

EDITORIAL

There are times when every runner needs to be inspired,(to be animated by ,stimulated by , motivated by) . This spring there is a great deal to be inspired by.

Many of you will by the time you get this newsletter have competed in the Red Cross Relay and as one runner commented to me recently,"That relay has done more to inspire people to run than anything else on PEI." It was once again a fun, challenging and well organized event.

Rick Hansen completed his incredible Man in Motion Tour and the finale on CBC television was truly inspiring and wonderful. He raised over \$18 million dollars for spinal cord research and raised our awareness of the needs of the physically challenged.

Many of you will soon know whether you will be one of the many Canadians who will be carrying the Olympic torch across PEI in November. Many of you will also be asked to be a companion runner to the torch bearers. Needless to say there will be a large number of new running suits arriving on PEI and that is definitely inspiring .

Four runs have now been completed in the Grand Prix and for those who have participated it has been great to see old friends and be challenged by those in front of you and inspired by those who are glad to be participating for maybe their first run.

In wishing you all a good summer,I guess the only thing that is left to be said is the hardest part of running and having fun is getting out the door!!!!!!!!!!

Seize the moment

There really are enough hours in the day

1987 Sun Life Road Race Championships

Race Dates

APRIL							MAY							JUNE						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4						1	2		1	2	3	4	5	6
5	6	7	8	9	10	11	3	4	5	6	7	8	9	7	8	9	10	11	12	13
12	13	14	15	16	17	18	10	11	12	13	14	15	16	14	15	16	17	18	19	20
19	20	21	22	23	24	25	17	18	19	20	21	22	23	21	22	23	24	25	26	27
26	27	28	29	30	²⁴ 31	25	26	27	28	29	30	28	29	30						
JULY							AUGUST							SEPTEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
			1	2	3	4							1			1	2	3	4	5
5	6	7	8	9	10	11	2	3	4	5	6	7	8	6	7	8	9	10	11	12
12	13	14	15	16	17	18	9	10	11	12	13	14	15	13	14	15	16	17	18	19
19	20	21	22	23	24	25	16	17	18	19	20	21	22	20	21	22	23	24	25	26
26	27	28	29	30	31	²³ 30	²⁴ 31	25	26	27	28	29	27	28	29	30				
OCTOBER							NOVEMBER							DECEMBER						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3	1	2	3	4	5	6	7			1	2	3	4	5
4	5	6	7	8	9	10	8	9	10	11	12	13	14	6	7	8	9	10	11	12
11	12	13	14	15	16	17	15	16	17	18	19	20	21	13	14	15	16	17	18	19
18	19	20	21	22	23	24	22	23	24	25	26	27	28	20	21	22	23	24	25	26
25	26	27	28	29	30	31	29	30	27	28	29	30	31							

"SPORT FOR ALL: IS IT REALLY WORTHWHILE"

"Sport for all; is it really worthwhile" was the theme of the Sport on P.E.I. Weekend put on by Sport P.E.I. in Summerside on May 1st and 2nd, 1987.

Simply it was a splendid weekend - the theme was excellent; the speakers well picked; the topics well chosen and to Don LeClair it was a production well staged.

The keynote speaker was Dr. Carl "Bucky" Buchanan, President of the 1987 Winter Games. He spoke of the challenge the 1991 Winter Games will be to all Islanders and of its benefits, some of which will be in form of revenue from expenditures, which are excellent, improvement of facilities and the stress of the importance of sport.

Following Dr. Buchanan, Emily Schurman moderated a workshop on "Sport for All". Six panelists spoke for seven minutes each and covered sport for the disabled; youth; sport as recreation; as a hobby; and from government's and the women's perspective. It was very evident that we should participate in Sport for the fun of it. From the participation for fun comes fitness and then comes friendships.

Scott Russell later moderated a panel on "Sport; is it really worthwhile." It was very evident from all the speakers that it is worthwhile. It helps to keep youth off the corner; helps to control violence; helps to obtain recognition of peers; self satisfaction; social acceptance; coordination, team and self-discipline; respect for self and opponents. It has been proven to help academically.

