mastered a field of some thirty to win the Third Annual North Shore Coastal Run in 1:00:29. Then followed victories at Tyne Valley August 3rd in 1:57:12, and the National Park 10K, 33:17, both of which were course records, the latter by a sparse two seconds over Philip Easter, who was preparing for his first serious marathon September 1st.

Meanwhile on the women's side, Dorothy Gregory copped top female honors with 52:47, not far off the course record, while Sue Simmons of Rockland, Mass. U.S.A. was tops at Tyne Valley (2:39:04) and the Coastal Run (1:18:49). Marlene Costain continued to terrorize other local women with her quick time of 37:37, easily a course record for the National Park Run. Beth Allison (41:11) and Helen Flynn (43:17) were second and third females.

One major change that occurred for 1985 was the revision of the Harvest Festival Race from a 25 km to a 21.1 km race (half-marathon) and from an extremely hilly to a reasonably flat course.

Ken Doucette (1:14:03) and Michelle Granger (1:45:58) captured the respective male and female titles. Gerald Romme, Halifax (1:15:36) and Ron Frid (1:15:54) took second and third.

The winds howled on Sunday, September 1st for the Seventh Annual P.E.I. Marathon as Toronto's Bert DeVries stole his first title from the defending champion, your humble editor, by posting a time of 2:40:14 to 2:42:44 for yours truly. As was the case with the Harvest Festival Road Race, the Marathon course had changed from the classic, Cavendish to Charlottetown route to an out and back one, which started at the Charlottetown Mall, wound through the city and across the Hillsborough Bridge through the Southport-Keppoch areas, before returning to finish at the Mall.

Philip Easter persisted for third place at 2:43:32, while Salam Hashem again won the Masters crown in the impressive time of 2:45:44. A few moments passed before Donald Campbell of St. Eleanors crossed the line at 2:52:03, the fastest debut marathon effort ever by an Island resident.

Beverly Williams subdued her female opponents with a fine 3:14:53 effort, 13th overall, while Sherwood's Helen Flynn was second woman, and top for women's Masters (35 and over) with a strong 3:34:58 finish.

Also, for the first time, a half-marathon and 10K race were featured in conjunction with the Marathon. Despite going off course, Ken Doucette took the half-marathon (1:18:41) while Rebecca Richards of Middleton was top female (1:22:28). Mike Hamilton (33:34) and Marlene Costain (36:26) were respective male and female victors in the 10K event.

Later that Fall, Philip Easter became the first male runner to win successive Dunk River events (40:04) while in the process interrupting Ken Doucette's victory string. Doucette (40:25) outduelled Ron Frid (40:39) for second position, while Salam Hashem continued to shine by placing seventh overall, top Masters at 42:36. Marlene Costain won her third women's title (46:12) and Eleanor Freeman the Masters division in 58:51.

In December, with the men's Grand Prix title on the line, Ken Doucette easily disposed of Philip Easter (26:16 to 26:46) to beat out Easter for the Grand Prix Championship. Gilles Gautreau of Moncton broke his own record with a 25:49, to defeat fellow Monctonian Marc Beaudoin (26:02) and Doucette. Moncton's Patty Blanchard (29:17) whipped Marlene Costain (32:32) for the women's crown.

The Year 1986

For purposes of abbreviation, the year 1986 will simply be summarized without a detailed description.

MARCH - Curtis DesRoches (35:40) and Marlene Costain (41:22) win the Bunny Hop 10K Road Race.

APRIL - Spring Tune-Up 10K - windy again! Ken Doucette (33:58) and Michelle Granger (40:52) prevail.

MAY - Quality Inn/Brothers Two 10K - Smartec Tambala posts fastest 10K run on the Island (31:42). Curtis DesRoches second at 33:31 and Ron Frid third at 33:56, both recording PR's. Gareau wins women's title (34:42).

JUNE - Frid victorious at McDonald's Ten Mile on an altered course (55:38) while DesRoches nipped Frid at the Seaman's Beverages Four Mile (20:57 to 21:11). At Montague, Doucette edged Frid and Wright (1:09:46, 1:09:49; 1:10:20), while Myra Klettke (1:27:27) was top female. The top three runners broke the Course Record.

