



Well, here we are, once again in the midst of another heavy summer race schedule. As per normal the set-up in general, and more precisely, the so-called "Grand Prix" of PEI road racing with its numerous inadequacies, particularly for the competitive runner, leaves much to be desired.

First of all, there is the annual shortcoming of faulty scheduling, most notably where longer distance races are concerned, and the attendant pitfalls and problems. The month of August, for example, shows five races on the schedule - actually seven if you include the half-marathon and 10K events on August 31st.

This represents a nightmare for the runner whose ability is best exhibited over longer distances. He or she is faced with 4 races of between 10.5 and 26.2 miles and only one shorter race (10K) during the time frame. To attempt to race all five, for a total of 76 miles, is downright insane and ludicrous and to perform well in all five, a sheer physical impossibility.

This leads to the next point - there are simply too many Grand Prix races for the number of runners we have here, and the obvious inability of the top runners to key their performance on most (if not all) of the Grand Prix races. At present count we have some eighteen events on our annual Grand Prix Series, with the ultimate travesty and injustice lying in the fact that we have three - not one, but, yes, three - Grand Prix races on marathon day.

The irony of this situation is that, if anything, more points should be awarded for placings in the marathon, an event which requires additional training and recovery time, as opposed to say, the 10K distance. Instead, persons running the marathon are in effect being penalized by their absence from the shorter events, whose juxtaposition with the marathon simply dilutes the caliber of Island runners for all three races.

In fact, the question arises as to just why we are conducting a year-long Grand Prix series at all if, by virtue of scheduling foibles and so forth, the best runner does not win the championship.

The credibility of the present system is further called into question by the second rate, chintzy awards provided for a year's struggles on the roads. Certainly they provide little appreciation of the effort demanded for quality performances or motivation for extended effort and improvement in future years. Possibly we should be seeking and enlisting a new sponsor for the series. Not that trophies, awards, recognition, etc. are the sole focus and objective of the competitive runner.

Certainly not! There can be, however, an optimal level prescribed for each specific area being criticized including race spacing and placement in the schedule, total number of Grand Prix events (ten, or at most twelve) and awards for the overall season, as well as awards for each individual race (some of which are woefully lacking at the present).

If we are going to have a Grand Prix at all, let's not make a farce and a mockery of the situation and undermine its entire *raison d'etre*.

Now enjoy your summer racing, everybody.

Paul Wright

**YOUR OPINION IS REQUESTED, WRITE TO  
THE EXECUTIVE !!!!**

## **STARTING BLOCKS**

**LET'S PARTY** - With the heavy August racing schedule and summer vacations, the mid-summer party didn't fly. Now, Don Harley has graciously offered the use of his cottage for a Roadrunner social event. The target dates are September 6, 7, 13, or 14. Anyone with strong feelings about one date over another or anyone who wants to help organize the event should contact our most honourable president, Ken Campbell, at 892-1673 (bus) or 566-2914 (home).

**THE INCREDIBLE SHRINKING EXECUTIVE** - Our past-president, Brian Dunn, moved back to Upper Canada in the spring and Bunty Albert, Vice President, has resigned effective July 31, 1986. Bunty indicated that job-related and personal travel will take her out of the Province for most of the remainder of the year, preventing her from being active in the club.

**VIM, VIGOUR AND VERVE**- A new Canadian magazine, aimed at women with active healthy lifestyles, hit the mailboxes this year. In the May issue of "VERVE" was an article, "How to Run Your First 10K" (in nine weeks) by Brian Budd (Supersport?) and Matt Blajer. We mention it here because they deserve credit for their research: all three PEI 10K road races run in May or later were included in their calendar of 10K races across Canada.

**CFCY Rah Rah Rah** - Eric Manual, race director for the 8th annual CFCY Spring Fever Pace deserves a vote of thanks for his efforts. Thanks are also due to all Eric's volunteers and the sponsor, CFCY. The race was run two weeks late this year, on June 15, to accommodate the Sport Aid run during Run Canada Week. 69 people ran, jogged and shuffled over the two mile course with Mark Brittain in 9:38 and Marlene Costain in 11:37 taking the hardware.

**RUNNING AWAY** - Three Island runners performed creditably at the George Gallant 10K in Shediac N.B. on July 13. Ron Frid recorded a PR 33:12 for 7th place overall and top spot in the 30-39 age category. In finishing 10th with a 33:58, Paul Wright also had a 10K PR. Salam Hashem ran a solid 36:20 for 25th in a field of 150. The top three finishers all broke 32 minutes. Scott Hare set a race record in 31:26 and masterful Master Joe McGuire, last years champ, ran third overall in 31:59. Jacqueline Maillet won the ladies division in 37:37. Ageless George Gallant was just behind at 37:52.

In Nova Scotia, at the Highland Games in Antigonish, Mark Brittain placed second in the 5000m with a time of 16:26.2. At the CTFA's High Performance Track Meet in Halifax, Marlene Costain ran a 10:28.2 in the 3000m for a third place finish. Colin MacAdam ran a 1:56.3 in the 800m at the same meet for a 5th place showing.

**SKILLED VOLUNTEERS** - Starting this fall Sport PEI, the PEI Recreation Association and the PEI Council of the Arts will again support the **SKILLS PROGRAM for MANAGEMENT VOLUNTEERS**. Courses in Financial Management and Short and Long Term Planning will be offered in 1986-87. Registration information, dates and times may be obtained from the Regional Services Centre in your area or 892-0311 (Community and Cultural Affairs).

**1991 CANADA WINTER GAMES???** - The Basketball Panthers Booster Club wrote recently to members of the executives of PEI's sport governing bodies encouraging them to write to the Minister of Community and Cultural Affairs, Gilbert Clements (or the Premier). They cited the benefits of new facilities, the boost for winter tourism, the ability to bid for and host future national and intercollegiate championships and "the therapeutic effect on the Province" as reasons for asking our politicians to support the bid for the games. Running could benefit directly if a new field house is built and if that field house were to contain an indoor track.... If you feel inclined, pick up a pen or talk to your MLA.

**ORANGE AND BLACK FOR HALLOWE'EN** - The deadline for contributions to the next newsletter is October 10 which will allow it to reach your mailbox by October 30. Send your scary stories, tricks and treats to THE EDITORS, PEI Roadrunners Club Newsletter, c/o Sport PEI, P.O. Box 302, Charlottetown, PEI, C1A 7K7. Or call Rosemary Faulkner at 569-2765, Paul Wright at 887-2431 or Bunty Albert at 894-7256 (weekends).

Following is the first in a three Part series. Watch for installment two in the autumn edition of the newsletter.

P E I Road Racing 1977 - 1986 - The Growth of Excellence - Part 1 - Laying A Foundation (1977 - 1980 inclusive)

by  
Paul Wright

The late 1970's, which witnessed a nation-wide fitness boom, nurtured the rapid development of and mass participation in several endurance sports, such as cross country skiing and distance running.

Nothing illuminates this fact more clearly than the resurgence of road racing here on Prince Edward Island during that period and the steady growth of quality results among our elite performers from 1977 until the present time.

Road racing had been a popular activity in this region during the early 1900's but had lost favor over the years with all excepting a few die hards, of which prime examples are such living legends as New Brunswick's George Gallant and New England's Johnny Kelley.

Prior to 1977, only two annual running events existed on the Island; the Kensington Harvest Festival 25 KM run (then a 15 miler) which began in 1974 and was deemed the most brutal and torturing long distance course in the Maritime Provinces; and the Colonel Gray Ten Mile Road Race in Charlottetown, founded in 1975 by one of the cornerstones of our fledgling running community on P E I, Parker Lund.

In 1977, several additional events joined the race calendar. These included the Athena Seven Mile Run, the CFCY Spring Fever Pace, the Belfast Eight Mile Jaunt, the Fulton Campbell Memorial in Montague and the Dairy Queen Polar Run.

Owing to the absence of races and the comparatively small base of participants, winning times were slowish by today's standards. No marathon existed here in 1977 and a six minutes per mile pace or slightly faster usually proved sufficient to claim victory or place well, at distance from 10 kilometers to 25 kilometers.

Many of the "Pioneers" of our sport from that period have remained active until the present time. These include such names as Albert MacDonald and Bob Simmons from Kings County; Ron Chambers, Carl Phillips, Don Reeves and a certain scribe from the Prince County area and of course a larger contingent from the Charlottetown area. This group contains such notables as Jake Baird, Don Pridmore, Ewen Stewart, Ninian LeBlanc, Ken Campbell, Parker Lund, Don Harley and Ed Fraser, who, unbeknownst to many of our newer runners, was at that time consistently among our top few finishers and a race winner on occasion. (Ed captured the first Polar Run in 1977.)

In addition, two very good runners since relocated elsewhere in the Maritimes began their careers here; Ray Mason and Freeman Churchill.

For the purposes of this series, a detailed account concurs with the onset of the 1978 schedule, at which time this writer's personal involvement with racing here commenced and the P E I Roadrunners Club was formed.

1978 - In May of 1978, six of its members made history by completing their first marathons at the Johnny Miles Event in New Glasgow, N.S. Ewen Stewart blazed the trail with an impressive 2:56:22 clocking for 13th place in a large field and followed up with a startling 4th place finish in the Colonel Gray - McDonald's Ten Mile in June, while Ed Fraser was 2nd at 57:52 the top Islander.