Saturday morning two more workshops were held - the first being "Planning and Financing Your Sport" by Ron Collins. The gist of this workshop is that we should be planning in a long range plan of five years regarding to what direction we are going, who our officers will be, to what equipment we now have and what we will need and their replacement cost.

The second workshop "Marketing your Sport to increase numbers and dollars" by Terry Allen. This was an excellent workshop - and he stressed the importance of not only what we can receive (memberships) but what we give in return. For instance when we ask for sponsors, what do we give in return for the prizes, etc. This was an educational aspect which I believe our club should look at more closely.

The Annual General Meeting was held Saturday afternoon. Like most Annual Meetings all went smoothly until open discussion took place re concerns about what sports would participate in the 1991 Winter Games. Due to the fact that we have only known that the Winter Games of 1991 would be held in P.E.I. for three weeks this information was not available, but Ken DesRoches, Deputy Minister of Community & Cultural Affairs and Don LeClair assured the attendance that when this information became available it would be announced.

The Sport P.E.I. Awards Banquet was held Saturday evening with the theme "Excellence through Participation" at the Legion in Summerside. This was a banquet of excellence - by much planning the trophies and winners were well displayed. The decorations were super and the Legion could not look better; the meal was excellent and everyone was pleased for the winners of the different categories.

In all it was an enjoyable, reinforcing and a weekend of participation. My only regret is that more of this Club did not attend such a wonderful opportunity to view and study sport in general and then to apply it to our own Club.

I want to thank the Club for this opportunity to attend and I trust I will be able to put some of the ideas into practise.

Thank You !

Margaret S.

REPORT TO P.E.I. ROADRUNNER CLUB 1987

BY WAYNE FRASER

I have been asked to submit a report on the recent developments of the Island marathon!

On Tuesday, April 28th at 8 p.m. a group of interested members of the P.E.I. Roadrunners Club met at Smitty's Restaurant to discuss the Island Marathon. In attendance were Janet and Brian Bradley, Linnell and Louvina Edwards, Harvey Bernard, Ewen Stewart, Parker Lund, myself and Dave Campbell, a representative of the Charlottetown YMCA, who expressed the Y's interest in saving the P.E.I. Marathon.

Dave and Terry Moore have developed a training program for runners to promote fitness and fun through running, and at the end of the program participants are to be able to run a marathon. This package includes a nutritional analysis done by computer, video taping of running style to help develop proper techniques, information on weight training programs, shoe selection and proper dress, and mental aspects of running. This program runs for 30 weeks, and is open to all runners.

The Y's heightened involvement in the community is one reason for their interest in the marathon. An interest in promoting fun running, as well as providing a goal for their members in training, has prompted them to act to ensure the continuation of the marathon.

My involvement has been to act as a contact person to the Y representing the P.E.I. Roadrunner Club. I have agreed to convey expressed opinions and ideas to the Y, and to point them in the proper direction to solve the imminent problems of the production of a roadrace of such magnitude.

Some of the opinions conveyed to the Y concern starting time, date, and course route of the marathon--most agreeing September was a good month. Some discussion was held on the best starting time, but the course route was the most controversial topic. A few felt the old course was the best route due to repeated verification of distance, the support from the community of North Rustico, or the idea of running from Cavendish to Charlottetown--others felt the newer course was convenient for change facilities, washroom facilities, exposure in the capital city, and a safer, psychologically reassuring course due to proximity to home and familiar surroundings--some wanted a 10K and 1/2 marathon included, others felt they should be dropped.

An opinion everyone expressed was that action had to be taken immediately, not only due to the logistics involved in preparing a marathon, but for the participants to properly prepare themselves for the marathon. Everyone as well felt that an accurate time and distance, with proper medical supervision was essential to the final product.