JULY - Belfast went to Frid (44:40) and Klettke. The Golden Mile Race belonged to DesRoches (4:26) and Marlene Costain(5:21) with DesRoches equalling the Course Record.

AUGUST - Tyne Valley - Course Record (1:55:50) for this writer. Sue Simmons (2:34:47) top female finisher. North Shore Coastal Run - Ken Doucette (59:00) and Simmons. National Park Run - Dan Kontak sets Course Record of 32:23. Marlene Costain is top female. Harvest Festival - Frid narrowly misses record (1:14:38) in 13.1 mile event. Gregory sets one (1:34:29).

SEPTEMBER - Doucette wins Island Marathon (2:36:58) and Ron Frid (39:30) and Dorothy Gregory (50:02) take Dunk River titles.

DECEMBER - Polar Run record again broken, this time by Marc Beaudoin (25:38). Ken Doucette and Curtis DesRoches tie for third (25:55) leaving Doucette and Ron Frid (4th, 26:08) tied for the Grand Prix title. Patty Blanchard (28:21) and Myra Fraser (30:45) were top female.

This brings to a conclusion my account of the last decade and the evolution of the running movement here on P.E.I. during that period. While we still do not always win all our own races, we have deepened our ranks of good runners, and can now resist many a challenge with some high quality performances. Let us hope that our base shall undergo further expansion, and that more talented young competitors like Curtis DesRoches and Marc Brittain will emerge to lead us into the 1990's and help elevate us to ever higher levels of respectability and hopefully, to even greater parity with our peers here in Atlantic Canada.

- Paul Wright

RACE RESULTS

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

Saturday, April 4, 1987
Central Bedeque

TOP TEN OVERALL

1. Marc Brittain	33:37	6. Don Pridmore	36:13
2. Ron Frid	33:43	7. Tony Isaacs	36:20
3. Shawn Watters	34:31	8. Colin MacAdam	38:00
4. Ron Lund	35:47	9. Miles Pinsent	38:18
5. Paul Wright	35:56	10. Salam Hashem	38:27

FEMALE 25 - 34

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Myra Fraser	1	16	39:12
Michelle Granger	2	23	42:32
Dorothy Gregory	3	26	44:32
Marina Fay	4	32	51:28
Karen Mellish-May	5	34	52:39

MALES 17 & UNDER

Marc Brittain	1	1	33:37*
Miles Pinsent	2	9	38:18

MALES 18 - 24

Ron Lund	1	4	35:47
Peter Lord	2	24	42:58

MALES 25 - 34

Shawn Watters	1	3	34:31
Paul Wright	2	5	35:56
Tony Isaacs	3	7	36:20
Colin MacAdam	4	8	38:00
Bill Perry	5	18	39:29
Eric Pass	6	19	41:31
Wayne Fraser	7	25	43:32
Gary Nearing	8	27	45:10
Dwight Vessey	9	28	45:26
Steve Jenkins	10	35	55:30

5TH ANNUAL SPRING TUNE-UP 10K ROAD RACE

cont'd

<u>MALES 35 - 39</u>	<u>Class Order</u>	<u>Race Order</u>	<u>TIME</u>
Ron Frid	1	2	33:43
Don Pridmore	2	6	36:13
Harvey Bernard	3	12	38:56
Jim Fay	4	13	39:09
Roger Nicholson	5	15	39:11
Jake Baird	6	17	39:19
Brian Bradley	7	29	45:47
 <u>MALES 40 - 49</u>			
Salam Hashem	1	10	38:27
Carl Phillips	2	11	38:43
Doug MacNevin	3	20	42:06
Ken Hicks	4	30	45:55
Mel Arsenault	5	31	48:25
 <u>MALES 50 & OVER</u>			
Ewen Stewart	1	14	39:10
Don Moffett	2	21	42:13
Mike Sullivan	3	22	42:27
Peter McGonnell	4	33	51:28

RACE RESULTS

A T H E N A S E V E N M I L E R U N

Saturday, May 9, 1987
Summerside

TOP TEN MALES

1. Ken Doucette	37:17	6. Jim Fay	44:10
2. Ron Frid	37:37	7. Harvey Bernard	44:11
3. Roger Nicholson	43:33	8. Don Reeves	44:47
4. Carl Phillips	43:59	9. Mike Sullivan	45:10
5. David Chapman	44:08	10. Tom J. MacDonald	45:38

