



FROM THE EDITOR

Running and coping, sometimes it's not easy. For as much enjoyment as the sport can bring, it sure can be deflating on occasion. Runners are not violent people, but have you ever wished you had a punching bag, or other suitable target, to take out your frustrations when your body just doesn't cope with the training?

This has been a spring of disillusionment for several runners of our acquaintance. Back in the winter they spoke with guarded confidence about the marathons they would be attempting to run. Training proceeded, and they hardened their bodies and their resolve. Then the troubles began. A stretched tendon here, a knee-problem there, a flu bug at a crucial time, a bad cold that severed a training program and other assorted ailments broke the hopes of running that dream marathon. They all suffered, or at least convinced themselves of that, but most of the suffering was not physical. Indeed, in terms of physical health, as a group they remained among the most fit in the community. The hurt was mostly in the mind.

Every sport has its injuries and disappointments. For most sports though, injuries seem to be just part of the game. What hockey player doesn't expect to get injured? Baseball is created for stretches and strains and racket sports offer a delicious assortment of potential dangers. "Playing hurt" is simply a part of the game in most high level competitive sports. As disappointing as any untimely injury can be, it is more easily accepted by athletes in other sports as a natural process of the sport. It just shouldn't happen to a runner.

Running books and magazines have all kinds of information on injury prevention and physical recovery. That is as it should be and it is useful, but maybe some of us could use another guide. We need mental bandaids, something to patch up our spirits and our hope. A punching bag just won't do.

- Don Pridmore

PE.I. ROADRUNNERS  CBCT-FM RADIO

ISLAND MARATHON

P.O. Box 302 Charlottetown, P.E. I., CIA 7K7, 902-894-8879

GRAND PRIX STANDINGS

Welcome once again to the initial listing of the Grand Prix point leaders. For those who are unaware of how the Grand Prix points are awarded, a short explanation is in order. Points are awarded as follows: 25 for 1st place (male and female) and 20 points for 2nd. Thereafter there is a decrease of one point of each change in standings - i.e. 19 points for 3rd, 18 points for 4th, etc. down to 2 points for 20th position. All other race participants get 1 point. This year the P.E.I. Roadrunners executive in their omnipotent wisdom has decided that only runners resident on P.E.I. at the time of the event will be eligible for Grand Prix points (that'll fix you Leo and Bill). If a runner 'from away' comes third in an event there will be no third place points awarded for that race. All races on the P.E.I. Roadrunners fixture list will count for Grand Prix points except the CFCY Spring Fever Pace. Other participation events (i.e. Non-Puffers Pace, Run Into Summer, etc.) may be run during the year but these as well as other non-competitive races run in the province will not be included in the Grand Prix Standings. This year, only your best six races will count which is going to cause a lot of problems for your friendly neighbourhood statistician and his home computer (pencil & eraser). Here are the standings after the Mardi Gras Four Mile Race and the Dairy Queen Bunny Hop.

MEN

1.	Jim Wyatt	44 pts.
2.	Calvin DesRoches	} 34 pts.
3.	Philip Easter	
4.	Don Pridmore	33 pts.
5.	Carl Phillips	} 27 pts.
6.	Salam Hashem	
7.	Dean MacMillan	} 19 pts.
8.	Stew Freeman	
9.	Allan Mason	} 18 pts.
10.	Colin MacAdam	
11.	Andrew VanWicken	17 pts.
12.	Doug Jones	16 pts.
13.	Ewen Stewart	13 pts.
14.	Kennie Arsenault	} 10 pts.
15.	Spencer Campbell	
16.	Ron Frid	9 pts.
17.	Matt Smith	} 8 pts.
18.	Julian Gallant	
19.	Albert MacDonald	7 pts.
20.	Steven Simmons	6 pts.

MEN 20-29

1.	Calvin DesRoches	34 pts.
2.	Allan Mason	} 18 pts.
	Colin MacAdam	
3.	Andrew VanWichen	17 pts.

MEN 30-39

1.	Jim Wyatt	44 pts.
2.	Don Pridmore	33 pts.
3.	Carl Phillips	27 pts.

WOMEN

1.	Monica LaPointe	50 pts.
2.	Eleanor Farrington	} 36 pts.
3.	Moya LaPointe	
4.	Marlene Costain	20 pts.
5.	Rosemary Faulkner	19 pts.
6.	Connie Anderson	} 18 pts.
7.	Susan MacEachern	
8.	Sue Ouellet	17 pts.
9.	GeriAnn McCarthy	15 pts.
10.	Janet Bradshaw	14 pts.

WOMEN 25 & UNDER

1.	Monica LaPointe	50 pts.
2.	Moya LaPointe	36 pts.
3.	Marlene Costain	20 pts.

WOMEN OVER 25

1.	Eleanor Farrington	36 pts.
2.	Rosemary Faulkner	19 pts.
3.	Sue Ouellett	17 pts.

MEN 40 & OVER

1.	Salam Hashem	27 pts.
2.	Stew Freeman	19 pts.
3.	Ewen Stewart	13 pts.

WATCH NEXT ISSUE TO SEE THE DARK HORSE FROM THE WEST LEAP INTO THE OVERALL LEAD AS WE GET INTO THE SUMMER RUNNING SEASON.

ATHENA RESULTS WILL APPEAR IN NEXT ISSUE.

