

# Run that by me

If your name isn't on the membership list inside this Newsletter, well, then, you're not reading this Newsletter! \_\_\_\_\_? They can't say we didn't warn them, because we did, right above the "aerobics in hell" cartoon in the last edition. And again in the Guardian.

IF THE SHOE FITS...



Poor souls. No detailed race results. No sick humour. No announcements. And, starting June 7, no discounts on race entry fees for RR directed races. Feel sorry for them? Then do them and the Club a favour by embarrassing, encouraging or inviting them to join. NOW!

Why are we so ruthless? Actually we are Ruth-less but we have six Dons, twenty three out-of-province members and one-and-a-half year old Kate Herbert, whose Daddy, Ron, must be planning on pushing her in her stroller through one of our runs!



Why? BUDGET. Sport PEI, who have provided the Club with years of excellent and very low cost service, have given us a printing and a postage budget. The budget isn't big enough to allow us to publish six, thirty-page Newsletters per year and mail them to 225 addresses. So, we purged the mailing list of unpaid "members" because it seemed to be the fairest of the choices we had.

We could have reduced the size of the Newsletter, but that would have meant that we would have had to cut out detailed race results, announcements of all kinds, special features and/or editorials (yeah, I know, if you really wanted editorials you'd be reading the Winnipeg Free Press or Bob Gray). We could have reduced the number of editions, but that would have meant that you'd be getting your race announcement for the Island Optical Polar Run in August and the results of the CFCY Spring Fever Pace in December. Hardly timely. Cutting the mailing list saves both printing and postage costs.

As a Club we've been very generous when deserving causes have come along, both as runners, contributors and organizers. Sports People for Africa (driving forces, Eleanor & Stew Freeman) and Multiple Sclerosis (sparked by Salam Hashem) benefitted in 1985. This year we've already staged a fun run (May 3) to publicize the IWK Hospital Telethon (May 31); supported the MS marathon; planned the Sport Aid run on June 1st; are involving, and donating to, Students Against Drunk Drivers in the Col.Gray-McDonalds Run (June 7); and contributing half the registration from the Seaman's Beverages Run (June 21) to the St. John Ambulance. And every year there's the Run for Light and the Terry Fox Run.

But charity begins at home. Tell your non-member friends and neighbours that we need their membership money, not only to keep publishing the Newsletter but to purchase equipment and plan social events. Besides, membership in the PEI Roadrunners Club is a very good deal.

Now if you're sitting there feeling smug because your name is on the membership list and in the Grand Prix standings and if you haven't already done so, pick up the phone and call a race director or Barrie Stanfield and volunteer to work at an upcoming run or track meet.

We want your money. We want your time. We want your legs. We don't want your soul. Running already has that.

*Bunty Albert*

## STARTING BLOCKS

**NEW DATE FOR THE CFCY SPRING FEVER PACE** - Sunday, June 15, 2:00 P.M. Thank you, Eric Manual for volunteering to be race director and keeping the run alive. CFCY graciously agreed to a date change in order to accommodate the Sportaid Run on June 1st. Our thanks also to Eric for providing a home for the Roadrunners collection of equipment.

**RUNNING AWAY?** - The only person we know of who ran away, didn't (run, that is). Paul Wright's experiences in Boston are reported elsewhere in the Newsletter. If you went to an out-of-PEI run we'd like to hear about the event.

- We've received announcements about the Johnny Miles Marathon and Half Marathon and about the Johnny Miles Track Races for children under 14 years of age (born '77 & '78 - one mile; '75 & '76 - three miles; '73 & '74 five miles). All these events are being held Saturday, June 14, in New Glasgow, Nova Scotia. The longer races start at 5:00 p.m. The Canadian Masters Marathon Championships are being held in conjunction with the Johnny Miles Marathon this year. Registration can be made on race day.

**TRIATHALONS 2** - In the last issue we reported on the K. C. Sport Shop Triathlon being held on July 6 in Summerside. On the same day the 2nd Tracadie-Sheila Triathlon will take place at 10:00 a. m. on the Acadian Peninsula of New Brunswick. The swim will be 800m, the biking 37km and the run 8 km. A number of special events are scheduled for the preceding day. If you're interested, Bunty has more information and the registration form.