TOP THREE FEMALES

1. Dorothy Gregory	46:41	3. Natalie Clark	51:53
2. Carol Craswell	50:53		

FEMALES 17 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Marley Harris	1	29	52:58
Cindy DesRoches	2	30	52:59
Kimi Henry	3	42	64:59
Tracey Gaudet	4	43	65:22
Judy Doucette	5	44	65:25
Karen Shea	6	48	66:50
Cindy Murphy	7	49	80:21

FEMALES 25 - 34

Dorothy Gregory	1	14	46:41
Natalie Clark	2	28	51:53
Donna Dunsmore	3	38	59:45
Darlene Robison	4	45	65:35
Yvonne Ballem	5	46	65:35
Geraldine Fitzgerald	6	47	65:44

Tie {

FEMALE 35 - 39

Carol Craswell	1	25	50:53
----------------	---	----	-------

FEMALE 40 & OVER

Eleanor Freeman	1	35	55:59
-----------------	---	----	-------

MALES 17 & UNDER

Dave Chapman	1	5	44:08
Mark Collicut	2	11	45:58
Scott Harper	3	12	46:25
Craig Arsenault	4	17	47:22
Robert Pendergast	5	18	47:57
Chad Matthews	6	31	53:10
Michael Gaudet	7	36	56:32
Shawn MacCormack	8	39	61:56
Jason Gallant	9	41	63:59

ATHENA SEVEN MILE RUN

cont'd

<u>MALES 18 - 24</u>	<u>Class Order</u>	<u>Race Order</u>	<u>TIME</u>
Tom MacDonald Jr.	1	10	45:38
Kevin Barrett	2	27	51:17
Kevin Deighan	3	33	55:08
<u>MALES 25 - 34</u>			
Ed Jollymore	1	20	48:33
Jim Clark	2	22	49:32
<u>MALES 35 - 39</u>			
Ken Doucette	1	1	37:17
Ron Frid	2	2	37:37
Roger Nicholson	3	3	43:33
Jim Fay	4	6	44:10
Harvey Bernard	5	7	44:11
Dan McCarthy	6	13	46:39
Eric Manuel	7	15	46:58
Gary Craswell	8	21	49:22
Mel Bernard	9	24	50:38
George Coade	10	26	51:16
Ernie Dunsford	11	34	55:08
<u>MALES 40 - 49</u>			
Carl Phillips	1	4	43:59
	2	16	47:09
	3	19	48:14
	4	23	50:07
	5	37	56:38
	6	40	62:25
<u>MALES 50 & OVER</u>			
Don Reeves	1	8	44:47
Mike Sullivan	2	9	45:10
Peter McGonnell	3	32	55:08

*EDITOR'S NOTE

As to the blank spaces in the 40 - 49 category, Jim Harris informs me that he is bemused as to what became of the names belonging with those times. Anyone recognizing themselves absent here, please contact Don Pridmore or myself to help solve these "mystery runners."

RACE RESULTS

MCDONALD'S 10 MILE RUN

Saturday, June 6, 1987
Charlottetown

<u>FEMALES 25 - 34</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Myra Fraser	1	12	64:11
Dorothy Gregory	2	26	72:38
Dale Clayborne	3	36	77:42
Karen Mellish-May	4	47	81:07
Janice MacDonald	5	51	Tie { 93:10
Velda Nicholson	6	51	{ 93:10
Darlene Robison	7	53	99:10
 <u>MALES 17 & UNDER</u>			
John Mournbough	1	7	63:21
Doug Burton	2	25	72:30
 <u>MALES 18 - 24</u>			
Alex Coffin	1	4	61:19
Trevor Henry	2	8	63:28
Randy Bell	3	18	68:15
Jamie Mutch	4	20	69:04
Tom MacDonald Jr.	5	23	70:55
Mark McGonnell	6	24	72:24
John Masselink	7	27	73:44
David Hyndman	8	33	77:35
Tom Hilton	9	35	77:40
 <u>MALES 25 - 34</u>			
Paul Wright	1	3	59:14
Brooke Gregory	2	5	62:22
Bill Perry	3	6	62:26
Wayne Fraser	4	19	68:59
Roy Rodd	5	30	76:06
Butch Postma	6	31	76:34
Wayne Gairns	7	34	77:38
Mike Hennessey	8	42	79:52
Gary Nearing	9	49	87:16
 <u>MALES 35 - 39</u>			
Ken Doucette	1	1	55:03
Ron Frid	2	2	55:51
Jim Fay	3	11	64:08
Harvey Bernard	4	13	64:21
Roger Nicholson	5	14	65:20
Eric Manuel	6	17	67:24