Later that year, the now defunct Volume Rentals Half Marathon was conducted for the first time, with Haliopolitan Tom Conway the victor in 77

minutes flat and yours truly an inspired 3rd in 82:22, his best effort of the year.

In November, the first Annual Dunk River Run was held under conditions now recognized as traditional; these - wind and rain. Joe Tehmann of Fredericton prevailed in 40:42 followed by Mike Armitage and Ed Fraser.

To cap the season, Dale Friesen won the second Polar Run in a record 29:04 while defending champ Fraser slid to 5th spot. Runners-up were Mike Armitage (29:15) and Lawrence McLa9on (29:42). Two fine runners since relocated - Mike to Halifax, N.S. and Lawrence to Victoria, B.C.

1979- The year 1979 watched Mike Armitage rise to the forefront of shorter distance racing on P E I. The Sherwood youth captured three races: the Dairy Queen Bunny Hop (36:33) the Belfast Eight Miler (45:57) and the Polar Run under snowy conditions. Lawrence McLa9on also continued to run well through 1979 and several masters made their marks at that time; Don Reeves, Parker Lund and Lance Miron. Miron improved rapidly as a marathoner lowering his time to 2:53 from 3:17 over a five month span and thereby honored as Male Roadrunner of the year for 1979.

On September 16 Tom Olsen from Sydney, N.S. won the first ever Island Marathon from Cavendish to Charlottetown in a solid 2:40:33 under near ideal conditions - sunny skies, cool temperatures and a tailwind. Ewen Stewart was top Islander and 4th overall in an outstanding 2:47:01 PR, a new standard for P.E.I. racers, while Don Reeves posted a fine effort of 3:02:18 for 13th.

Dennis Nicholson copped the second Dunk River Run in a slowish 43:33, while Roy Mason and Andrew VanWiechen were 2nd and 3rd respectively.

In December, Mason and VanWiechen (from Montague) reversed their Dunk River finish positions as runners-up to Mike Armitage.

1980- The installation of the P.E.I. Grand Prix of Road Racing occurred and the initial champions of this year long competition were Roy Mason and Monica LaPointe. Lawrence McLa9on placed 2nd and a certain Don Pridmore quietly began his ascent to the upper echelons of racing on the Island, finishing 3rd in the final rankings. Monica's twin sister Moya, and Eleanor Farrington (now Freeman) took second and third place honors on the women's side.

1980 Highlights: Several new races joined the ranks of the more established at such diverse distances as five miles (Campers City) and twenty miles (Tyne Valley).

Freeman Churchill made a triumphant return to P.E.I. in April, winning the Bunny Hop in a record 35:52, while Colin MacAdam, the short distance track ace (800 and 1500 meters) nabbed Campers City in 27:40, nipping Ray Mason (27:43). Mason won the Athena Run in 39:30, before finishing in a deadlock for 2nd with Paul Wright (58:02) in the Ten Mile Classic in June behind Mike Armitage.

Armitage again tasted victory in Montague with a fine 20 KM time of 70:25 (short course). Monica LaPointe was first female in 99:45.

At Belfast, Lawrence McLa9on collared his first victory in 47:46, while a certain transplanted Upper Canadian come P E Islander, come Upper Canadian once again recently, warned of future exploits with a fourth place finish - one James Wyatt of Crossroads.

Mike Armitage smoked to a 32:29 victory in the National Park 10KM while Tom Conway won the first Tyne Valley Twenty Mile Road Race.

Don Pridmore made two fine showings, one of these being a second place in the heat at the Harvest Festival 25 KM Race, an event he was destined to win the final two years the race was held over its original layout from Stanchel to Kensington. (83 & 84) Don placed 3rd in the Volume Rentals Half Marathon behind Ray Mason and Tim Dallin.

In September, Tom Olsen nailed his second successive P.E.I. Marathon win by fashioning a superb 2:34:52 course record effort. 1980 observed the Peaking of our marathon, both in terms of Performance level and total entrants and finishers.

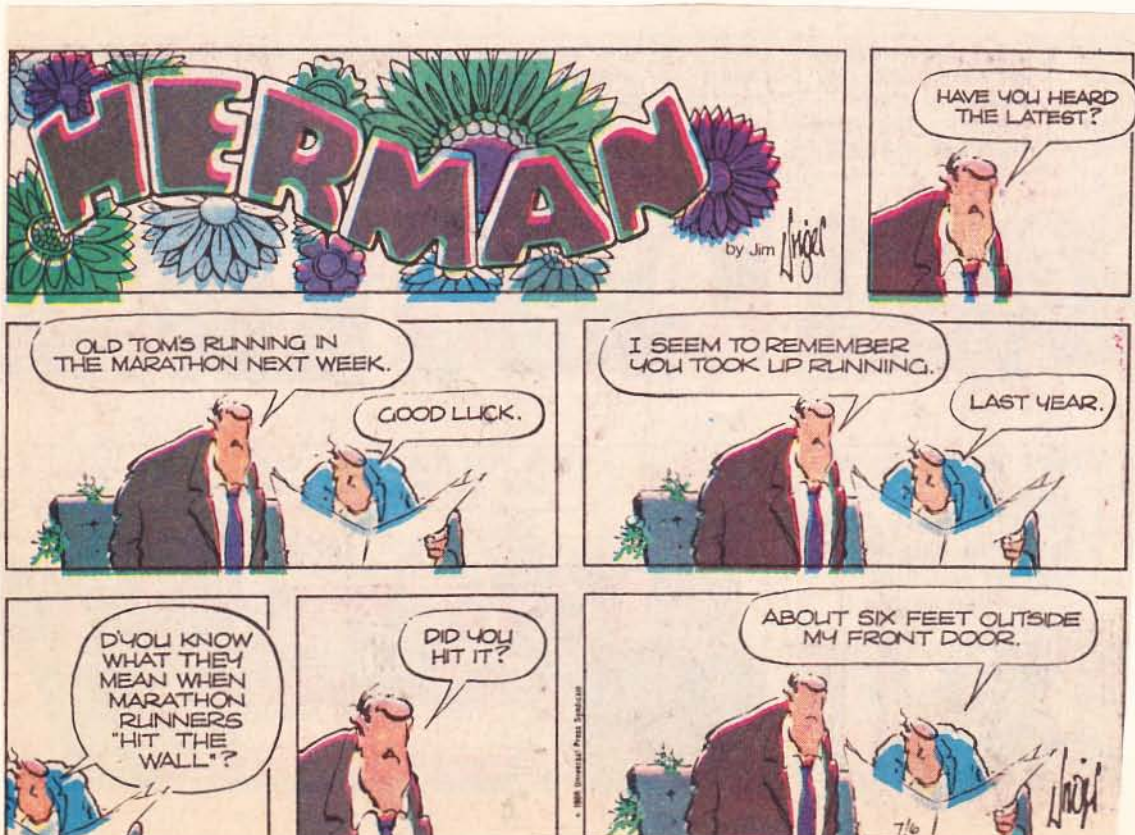
The first five finishers all broke 2:40:00 and female winner Carol Roy from Bangor, Maine established the course record of 3:09:55. Yours truly followed up a 2nd Place showing in August at Tyme Valley (2:03:25) with a 2:50:10 PR for 9th overall and top Islander, just edging Ewen Stewart (2:52:24). Don Pridmore, Jim Wyatt and Parker Lund Produced finishes of 2:58:06, 3:00:48 and 3:04:19 respectively. Ninety-five Persons completed the 26.2 miles under light showers and a moderate cross/tail/wind.

In the Alice Faye's 3 Mile Run For Women, Sheila Currie dominated over local favorite Monica LaPointe (16:10 to 17:55) while a budding talent not quite yet ready to emerge from the shadows, Marlene Costain, Placed fourth in 19:50.

In November, in the first of two exciting Photo finishes (80' and 81') Dale Corkum outkicked Mike Armitage to the finish as both demolished the course record (39:15 and 39:22). Monica LaPointe ran an excellent 46:38 for 13th overall in a starting field of 35 runners.

Mike Armitage and Monica LaPoint were honored as male and female Roadrunners of the year for their out-standing Performances throughout 1980

Coming Next Issue: Part 2 - Years 1981 - 1983  
Exciting Times - Emerging Stars



## MAKING MOUNTAINS INTO MOLEHILLS WEIGHT TRAINING AND THE ROAD RUNNER

\* Submitted by Peter Lord \*

Weight-resistance training has long been considered the exclusive domain of football players and body builders. It has been universally shunned by distance runners as a training method because everyone knows weight lifting will make you bigger and, consequently, slower. This is a myth perpetuated by skinny roadrunners who hate to lift weights.

The fact is, a properly designed, systematic regimen of weight training will make you a stronger and faster runner. The amount of work your muscles are able to produce can be greatly enhanced without a large increase in size. When the intensity of the exercise is kept low, little muscular development will take place. Instead there is more emphasis placed on the metabolic processes within the muscles. The little muscle that is added is more than able to pull its own weight.