**PARKER'S PICTURE PUBLICIZED** - When Run Canada dug into their files for a picture to illustrate RUN Canada in National Physical Activity Week promotional material they chose one taken on PEI. The smiling Roadrunner who has encouraged beginning runners of all ages is our own Parker Lund. But who is the kid?



**PROFESSIONALISM, EXCELLENCE, INITIATIVE** - The National CAMPER conference is being held at the Sheraton Hotel from June 29 to July 3. Registration for non members is \$195 but it includes a multitude of social events. If you only want to sit in on a couple of workshop sessions on July 1, 2, or 3, (there are over 100 listed including ones on biomechanics, sports-med, administration and fitness), then visit the registration desk at the Sheraton on June 30 (all day) to pick up a schedule and make arrangements to attend.

**DO YOU HAVE PRINTER'S INK IN YOUR BLOOD?** - The deadline for contributions to the next newsletter is July 25 which will allow it to reach your mailbox by August 15. Send anything 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 (evenings)

## PEANUTS





SEAMAN'S BEVERAGES  
FOUR MILE RUN  
JUNE 21, 1986  
DOWNTOWN CHARLOTTETOWN - START AND FINISH ON WATER STREET  
10:00 A.M.

HALF THE REGISTRATION PROCEEDS WILL BE DONATED TO ST. JOHN AMBULANCE

- Sponsor: SEAMAN'S BEVERAGES LTD., West Royalty Industrial Park.
- Organizer: Prince Edward Island Roadrunners Club
- Course: THE OLD ONE: Water, Rochford, Richmond, West Streets; around Victoria Park; Queen Elizabeth, Charlotte, Edinburgh, Colonel Gray Drives; North River, Brighton Roads; Rochford and Water Streets.
- Race/Age Classes: The SEAMAN'S BEVERAGES run is part of the PEI SUN LIFE GRAND PRIX ROAD RACE SERIES. Grand Prix age categories are: MEN: 17 and under, 18-24, 25-34, 35-39, 40-49 and 50 and over; WOMEN: 17 and under, 18-24, 25-34, 35-39, and 40 and over. There will be no age categories for the fun run.
- Registration: 9:00-9:50 A.M. on Water Street, or in advance. Bring or send in the attached registration form. Fee: \$3 for PEI Roadrunners Club members, \$4 for non-members.
- Aid: St John Ambulance. One water stop.
- Awards/Prizes: Draw prizes. Awards to age class winners.
- Post Race: Awards and refreshments, courtesy of the sponsor, in front of the Law Courts Building, Water Street.
- Facilities: Pre- and post-race changing facilities at the Charlottetown Fitness Centre, Sheraton Hotel, Lower Queen Street, 200 meters from the finish line. Your race number will be your entry to the facility.
- Information: For further information call Bunty Albert, Race Director, 894-7256 (evenings or weekends).

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Registration Form for SEAMAN'S BEVERAGES Four Mile Run.

NAME.....AGE.....SEX.....

ADDRESS.....CITY.....

PROV.....P.CODE.....TELEPHONE.....

PR for 4 miles..... REGISTRATION FEE ENCLOSED.....

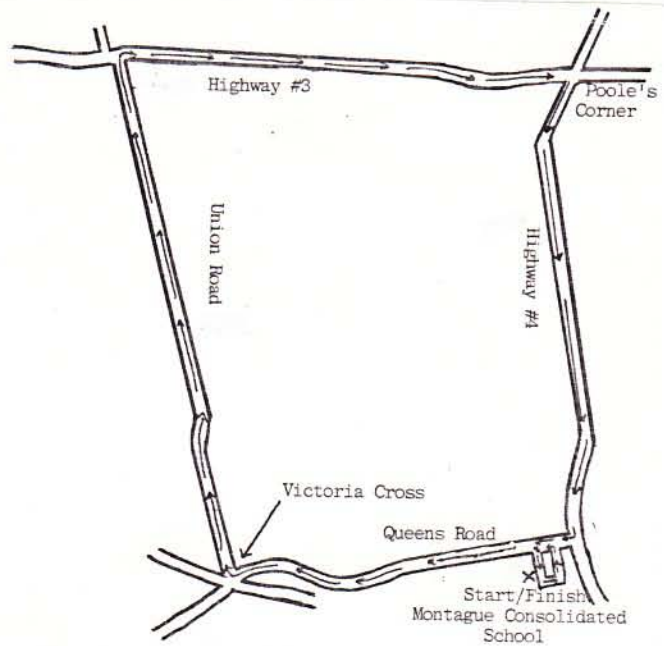
Mail to: Seaman's Beverages 4 Mile Run  
c/o Bunty Albert  
P.O. Box 1786  
Charlottetown, PEI. C1A 7N4 BEFORE JUNE 18 or bring to the race.