MCDONALD'S TEN MILE RUN cont'd

<u>MALES 35 - 39</u>	cont'd	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Jake Baird		7	21	Tie{ 69:22
Don Walters		8	21	{ 69:22
Don Harley		9	28	74:04
Bob Gray		10	38	Tie(78:20
Don McFadyen		11	45	80:14
Mike Fitzgerald		12	48	85:23

MALES 40 - 49

Carl Phillips		1	9	63:47
Stew Freeman		2	15	67:07
Ken Hicks		3	29	74:24
Leon Berrouard		4	32	77:19
Lance Miron		5	38	Tie(78:20
Dave MacNeill		6	40	79:18
Mel Arsenault		7	41	79:24
Ray MacCormack		8	43	79:56
Foch McNally		9	46	80:24

MALES 50 & OVER

Ewen Stewart		1	10	63:54
Mike Sullivan		2	16	67:08
John Land		3	37	77:52
Peter McGonnell		4	44	79:57

RACE RESULTS

F U L T O N C A M P B E L L M E M O R I A L

Saturday, June 27, 1987
Montague

Ken Doucette of Summerside bettered his existing course record with a time of 1:09:38 to win the 11th Annual Fulton Campbell Memorial Road Race held in Montague on Saturday, June 27th.

Good weather conditions greeted 52 participants in the 20 km event which was held in conjunction with the Town of Montague's "Welcome to Summer" weekend.

Bill MacEachern of Westville, N.S., a former winner of the event, was the second place finisher in a time of 1:10:58. Third place went to Ron Frid of York with a time of 1:12:13.

Top finisher in the women's division was Myra Fraser of Ch'town in 1:22:59, followed by Michelle Granger of Summerside in 1:24:32. Third place went to Dorothy Gregory from Sherwood in 1:31:47.

The race event is held annually in memory of the late Fulton Campbell, an outstanding athlete from the Kings County area. We were pleased to have Don Campbell, son of the late Fulton Campbell, on hand to officially start the race and to present the awards. Complete race results are as follows:

KEY: 1. Men 16-24; 2. Men 25-34; 3. Men 35-39; 4. Men 40-50;
5. Men 50+ 6. Women 16-34; 7. Women 35-39;
8. Women 40+

	<u>NAME</u>	<u>TIME</u>	<u>CATEGORY</u>
1.	Ken Doucette	1:09:38	3-1
2.	Bill MacEachern	1:10:58	2-1
3.	Ron Frid	1:12:13	4-1
4.	Alex Coffin	1:15:54	1-1
5.	Paul Wright	1:17:37	2-2
6.	Trevor Henry	1:18:24	1-2
7.	Bill Perry	1:18:45	2-3
8.	Ian Griffin	1:19:05	2-4
9.	Brooke Gregory	1:19:35	2-5
10.	Carl Phillips	1:20:27	4-2
11.	Harvey Bernard	1:20:30	3-2
12.	Stew Freeman	1:20:49	4-3
13.	Roger Nicholson	1:21:23	3-3
14.	Bob McGuigan	1:22:39	2-6
15.	Myra Fraser	1:22:59	6-1
16.	Jake Baird	1:23:04	3-4
17.	Ed Fraser	1:23:13	2-7
18.	Mike Sullivan	1:23:24	5-1