It should be understood by everyone that in all likelihood there would not be a marathon on P.E.I. in 1987 if not for the Y stepping forward and taking on a lot of responsibility. It is my opinion that they should pay close attention to the suggestions of the Roadrunners Club, but because it is their production, they should make the final decisions, based on how they want the race to be conducted.

After meeting with the Y on Tuesday of this week, the following information was made available to me. There will be an Island Marathon this year, on Sunday, September 13th, at 9 a.m. beginning and ending at the YMCA, with a new revitalised course. The new course will probably be a double loop, running through Victoria Park, Beach Grove, Sherwood Road, and Queen Elizabeth Hospital, to Charlottetown.

REPORT TO P.E.I. ROADRUNNER CLUB 1987

There will be a 10K and 1/2 marathon event as well. The Y has contacted some people to act as committee chairpersons, and feel confident that they can provide competent people. They hope to keep the fee to \$10, and will offer T-shirts, prizes in various categories, and awards and prizes to all participants. The organizers promise an accurate, certified course, an accurate time, lots of water, sponges and traffic control, and other items of concern and delight to marathon runners.

Public announcements will be made shortly pending the securing of additional sponsors and decisions on avenues of advertisement.

In closing, I would like to call on all members of the P.E.I.R.R. Club to express ideas or opinions on the marathon to me, so I may pass them on to the organizers, and also request that all of you be accessible to the organizers if asked for advice on how to solve any problems.

Thank you for your time,

Ideal munchies

A runner's hectic schedule may not allow for three meals a day, so snacks often become an important part of the diet. For this reason, you may want to choose them carefully. Here are some top choices.

Food	Type	Comments
Bread	Wheat or rye toast, English muffins, bagels	Whole-grain varieties are preferable to those made with flour
Crackers	Stoned wheat, rye crisp, rice cakes, Swedish flat bread, Ak-Mak	Watch out for crackers that leave you with greasy fingers—they're loaded with fat
Pretzels	All varieties	A low-fat alternative to potato chips
Popcorn	Air-popped	Only 25 calories per cup
Cereal	Cheerios, Chex, Corn bran, Shredded Wheat	Eat dry, mixed with yogurt or with low-fat milk
Fruit	Bananas, oranges, melon, strawberries	These four are rich in vitamin C
Fruit (dried)	Raisins, dates, apricots	Mother nature's candy
Potato	Baked	Microwaves make this an easy snack, rich in potassium and vitamin C
Vegetables	Green pepper rings, cherry tomatoes	Dark veggies provide more nutrients than pale ones like celery or cucumbers
Yogurt	Low-fat and non-fat varieties	Chock full of calcium

FOOD FOOD FOOD

YMCA MARATHON TRAINING PACKAGE

BY DAVE CAMPBELL, Y.M.C.A.

A brief background: Over the last number of years, the Charlottetown Y has had a steady group of interested "runners." Most of these people run to: (i) lose weight; (ii) stay in shape; (iii) and a few like to run.

Now this year, due to some interest by our runners, we decided to do two things. The first was to organize our Turkey Trotters running club and promote running through 4 words: Fun, Fitness, Friendship, and Participation! We also noted the additional benefits of weight loss, increased level of fitness, stress relief, etc. The second step was to introduce our marathon training package to all runners who feel they would either like to run a marathon in the near future and want some help doing so, or ones who just like to run and may have no intention of running a marathon but want to run properly.

The Marathon Package consists of: (i) an introduction booklet which talks about - selecting a marathon - why run - building a good base - beginning to advanced running - an actual training schedule, etc.; (ii) a computerized nutritional analysis; (iii) two video taping sessions on your own running style; (iv) flexibility; (v) weight training; (vi) distance and time charts; (vii) two fitness tests, and (viii) a constant monitoring of your training schedule.

Topics that are covered in our booklet include:

(i) deciding to run a marathon - advantages and disadvantages; (ii) setting a goal; (iii) recording your progress; (iv) making the time commitment; (v) choosing the best time of day; (vi) thinking the part of the marathon; (vii) running with others; (viii) building a base; (ix) warm-up, running, cool down; (x) and an actual 13 level program for training.