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FULTON CAMPBELL MEMORIAL 20 KILOMETER ROAD RACE



Angus Fulton Campbell (1892-1976)



20K Course Records

<i>Leo Sheehy</i>	1:11:49	(1985)
<i>Marlene Costain</i>	1:20:43	(1985)

TENTH ANNUAL "FULTON CAMPBELL MEMORIAL"

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

DATE ..... Saturday, June 28, 1986

REGISTRATION ..... 8:30 a.m. to 9:20 a.m.

STARTING TIME ..... 9:30 a.m. sharp!

REGISTRATION PLACE ..... Montague Consolidated School (changing facilities available)

AGE CLASSES .....

	<u>MEN</u>	<u>WOMEN</u>
	1) Under 17	1) Under 20
	2) 18 - 24	2) 20 - 34
	3) 25 - 34	3) 35 - 39
	4) 35 - 39	4) 40 and over
	5) 40 and over	

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

MEDICAL SERVICES ..... Fraser's Ambulance

POLICING ..... R.C.M.P.

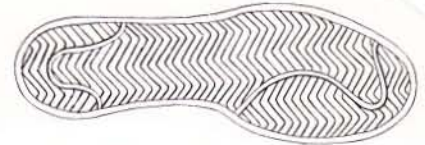
ENTRY FEES ..... \$3 for P.E.I. Roadrunners Club members  
\$4 for non-members

1986 RACE ORGANIZER ..... Fran Dewar, Vernon Bridge, P.E.I. COA 2EO  
Telephone: (902) 651-2422



**GARDEN CITY GOLDEN MILE**  
**SPONSOR :** Garden City Dairy  
**DISTANCE** 1 mile  
**DATE** July 12,86,Queen Charlotte Jr. High  
 Charlottetown P.E.I.  
**REGISTRATION TIME** 9:00-9:45  
**STARTING TIME** (3EVENTS) 10 a.m. and 20 minutes  
 between events  
**POLICING** Charlottetown Police  
**MEDICAL SERVICES** St. John Ambulance  
**CHANGE FACILITIES** limited at site  
**CLASSIFICATIONS** MALE 40 AND OVER  
 FEMALE 35 AND OVER  
 OPEN MALE AND FEMALE  
 JUNIOR MALE AND FEMALE  
**AWARDS** trophies and ribbons  
 draw prizes  
**ENTRY FEE** \$3.00, \$5.00

**Contact** Ewen Stewart, Race Organizer



STANHOPE BEACH LODGE  
 NATIONAL PARK 10K RUN  
 AUGUST 16, 1986  
 DALVAY BEACH TO STANHOPE BEACH LODGE  
 10:00 A.M.

**ADL TYNE VALLEY 20 MILE ROAD RACE**  
**SPONSOR;** Amalgamated Dairies Ltd.  
**DISTANCE:** 20 miles (5 miles fun run, non-grand prix)  
**DATE** Saturday Aug. 2, 86)  
**REGISTRATION TIME:** 8:00-9:00, Tyne Valley Arena  
**START TIME** 9:00a.m.  
**POLICING:** R.C.M.P.  
**MEDICAL SERVICES** ST. JOHN AMBULANCE  
**CHANGE FACILITIES:** Tyne Valley Arena  
**CLASSIFICATIONS:** Males 17and  
 under,18-24,25-34,35-39,40-49,50 and  
 over  
 Females 17 and under,18-24,25-34,35-35,40  
 and over