FULTON CAMPBELL MEMORIAL RUN

cont'd

<u>NAME</u>	<u>TIME</u>	<u>CATEGORY</u>
19. Jamie Mutch	1:23:40	1-3
20. Eric Manuel	1:24:27	3-5
21. Michelle Granger	1:24:32	6-2
22. Doug MacNevin	1:25:19	4-4
23. Wayne Fraser	1:26:02	2-8
24. Kerry Longaphie	1:29:08	1-4
25. Dorothy Gregory	1:31:47	6-3
26. Ken Hicks	1:31:47	4-5
27. Tom MacDonald Jr.	1:32:25	1-5
28. Butch Postma	1:32:32	2-9
29. Wayne Gairns	1:33:13	2-10
30. Tom MacDonald Sr.	1:34:02	4-6
31. George Mutch	1:34:13	2-11
32. Richard Davies	1:35:37	4-7
33. Ken Barter	1:36:42	4-8
34. Bob Gray	1:37:36	3-6
35. Ninian LeBlanc	1:37:36	5-2
36. Dave MacNeill	1:37:36	4-9
37. Helen Flynn	1:37:41	7-1
38. Linnell Edwards	1:37:41	4-10
39. Philip Watts	1:38:23	1-6
40. Len Berrouard	1:39:29	4-11
41. Foch McNally	1:40:42	4-12
42. Brian Bradley	1:43:02	3-7
43. Mel Arsenault	1:43:02	4-13
44. Mike Hennessey	1:43:02	2-12
45. Peter McGonnell	1:43:02	5-3
46. John Land	1:47:17	5-4
47. Eric Dunsford	1:49:46	3-8
48. Karen Mellish-May	1:49:46	7-2
49. Molly Schinarsman	1:49:46	
50. Janice MacDonald	2:03:23	6-4
51. Velda Nicholson	2:03:23	6-4
52. Darlene Robison	2:03:23	6-4

To all volunteers who helped us out in Montague on June 27th, I'd like to express my appreciation. As well, special attention should be drawn to the co-operation which we continue to receive from Stella MacPherson, Manager of the Kentucky Fried Chicken (Fast Foods P.E.I.) outlet in Montague and to Scott Fraser of Fraser's Ambulance Service in Montague.

-Fran Dewar
Organizer

RACE RESULTS

4 T H A N N U A L G A R D E N C I T Y G O L D E N M I L E

Saturday, July 11, 1987
Charlottetown

MALES 17 & UNDER

Jason MacDonald	6:28.5
David MacDonald	6:51.5
Jeff Farrington	7:17.0
Dolph Scully	7:35.8
Jeffery Barrett	7:41.1
Scott Manuel	8:04.1
Jonathan MacLeod	8:08.8

MALES 18 - 24

Martin Postma	5:00.7
James Mutch	5:08.5
Trevor Henry	5:08.6
Tommy MacDonald Jr.	5:42.8

MALES 25 - 34

Des Murphy	5:46.0
------------	--------

MALES 35 - 39

Gary Craswell	6:09.0
---------------	--------

MALES 40 - 49

Carl Phillips	5:09.6
Linnell Edwards	5:16.3
Andy Arsenault	5:26.5
Tom J. MacDonald	5:47.1
Doug MacNevin	5:54.0
Mel Arsenault	6:54.4
Ron Frid	D.N.F.

MALES 50 & OVER

FEMALES 18 & UNDER

Carolyn McGrath	7:53.0
Penny Manuel	8:05.0
Krista Giddings	8:11.7
Sherra Profit	8:25.2
Talia Profit	9:29.2
Kelly Manuel	11:55.8
Maria Profit	15:04.1

FEMALES 19 - 24

Patti Murphy	5:54.4
--------------	--------

FEMALES 25 - 34

Myra Fraser	5:29.1
Dorothy Gregory	6:09.2
Karen Mellish-May	7:37.9

FEMALES 35 - 39

Carol Craswell	6:38.1
Barb Deacon	7:44.5

FEMALES 40 & OVER

Eleanor Freeman	7:18.2
Louvina Edwards	8:26.6

RACE RESULTS

B E L F A S T L I O N S M I D - S U M M E R J A U N T

Saturday, July 18, 1987
Pinette

FINISHERS 1 - 22

Ken Doucette	44:09
Alex Coffin	46:26
Paul Wright	48:06
Trevor Henry	48:37
Salam Hashem	50:21
Kevin Peters	50:22
Ian Griffin	50:31
Wayne Wright	51:04
Carl Phillips	51:16
Jim Fay	51:23
Bob MacGuigan	52:34
Myra Fraser	52:46
James Mutch	53:07
Jake Baird	53:29
Robert Deabreu	53:43
Eric Manuel	54:11
Mike Sullivan	54:24
David Scannell	54:29
Lambert Pauley	55:54
Robert MacDonald	56:00
Jim Wyatt	56:55
Linnell Edwards	57:57