RESULTS OF DAIRY QUEEN BUNNY HOP (10 KM), APRIL 10, 1982

FEMALE UNDER 16

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Susan E. MacEachern	46	1	47:40
Sheila Bell	74	2	59:58

FEMALE 16-24

Monica LaPointe	30	1	44:11
Marlene Costain	36	2	46:11
Moya LaPointe	55	3	49:19
Gerianne McCarthy	56	4	50:02
Janet Bradshaw	67	5	57:15

FEMALE 25-34

Judi MacEwen	72	1	59:34
Connie A. Egan	72	1	59:34
Liz Pound Coady	75	3	61:41

FEMALE 35 & OVER

Rosemary Faulkner	45	1	47:24
Eleanor Farrington	54	2	49:11

MALE UNDER 16

Dean MacMillan	9	1	38:41
Spencer Campbell	12	2	39:32
Ralph Campbell	33	3	45:31
Randy Bell	39	4	46:42
Darcy Peters	41	5	46:52
Kent Bruce	42	6	46:56
Troy Longaphie	47	7	47:45
Ronnie Lund	52	8	48:51
Melvin Campbell	58	9	50:54
Michael Murphy	64	10	55:40
Hans Evers	65	11	56:07
Adam Longaphie	69	12	58:36
Joe Mitchell	71	13	58:47
Brian Campbell	76	14	62:45
Carl Fay	77	15	62:45

MALE 16-19

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Philip Easter	7	1	38:15
Steven Simmons	16	2	40:11
Allan Armitage	29	3	43:45
Marc Gilman	32	4	45:16
Todd Sutcliffe	40	5	46:48
Eugene Dowling	49	6	48:13
Steven Ford	63	7	53:29

MALE 20-29

Leo Sheehy	1	1	35:25
Maurice Bourque	2	2	35:46
Colin MacAdam	4	3	37:15
Andrew VanWichen	5	4	37:23
Calvin DesRoches	8	5	38:30
Albert MacDonald	15	6	40:05
Shane D. MacLure	17	7	40:32
Julien J. Gallant	20	8	41:20
David Forsythe	25	9	42:41
David MacDougall	27	10	43:19
Brian McInnis	28	11	46:35
Don Skelton	43	12	46:59
Butch Postma	44	13	47:21
Gerald Dowling	62	14	53:11
Robert Fullerton	66	15	56:27
Ronald Buell	70	16	58:36
Kevin Coady	78	17	62:52

MALE 30-39

Jim Wyatt	3	1	36:36
Don Pridmore	6	2	37:49
Carl Phillips	11	3	39:05
Ron Frid	13	4	39:38
Doug Jones	18	5	40:56
Matt Smith	19	6	41:05
Ronnie Drake	24	7	42:33
Calvin Wiley	31	8	44:12
Peter Porter	34	9	45:40
Don Mazer	35	10	45:46
Art O'Malley	37	11	46:19
Gerald Mitchell	48	12	48:08
Lloyd MacCallum	50	13	48:30
Bob Gray	59	14	51:07
Joseph Landrigan	60	15	51:43
Fred Affleck	61	16	53:05
Allan S. Swim	68	17	57:44
Myron Yates	79	18	63:19

MALE 40-49

NAME	RACE ORDER OF FINISH	CLASS ORDER OF FINISH	TIME
Salam Hashem	10	1	38:42
Stewart Freeman	14	2	39:48
Parker Lund	22	3	41:33
Donald Moffett	23	4	42:29
Bob Simmons	26	5	42:54
Don Reeves	28	6	43:43
Walter Lea	51	7	48:49
Colin Easter	57	8	50:27

MALE 50 & OVER

George Gallant	21	1	41:29
Colin McCabe	53	2	48:56

RESULTS OF MARDI GRAS FOUR MILE RUN, FEBRUARY 20, 1982

1. Jim Wyatt	22:13	19. David Groom	26:30
2. Calvin DesRoches	22:30	20. Monica LaPointe	26:51
3. Philip Easter	23:04	21. Carl MacLeod	27:45
4. Allan Mason	23:05	22. Peter Lord	27:59
5. Don Pridmore	23:21	23. Darren Dunsford	28:28
6. Carl Phillips	23:33	24. Moya LaPointe	29:33 }
7. Salam Hashem	23:38	25. Rick Meader	29:33 }
8. Dean MacMillan	24:09	26. Bob Gray	29:50
9. Ewen Stewart	24:20	27. Lloyd MacCallum	29:51
10. Doug Jones	24:40	28. Eleanor Farrington	30:11
11. Stew Freeman	24:45	29. Don Skelton	30:12
12. Ken Arsenault	24:56	30. David Carota	32:05
13. Blair Cousins	25:01	31. Robert Fuller	32:34 }
14. Jake Baird	25:02	32. Rick LaPointe	32:34 }
15. Willie Oulette	25:14	33. Connie Anderson	35:40
16. Julien Gallant	25:40	34. Sue Oulette	38:11
17. Matt Smith	25:43	35. Douglas Allen	39:49
18. Don Moffett	25:53	36. Gordon Arsenault	40:13

C O N W A Y N A B S N A T I O N A L M A S T E R S 1 0 K M R U N

Thomas Conway of Halifax and Rosemary Faulkner of Southport, P.E.I. shared the spotlight in the Canadian National Masters 10 KM Run Summerside as they each took home overall male and female winner trophies, as well as gold medals for their respective masters categories.

Conway, a 41 year old speedster, blazed the trail for the 71 runners with a brilliant 34:03 clocking in the Quality Inn-Brothers Two 10 KM Run, averaging a breezy pace of 5:29 minute miles (11 m.p.h. plus) over what was termed a super fast course.

Rosemary Faulkner became the 1982 Canadian Female Masters 10 KM champion when she led not only the masters, but all other female categories across the finish in 44:38.

After Conway soared through the finish, 35 year old Robert Brown grabbed second place in 35:11, with Carl Phillips (36) in third at 35:15 and Jim Wyatt close behind for fourth spot in 35:18.

Paul H. Schurman conducted the awards ceremony as M.C., following the race at a luncheon hosted by Brothers Two-Quality Inn. Here are the trophy and category winners:

- (A) Overall Male and Female Winners - Thomas Conway & Rosemary Faulkner
- (B) Female Masters Category - Ages 40-44 - 1. Sheila Andrew
2. Eleanor Farrington
Ages 35-39 - 1. Rosemary Faulkner
2. Laureen Springer
- (C) Categories Other Than Masters - Ages 25-34 - 1. Natalie Clark
Ages 24 & Under - 1. Gerianne McCarthy
2. Karen Anderson
- (D) Male Masters Category - Ages 60-64 - 1. Lawrence MacInnis
2. Eric Porter
Ages 55-59 - 1. Terry Goodlad
Ages 50-54 - 1. George Gallant
Ages 45-49 - 1. Ewen Stewart
2. Don Moffatt
Ages 40-44 - 1. Thomas Conway
2. Stewart Freeman
3. Bob Simmons
- (E) Categories Other Than Masters - Ages 30-39 - 1. Robert Brown
2. Carl Phillips
Ages 29 & Under - 1. Stephen Simmons
2. Justin MacDonald
- (F) Family Plaque (Awarded to any family combination based on top 2 finishes)
1. Stephen & Bob Simmons (6th & 12th respectively)