### IMPORTANT POINTS

- (1) The program of weightlifting should include exercises for the hips, thighs, hamstrings, calves, abdominals, chest, upper back and biceps.
- (2) The weight you use should be light enough to be lifted twenty times.
- (3) Two or three consecutive sets of twenty repetitions, with approximately a ninety second recovery, should be performed.
- (4) When you can successfully perform twenty repetitions on the first set, increase the weight the next day you come in.
- (5) The weights should be lifted slowly and rhythmically to prevent momentum from doing the work for you. Do not let the weight rest after each repetition.
- (6) The exercises should be done regularly with a minimum of forty-eight and a maximum of ninety six hours between workouts.

Generally the weight training should be done during the off-season after an easy run. It must be done on a regular basis over an extended period (four to six months) before the true benefit can be realized. A careful record of the weight used and the number of repetitions achieved can be beneficial for monthly comparison of your progress.

If you require assistance in starting a program, most of the local fitness clubs provide qualified instructors.

\*Peter Lord represented PEI at the 1985 Jeux Canada Games as a triple jumper. He also runs and has participated in some of the Club's races.

**TANK McNAMARA**

by Jeff Millar & Bill Hino



## *A Wheeler's Wind*

Can you imagine anyone actually completing a 26 mile marathon? The amount of dedication and training just to attempt this type of run is phenomenal. Though it is obvious to you that the legs have more powerful muscles than the arms it's probably never occurred to you the amount of determination and training it takes to propel yourself and a machine on a flat surface let alone climb uphill. So when you consider the accomplishment of wheelchair athlete Andre Viger of Sherbrooke, Quebec, at the recent Boston Marathon, it is amazing that Andre was not only able to complete this tough course but also beat the World Record for his class by more than two minutes, with a time of 1:43:25. Or take Jan-Owe Mattsson of Sweden, who completed the 1985 Manitoba Marathon with restricted use of his arms due to his being a quadraplegic. Pushing his wheelchair with hands that resemble paws, Jan-Owe completed the 26 miles in 2:18:50.

The accomplishments of these two individuals and others are shattering the myth that a person confined to a wheelchair is an invalid. Both these athletes have alot in common, they are 33 years of age, they hold world records for their class of wheelchair athlete, but most of all neither one has let an image or attitude get in the way of the joy of competing against himself.

Another front-wheeler in the world of disabled athletics is Rick Hansen from B.C., who at this moment is nearing the last stretch of his tour around the world. Rick has been long recognized as an outstanding Canadian athlete who shared the award for Canada's Top Male Athlete of the Year with Wayne Gretzky. Most of us would never dream of going around the world in a plane or in 80 days or whatever. But to push a wheelchair a distance of 40,000 kms or as we say in English 24,901 miles, the magnitude of it boggles the mind.

By now you've probably come to the conclusion that I'm either a Male Chauvinist or that there are no female wheelchair athletes. Well your wrong on both points. It's just that I don't have enough data on their results and also there have unfortunately not been that many Canadian women as yet competing in racing events .

In the 1985 Detroit Free Press International Marathon Amy Doofenbaker of Kitchener, Ontario had a completion time of 2:42:04 which put her well ahead of many of the male athletes in the same class. Candace Cable-Brooks of the US and Angela Leriti of Canada are also leaders in long distance runs.

In the early days the disabled athlete used the same wheelchair for both every day use and for all sports events. If you've begun to notice a change in the wheelchairs that you see in your daily goings, it's all due to development and engineering for a more effective sports wheelchair. The wheelchair as most people know it is a crude, bulky hunk of junk that maneuvers almost as well as a tank. The amazing thing is that the early wheelchair athlete had to move not only his/her own weight but also that 45 lbs. of battleship as well. Because these wheelchairs were really designed with invalids in mind their only function was to move you from point 'A' to point 'B' assuming no need to do much more. The idea that anyone restricted to another means of mobility would even consider sports let alone try would be enough to bring pity or astonishment to all. The changing attitude of the disabled and the T.A.B.'s (temporally able-bodied) from dis-ability to ability was all the impetus needed to pursue this upward climb. That and of course the basis of all groups, the volunteer, without whom nothing could be accomplished.

To get back on track (pun intended), the first sports for 'wheeler's' were very tough, and hard events in these tanks. The center of gravity being behind the persons back meant that he had to reach way back to get a good long pull/push in order to move more quickly. These long strokes of the wheels meant a longer push and less energy loss than the short, choppy pushes gave. The front wheels or casters as they are really called, gave mountains of trouble with shaking and shimmying resulting in poor steering control vibrating the nuts and bolts out of the machine.

The wheelchair used by the athlete these days weighs in at approximately 15 lbs., has a fixed front axle with wheels 12 to 14 inches in diameter and a center of gravity straight up the spine. Steering is controlled by one or two levers mounted above the front wheels. Most spinal-cord injured people have their legs tucked right up under their chin in order to sit in the most advantageous power position. This seating puts them closer to the wheel rims which are much smaller in diameter than those on the wheelchair for every day use. The reason for the 12 to 14 inch rim is so that the hands have a constant contact and thereby a consistent transfer of energy. A ride in one of these strange looking carts would very quickly give you an understanding of an accurate use of power.



As you can see Wheelchair Racing is in one way not very different from running on two good legs even though a wheeler uses wheels to do the actual moving. It also must be remembered that it's training of the upper body that creates a top wheeler, the same as grueling training of the lower body gives us the top runner with a "walkie"!

I hope I have in some small way given you a bird's eye view of wheelchair runners and their development. And remember when you next think sadly about a 'disabled' person that it's not them who has the disability but those of you who use your feet. After all it's quite easy for a wheeler to adapt to his sports by adjusting his form of mobility, but how do you adjust your feet!

Reji Martin 07/86

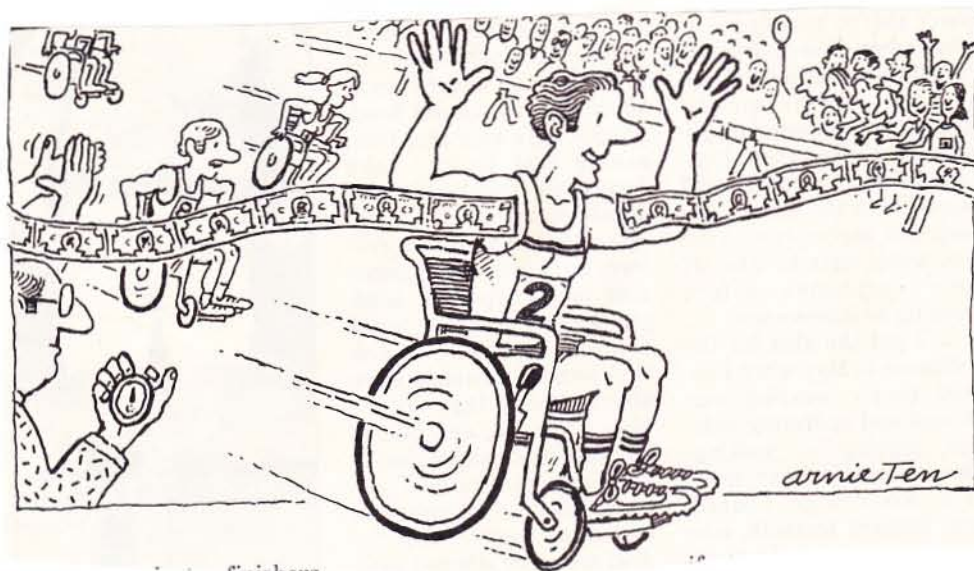


ILLUSTRATION BY ARNIE TEN

# Running Commentary

by Joe Henderson

I am on the side of life's tortoises because I am one of them. We are the slow ones, and we may not be the fastest—but at least we'll be here after the fast-starting hares have dropped out.

I also say that the big victories aren't ever permanent. The saddest people I know are those who've won prizes and acclaim for a few moments, lost them, then spend the rest of their days trying to relive those moments.

The times, they have changed. There was only one definition of victory while I was growing up in the sport. That was the same one as used in other sports: Each contest had one winner; everyone else lost.

In 1965, a coach lectured me that "second place ain't worth a damn." He said that unless I won or was insulted by anything less, I shouldn't be racing.

Using his definition, I should have quit running a long time ago. I was a loser by his terms, since I only finished first in a few minor events and remember even fewer disappointments at not being out front.

Yet I'm a survivor in the sport, and one of the reasons is that long ago I redefined "victory" in more personal and sensible terms. I decided to measure *myself* against *myself* instead of against a world of runners or arbitrary standards. I decided the only person who could beat me was me.

Since then, I've still won some and lost some. And only later have I been able to tell which was which. The final score usually doesn't come in until long after the event is over.

Since the times have changed for me, and I've never thought of myself as a unique runner, lots of other people must have changed their thinking about victory and defeat, too. Otherwise, running wouldn't be growing as fast as it is, because chronic losers either don't start or stop early.

For them and myself, I list what I sense are the new definitions of winning and losing. Few of them have any resemblance to the ones I heard in the locker rooms of the 1950s and '60s.

1. Winning is realizing you already have won by being in the running. You may not finish ahead of many other runners, but you already have beaten the much bigger pack of people who

choose to move on wheels instead of on foot.

Losing is not starting, but being content to talk about what might be, or what might have been if . . .