Since our aim is to promote running, we stress that marathons are not for everyone. You must want to do so not because everyone else is running one, but because you WANT to.

YMCA MARATHON TRAINING PACKAGE

Also complete not compete. Our goal is to finish our first marathon, not race it. The importance of a good solid base is stressed before one tries to up their mileage too soon is stressed and "Listen to your Body." This statement is probably the one we want to stick in everyone's mind. Safe enjoyable running will help us become more fit, meet new people, lose weight, relieve stress, build up self-esteem and pride, and help us become more productive in other areas.

We encourage all our runners to take part in as many Island road races as possible. The word race is not stressed, but the idea of a more challenging run every couple of weeks, and meeting new people with the same interests helps maintain a very positive and more exciting program. Remember our goals: fun, fitness, friendship, and participation - lets turn everyone onto running.

When staleness strikes . . .

You could be on your way to a serious state of exhaustion, unless you heed the warning signs listed below. How can you keep yourself from becoming a victim of overtraining? Check this rundown of overtraining symptoms (from the work of Timothy Noakes, author of *The Lore of Running*), and if two or more apply to you, cut down on your running and rest for a while.

Emotional and behavioral changes

- Loss of enthusiasm and drive; generalized apathy
- Loss of joy in, and thirst for, competition; desire to quit
- Lethargy, listlessness, tiredness
- Feeling peevisish; easily irritated, anxious, ill-humoured, bored
- Inability to concentrate at work; poor academic performance
- Changes in sleeping patterns; insomnia; sleep does not refresh
- Loss of appetite
- Loss of libido
- Poor coordination; general clumsiness
- Increased fluid intake at night; feeling thirsty
- Gradual weight loss
- Athlete looks drawn, sallow and dejected
- Increase in early morning heart rate by more than five beats per minute; abnormal rise in standing heart rate and during and after a standard workout; slower recovery in heart rate after exertion
- Heavy leggedness; sluggishness that persists 24 hours or more after a workout.
- Muscle and joint pains; persistent muscle soreness from session to session
- Swelling of lymph glands
- Gastro-intestinal disturbances, in particular diarrhea
- Increased susceptibility to infections, allergies, headache

Physical changes

- Impaired physical performance; inability to complete training
- Minor scratches heal slowly
- In women, loss of menstruation (amenorrhoea)

YOU CAN OVERDO IT ????????

SWIMMING FOR FITNESS

Swimming is one of the best fitness activities you can take part in. This is one reason why the Aetna Life Insurance and the Canadian Amateur Swim Association got together and devised the Aetna Canada Swim Fit program. This four part awards program is designed to provide extra incentives for participation in fitness programs. These are basically: (1) keep fit classes; (2) Aquafitness classes; (3) swim instruction; and (4) length/endurance swimming.

Aetna and Swim Canada have not tried to re-invent the wheel but have provided an award system for taking part in the above mentioned programs. Currently the YMCA has begun a "Swim Around the Island" chart that allows participants to chart their length/distance progress each session and reach for a goal distance over a specific time period. Awards for various distances include a certificate and gold, silver, and bronze awards.

Swimming lengths allows one to do a total body workout - arms, shoulders, legs, cardiovascular, strength and flexibility. It can be used/combined with weight training or other activities for a well rounded program.

One major benefit of a good sound aquatic workout is the cardiovascular system being strengthened with little or no chance of injury, a low cost, and variety of strokes, tempo and workouts. Many runners have added swimming to their activity list during off season times or when injuries occur. Variety is the spice of life and swimming could add the right amount of "spice" to your program.

Dave Campbell

SWIMMING

Pre-pool positioning

To get the most from your swimming kick and pull while also minimizing injuries, take at least five to ten minutes for a pre-swim stretch.

Although swimming saves your body from pavement-pounding stress, the constant kick and reaching against the resistance of the water can be gruel-

ing to muscles and cause injuries in those places where runners are vulnerable: knees, hamstrings and the upper body.