Following are the runners and their times: Thomas Conway (34:03) - Robert Brown (35:11) - Carl Phillips (35:15) - Jim Wyatt (35:18) - Don Pridmore (35:24) - Stephen Simmons (36:52) - Stewart Freeman (37:27) - Justin MacDonald (37:33) - Sean Brown (37:35) - Ewen Stewart (37:54) - David Forsythe (38:14) - Shawn Jay (38:24) - Terry Goodlad (38:56) - Darin Poirier (39:00) - Paul Arsenault (39:02) - Peter Bernard (39:04) - Julien Gallant (39:18) - Brian Newcombe (39:29) - George Gallant (39:22) -

Bob Simmons (39:56) - Donald Moffatt (39:59) - Ronnie Drake (40:21) - Lawrence McInnis (41:03) - Keith Tompkins (41:15) - Dan McCarthy (41:59) - Rob Anderson and Ron Chambers (42:25) - Art O'Malley (42:40) - Bernie Peters (42:55) - Roger Wells (43:00) - Eric Porter (43:06) - Shane Gallant (43:11) - Don Skelton (44:18) - Rosemary Faulkner (44:38) - Dylan Brunton (45:10) - Tom Andrew (45:32) - Lloyd MacCallum (46:06) - Jim Clark (46:13) - John Dow (46:15) - Gerianne McCarthy (46:21) - Gary Aubin (46:34) - Shane Arsenault (46:38) - Joe Laxdal (46:39) - Laureen Springer (46:44) - Natalie Clark (47:04) - Bob Gray (47:21) - Noel Pauley (47:37) - Sheila Andrew (47:44) - Eleanor Farrington (48:01) - Karen Anderson (48:06) - Sanjag Bhatia (48:57) - Sandy Bhatia (48:59) - Allan Savidant (49:26) - Gerald Arsenault (49:39) - Nancy Dockendorff (50:27) - Glenn Edison (51:31) - Janet Bradshaw (51:31) - Stephen DesRoches (54:03) - James Doucette (54:04) - Leah Cocoran (54:44) - Michelle Birch (54:56) - Robert Wall (54:58) - Dwayne Moase (60:09) - Stewart Dawson (60:16) - Rochelle Parise (71:15) - Susan Gunning (71:16) - Donna Trainer (71:41)

YOU'RE ONLY AS OLD AS YOU FEEL!!

It is a very popular saying among those who strive to keep their bodies sound by jogging or running. And it was never closer to truth than it was on Saturday during the Brothers Two-Quality Inn Canadian Masters 10 KM Run. Anyone who witnessed the race would agree as they watches the participants pound out the 6.2 mile course. Eric Porter, a 64 year old youngster, is eligible for a pension but many would dispute his age after watching him tack down 33rd place overall with a torrid pace of 43:06. The Nova Scotia native walked off with the oldest male trophy, edging Lawrence McInnis by three years. McInnis finished in 24th spot in a rapid 41:03 clocking. In the opposite gender, Sheila Andrew showed no mercy in her younger fellow competitors, doing the course in 47:44 and winning her female masters category as well as the oldest female trophy (40-44), edging Eleanor Farrington by one year and crossing 17 seconds ahead of Eleanor.

Old-time favorites like Terry Goodlad, age 55, George Gallant (50), and Ewen Stewart (49) all showed strong finishing times.

But the young people were evident in the race too (was it the race or the spaghetti dinner?!), as ten year old Donna Trainer showed the biggest heart of all athletes by completing the race in 71:41 and winning the youngest female trophy. Eleven year old John Dow was the youngest male winner, finishing 41st overall. There were many young and spirited hearts like twelve year old Dylan Brunton, upon hearing the encouraging fans at the finish, sprinted the last hundred yards of the race finishing 37th overall.

So, what's that about your age??

W O M E N O N T H E R U N

- By Rosemary Faulkner

When women begin to run it is often to run for solitude - to have a few moments alone. To our surprise, we often find a companion out on the road; ourselves. It is an opportunity to take the time to slow down and listen to our own breathing, to hear our heartbeat and our minds speak. Running is one way to become fit by yourself without the time commitment required by a team sport and group fitness class. You set your own time, your own place and your own speed.

This is the first in a series of articles for women who wish to run or who are already on the run. It is seen as one way of encouraging women to jog or, further on, to become a runner (I've been told there is a difference). It will highlight training ideas, clothing hints, personal profiles, upcoming events of interest to women and will, above all, be encouraging to you as an interested runner.

This month I will look at three books I keep coming back to for useful information on running, that are not expensive and have good information on warming up and running, etc. - R.C.A.F. Ten BX Plan for Physical Fitness (Good warm-up book)
- Cooper and Mildred, Aerobics for Women
- Editors of Consumer Guide, The Running Book

I especially like Aerobics for Women because of the chapters on clothes, climate and your own physical condition. The Aerobics Chart Pack for Women can help you get started in a running program which is geared to your own age and time goals in minutes. The program covers a period of ten weeks and starts you off by walking. There are alternatives to running discussed such as stair climbing, swimming, stationary cycling and rope skipping. This book is well worth the investment of \$1.25. Perhaps why I use Aerobics so much is that I like to run without a lot of flashy gear. In my first five or six years of running I wore only one pair of shoes, the inexpensive but reliable Adidas TRX, and a pair of old running gym pants.

The Running Book, for \$1.95, takes you through the shoe game as well as the pulse bit and the four levels of running - beginning, starting to run, the accomplished runner and the advanced runner. The trouble with this, as well as a number of other publications related to running, is that it is an American publication and much of the information, such as that on shoes, is not relevant to Canada.

It is my feeling that it is not worthwhile to invest a lot of money in magazines when you first start to run. For the first six months read them at the public library, and then decide which publication best suits your interest. My neighbour and I share a subscription to The Canadian Runner. I also like to read the Runner as I find the Running Advice columns very helpful.