2. Winning is finishing the distance you set for yourself, however humble it might be. Speed is a gift your parents either gave you or couldn't. You had little to say about it, so the time you take to run your distance doesn't say much about your spirit. But endurance and persistence are qualities that are largely trained and learned. Finishing is a victory of strong spirit over weak flesh.

Losing is dropping out for no other reason than a weak will. Quitting in the face of actual or potential injury is wisdom, but giving up to moderate inconvenience or mild discomfort is defeat.

3. Winning is measuring yourself against yourself. It is learning to take pride in your improvements, no matter how small. Later, it is taking pleasure in more subtle measures of victory which have little to do with time and place.

Losing is matching yourself against everyone else who runs. This is self-defeating, because few people ever win this way and those who do don't keep it up very long.

4. Winning is counting the number of runners ahead of you and recognizing your relative ability. You look up to them for advice and inspiration without viewing them with feelings of envy or inferiority.

Losing is being intimidated out of the sport by those ahead of you or counting as inferior anyone who comes in later.

5. Winning is working with other runners so all of your results are better than any of you could have gotten alone. It is in one sense selfish; you use someone to raise yourself. But it is constructive competition in the sense that it can lift everyone.

Losing is cutting someone else down so you can look taller. It is interfering in any way, physically or psychologically, with another runner's progress.

6. Winning is accepting results as they come, knowing that an occasional bad run will come even to those of us who look at competition this way.

These runs are important contrasts to help you appreciate the good ones.

Losing is choosing to ignore the real results and to quote exaggerated ones instead. It is calling a 9½-mile course "about 10 miles," or calling a time of 59:59 "in the mid-50s."

7. Winning is learning from your bad experiences. They often teach better than the good ones, because they force you to look for relief. I'm not saying you should intentionally make mistakes so you can learn from them; enough will happen automatically. Turn a minus into a plus when they do.

Losing is refusing to accept failure as a teacher or to examine the reasons for failing.

8. Winning is standing on the shoulders of the giants. It is absorbing the written and spoken lessons of people who've run before, instead of using up an entire career resolving by trial and error the puzzles that already have been solved.

Losing is refusing to share with others your solutions to running puzzles or claiming someone else's solutions as your own.

9. Winning is continuing to run after fate has decided that you are past your prime and will never again break a personal record. It is going on when there are no races left to do.

Losing is setting goals you either can't reach or can too easily. Goals are stopping places if they're made too rigid and important. If you don't reach them, you stop from frustration. If you reach them too quickly, you stop with no other peaks left to climb.

10. Winning is knowing you are only as good as your last run. The good effects and feelings don't store well, so you have to renew them all the time. Mediocre fresh runs are far better than spectacular stale ones.

Losing is living in the past. It is trying to restore old glories to the condition they were in during their short life. □

Joe Henderson is consulting editor for *Runner's World*, and the former editor of the magazine. An early exponent of long, slow distance, Henderson has written such best-sellers as *Long Run Solution* and *Jog, Run, Race*.

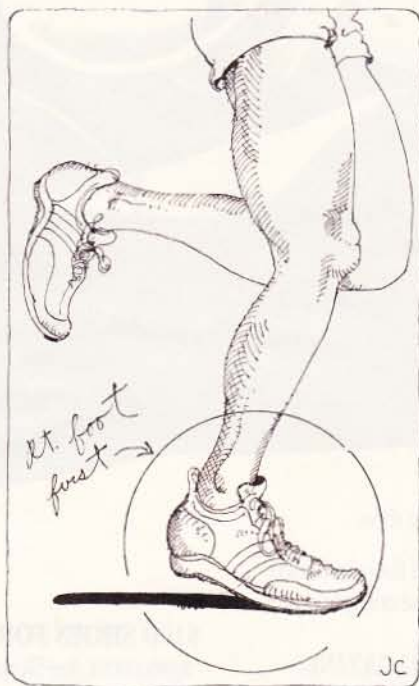
# The dominant leg

Favoring the right or left is an often overlooked cause of injury

A difference in the lengths of a runner's legs has often been discussed as a factor in overuse injuries. Leg-length differences can be suspected when symptoms of injury—anything from a problem in the foot to hip or back pain—occur predominantly on one side of the body, usually on the side of the longer leg. Such differences are often detected by measuring the legs. They are then treated accordingly, most commonly with a thin heel lift for the shorter side.

But there is another, often overlooked, condition that often mimics the symptoms of a leg-length difference although it does not involve any real measurable difference. This is called a functional shortage and involves an imbalance in the *muscles*, rather than a difference in the length of the leg bones. In such cases the stronger leg becomes dominant. Almost everyone has a dominant leg, a condition which is analagous to having a dominant hand (being right-handed or left handed). While the ideal situation would be to be ambipedal just as some people are ambidextrous, having a dominant leg does not necessarily cause a problem. As is the case with most overuse injuries that runners develop, whether a dominant leg leads to injury depends on an interplay between the severity of the imbalance and the amount of running done. The dominant leg is usually, but not always, on the side of the dominant hand. For most people and especially those people who are converted left-handers, the side on which leg dominance occurs can be confirmed by assuming a starting position for, say, a 100-yard dash. The forward-positioned leg is quite likely the dominant one.

Although leg dominance cannot be measured as if it were an actual leg-length difference, there are ways to detect it. Check a used pair of running shoes. A dominant leg will likely have produced more compression of the midsole in the heel area. Or have someone observe you walking. Your head will probably move higher when the foot of the dominant leg is on the ground. If you run through a patch of fine dirt (or dry plaster powder) and then on an even blacktop road, you will leave a trail of footprints that may hint at a different concentration of pressure between your right and left feet. Or



just flex your muscles—the muscles of a dominant leg are usually wider.

There are several causes of leg dominance, the most obvious being heredity. It may also be due to a “favorite” resting position before birth. If you find that you always get an injury or discomfort on the same side of your body, have a doctor measure your leg lengths. If there is no measurable difference between them, it could be that this kind of “natural” leg dominance is causing problems.

The best treatment for troublesome leg dominance is some form of supervised weight-training program to overcome the specific muscle imbalance. Although a controlled program, developed by an exercise physiologist, would be best, some runners have had success in strengthening a weaker leg by doing leg raises with ankle weights on their own. If leg girth cannot be equalized or if symptoms persist, it may be necessary to consult a doctor.

There are, however, other less “natural” causes of muscle imbalances that can create a dominant leg. These imbalances may originate around the hip or lower spine and sometimes have a neurological aspect such as pressure on the nerves. They are frequently associated with pains in the area and may be aggravated by the jarring of run-

ning. Many runners with this problem have found relief—often long-lasting relief—by using the services of an osteopathic physician or chiropractor.

People who run indoors on level tracks frequently complain of symptoms that suggest dominance of one leg or a functional shortage in the other (which cause the same symptoms) because the frequent turns on a track cause the leg facing the inside to act as a longer leg and the outside leg to act as a shorter one. This same problem can occur while running distances on the side of a road. Try to run on roads that are level or have alternating slants.

Troublesome dominance can actually be transferred from one leg to the other if there is a change in running style, as when favoring an injury. Many injured runners have learned the hard way that favoring a particular leg can be overdone and bring on injuries to the uninvolved leg that are worse and more difficult to relieve than the original complaint. This is one reason why injured runners are told not to run through pain. Treat the original injury first and then resume running in your natural manner. One particular muscle imbalance that often causes the uninvolved leg to become dominant is severe shin splints—the kind that occur on the front and outer area of one of the lower legs (anterior compartment syndrome). The shin splints in themselves can be more serious than their contribution to leg dominance, and therefore should be treated first. Actually, in any situation where one leg consistently fatigues before the other, or one foot slaps or flops, the other leg becomes dominant and may show the problems associated with a longer leg. Again, in these cases, the primary problem should be treated first.

At the present time the best therapy for troublesome leg dominance is the supervised exercise program or professional care mentioned earlier. Although a heel lift is often recommended in the case of an actual difference in leg length, I would not recommend it to treat leg dominance until we know more about its possible consequences. In general, there is much concerning leg dominance that we need to know more about. As a neglected aspect in the treatment of running injuries it could be the answer to some unresolved running problems. **FINISH**

PEIRRC  
 INTERIM FINANCIAL STATEMENT  
 for the period  
 FEBRUARY 26 - JULY 15, 1986

Bank balance: February 26 \$189.19

Income

1985 Membership	\$180.00	
1986 Membership	764.00	
Banquet tickets	434.00	
Donations, etc.	55.77	
McDonald's Run	71.75	
Seaman's	98.00	
Gross Income		1603.52

Expenditures

Office, stationery, printing	66.45 *	
Banquet	720.42	
1985 Marathon costs	27.57	
Sport PEI Membership/Dinner	22.00	
Total Expenditures		835.44

Bank Balance July 15, 1986 957.27

\* The first \$200 for printing and \$400 for mailing is free from Sport PEI. Issues 5 and 6 of the 1986 Newsletter will put us over the top of those amounts and will result in a direct charge by Sport PEI to the club for printing and mailing.

...MEMBERSHIP REPORT...

AS AT JULY 15, 1986, THE PEI ROADRUNNERS CLUB HAD 209 MEMBERS IN 142 HOUSEHOLDS COMPOSED OF:

6 YOUTH  
 98 SINGLE  
 105 FAMILY MEMBERS (IN 38 FAMILIES)

...NEW MEMBERS...