"If your trunk muscles are tight when you start your laps, your stroke will be limited and less effective," warns Dr. Ted Becker, head trainer for the 1984 U.S. Olympic swim team.

For stretching the crucial shoulder area, Becker suggests doing arm cir-

cles or raising arms *above* the head instead of the traditional arms-behind-the-back stretch. "If you force the arms back you'll eventually wear down the shoulder capsule, the cartilage that holds bone and muscle together."

Also take special care to thoroughly loosen the lower back muscles. They receive double pressure from both kicks and pulls. Here are three recommended stretches:



■ Shoulder and lower back

Stand arm's length away from a fence or wall and place hands one foot higher than your head. Lean forward and hold for 15 seconds. Then bend knees slightly and hold for 30 seconds more.

■ Shoulder and torso

Stand straight, legs one foot apart. Raise arms and bend so they cross overhead. Place hands on elbows and hold for ten seconds. Lean to the left, hold 15 seconds, then repeat on the other side.

■ Hamstring

Sitting against wall, legs straight in front, bring right ankle toward you, bending leg to side. Hold 15 seconds. Gently pull foot closer and hold for another count of 15. Switch legs. —J.J.

To increase participation in jogging/running, the Prince Edward Island Roadrunners Club is endeavouring to promote **Fun Runs** in addition to the regular competitive races. To make at least a small beginning the Roadrunners Club, this year will be offering -

- a) On May 31, 1987 a fun run starting at Colonel Gray High School at 2 P.M.
- b) On June 6, 1987 a 3 mile fun run as part of McDonald's Ten Mile race starting at Colonel Gray High School at 10 A.M.
- c) On June 20th, President's run starting in front of the residence of Ewen and Margaret Stewart, 159 Nassau Street, Charlottetown at 9 A.M.

Each Monday evening at 7 P.M. a group has a fun run from the Southport Quik Pik across from the Esso Service Station. The group runs at the pace of the slowest runner. It is fun, please come.

Presently, discussions are under way about the possibility of having a fun run each Saturday starting from the Charlottetown YMCA. If the Saturday morning run materializes it will be for various distances - e.g. one mile, two miles, three miles. Any organization or community interested in having a fun

THANKS DON HARLEY

P.E.I.R.R. CLUB TRIVIA

- (1) WHO WON THE 1ST ROAD RACE ORGANIZED BY THE P.E.I.R.R. CLUB?
- (2) WHO WAS THE COACH OF THE 1ST GROUP OF P.E.I.R.R. RUNNERS TRAINING FOR A MARATHON?
- (3) WHAT P.E.I.R.R. MEMBER RECORDED THE FASTEST TIME AT THE 1978 JOHNNY MILES MARATHON?
- (4) WHO WAS THE ONLY RUNNER TO GO OFF COURSE IN THE COLONEL GRAY - MACDONALD'S RUN AND COME BACK TO WIN THE RACE?
- (5) WHO WAS THE 1ST ISLAND RUNNER EVER TO ENTER AND RUN THE BOSTON MARATHON?
- (6) WHO RECORDED THE FASTEST TIME OVER THE "OLD" ALICE-FAYE COURSE?
- (7) WHO WON THE SEAMAN'S 4 MILE RUN IN 1981?
(HINT.... FROM EMERSBURG, ONTARIO)
- (8) WHAT RUNNERS FINISHED IN A DEAD HEAT (1ST EVER) IN AN ISLAND ROAD RACE?
- (9) WHO WON THE DAIRY QUEEN BUNNY HOP IN 1982?
- (10) WHO WAS THE 1982 CANADIAN FEMALE 10K MASTERS CHAMPION?