If you have any comments about Women on the Run give me a call at 569-2765 and I will get your ideas in print. Upcoming articles will look at who are the closet runners in P.E.I., who has the best selection of running gear at the best price for women, and tips on running schedules so you are not dragging by the end of your run.

One note - Rose King at the Y.M.C.A. is having her jogging program again this spring as soon as the fitness classes have finished; although I've heard there have been a strange band of women running already out of the Y. If you are interested in this program give Rose a call (894-3425).

If you are a women and have thought "I can't run, I don't have time", remember you can start with just fifteen minutes a day and guess what, "It's FUN!"

From the "we thought you'd be interested" department -

Win by Canadian led Boston to check marathon route

By IAN LENNIE

Special to The Globe and Mail

THIS YEAR, as has been the custom since 1897, the world's most famous marathon will be run on Patriots' Day — this Monday — along a spectator-strewn route from suburban Hopkinton, Mass., to downtown Boston. A chronicler of the event for the past 49 years and a fan for much longer, Jerry Nason recalls the "biggest upset in the history of the Boston Marathon.

"In 1926 this 19-year old boy from Nova Scotia came down here and ran it in two hours and 25 minutes. That was far faster than anyone anywhere had run 26 miles and it prompted officials to re-measure the course — they'd put it up to the Olympic distance of 26 miles, 385 yards (from 24½ miles) in 1924. It was then that they discovered that it was only 26 miles, 209 yards."

The boy wonder of the 1926 Boston Marathon remembers feeling pain before his greatest triumph, not during or after it.

"My parents and I went down to Boston," said Johnny Miles, a native of Cape Breton Island and now a resident of Hamilton. "I had never seen the course, so my father and I got a ride out to where it started and walked it back into town to get an idea of the layout.

"My father was a good marcher — he had been a soldier — and he was quite a bit taller than me. During this walk-in he was always about a step and a half ahead of me."

An alert, healthy and constantly cheerful 76-year old leprechaun, Miles laughed and said, "I was a lot braver after I got finished walking that 26 miles than I ever was after running the distance."

Two days later when he did run the distance — for the first time in competition — he surprised the favorites and the fans to win in apparent record time.

"It was supposed to be a match race between Albin Stenroos, the 1924 Olympic champion from Fin-

land, and Clarence DeMar (a U.S. racer who went on to establish the Boston Marathon victory record: seven). Suddenly everyone was looking in their programs to find out who this young kid from Canada was."

The young kid, who trained by trailing his father's team of horses 10 miles to and 10 miles from the Cape Breton coal mine where the elder Miles was the manager, was timed in 2 hours 25 minutes 40 seconds. In spite of the measuring error, Jerome Drayton of Toronto is the only Canadian to win a Boston Marathon of more than 26 miles in faster time. Drayton, the most recent of 10 Canadians to win, ran it in 2:14.46 in 1977.

Miles won again at Boston three years later, finishing in 2:33.08 in 1929. Since then he has been back many times to watch the race, though he won't be there this Monday.

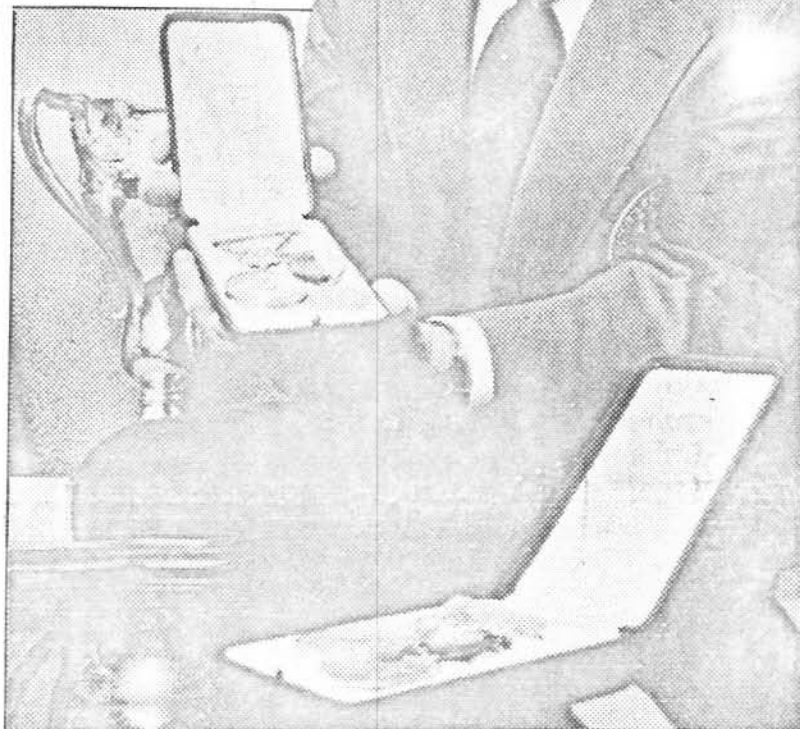
"We go down every other year," he explained. "We don't want to overdo our welcome.

"They (race committee members) go overboard and give us pretty well the run of the place. They take us to the Prudential building, where the race ends, and treat us to a meal while the race is starting. They have a big TV screen that we can watch the start on while we're eating. Then they take us down to the finish line where they have seats reserved for us in the bleachers along with the celebrities — ringside seats."

Such is the royal treatment accorded a two-time champion who has not run competitively since 1935.

"When I won for the second time, the City of Hamilton had a banquet in my honor and invited the president of International Harvester (for whom Miles was working as a laborer at the time). He said something that night that I've always remembered: 'If Miles puts as much energy into International Harvester as he does into running, some day he might have a future.'

"That night I went home and asked myself, 'Does he mean it?' I decided he did and made the deci-



Johnny Miles, a Cape Breton Island native who now lives in Hamilton, won the Boston Marathon in 1926 (above).

sion to learn the business."

Miles worked his way up through the company's ranks to become manager of manufacturing. Now, 12 years retired, he basks in the aftermath of a rewarding career and maintains a glow by keeping a hand in physical work: he and his wife Bess are the proud curators of his brother-in-law's rock garden.

A spring rain forced retreat indoors for an afternoon and gave him the chance to talk about running.