MYRA KLETTKE - This is a name we are all going to learn how to pronounce as we are hearing it quite regularly at awards ceremonies. Myra comes from Spokane, Washington. She is going back there temporarily to prepare for her marriage to Wayne Fraser, another RR member, before moving permanently to PEI. Myra has a marathon PR of 3:05.

KERRIE LONGAPHEE - Kerrie is a relatively new runner and in the Males Under 18 age category. He has run in the McDonald's-Colonel Grey 10 miler and the Fulton Campbell Memorial 20K with impressive results. Kerrie runs with the Southcross Buns (Monday, 7:00 P.M. at the Bunbury Quik-Pik) where he is even more impressive. He dashes ahead of us all, then does push-ups on the side of the road until we catch up with him!

STERLING GIDDINGS FAMILY - Welcome to Sterling, Sterling Junior, Christa, Wendy, Elizabeth and GaeLyne. This is a family who reversed the usual trend by coming out to help at races before they ever ran. You have probably been passed water and cheered along the way by one of the Giddings crew. Sterling Jr. and Christa recently participated in the Garden City Golden Mile.

**PEI ROADRUNNERS CLUB  
MEMBERSHIP LIST  
ADDITIONS SINCE THE LAST NEWSLETTER**

LIST AS OF JULY 25, 1986

NO	LAST NAME	FIRST NAME	CITY	PROV				
171	RICHARD	STEVE	ST ELEANORS	PEI	190	MASSELINK	JON A.	SHERWOOD PEI
172	RICHARD	BARRY	ST ELEANOR'S	PEI	191	DES ROCHES	CURTIS	TRAVELLERS REST PEI
173	LUND	PARKER	CHARLOTTETOWN	PEI	192	BLUM	KEN	BELFAST PEI
174	LUND	KAY	"		193	HASHEM	SALAM	CHARLOTTETOWN PEI
175	LUND	VANESSA	"		194	HARRIS	DON	SUMMERSIDE PEI
176	PASS	ERIC	VICTORIA	PEI	195	MACDONALD	MIKE	SOURIS PEI
177	KLETTKE	MYRA	SHERWOOD	PEI	196	CRASWELL	GARY	CHARLOTTETOWN PEI
178	EDWARDS	LINNELL	CHARLOTTETOWN	PEI	197	CRASWELL	CAROL	"
179	EDWARDS	LOUVINA	"		198	CRASWELL	KRISTA	"
180	EDWARDS	NINA	"		199	CRASWELL	NICHOLAS	"
181	EDWARDS	DON	"		200	CRASWELL	BRODY	"
182	WENDT	MICHAEL	CHARLOTTETOWN	PEI	201	MACDOUGALL	MICHELE	MORELL
183	CORRIGAN	HERB	BUNBURY	PEI	202	MASON	ROY	SAINT JOHN N.B.
184	HICKS	KENNETH	SHERWOOD	PEI	203	REEVES	DON	SUMMERSIDE PEI
185	CAMPBELL	KEN	CHARLOTTETOWN	PEI	204	GIDDINGS	STERLING	SHERWOOD PEI
186	CAMPBELL	STEPHEN	"		205	GIDDINGS	STERLING JR.	"
187	CAMPBELL	JOANNE	"		206	GIDDINGS	CHRISTA	"
188	SAVIDANT	ALLAN	SUMMERSIDE	PEI	207	GIDDINGS	WENDY	"
189	MAC MILLAN	RON	CHARLOTTETOWN	PEI	208	GIDDINGS	ELIZABETH	"
					209	GIDDINGS	GAELYNE	"

## RUNNING LOG

From the Training Log of:

Michele Granter

Years Running: 2

PR's 10KM: 40:52 (1986)

HALF MARATHON: 1:45:58 (1985)

Michele is 28 years old, resides in St Eleanors, and is employed as an aircraft engine technician in the Canadian Armed Forces, Posted in CFB Summerside.

Despite her relatively recent arrival on the running scene, Michele's dedicated approach to training and Phenomenal Progress demonstrate an outstanding natural ability and Potential for long term success at the sport, as evidenced by her remarkable 10 kilometer time of 40:52 at The Spring Tune - UP Run under very adverse conditions. This marked a dramatic improvement of over five minutes from her time in the 10 KM event at the Island Marathon last September.

Michele began running again (She ran track in high school) on a bet with a friend who said she couldn't do it!

Michele hopes to tackle her first Marathon in 1987.

Average Week (Winter 1986)

15 - 20 miles (very easy)

AM 3 - 4 easy

PM 3 - 4 easy

AM 7 easy

PM 7 - 10 easy or 1 & half to 2 hrs varied fast

Same as Monday

AM 7 - 10 easy

PM 7 - 10 less if long in AM, more if shorter

Same as Monday

AM 9 miles of alternate 7:00 and 7:30 Pace

PM 5 easy

Sunday -

Monday -

Tuesday

Wednesday -

Thursday -

Friday -

Saturday -

# RACE ANNOUNCEMENTS

## KENSINGTON HARVEST FESTIVAL SATURDAY, AUGUST 23, 1986

For those who had lingering doubts, yes, the Kensington Harvest Festival half marathon will be run this year on the same "new look" course used in 1985. For further details call Pat Hudson at the Kensington Community Gardens (836-3509).

October 4  
C.A.H.P.E.R. Road Race  
Stanhope

Distance: 10K  
Starting Time: 2:00 pm  
Registration: 1:00 - 2:00 pm at the  
Stanhope School  
Contact: Jackie Arsenault 882-3214 (w)

### 9th Annual Dunk River 7.25 Mile Road Race

Sponsors - Callbecks Ltd and Campbell and Burns Machinery - Central Bedeque  
Distance - 7.25 Miles  
Date - Sunday, September 21, 1986  
Registration Time - 12:45 to 1:50 pm  
Start Time - 2:00 pm SHARP!  
Policing - RCMP  
Medical Services - St John Ambulance  
Change Facilities - Bedeque Area Rec Centre  
Classifications:

Male: 19 - Under	Female: 19 - Under
20 - 29	20 - 29
30 - 39	30 - 39
40 - 49	40 & Over
50 & Over	

Awards: Trophies: Top five overall, top female  
Medals: Official Dunk River Race Medals to top 3 per category, plus 6th to 10th male, 2nd to 5th female if did not place in their age category top three.  
Ribbons: All finishers  
Post Race: Coffee & Doughnuts, Plus award Presentations upstairs at Rec Centre beginning at 3:45 pm  
Course Records: Male: Gary Shupe (38:55) (83)  
Female: Marlene Costain (45:01) (83)  
Male Masters: Tom Conway (40:15) (83)  
Female Masters: Eleanor Freeman (54:53)  
Race Information: Paul Wright (887-2431)  
Pre Entries: Bedeque, P E I COB 100  
NOTE: 1986 Entry Fee: \$5.00; \$3.00 if mailed above address before September 15, 1986

September 28  
Alice Faye's Run for Women  
Charlottetown  
(R.R.)

October 25  
Run for Pumpkins  
Bunbury  
(R.R.)

Distance: 5K  
Starting Time: 2:00 pm  
Registration: 1:00 - 1:45 pm Bunbury  
Nursery

Sponsor: P.E.I. Roadrunners Club  
Course Description: Cross country fun run, pumpkins as prizes. Incentives to wear orange.  
Contact: Rosemary Faulkner 569-2765 (h)



April 15, 1986

Dear Runner:

The sun is low on the horizon, a few clouds drift slowly by, the early morning is still cool. As you complete your stretches, you see some familiar faces and greet some new ones. You're fit, you've trained hard, and prepared well. This is going to be a good run.

Suddenly, you become aware of the sounds of the crowd. The air is electric with excitement and expectancy. The music from "Chariots of Fire" rolls out over the crowd, the pace car moves to the starting line. The moment you've been waiting for has arrived. Your pulse quickens and you can feel the surge of adrenaline. Runners all around you are shaking hands and wishing each other good luck. It's time.

9:00 a.m., Sunday, August 31, 1986, you're running in the 8th Annual Island Marathon. The organizing committee has worked with the sponsors, National Video and Radio CFCY, to produce a quality race.

You're here for the race, but you also know about the post-race party and dance, the long sleeved T-shirt that's fast becoming a collector's item, and the discount card you can use at local stores and restaurants which specialize in your carbo-load favorites.

There are other marathons, but there is only one Island Marathon. The hospitality, the quality Island craft awards, and the beauty of the Island, where else would you want to be running the Labour Day weekend?

You know that the out and back course is fairly flat, there's a good chance at that personal best .... but only if you mail your registration. Otherwise, all this will remain a fantasy.

So, mail your registration now and run in the Island Marathon -- road racing that's challenging and fun.

Sincerely,

A handwritten signature in blue ink that reads 'Carl Cooper'. The signature is fluid and cursive, with a large initial 'C'.

Carl Cooper  
Race Director

P.S.

We feature a half-marathon and 10K also.