ANSWERS IN THE BACK OF NEWSLETTER

PERSONAL RACE RESULTS- COMPARISON

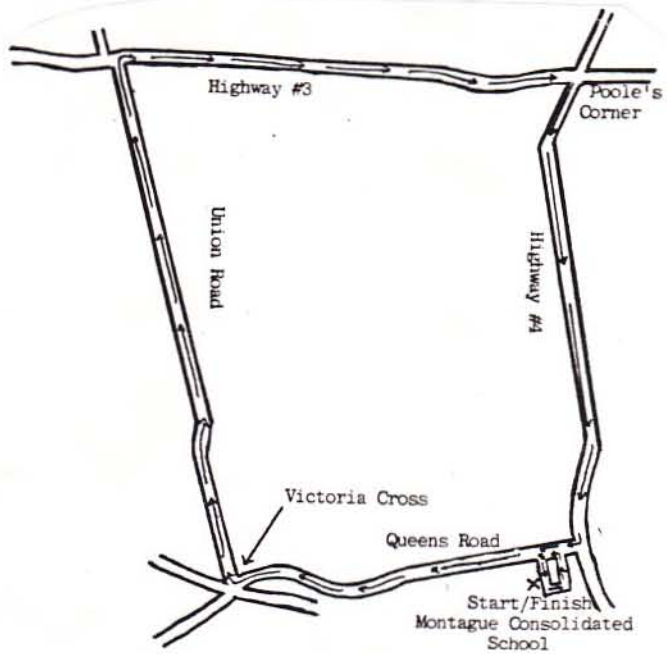
EVENT	19 ____ TIME	19 ____ TIME	19 ____ TIME	19 ____ TIME	19 ____ TIME	19 ____ TIME	19 ____ TIME	19 ____ TIME	19 ____ TIME

FULTON CAMPBELL MEMORIAL 20 KILOMETER ROAD RACE

UPCOMING RUNS



Angus Fulton Campbell (1892-1976)



20K Course Records

KEN DOUCETTE 1:09:46 (1986)
MARLENE COSTAIN 1:20:43 (1985)

ELEVENTH ANNUAL "FULTON CAMPBELL MEMORIAL"

Sponsored by "KENTUCKY FRIED CHICKEN", Down East Plaza, Montague

DATE Saturday, June 27, 1987
REGISTRATION 8:30 a.m. to 9:20 a.m.
STARTING TIME 9:30 a.m. sharp!
PLACE Montague Consolidated School (changing facilities available)

AGE CLASSES	<u>MEN</u>	<u>WOMEN</u>
	1) 16 - 24	1) 16 - 34
	2) 25 - 34	2) 35 - 39
	3) 35 - 39	3) 40 and over
	4) 40 - 49	
	5) 50 and over	

AWARDS 1) Trophies to Top Three Male Finishers
2) Trophies to Top Three Female Finishers
3) All other finishers receive a small trophy

MEDICAL SERVICES Fraser's Ambulance

POLICING R.C.M.P.

ENTRY FEES \$3 for P.E.I. Roadrunners Club members
\$4 for non-members

1987 RACE ORGANIZER Fran Dewar, Vernon Bridge, P.E.I. COA 2E0
Telephone: (902) 651-2422

(Held in conjunction with the "WELCOME TO SUMMER" Festival in Montague)

TRIVIA ANSWERS

- (1) DAIRY QUEEN BUNNY HOP - ED FRASER 32:50.
- (2) GARY ANDRUS.
- (3) EWEN STEWART 2:56:22 (FOR 13TH PLACE).
- (4) MIKE MILLINGTON - JUNE 17, 1978 - 57:39
(INFORMED OF MISTAKE - WRONG TURN HEADING WEST ON LOWER
MALPEQUE ROAD WHEN HE SHOULD HAVE GONE STRAIGHT UP THE
WANDLYN HILL - BY ED FRASER WHO FINISHED IN 57:52).
- (5) MICHAEL THOMAS, APRIL 24, 1911 - FINISHED 26TH IN 2:50:01.
- (6) 3 MILE COURSE - UNIVERSITY AVENUE, BELVEDERE ROAD, MT. EDWARD
ROAD, TOWERS ROAD - SHEILA CURRIE, NEWFOUNDLAND 16:10
YEAR?
- (7) JONATHAN BLAKE - 22:06.
- (8) PAUL WRIGHT AND LAWRENCE MCLAGAN 47:13
IN THE BELFAST MID-SUMMER JAUNT 8 MILER - 1981.
- (9) LEO SHEEHY 35:25.
- (10) ROSEMARY FAULKNER IN A TIME OF 44:38.