"I never had a pair of shoes like these until two years ago; with these, it's like walking on feathers," he said, admiring a pair of modern \$85 shoes he received as a gift.

"Rich Hughson (a Canadian world-class distance runner and professor of kinesiology at the University of Waterloo) was in Hamilton giving a seminar. He had a bunch of shoes lined up and I was admiring these. He saw me and asked if I liked them. Two weeks later the president of the company here in Canada sent me a pair.

"When I was a boy, you couldn't buy anything else except tennis sneakers. The first thing you'd do in the spring was ask your mother to

buy you some. Then we'd put them on and race down to the Atlantic and go swimming."

White tennis sneakers from the British-Canadian Cooperative store in Sydney Mines, Nova Scotia, carried Miles to both of his Boston victories. At that time there were "about 175 to 200 competitors." Last year 6,845 men and women entered the race.

"It's gotten to be like a carnival now," he said. "You take all those entrants though, there still are only a dozen or so who really have a chance of winning."

One dramatic difference strikes Miles, who went to work in the Cape Breton coal mine as an 11-year old to help his family while his father was at war.

"They're easing up on a lot of the rules," he said. "Years ago you couldn't take 50 cents. Now they have trust funds for the athletes. All the money they receive goes into a trust fund and they're allowed to take out what they need for training expenses."

He laughed, not begrudgingly, and added: "It's just a sneaky way of making the transaction."

I A M A R E C R E A T I O N A L R U N N E R

As far as I know, the P.E.I. Roadrunners Club is intended to be a recreational club and that is why we see all the friendship, the care and hard work that results from it. I don't like the idea of people calling the club a racing club because even some of our top runners would finish a considerable distance behind the very competitive racers. On the road every runner benefits from participating. No matter what your pace, there is the same satisfaction in performing to your capability. It is just as important to the last finisher to sweat it out and test himself in action as it is to the first finisher.

I know that the Roadrunners Club cares about every runner. They care about the last runner just as much, or even more, than the first runner. My hope is that we will see more people get involved this year with running. Running provides the opportunity for people to improve their fitness, enjoy the company of other runners and to enjoy pleasant scenery. It's been great to see more runners in the last few races and I believe that this will be an excellent year for all of us recreational runners to join together and enjoy the sunshine and the fresh air and to trim some of those extra pounds off.

I enjoy being a recreational runner and the bonds that it creates with many other runners. Because I am a recreation runner I will never ask Alberto Salazar to wait for me.

- Salam Hashem

F I V E M I S T A K E S T H A T B E G I N N I N G R A C E R S M A K E

(First of a two-part series, by Salam Hashem)

1. GOING OUT TOO FAST - Begining racers are over-anxious and often do not take the time to warm up properly. You should stretch and warm up before every run; in a race, a proper warm up is even more important. The shorter the race, the longer your warm up should be because your starting pace will be faster. Almost all beginners go out too fast no matter what the distance. In a ten kilometer race your goal should be to start and finish at about the same pace. In a marathon your starting pace should be slower than the overall pace you are aiming at.

(Editor's Note: Salam has had first hand experience in quick starts. He may just know what he's talking about!)

2. POOR RACING FORM - Newcomers often don't have a proper racing form. They adjust their form in a race to run faster than their daily runs, but they often do it incorrectly. To go faster, increase the cadence, not the length, of your stride. Overstriding can cause injuries, especially shin splints. When running on flat ground get up more on the ball of the foot (but the heel still hits the ground first) and use more ankle plantar flexion (pushing off on the ball of the foot). When running up hill, shorten your stride and lift your knees more. On the downhill, increase your cadence and the plantar flexion of the foot, trying not to land hard on the heel. Go with the hill on the down side, don't lean back. Running fast on the downhills may cause some strain on the knee joints, but if speed is your main goal you may have to take this chance.

3. NOT RUNNING WITHIN YOUR LIMITS - Beginners may fail to check their breathing and go beyond the limits of their conditioning. In most races you should be able to talk, but avoid undue conversation if you want to improve your time. Check the breathing of your opponents in the race. If they are breathing hard while you are breathing easy, stay behind them until you notice their fatigue increase - then pass them. This trick should dispirit your opponents, and they will slow down their pace realizing that you are in better shape than they are. But don't pass unless you are ready to keep the lead.

4. NOT BEING PROPERLY RESTED - Beginning runners don't get the right kind of rest before a race. Most world-class runners agree that it is more important to get a good night's sleep two nights prior to the race than on race eve. The body's system can make up for a lack of sleep on the night before the race when you may be too nervous to sleep well anyway. But if you haven't had proper rest two nights before race day, it catches up to you on the course and leads to sluggish running.

5. NOT EATING RIGHT PRIOR TO THE RACE - Beginners often do not eat the right pre-race meal. They eat too much of the wrong kind of food too close to starting time. Don't eat within three hours of a race. If it is a late morning race, get up early and have a light breakfast of complex carbohydrates such as wholewheat pancakes or unrefined cereals and fruit. Avoid bacon and eggs or sugar on your cereal. Drink water or diluted electrolyte replacement drinks before the race.

- To be continued . . .

HERMAN



"Is that your idea of exercise —
buying a book on jogging?"

R E P O R T F R O M T H E E X E C U T I V E

As we head into the heart of the running season, the Club Executive finds itself with a number of projects on the go. Many are of a reasonably small size, so we can't claim to be overburdened yet, but there seems to be more than enough to keep our plates full. Your fearless (?) leader (?) organized a Race Directors' Clinic in late March and has been active at various writing projects, the Newsletter, calling meetings and delegating duties like mad. V-P Rosemary Faulkner has, along with treasurer Eleanor Farrington, been making plans for a club social meeting and doing some research on women and running in Atlantic Canada. Eleanor, meanwhile, has been balancing the books and making arrangements to obtain club t-shirts for sale. Secretary Jim Wyatt organized the Beginning Runners Clinic at the Spring Fever Pace, took the lead in representing the club at a special meeting of Sport P.E.I. and started the organization process for the Island Marathon.