NATIONAL VIDEO/CFCY ISLAND MARATHON



DATE : SUNDAY, AUGUST 31, 1986  
 TIME : 9:00 A.M. SHARP  
 LOCATION : WEST ROYALTY FITNESS CENTRE (THE SPA)  
 EVENTS : MARATHON  
 HALF MARATHON  
 10 KM. RUN  
 COURSE : A CERTIFIED OUT AND BACK, WITH AID STATIONS EVERY 5 KM. THE COURSE RUNS THROUGH THE STREETS OF CHARLOTTETOWN AND ACROSS THE HILLSBOROUGH BRIDGE TO THE COMMUNITIES OF SOUTHPORT, KEPPOCH AND KINLOCK RETURNING ALONG THE SAME ROUTE. ALL EVENTS ARE ON THE SAME COURSE WITH DIFFERENT TURN AROUND POINTS.  
 REGISTRATION : ALL ENTRIES MUST BE RECEIVED BY SATURDAY, AUGUST 30.  
 REGISTRATION KIT AND INFORMATION PACKAGE TO BE PICKED UP AT THE SPA ON SATURDAY, AUGUST 30, 1986, 9 am TO 6 pm.  
 REGISTRATION FEE : \$12.00 (CHEQUE PAYABLE TO "ISLAND MARATHON")  
 LATE FEE : \$15.00 (AFTER AUGUST 17)  
 MAIL FORM TO : ISLAND MARATHON  
 P.O. BOX 302, CHARLOTTETOWN  
 P.E.I. C1A 7K7

T-SHIRTS GUARANTEED TO RUNNERS REGISTERED BEFORE AUGUST 17, 1986

REGISTRATION FORM

MARATHON ( )      HALF MARATHON ( )      10 KM. RUN ( )      BEST TIME: \_\_\_\_\_  
 NAME - Last \_\_\_\_\_ First \_\_\_\_\_ Initial \_\_\_\_\_  
 SEX M ( )      F ( )      DATE OF BIRTH \_\_\_\_/\_\_\_\_/\_\_\_\_/      AGE \_\_\_\_\_  
 T-Shirt Size S ( ) M ( ) L ( ) XL ( )      Day Mo. Yr.      (on Sept. 1, 1986)  
 MAILING ADDRESS \_\_\_\_\_  
 CITY/TOWN \_\_\_\_\_ PROVINCE/STATE \_\_\_\_\_  
 POSTAL CODE/ZIP \_\_\_\_\_ TELEPHONE # \_\_\_\_\_  
 RUNNING/TRACK CLUB \_\_\_\_\_ CFTA No. \_\_\_\_\_

WAIVER IN THE EVENT OF INJURY

In consideration of your accepting this entry, I hereby for myself and my heirs, executors, and administrators waive and release any and all rights and claims for damages I may have against successors and assigns for any and all injuries suffered by me in the CFCY/National Video Marathon.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Competitor

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
 Parents/Guardian (if under 18 years)

NO MARATHON (26.2 MILES) FOR RUNNERS UNDER 16 YEARS OF AGE.



# RACE RESULTS

## Results Athena Run

Tenth Annual Athena Seven Mile Run  
Summerside, Saturday, May 3, 1986

### Top Ten Males

1. Ron Frid	37:38	6. Carl Phillips	43:41
2. Salem Hashem	40:13	7. Arnold LaMarsh	43:59
3. Don Pridmore	40:49	8. Ewen Stewart	44:32
4. Darren Poirier	41:30	9. Eric Manuel	44:34
5. Lee Bigger	43:34	10. Jim Fay	44:40

### Top Three Females

1. Cindy DesRoches	50:43
2. Helen Flynn	51:05
3. Tanya Gregory	51:27

Females 17 - under	Class Order	Race Order	Time
Cindy DesRoches	1	31	50:43
Tanya Wallame	2	47	1:00:12
Tara Sullivan	3	52	1:00:21
Krista MacKaw	4	53	1:00:21

Females 25 - 34	Class Order	Race Order	Time
Tanya Gregory	1	36	51:27
Natalie Clark	2	40	55:50
Donna Dunsmore	3	50	1:03:27
Janet Coughlin-Cameron	4	51	1:05:13

Females 35 - 39	Class Order	Race Order	Time
Helen Flynn	1	33	51:05
Carol Craswell	2	39	54:48

Females 40+	Class Order	Race Order	Time
Eleanor Freeman	1	38	54:48
Louvina Edwards	2	56	1:13:47

Males 17 - Under	Class Order	Race Order	Time
Darren Poirier	1	4	41:30
Lee Bigger	2	5	43:34
Scott Harper	3	18	48:20
Sonny Bhatia	4	20	48:56
Keith Kelley	5	22	49:05
Roger O'Halloran	6	23	49:17
Jamie Doucette	7	24	49:17
David Jackman	8	27	49:40
Michael MacKinnon	9	29	49:52
Chris Sheen	10	43	57:25
Kirk Williams	11	46	59:05
John Ellsworth	12	48	1:00:14

## Results Athena Run

Shawn MacCormack	13	54	1:10:42
Tyler England	14	55	1:13:07

Males 18 - 24	Class Order	Race Order	Time
Blair Paquet	1	13	45:48
Tommy MacDonald	2	21	49:03
James Quinn	3	35	51:20

Males 25 - 34	Class Order	Race Order	Time
Don Pridmore	1	3	40:49
Ron Hebert	2	28	49:41
Bruce LeFrank	3	30	50:00
Barry Richard	4	32	50:57
Steve Richard	5	34	51:00
Ernie Dunsford	6	44	57:33

Males 35 - 39	Class Order	Race Order	Time
Ron Frid	1	1	37:38
Eric Manuel	2	9	44:34
Jim Fay	3	10	44:40
Roger Nicholson	4	12	45:40
Harvey Bernard	5	15	46:19
Arthur Goodwin	6	25	49:22
Dan MacCarthy	7	26	49:34
Brian Bradley	8	37	52:23
Mel Bernard	9	41	55:50
Gary Craswell	10	42	55:49

Males 40 - 49	Class Order	Race Order	Time
Salem Hashem	1	2	40:13
Carl Phillips	2	6	43:41
Arnold LaMarsh	3	7	43:59
Linnell Edwards	4	11	45:04
Tom MacDonald	5	19	48:49

Males 50+	Class Order	Race Order	Time
Ewen Stewart	1	8	44:32
Mike Sullivan	2	16	46:20
Don Reeves	3	17	46:41
Peter McGonnell	4	45	57:33
Al Daley	5	49	1:00:35

FINAL RESULTS-MEN

COLONEL GRAY/MCDONALDS RUN

UNDER 18

35 LONGAPHIE C M 988 1:15:37

18 TO 24

3 MACNEILL R M 980 57:55  
7 BLUM K M 902 1:00:40  
31 BELL R M 983 1:14:39  
32 STANLEY D M 984 1:14:43  
42 HILTON T M 976 1:18:02  
50 MASSILINK J M 979 1:23:07

25 TO 34

2 WRIGHT P M 913 56:24  
4 RIDMORE D M 919 58:45  
6 MACDONALD A M 909 1:00:44  
11 GRIFFIN I M 917 1:03:30  
12 FRASER E M 908 1:04:54  
15 BAIRD J M 935 1:06:07  
18 BERNIE F M 918 1:06:55  
20 MANOVILL D M 930 1:07:29  
21 GREGORY B M 931 1:08:32  
24 GALLANT J M 911 1:09:27  
27 FRASER W M 914 1:11:52  
34 HERBERT R M 928 1:14:59  
43 CUDMORE C M 936 1:18:52

35 TO 39

1 FRID R M 912 55:38  
13 FAY J M 941 1:05:46  
14 MANUEL E M 922 1:05:54  
16 BERNARD H M 920 1:06:28  
19 NICHOLSON R M 924 1:07:18  
25 MURPHY B M 903 1:10:09  
38 MACNEILL D M 934 1:17:07  
39 MCQUAID J M 933 1:17:46  
41 CORCORAN T M 926 1:17:57  
45 GREY B M 932 1:20:15  
47 BERROUARD L M 939 1:20:18  
51 FITZGERALD M M 925 1:23:18  
55 BUTLER F M 940 1:35:17

40 TO 49

5 HASHEM S M 923 59:11  
8 FREEMAN S M 904 1:01:10  
10 PHILLIPS C M 915 1:02:59  
22 CAMPBELL K M 907 1:03:47  
26 MCNEVIN D M 910 1:11:20  
28 MACDONALD T M 921 1:12:31  
37 LUND P M 916 1:17:07  
40 HICKS K M 905 1:17:54  
46 MCCORMICK R M 938 1:20:18  
49 MCGONNELL P M 937 1:21:09  
53 GLASS I M 927 1:26:43  
54 ARSENAULT M M 906 1:26:48