RACE RESULTS

QUALITY INN / BROTHERS TWO 10 KM RUN

Saturday, May 23, 1987
Summerside

TOP TEN

1. Ken Doucette	33:29	6. Paul Leger	35:01
2. Curtis DesRoche	33:30	7. Shawn Watters	35:11
3. Robert S. Jobe	34:13	8. John Johnston	35:52
4. Marc Beaudoin	34:21	9. Kevin Murphy	36:14
5. Ron Frid	34:27	10. Douglas Kelly	36:25

FEMALE UNDER 25

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Corena Hughes	1	53	44:47
Shelley MacDonald	2	270	46:49
Anne Flemming	3	34	47:40
Carolyn Deighan	4	237	51:29
Charla Currie	5	9	52:52
Shannon Anderson	6	17	54:08
Kim MacNeill	7	16	56:28
Julia Cairns	8	49	56:47
Sherri Lee Bacon	9	27	74:37

FEMALE 25 - 39

Patty Blanchard	1	11	37:32
Myra Fraser	2	45	39:54
Michele Granger	3	263	40:15
Valerie Blanchard	4	10	41:35
Dorothy Gregory	5	261	42:21
Tanya Gregory	6	262	44:04
Natalie Clark	7	101	44:14
Judy MacLean	8	276	44:45
Carol Craswell	9	141	45:09
Elaine Gallant	10	256	47:33
Velda Nicholson	11	284	48:18
Karen Mellish-May	12	280	49:25
Denise Doucette	13	240	49:55
Marina Fay	14	249	50:00
Lyn Fraser	15	251	54:48
Claire Gaudet	16	257	55:06
Janet Bradley	17	48	56:49
Anne Gairns	18	254	56:51
Barbara MacEachern	19	273	58:16
Donna Dunsmore	20	15	58:37
Charmaine Comeau	21	102	58:37
Emily Schurman	22	292	58:37

<u>FEMALE 40 & OVER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Shelley Finson	1	32	50:23
Eleanor Freeman	2	252	54:40
Louvina Edwards	3	246	62:34

MALE UNDER 25

Curtis DesRoche	1	236	33:30
Andy Kelly	2	43	37:07
Martin Postma	3	56	38:15
Neil Robertson	4	47	38:31
Jim Thain	5	295	38:36
Peter Lord	6	269	38:39
Reagh Ellis	7	21	38:43
David Chapman	8	38	38:44
Michael MacKinnon	9	274	38:56
Blair Paquet	10	26	39:10
Tommy MacDonald	11	272	39:51
Shane Donovan	12	2	40:48
Gordon Cox	13	124	41:22
Sunny Bhatia	14	54	41:49
Allan Boulianne	15	41	43:06
Paul Doucette	16	242	44:11
Darren Bulger	17	30	44:49
Michael Gaudet	18	258	45:04
Craig Arsenault	19	18	45:57
Stephen Turple	20	296	46:32
Kevin Deighan	21	238	47:11
Darcy Murphy	22	14	52:08

MALE 25 - 39

Ken Doucette	1	243	33:29
Robert S. Jobe	2	4	34:13
Marc Beaudoin	3	12	34:21
Ron Frid	4	253	34:27
Paul Leger	5	8	35:01
Shawn Watters	6	35	35:11
John D. Johnston	7	267	35:52
Kevin Murphy	8	282	36:14
Douglas Kelly	9	33	36:25
Mark McCosham	10	13	36:37
Brooke Gregory	11	260	37:38
Don Pridmore	12	286	37:58
David Campbell	13	51	38:19
Jim Fay	14	248	38:59
Harvey Bernard	15	39	39:08
Colin MacAdam	16	44	39:26
Roger Nicholson	17	283	39:37
Jake Baird	18	36	39:39
Dan McCarthy	19	279	40:43
Eric Manuel	20	23	40:51
J. Wayne Fraser	21	46	41:16
Roy Rodd	22	289	42:02
James Clark	23	91	42:56

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

Congratulations to Salem Hashem for his efforts to support the Multiple Sclerosis by running 100 miles with, I believe, a cold.