One thing that we as an Executive have come to very quickly appreciate is the work that is contributed by the club members. We receive a lot of support from quite a few of you out there, and let us say it loud and clear that we are tremendously grateful for the work that all our volunteers do. It is impossible to give everyone their proper share of credit, but there are several people that I would like to extend a special thank you to for their recent contributions. Ewen Stewart has probably been one of the busiest Roadrunners in the past several months. Ewen, in conjunction with Salam Hashem, organized a club social meeting, looked after the Sport P.E.I. Travel On II ticket sales, co-ordinated the Bunny Hop run and served, on short notice, at our table at Health Fair '82 in Charlottetown. Another contributor of note is Doug Jones. Doug readily agreed to take on the organizer's role for the Spring Fever Pace and did a fine job. Parker Lund organized the Challenge Cup at the SPA, doing his usual fine job, and has continued to be available to assist the club in numerous ways. Alf Groom and Don Harris took on the challenge of organizing the first Brothers Two/Quality Inn 10 KM Run and staging it as a Canadian Masters Championship. A special word of thanks is also due to the person who perhaps does more than anyone else to keep the club going and to keep us all in touch - Judy Hiscott. There are others too who regularly answer the call of duty and they are not forgotten. It takes a lot of people to make this club tick and with people like the ones we've got, it looks like we've got a lot of ticking ahead.

- Don Pridmore

THE OBSESSED WITH RUNNING TEST

- By Old Jed

Recently I read an excellent article in Canadian Runner by Raymond Rupert entitled "Obsessed With Running?" Dr. Rupert expressed his concern in the article about runners who go off the deep end (hey editor, is that a mixed metaphor?) and get hooked on the sport. Dr. Rupert doesn't want to just stand around (or run around) while this happens to otherwise sane human beings.

"What I propose," he wrote, "is an annual 'Am I an obsessed runner?' check-up." He stated that there was no one in a better position to perform the check-up than the runners themselves. He pleaded with runners to recognize the symptoms such as "Do you talk runner talk constantly? Do you have more running shoes than street shoes? Do you think of food as carbohydrate loading? Are you too busy to get involved in other activities?"

These are all good points. Unfortunately, some runners may still have trouble determining beyond any question that they are obsessed. That is why I have put together the Old Jet Obsessed With Running Test. If you flunk this one, you know that you are really in trouble. So check out these statements and see how you do.

YOU KNOW YOU ARE OBSESSED WITH RUNNING WHEN -

- You use your Casio watch to split-time your breakfast each morning;
- You run down to the store to pick up some bread and milk and remember when you are halfway there that the store is eight miles away;
- You put more mileage on your running shoes than your car;
- You actually know how far 15 kilometers is in miles;
- Your heart beat is 32 per minute and you are not dead;
- You would rather watch Grete Waitz than Bo Derek (or, on the other hand, Alberto Salazar than Tom Selleck);
- You travel to the Rockies to get in some hill training;
- You think that anyone over 140 pounds is obese;
- You can name the male and female winners of every Boston Marathon since 1975;
- You can name the male and female winners of every Colonel Gray/McDonald's Run since 1975;
- You actually look forward to receiving the P.E.I. Roadrunners Newsletter.

If you fit seven or more of these statements you are clearly obsessed and there is no hope for you. If only three to six statements fit, you should immediately join your local branch of Runaholics Anonymous. If less than three fit then you are probably a delightful, well balanced, sane person and, indeed, a true rarity in this world of obsessions. But don't worry - We'll get you yet!

NEWSY NOTES FROM CAMPERS' CITY OUTDOOR SPECIALTY SHOP

Are we ever pleased with the good looks of the New Balance 555. You wouldn't have to be a runner to feel good about wearing these shoes! Available in EE width.

Mr. Big Foot, we have heard you! We have just received the New Balance 660 in the EEEE width. You may find yourself wearing a shorter size.

Put on your running shoes, lace them up, look at the laces. Are they wider apart at the top than at the bottom? This could indicate a high arch and a need for a wider shoe. Yes, even if you don't consider your foot to be a wide one. We also have the New Balance 730 and 420 in the EE width as well as the regular D width.

That 420, by the way, seems to be the answer for many of those high arch problems.

Need a semi come hiking-running shoe for those rough trails? The stiffer sole New Balance 390 could be the answer. Certainly not a shoe for the fleet of foot.

Ladies - we are pleased. You are showing more interest in the 'better' shoes. More injury-prevention thinking could be behind this. For you we have the New Balance W420 in a B width. Yes, New Balance considers this to be a wide width. They also have an A width that we don't stock. The men's 420D has solved the problem for many lady runners. Your choice of shoes will increase due to your increased interest.

The Osaga KT26 has made a strong come back. We are low in stock at present.

The new Brook's Vantage Supreme and Super Villanova are looking 'right good'. We think the makers of Greb took a good look at Brooks before revamping these top-of-the-line shoes. We really like them.

Don't forget the Shoe Goo! We suggest that you inspect the soles of your shoes at least once a week and build up the worn areas. It could help prevent injuries.

Walkers and short runners (the distance, that is), the Nike Yankee for men or ladies could be a good starting shoe for you, but not if excess weight is a problem. The Ladies Nike Liberator gives more support.

The New Balance 990 appears to be just beyond the horizon. We saw a sample just last week. Can a pair of running shoes really be worth that much? We really think they are! Would you like to be notified when they arrive? Telephone 892-4713.

P.S. The 990 is completely slip lasted. Probably the closest you will ever be to simulating a hovercraft at high speed.

Please, please, wear something highly visible when running. Runners have been lucky, so far, in P.E.I.; but we read of many accidents caused by poor visibility. We'll give you thirty percent off all reflective sashes, vests and head bands. Or buy some reflective tape, somewhere, anywhere.

Roadrunners, when you buy your running shoes at Campers' City, please present your roadrunners membership card for your ten percent discount. That is ten percent off the regular price on shoes, clothing or other running related items. But, you must show your card before we hit the cash register.

Members who have purchased running shoes since publication of the last newsletter will soon be receiving a pleasant surprise in the mail. We do appreciate your business.

Looking for a new pair of running shoes? Please don't be in a hurry when getting a fit. Allow at least half an hour. Try on as many different top-rated shoes as possible. Shop alone if you can; unless your companion is as interested as you are in getting the best fit for you. Take your old, tired shoes with you for Mona or Sue to inspect. Try to shop for shoes at the same time of day as you do your running.