50 AND OVER

17 SULLIVAN M M 978 1:06:48  
23 HOFFETT D M 974 1:09:12  
29 LEBLANC N M 981 1:13:16  
44 EASTER C M 975 1:20:00

FINAL RESULTS-WOMEN

18 TO 24

9 DIXON D F 973 1:02:40

25 TO 34

33 GREGORY T F 977 1:14:58  
36 MACLEAN J F 987 1:15:51  
48 FAY M F 985 1:21:09  
52 HELLISH-MAY K F 901 1:24:50

35 TO 39

30 FLYNN H F 982 1:13:41

FINAL RESULTS

MEN

-39 1 FRID R M 912 55:38  
-34 2 WRIGHT P M 913 56:24  
-24 3 MACNEILL R M 980 57:55  
-34 4 RIDMORE D M 919 58:45  
-49 5 HASHEM S M 923 59:11  
-34 6 MACDONALD A M 909 1:00:44  
-24 7 BLUM K M 902 1:00:40  
-49 8 FREEMAN S M 904 1:01:10  
-49 10 PHILLIPS C M 915 1:02:59  
-34 11 GRIFFIN I M 917 1:03:30  
-34 12 FRASER E M 908 1:04:54  
-39 13 FAY J M 941 1:05:46  
-39 14 MANUEL E M 922 1:05:54  
-34 15 BAIRD J M 935 1:06:07  
-39 16 BERNARD H M 920 1:06:28  
50+ 17 SULLIVAN M M 978 1:06:48  
-34 18 BERNIE F M 918 1:06:55  
-39 19 NICHOLSON R M 924 1:07:18  
-34 20 MANOVILL D M 930 1:07:29  
-34 21 GREGORY B M 931 1:08:32  
-49 22 CAMPBELL K M 907 1:08:47  
50+ 23 HOFFETT D M 974 1:09:12  
-34 24 GALLANT J M 911 1:09:27  
-39 25 MURPHY B M 903 1:10:09  
-49 26 MCNEVIN D M 910 1:11:20  
-34 27 FRASER W M 914 1:11:52  
-49 28 MACDONALD T M 921 1:12:31  
50+ 29 LEBLANC N M 981 1:13:16  
-24 31 BELL R M 983 1:14:39  
-24 32 STANLEY D M 984 1:14:43  
-34 34 HERBERT R M 928 1:14:59  
-17 35 LONGAPHIE C M 988 1:15:37  
-49 37 LUND P M 916 1:17:07  
-39 38 MACNEILL D M 934 1:17:07  
-39 39 MCQUAID J M 933 1:17:46  
-49 40 HICKS K M 905 1:17:54  
-39 41 CORCORAN T M 926 1:17:57  
-24 42 HILTON T M 976 1:18:02  
-34 43 CUDMORE C M 936 1:18:52  
50+ 44 EASTER C M 975 1:20:00  
-39 45 GREY B M 932 1:20:15  
-49 46 MCCORMICK R M 938 1:20:18  
-39 47 BERROUARD L M 939 1:20:18  
-49 49 MCGONNELL P M 937 1:21:09  
-24 50 MASSILINK J M 979 1:23:07  
-39 51 FITZGERALD M M 925 1:23:18  
-49 53 GLASS I M 927 1:26:43  
-49 54 ARSENAULT M M 906 1:26:48  
-39 55 BUTLER F M 940 1:35:17

WOMEN

-24 9 DIXON D F 973 1:02:40  
-39 30 FLYNN H F 982 1:13:41  
-34 33 GREGORY T F 977 1:14:58  
-34 36 MACLEAN J F 987 1:15:51  
-34 48 FAY M F 985 1:21:09  
-34 52 HELLISH-MAY K F 901 1:24:50



7th SEAMAN'S BEVERAGES RUN  
JUNE 21, 1986  
RACE REPORT

Once again in 1986 the PEI Roadrunners Club has benefitted from the generous sponsorship of Seaman's Beverages Limited. Seaman's agreed to finance awards and prizes directly, allowing all race proceeds to be used by the club. After discussion with Seaman's it was decided that half of race registration would be donated to the St John Ambulance who provide free first aid service to all the Club's races. Following the race, \$100.00 was donated to the 627 Division, St. John Ambulance Brigade. The other \$98.00 from registration went to the Club's coffers, earmarked for the equipment fund.

Carl Adams and Norman MacRae, representing Seaman's Beverages Limited, race sponsor, presented medals to the top three finishers in each of the Sun Life Grand Prix age categories and generous prizes to the male and female winners and Masters winners. Runners and volunteers were also eligible for draw prizes donated by Seamans.

A successful race depends on its volunteers. I want to thank Roadrunners: Eric Manual, Harvey Bernard, Mike Sullivan, Ken Campbell, Foch and Treva McNally, Don Pridmore, Barrie Stanfield, Jake Baird, Marina Fay, Rosemary Faulkner, Marlene Costain, Danielle Albert and non-members: Peter Lord, Michele Smitheram, Shelley Hodd, Luc Gaudet and France Desrocher, Sterling Giddings and his family as well as the kids from Kenny's neighbourhood: Stephen and Joanne Campbell, Michael Coffin, Jonathan Casselman, Melissa Dawson and Jason Peters.

The complete race results follow:

POS	FIRST NAME	LAST NAME	TIME	CATEGORY	POS			TIME	CATEGORY	POS	
1	CURTIS	DES ROCHES	20.57.55	M 18-24	1	30	BRIAN	BRADLEY	28.05	M 35-39	5
2	RON	FRID	21.11	M 35-39	1	31	ROY	MATHESON	28.08	M 50+	3
3	RDY	MASON	21.51	M 25-34	1	32	KERRIE	LONGAPHIE	28.12	M <18	2
4	RANDY	MACNEILL	22.08	M 18-24	2	33	KEN	HICKS	28.23	M 40-49	6
5	COLIN	MAC ADAM	22.37	M 25-34	2	34	TANYA	GREGORY	28.27	F 25-34	2
6	MIKE	ARMITAGE	22.40	M 25-34	3	35	GARY	CRASWELL	28.47	M 35-39	6
7	SALAM	HASHEM	22.52	M 40-49	1	36	BILL	MOSHER	28.47	M 35-39	7
8	TONY	ISAACS	23.19	M 25-34	4	37	STERLING	GIDDINGS	29.00	M <18	3
9	MILES	PINSENT	23.27	M <18	1	38	JUDY	MACLEAN	29.20	F 25-34	3
10	CARL	PHILLIPS	24.07	M 40-49	2	39	CAROL	CRASWELL	29.33	F 35-39	1
12	BLAIR	PAQUET	24.46	M 18-24	3	40	FRAN	DEWAR	29.54	M 35-39	8
13	CAREL	SCHOCH	24.47	M 25-34	5	41	PETER	MCGONNELL	30.12	M 40-49	7
14	ROGER	NICHOLSON	24.52	M 35-39	2	42	MARINA	FAY	31.02	F 25-34	4
14	LINNELL	EDWARDS	24.56	M 40-49	3	43	JAKE	BAIRD	31.02	M 25-34	10
15	HARVEY	BERNARD	25.08	M 35-39	3	44	KAREN	MELLISH-MAY	31.35	F 25-34	5
16	MIKE	SULLIVAN	25.09	M 50+	1	45	DAVID	MACDONALD	31.37	M <18	4
17	ERIC	MANUEL	25.26	M 35-39	4	46	FOCH	MCNALLY	31.53	M 40-49	8
18	MIKE	MACDONALD	25.28	M 18-24	4	47	OXFORDS AND	DRESS PANTS	32.01	NOT REGI	?
19	BILL	PERRY	25.30	M 25-34	6	48	VELDA	NICHOLSON	32.10	F 25-34	6
20	ERIC	PASS	26.08	M 18-24	5	49	ROGER	GILLIS	32.58	M 40-49	9
21	DAVE	MANOVILL	26.29	M 25-34	7	50	MICHELE	MACDOUGALL	33.05	F 25-34	7
22	WAYNE	FRASER	26.37	M 25-34	8	51	JIM	MACCALLUM	33.19	M 35-39	9
23	DOROTHY	GREGORY	26.40	F 25-34	1	52	NANCY	MACFARLANE	33.28	F 40+	1
24	EWEN	STEWART	26.41	M 50+	2	53	WAYNE	MACFARLANE	33.29	M 40-49	10
25	MYRA	KLETTKE	26.46	F 25-35	9	54	GORDON	MACPHEE	33.30	M 25-34	11
26	DOUG	MACNEVIN	27.06	M 40-49	4	55	MEL	ARSENAULT	33.50	M 40-49	11
27	PETER	LORD	27.15	M 18-24	6	56	JANET	BRADLEY	34.03	F 35-39	2
28	TOM	MACDONALD	27.34	M 40-49	5	57	ELEANOR	FREEMAN	34.44	F 40+	2
29	TERRY	THOMAS	27.56	M 25-34	9	58	ROSEMARY	FAULKNER	34.59	F 40+	3
						59	TOM	CULLEN	37.30	M 25-34	12
						60	BETH	CULLEN	37.30	F 25-34	8
						61	EDWARDS	LOUVINA	39.19	F 40+	4

P R E S S   R E L E A S E

FULTON CAMPBELL MEMORIAL 20-KM ROAD RACE

An exciting finish among the top three runners highlighted the 10th annual running of the Fulton Campbell Memorial 20 Kilometer Road Race, held in conjunction with Montague's "Welcome to Summer" Festival on Saturday, June 28th.

In spite of strong headwinds for the last 5 kilometres, the course record held by Leo Sheehy of 1:11:49 was broken by the top three runners.

Ken Doucette of Summerside was the victor in a time of 1:09:46, followed closely by Ron Frid of York, 1:09:49, and Paul Wright, Bedeque, in a time of 1:10:20.