FINISHERS 23 - 44

Lorne Carmichael	59:47
Parker Lund	59:57
Dorothy Gregory	60:22
Ken Hicks	60:54
Elizabeth Ness	61:04
Don MacFadyen	61:19
John Bevan	61:59
Patty Murphy	62:08
Wayne Gairns	62:36
Ninian LeBlanc	62:36
David MacNeill	62:36
Foch McNally	63:13
John McQuaid	63:55
John Laird	64:03
Mel Arsenault	64:20
Mike Hennessey	65:02
Raymond ?	65:41
Peter McGonnell	66:35
Allan MacDonald	66:35
Marina Fay	68:53
Roger Gillis	76:39
Karen Mellish-May	77:20

RACE RESULTS

S T . P E T E R ' S B L U E B E R R Y F E S T I V A L 1 0 K R U N

Just as this newsletter was about to go to print, the First Annual St. Peter's Blueberry Festival 10K Road Race was held. It proved to be a smashing success with sixty-five entries, and was won by Myra Fraser in an excellent 38:27 to lead the women, while Ken Doucette emerged the overall winner in 33:52.

Following are the top fifteen overall, and top three female finishers:

1. Ken Doucette	33:52	9. James Mutch	37:10
2. Ron Frid	34:16	10. Kevin Peters	37:23
3. Dale Irwin	34:37	11. Roy Mason	37:25
4. Alex Coffin	34:46	12. Salam Hashem	37:27
5. Paul Wright	34:55	13. Brooke Gregory	37:47
6. Bruce Wechsler	35:19	14. Myra Fraser	38:27
7. Mark Davis	36:45	15. Bill McGuire	38:33
8. Bill Perry	36:57		

WOMEN

1. Myra Fraser	38:27
2. Patti Murphy	42:59
3. Gerianne McCarthy	44:24

1 9 8 7 S U N L I F E R O A D R A C E S E R I E S S T A N D I N G S

Standings for 1987 Sun Life Road Race Series as at August 1st, 1987. Included are the Spring Tune-Up 10Km, the Bunny Hop 10Km, the Athena Seven Mile Run, the Quality Inn/Brothers Two 10K Run, the McDonald's Ten Mile Race, the Fulton Campbell Memorial (20km) the Garden City Golden Mile and the Belfast Lions Mid-Summer Jaunt (8 miles). The standings show only runners with 20 or more points, while number of races appear in brackets to the right.

FEMALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Myra Fraser	168	(6)	Helen Flynn	41	(2)
Dorothy Gregory	144	(6)	Velda Nicholson	40	(2)
Karen Mellish-May	122	(6)	Janice MacDonald	36	(2)
Michelle Granger	100	(4)	Louvina Edwards	32	(2)
Carol Craswell	87	(4)	Krista Giddings	19	(1)
Marina Fay	79	(4)			
Eleanor Freeman	76	(4)			
Tanya Gregory	42	(2)			

MALE - OVERALL

<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>	<u>NAME</u>	<u>PTS</u>	<u># OF RACES</u>
Ron Frid	156	(6)	Linnell Edwards	60	(5)
Ken Doucette	146	(5)	Bill Perry	55	(3)
Carl Phillips	133	(6)	Ewen Stewart	54	(3)
Jim Fay	109	(6)	Wayne Fraser	51	(5)
Roger Nicholson	101	(6)	Gary Craswell	45	(4)
Paul Wright	96	(4)	Kevin Peters	44	(2)
Trevor Henry	91	(4)	Don Pridmore	43	(2)
Jake Baird	89	(6)	Peter McGonnell	40	(6)
Harvey Bernard	87	(5)	Reagh Ellis	38	(2)
Brooke Gregory	84	(4)	Tom MacDonald Sr.	38	(3)
Mike Sullivan	80	(6)	Gary Nearing	34	(3)
Eric Manuel	77	(6)	Stew Freeman	29	(2)
Tom MacDonald Jr.	72	(6)	Don Reeves	29	(2)
Doug MacNevin	67	(6)	Dave MacNeill	24	(4)