- Mona Clay

Editor's Note - This edition of the Newsletter was late in going to print so we apologize for any references that are out of date.



"They say how great jogging is, but did you ever see a jogger smiling?"

U P C O M I N G P . E . I . R O A D R A C E S

<u>DATE</u>	<u>EVENT, LOCATION & DISTANCE</u>
June 12	Colonel Gray-McDonald's Ten Mile Road Race (Charlottetown), 10 a.m. - Parker Lund, 892-7544
July 3	Seaman's Beverages Four Mile Run (Charlottetown), 10 a.m. - Ken Campbell, 892-2721
17	Fulton Campbell Memorial 20 Kilometer Road Race (Montague), 9:30 a.m. - Bob Simmons, 838-2704
24	Belfast Lions Eight Mile Mid-Summer Jaunt (Belfast), 11 a.m. - Wayne Panton, 659-2893

U P C O M I N G M A I N L A N D R O A D R A C E S

June 6	Moncton, 10 Kilometer Road Race (Jacques LeCouffe, 506-384-9484)
12	Waverley, Gold Rush Days 8.75 Mile Road Race (Gordon Warnica, 429-1293)
13	Halifax, 4th Annual Federal Savings Run-A-Long & Bed Five Mile Race - Lorraine Morehouse, 453-4280
19	Bridgewater Bulletin Six Mile Road Race (Wayne Beazley, 543-5672)
20	Burt's Corner 7.5 Mile Road Race (Larry Gould, 506-363-2482)
27	Liverpool 5.1 Mile Road Race (Joe Mason, 354-5084)
27	New Castle 7 Mile Road Race (Robert Prosser, 506-357-8459)
30	St. Andrews 5 Mile Road Race (B. Dickson, 506-529-3225)
30	Hampton 13 & 5 Mile Road Races (John Yerta, 506-832-5119)
July 1	Hantsport, Beazley Memorial 6 Mile Road Race (Carl Pulsifer, 684-3578)
3	Moncton, 10 Kilometer Road Race (Arnie Shaw, 506-854-4922)
3	Port Hawkesbury Festival of the Strait 10 Mile Road Race - Ray Belland, 625-2167
4	Halifax, Bonne Bell 10 Kilometer - For Women Only (Bob Book, 425-5450)
10	Pictou Lobster Carnival 10 Kilometer Road Race (Gordon Young, 485-6700)
10	Shediac 12.8 Kilometer Road Race (Leo Sheehy, 506-734-2601)
17	Woodstock 6.5 Mile Road Race (M. Morehouse, 506-328-3639)
17	Arichat, Islcen Madam 10 Kilometer Road Race (Clifford Boudreau)
24	Windsor Centennial Half Marathon (Rec. Dept. Windsor, 798-2910)
24	Saint John $\frac{1}{4}$, $\frac{1}{2}$ and Full Marathon (Leo Sheehy, 506-734-2601)
25	Edmunston 8 Kilometer & 20 Kilometer Road Race (Leo Sheehy)
26	Halifax Natal Day 5.2 Mile Road Race (Mike LeGarde, 422-6437)
26	Boylston 5 Mile Come Home Week Road Race (Philip Hochman, 358-2295)
27	North Sydney, Con Olson 10 Mile Road Race (Bob Mullins, 794-7213)

NOTICE OF CHANGES TO THE 1982 RACING SCHEDULE OF ROAD RACES IN PRINCE EDWARD ISLAND

Please note the following changes in our race schedule when providing information to your readers/members.

1. DELETE - Provincial 20 KM Championship
June 27, 1982 - Charlottetown
-- Cancelled due to withdrawal of Labatt's as sponsors of the provincial championship series.
2. CHANGE TITLE - Alice Faye's Three Mile Run for Women
2:00 p.m., October 3, 1982 - Charlottetown
Contact - Eleanor Farrington (902) 963-2895
-- Please be sure to include the information that this race is for women only.
3. CHANGE DATE - Dairy Queen Polar Run
2:00 p.m., December 27, 1982 - Charlottetown
Contact - Salam Hashem (902) 894-9925
-- Please note that this race will be held Monday, December 27th, rather than Sunday the 26th.

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G O O D N E W S !

C L U B T - S H I R T S O N O R D E R ! !

WILL SOON BE AVAILABLE FOR SALE AT RACES AND OTHER ROADRUNNER FUNCTIONS -- APPROXIMATE COST \$6.

C O L O U R - S E N T I M E N T A L F A V O U R I T E - " O R A N G E "

FOR MORE INFORMATION CONTACT ELEANOR FARRINGTON AT 963-2895, AFTER 5 P.M. OR WRITE SAME AT HUNTER RIVER RR#2, PEI, COA 1N0

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

We got a chuckle the other week from Allan Fotheringham's column in MacLean's Magazine. The Foth explained that ceremonies such as the Queen's visit to Ottawa do wonders for the Federal Liberal Party because they provide opportunities for adherents of that party to reward themselves for all their backroom work and to have a bash. Wives, in particular, he postulated, thrive on these junkets. We now take you to one rather interesting segment of the article.

"These days, politics is fuelled by lawyers who jog and wear mustaches and will put in faithful hours doing Liberal dirty work if there is one dangling enticement at the end of the tunnel.

"Q. And that being?

"That being the deal by which their wives, who jog and read Gloria Steinem, will allow them those hours in the garage playing poker with our destiny if there is, every once in a while, a chance to fly to a gathering of Liberal drinkers in a strange city. There they can quote Steinem and compare their jogging mileage.

"Q. Don't Tory wives jog?

"No. They read the Bronte sisters and cry a lot."

We wonder if Tom MacMillan would agree?

* * * * *

We take you now to a scene that took place lately at a Charlottetown shop.

Runner to waitress: "Do you have whole wheat doughnuts?"

Waitress to runner: "Sorry, this is a junk food store, not a health food store."

Well, let's give them full marks for honesty.

* * * * *

The racing season is also in full swing in New Brunswick and Nova Scotia. We attempt to keep you informed of their events by listing races in this Newsletter, but if you would like more detailed information it can be easily obtained. The Sport P.E.I. office has a limited amount of information on hand, or you can write directly to the regional representatives.