Top finisher in the Women's Division was Myra Klettke of Sherwood, in 1:27:27. Second place went to Helen Flynn, also of Sherwood, in 1:37:47, and third place finisher was Carol Enns of Winnipeg in 1:39:03.

The Fulton Campbell Memorial is held annually in Montague in memory of the late Fulton Campbell, an outstanding athlete from the Kings County area. The 20-kilometer run is part of the Sun-Life "Grand Prix" series, and is organized by the P.E.I. Roadrunners Club. Race sponsor is the Kentucky Fried Chicken outlet in Montague.

On hand as official race starter and awards presenter was Don Campbell, son of the late Fulton Campbell.

Heavy rain and the threat of thunder and lightning cut into the field, as there were only 36 runners taking part in the event.

CLASS KEY

- |                   |                     |
|-------------------|---------------------|
| 1 -- Men Under 17 | 6 -- Women Under 20 |
| 2 -- Men 18-24    | 7 -- Women 20-34    |
| 3 -- Men 25-34    | 8 -- Women 35-39    |
| 4 -- Men 35-39    | 9 -- Women 40+      |
| 5 -- Men 40+      |                     |

<u>OVERALL</u>	<u>NAME</u>	<u>CLASS/FINISH</u>	<u>TIME</u>
1	Ken Doucette	4-1	1:09:46
2	Ron Frid	4-2	1:09:49
3	Paul Wright	3-1	1:10:20
4	Salam Hashem	5-1	1:15:03
5	Ken Blum	3-1	1:18:15
6	Kevin Peters	3-2	1:21:35
7	Jim Wyatt	5-2	1:21:50
8	Brooke Gregory	3-3	1:21:51
9	Harvey Bernard	4-3	1:22:01
10	Jim Fay	4-4	1:23:19
11	Ewen Stewart	5-3	1:23:39
12	Mike Sullivan	5-4	1:24:45
13	Eric Manuel	4-5	1:25:04
14	Bob MacGuigan	3-4	1:25:32
15	Doug MacNevin	5-5	1:26:47
16	Myra Klettke	7-1	1:27:27
17	George Goodwin	5-6	1:28:31
18	Roger Nicholson	7-2	1:29:19
19	Mike MacDonald	2-2	1:29:50
20	Dick Belliss	5-7	1:29:58
21	Butch Postma	3-5	1:30:18
22	Wayne Fraser	3-6	1:30:19
23	Kerrie Longaphie	1-1	1:31:32
24	Ninian LeBlanc	5-8	1:32:22
25	Tom Corcoran	4-7	1:34:23
26	Helen Flynn	8-1	1:34:47
27	Brian Bradley	4-8	1:35:59
28	Ken Hicks	5-9	1:36:56
29	John MacQuaid	4-9	1:38:04
30	Dave MacNeill	4-10	1:30:04
31	Carol Enns	7-2	1:39:03
32	Wayne MacGuigan	3-7	1:41:11
33	Karen Mellish-May	7-3	1:44:02
34	Peter McGonnell	5-10	1:46:10
35	Mel Arsenault	5-11	1:46:11
36	Eleanor Freeman	9-1	1:47:46

RACE RESULTS

GARDEN CITY GOLDEN MILE

Saturday, July 12, 1986  
Charlottetown

MALES 17 & UNDER

Miles Pinsent  
Sterling Giddings  
David MacDonald

MALES 18 - 24

Curtis DesRoche  
Ken Blum  
Darryl Smith  
Tommy Joe MacDonald  
Larry Buell

MALES 25 - 34

Freeman Churchill  
Randy MacNeill  
Carel Schoch  
Mike Cameron  
Don Ellis  
Wayne Fraser  
Bill MacDonald

MALES 35 - 39

Harvey Bernard  
Roger Nicholson  
Francis Dewar

MALES 40 - 49

Carl Phillips  
Linnell Edwards  
Jim Wyatt  
Stew Freeman  
Tom MacDonald  
Doug MacNevin  
Kenneth Torrance

MALES 50 & OVER

Mike Sullivan  
Roy Matheson

FEMALES 18 & UNDER

Nathacha Morrison  
Krista Giddings  
Sherra Profit

Class Order Age Time  
1 16 4:55.5  
2 20 6:33.9  
3 10 6:34.3

1 18 4:26.3  
2 19 4:44.3  
3 23 5:19.0  
4 19 5:32.4  
5 19 5:39.2

1 32 4:31.2  
2 25 4:45.9  
3 28 4:53.0  
4 26 5:04.2  
5 31 5:09.6  
6 30 5:32.8  
7 32 6:35.6

1 37 5:11.8  
2 35 5:13.9  
3 35 5:46.1

1 40 4:51.1  
2 45 4:57.9  
3 43 5:05.8  
4 48 5:13.9  
5 41 5:39.1  
6 42 5:40.0  
7 45 5:40.0

1 54 5:33.0  
2 54 6:01.8

1 12 7:30.3  
2 9 7:39.0  
3 11 8:02.3

RACE RESULTS, GARDEN CITY GOLDEN MILE cont'd

FEMALES 19 - 24  
Elaine Churchill

FEMALES 25 - 34

Marlene Costain  
Myra Klettke  
Dorothy Gregory  
Tanya Gregory  
Elaine Gallant  
Velda Nicholson  
Karen Mellish-May

FEMALE 35 - 39  
Helen Flynn  
Carol Craswell

FEMALE 40 & OVER  
Eleanor Freeman  
Louvina Edwards



RACE RESULTS

BELFAST MID - SUMMER JAUNT

RACE RESULTS, BELFAST MID-SUMMER JAUNT, cont'd

Saturday, July 19, 1986  
Pinette

FEMALES 18 & UNDER

	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Heather Stanley	1	40	77:40
<u>FEMALES 25 - 34</u>			
Myra Klettke	1	19	54:32
Karen Mellish-May	2	38	69:50

MALES 17 & UNDER

Kerrie Longaphie	1	24	56:24
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MALES 18 - 24

Danny Viney	1	5	47:43
Ken Blum	2	12	51:41
Kevin Borserio	3	20	54:47
Jamie Match	4	30	60:23

MALES 25 - 34

Paul Wright	1	3	45:27
Don Sexton	2	4	47:00
Don Pridmore	3	7	48:45
Brian MacDougall	4	8	48:50
Ian Griffin	5	9	49:54
Bob MacGuigan	6	16	53:37
Shane MacClure	7	18	54:22
Wayne Fraser	8	26	56:53
Chris Cudmore	9	34	62:37

MALES 35 - 39

Ron Frid	1	1	44:40
Ken Doucette	2	2	45:11
Harvey Bernard	3	14	52:41
Roger Nicholson	4	17	54:05
Dave MacNeill	5	21	55:33
Jack Lansing	6	23	55:58
Tom Corcoran	7	29	59:57
Chris Stanley	8	41	77:41

MALES 40 - 49

Salam Hashem	1	6	48:23
Jim Wright	2	10	50:54
Jim MacDonnell	3	11	51:17
Linnell Edwards	4	13	52:31
Richard David	5	22	55:46
Lambert Pauley	6	25	56:37
Doug MacNevin	7	28	57:12
Tom MacDonald	8	31	60:32
Barry Mooney	9	33	62:05
Parker Lund	10	35	62:43
Foch McNally	11	37	66:25

<u>MALES 50 &amp; OVER</u>	<u>Class Order</u>	<u>Race Order</u>	<u>Time</u>
Ewen Stewart	1	15	52:41
Minian LeBlanc	2	27	57:03
Roy Matheson	3	32	61:13
John Land	4	36	63:23
Roger Gillis	5	39	70:32



### A FEW MORE WORDS !!!!

Thanks to our new contributors in this newsletter and to Helen Flynn who offered the services of the residents of Sleepy Hollow Correctional Center to put our newsletter in the envelopes(Thanks to the inmates as well).

Many Thanks as well to the race organizers who have completed their assignments for the 86 Sunlife Grand Prix, you have done a fine job. Special thanks go to the Edwards and the Bradleys our newest organizers for this years Colonel Gray/McDonalds Run.

We are asking all the eagle eyes out there to cut out any jokes or cartoons that you would think Suitable (Linelle) for the newsletter and give them to Rosemary,Paul, or Bunty.

Get well wishes go to Bonnie Dewar and to 9 year old Dawn Murphy ( the daughter of Bill and Ruth who run from the Y>M>C>A>) who have had some recent health setbacks.

The cupid has noticed the spark running has provided to some recent relationships. Best wishes to Myra and Wayne on their upcoming wedding. Has anybody noticed the good looking guy Michele Granger is seeing lately?

It is nice to see all the long lost souls who have returned to be with us this summer, special good wishes go to Jim and Lorraine Wyatt and hope the last year of law School goes quickly for you .(Thanks for the copy of the Longboat newsletter,ours doesn't look that bad after all.

Well it is time to wind up the old sneakers and hit the road,remember if you are disallusioned with it all just spend some time with a runner who has just begun to run and is a new member of the Roadrunners Club.

Rosemary,Paul , Bunty,Janet



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**"We can't go on meeting like**

**A FEW MORE WORDS !!!**

Aug 4/88  
to list (160)

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Rosemary, Paul, Bunty, Janet