FEMALE AGE GROUPS - TOP THREE

<u>25 - 34</u>		<u>35 - 39</u>		<u>40 & OVER</u>	
Myra Fraser	168	Carol Craswell	87	Eleanor Freeman	
Dorothy Gregory	144	Helen Flynn	41		76
Karen Mellish-May	122	Velda Nicholson	40		

1987 SUN LIFE ROAD RACE SERIES STANDINGS

cont'd

MALE AGE GROUPS18 - 24

Trevor Henry	91
Tom MacDonald Jr.	72
Reagh Ellis	38

25 - 34

Paul Wright	96
Brooke Gregory	84
Bill Perry	55

35 - 39

Ron Frid	156
Ken Doucette	146
Jim Fay	109

40 - 49

Carl Phillips	133
Linnell Edwards	60
Tom MacDonald Sr.	38

50 & Over

Mike Sullivan	80
Ewen Stewart	54
Peter McGonnell	40

The Brain-Body Phenomenon

Walking, Running, and Dancing Your Way to Mental Health

Although it is unclear why, physical fitness enhances mental health. Walking, jogging, bicycling, swimming, and aerobic dance are popular forms of exercise that may be powerful antidotes to depression and anxiety.

Exercise produces a sense of enhanced mental energy and concentration. Joggers express feelings of heightened mental acuity and hours of clear-headedness after running.

Exercise relieves tension. Strenuous activity is all-absorbing, not allowing the participant to worry about anything else. Tension may not return until hours after exercise. Stress on one body system may help relax another.

Exercise is adult play, accompanied by joy and lightheartedness.

Exercise produces a sense of self-worth. Participants set progressive goals that are achievable and not in competition with others. It's hard to feel sorry for yourself and exercise at the same time.

Exercise produces a sense of control. It gives the participant freedom not experienced in other aspects of life. The cyclist or jogger does not depend on anyone else for exercise.

Exercise can symbolize active participation in life and serve as a socially acceptable way of asserting oneself.

Mental energy, lightheartedness, self-worth, autonomy, and assertiveness are the antitheses of depression. Movement, through physical exercise, may be a prescription of choice for disturbances in mood.

WHAT EVERY PROSPECTIVE MARATHON
RUNNER SHOULD KNOW ABOUT

The Wall or Collapse Point

Unless you pace yourself extremely well, and have trained with great diligence, you will hit the wall at 20 miles, or after two hours of strenuous activity. It is the maximum a runner can expect to go before the urge to slow down overwhelms him. It is a sudden decrease in performance, often occurring within a single mile. Pace may drop by two or three minutes per mile or more.

Physical Process

The runner's homeostasis, or internal function, breaks down. The breakdown is associated with a sudden depletion of glycogen supplies in the working muscles. There is a loss of blood volume; core temperatures sometimes rise to 106 or 107 degrees, and the body becomes dehydrated.

Glycogen

A partially soluble, starch-like substance produced in muscles and tissues. It changes to simple sugar as the body needs it. The body can store enough glycogen to provide energy for two hours of activity. When it is gone, the body must begin to convert fats into fuel. The body does this very grudgingly.

Side Effects

Parasthesia may set in - fingers and toes may tingle, the skin may burn, a sort of queasy feeling overcomes the runner, and this is followed by muscle spasms, or paralysis. Runners may also become dizzy, lightheaded, and may even faint. "The Wall is what makes a marathon a marathon the last 20 miles are just a long run." (The Marathoner)

- Wayne Fraser
Y.M.C.A. Island Marathon

P.S. Please submit marathon entry form as soon as possible!

Why Do I Run?

*For those of you who can only remember
when running was fun!*

Why do I run?
'Tain't no mystery —
Wanna have a good
Medical history.
Doctor told me
Runnin' is great —
Helps them blood cells
Circulate,
Great for the lungs,
Great for the ticker,
Can't nothin' getcha
In better shape quicker.
Feels so healthy,
Feels so sweet,
Pumpin' my arms
And flappin' my feet,
Moldin' my muscles,
Firmin' my form,
Pantin' like a pack mule,
Sweatin' up a storm.
Keeps me youthful,
Keeps me loöse,
Tightens my tummy
And shrinks my caboöse,
Beats bein' sluggish,
Beats bein' lazy —
Why do I run?
Maybe I'm crazy!

Ed Cunningham