New Brunswick Sun Life Championship Series - Contact: Leo Sheehy
RR#1, Hopewell Cape
New Brunswick EOA 1Y0
Phone 506-734-2601

The Aerobics Series (Halifax Area) - Contact: Aerobics First
6166 Quinpool Road
Halifax, Nova Scotia B3L 1A3
Phone 423-1470

Nova Scotia Track & Field Schedule - Contact: Bob Book
c/o P.O. Box 3010 South
Halifax, Nova Scotia B3J 3G6
Phone 425-5450

Leo Sheehy hopes to see a sizeable Island contingent for the National 20 KM Championship to be held in Moncton on Sunday, August 22. More on this in our next Newsletter.

* * * * *

Spring is that time of year when a young man and woman's fancy turns to, uh, marathoning! What greater love has the runner than that of the 42.195 kilometer distance? (Plenty, but we will go into that some other time.) Jim Wyatt ventured to Boston in April to run the granddaddy of North American marathons. His time of 2:59:25 was slower than hoped for but was still respectable under the conditions of the day. This year was the fourth consecutive year that the Island has been represented at Boston. Don Reeves also did a considerable bit of travelling as he journeyed out to the Vancouver International Marathon.

Jim Wyatt then ran his second marathon in less than four weeks when he completed the Johnny Miles Marathon in New Glasgow, Nova Scotia, in a personal best time of 2:49:09. Jim was joined at Johnny Miles by Ewen Stewart (2:56:43), Dean MacMillan (3:20:53), Matt Smith (3:37:22) and Peter Kittilsen (3:03). Don Pridmore posted a personal best time of 2:48:28 in Ottawa at the National Capitol Marathon. Julien Gallant also ran at Ottawa (4:04) as did two former Island residents and Club members Guy Comeau (3:15) and Bob Sagor (2:54). At press time, Rosemary Faulkner and Allan Preston were in the last stages of preparing for Montreal. Between these runners, they have covered more distance in marathons within about a seven week period than the total distance of all P.E.I. road races for the year.

* * * * *

Of course our real long distance champion this spring has to be Salam Hashem. Granted, Salam had the benefit of a plane, but travelling to Lebanon is a fair way to go. We don't know what the running scene is like over there so we hope that Salam will bring back an extensive report with him.

* * * * *

And so we cap off another edition of the Newsletter. Hope you enjoyed it. Remember, we welcome submissions from our members so if you have a view to express, a story to tell or a request to make, please drop us a line at Sport P.E.I. The P.E.I. Roadrunners Newsletter is produced through the services of Sport P.E.I. The Newsletter co-editors are Don Pridmore and Judy Hiscott. Also contributing to and assisting with this edition have been Salam Hashem, Jim Wyatt, Rosemary Faulkner, Eleanor Farrington, Ewen Stewart, Jake Baird and Old Jed.

* * * * *

On April 24th Eleanor Farrington and Stew Freeman took part in their first off 'Island' race this year. It was the Sydney Kinsmen 10 KM (first annual). The weather was sunny and mild with moderate winds. Sixty runners entered and Neil MacMullin of Sydney Mines won in an excellent time of 33:20. Carol MacLean, also of Sydney Mines was the first female across the finish line in 44:41. The first master was Victor MacLeod of Sydney in 34:50 for 4th overall!! Dale Corkum, who won the CAPHER 10 KM was fifth in 35:02. Stew was second master (38:45), 15th overall. Eleanor was third in the open female division (47:59), 1st master, if there had been a female masters' division.

The trains are still haunting Stew. One crossed the Sydney course - luckily just after the last runner passed - unlike the Toronto Marathon where it crossed the course twice costing runners up to five minutes delay. Race directors, please avoid railway tracks when laying out race courses!!

* * * * *

LATE ENTRIES

Just as we were going to print, these items appeared in the newspaper. Our congratulations go to both Salam and Rosemary.

City Runner Does Well In Israel

There are not too many runners training on Island roads who would expect to run a race in Israel representing his home town in Lebanon and be beaten by a nose at the wire by an Israeli army major—that is unless you happen to be Salam Hashem.

The Charlottetown resident ran the three mile course in a very respectable time of 15:31 but was just nipped at the wire by the major. It was so close they were given the same times. There were approximately 500 runners and that was the biggest field Mr. Hashem has run with.

Why was Mr. Hashem racing in Israel? To understand that one has to know he came to Canada approximately 15 years ago and was making his first visit with his family in their town of Merj Uyun near the Israeli border in southern Lebanon.

Unlike here, running is not as popular but Mr. Hashem's nephew indulges in the sport so one day he and his uncle went for a training run. Thinking Mr. Hashem, who is 40, was not in the best of shape, ran hard. Mr. Hashem ran his nephew into the ground.

Word of the Island runner's prowess on the roads soon spread and Colonel Haddad, the army commander of southern Lebanon, persuaded Mr. Hashem to enter the Israeli race. Apparently the Israelis usually win and the Lebanese wanted a winner.

Race day was May 10 so Mr. Hashem, Col Haddad, about 12 other Lebanese runners from the area and Mr. Hashem's family went to the town of Matulla for the race.



SALAM HASHEM

It is not far from the Lebanese border and 40 miles from Jerusalem.

For his victory Mr. Hashem received two trophies, one from the mayor of Matulla, which he donated to his nephew's running club and the other from the race organizers. He was advised not to try to bring it back to the Island because it had Hebrew engraving on it and there might have been trouble getting it through army checkpoints in Lebanon.

Since running in southern Lebanon and northern Israel is not popular as here the quality of runners on the Island is better, said Mr. Hashem. Most serious Island racers train all year and that is what makes us better, he explained.

Besides running in Lebanon and Israel he also got in some mileage in London during a 24 hour stopover. One could now say he is truly an international runner.

The Guardian, Charlottetown, Tues., June 1, 1982—9

Silver For Faulkner

Rosemary Faulkner of Charlottetown, who is female roadrunner of the year for 1981, won a silver medal in the Montreal Marathon Sunday.

Her time was within the

time limit of four hours. The distance was about 43 kilometers. She ran with her brother, Ronald Cameron Smith who won a silver medal in the men's division.