* * * * *

Last week two runners were going down Queen Street and chatting -

John: Too bad about Linnell's knee.

Gerry: Why? Which one?

John: I'm not sure - neither is he -

Gerry: What do you mean?

John: He put a black mark on the sore one so he could bandage it, but he can't find the mark.

* * * * *

"Old Gold" blames a biker for his fall in the 1987 Johnny Miles Marathon. A poor excuse is better than none and still finishing 3:37.

* * * * *

The President's Run is scheduled for Saturday, June 20th, to begin and end at the Stewart Residence - 159 Nassau Street.

The Elite Runners are asked to leave the house at 8:30 a.m.

(1 1/2 hr. run) Recreational Runners at 9 a.m. (1 hr. run)

and the new, old or snafu pacers leave at 9:30 and ALL return by 10 a.m. for a snack and friendship on the patio.

Come and enjoy and realize what we mean "Remember when running was fun."

Please do not park your cars on the street for safety sake but please use the parking lots at University Plaza, Tim Horton's or MacDonald's.

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"RUNNING AGAINST THE WIND" was the headlines in the Ottawa Citizen in regard to the 13th National Capital Marathon, Ottawa. Trevor Henry and Reagh Ellis are back to P.E.I. with sunburns from running the 26 mile 385 yard course in 27 degree and high wind weather. The boys wearing the P.E.I. Roadrunners Club singlets ran together all the way and finished in a very respectable unofficial time of 3 hours and 30 minutes. They were both very impressed with the excellent organization of the marathon, pre and post, and how well they were treated as competitors. The big question now - "Where will we run next?"

Submitted by,

Margaret I. Stewart

Margaret I. Stewart
President of the P.E.I.
Roadrunner Club

BLOOMSDAY 1987

Imagine running in a 15 km race where there are 50,975 registrants. The run, in Spokane, Washington, is the second largest in the U.S.A. - and the only mega race on the globe that bothers to give an official finish time to every single runner. One of our roadrunner's did participate and had a great run. Myra Fraser was one of the runners and came 611 and 17th in the 23 to 29 age category with a time of 48:00.

Some of the other times were the male winner Steve Binns from Britain 34:38, female winner Tracy Harris 36:42, Masters male Hurd Mick 37:32, masters female Bobbi Rothman 44:28. The oldest participants were in the 80-99 age range.

June 10/87

TRACK AND FIELD NEWS

PEITFA Executive 1987/88

President:	Barrie Stanfield	894-9379
Vice-President:	Colin MacAdam	894-3600
Secretary:	Peter Lord	
Treasurer:	Shawn Watters	566-1137

Provincial Track Meets 1987

June 20 (Saturday): Legion Team Selection Meet #1

This meet is to help identify athletes for a provincial Midget and Juvenile team (15 & under; 17 & under) to represent P.E.I. at the National Legion Camp in Calgary, August 6-13.

July 4 (Saturday): PEITFA Provincial Championships

Help Wanted!!

To be run efficiently (or at all) our track meets require a large number of volunteer officials (Registrars, Timers, Throws Judges, Jumps Judges, etc.). Recruiting these volunteers is a major problem for the PEITFA.

If you would like to like to help with either or both of the meets listed above, the Meet Director, Barrie Stanfield, would like to hear from you as soon as possible. Be assured that your help would be much appreciated. Experience is not required as all officials will be briefed as to their duties. A thank you and lunch will be provided.