**AWARDS:** Top Three, male and female  
 Trophies for age categories  
 Certificates for all finishers  
**COURSE RECORDS:**  
 Male: Ken Doucette 1:57:12 (85)  
 Female: Sharon Crawford 2:17:13 (84)

**Contact** Brian Newcombe, Race Organizer

**Sponsor:** STANHOPE BEACH LODGE, Stanhope, PEI.  
**Organizer:** Prince Edward Island Roadrunners Club  
**Course:** Last 10K of 1984 STANHOPE BEACH LODGE NATIONAL 20K ROAD RACE  
 CHAMPIONSHIP.  
**Course records:** Set in 1985 by Ken Doucette, Summerside, P.E.I. (33:17) and  
 Marlene Costain, Ch'town, P.E.I. (37:27).  
**Course Description:** Flat, and fast point to point course.  
**Race/Age Classes:** Part of the SUN LIFE GRAND PRIX ROAD RACE SERIES of PEI.  
 Grand Prix age categories are: MEN 17 and under, 18-24,  
 25-34, 35-39, 40-49 and 50 and over; WOMEN 18 and under,  
 19-24, 25-34, 35-39, and 40 and over.  
**Registration:** 9:00-9:50 A.M. at Dalvay Beach Change House or in advance.  
 Bring or send in the attached registration form. Fee \$3.00.  
**Aid:** Water and sponge stations at 4K and 7K. St John Ambulance.  
**Awards/Prizes:** Medals to first three finishers in all age classes. Prizes  
 to top male and female finishers. Certificates to all  
 finishers. Draw prizes.  
**Post Race:** Awards and cash bar at CAPTAIN DICK'S. Light refreshments,  
 soft drinks, fruit.  
**Changing Facilities:** Pre-race at the change-house at Dalvay, Post-race at STANHOPE  
 BEACH LODGE.  
**Transportation:** After the race a van will take runners from the finish line  
 back to the start to pick up cars or gear.  
**Information:** For further information call Race Organizer, Don Harley at  
 (cottage) 672-2276 or STANHOPE BEACH LODGE, 672-2047 or toll free  
 1-800-565-0223.



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 Registration Form for STANHOPE BEACH LODGE National Park 10K

NAME.....AGE.....SEX.....

ADDRESS.....CITY.....

PROV.....P.CODE.....TELEPHONE.....

PR for 10K.....MEMBER PEI ROADRUNNERS?.....

Mail to: Stanhope Beach Lodge National Park 10K  
 PEI Roadrunners Club  
 c/o P.O. Box 302,  
 Charlottetown, PEI. C1A 7K7 **BEFORE AUGUST 13**

or bring to the race with you on August 16.  
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**NORTH SHORE COASTAL RUN**  
**August 9,86**  
**Start time: 9:05 a.m.**  
**Medals and chowder**  
**Contact George MacKay**

**836-5418**

# RACE RESULTS

## 4th Annual Spring Tune-Up 10K Road Race Central Bedeque, April 5, 1986

\* Masters Course Record  
\*\* Most Improved Runner

### TOP TEN MALES

1. Ken Doucette	33:58	6. Mark Dunphy	36:33
2. Ron Frid	34:06	7. Tom Conway	36:38
3. Curtis DesRoche	34:33	8. Don Pridmore	36:47
4. Paul Wright	36:20	9. Wayne Wright	37:09
5. Salam Hashem	36:28 *	10. Bob Sagor	38:12

### TOP THREE FEMALES

1. Michele Granger	40:52	3. Eleanor Freeman	50:23
2. Helen Flynn	45:48		

### MALES 35-39

Ken Doucette	1	1	33:58
Ron Frid	2	2	34:06
Bob Sagor	3	10	38:12
Harvey Bernard	4	18	41:02
Eric Manuel	5	21	41:57
Roger Nicholson	6	24	43:24
Don MacInnis	7	25	44:06
Brian Bradley	8	28	45:49

### MALES 40-49

Salam Hashem	1	5	36:28
Tom Conway	2	7	36:38
Wayne Wright	3	9	37:09
Carl Phillips	4	11	38:50
Arnold LaMarsh	5	12	38:52
Stew Freeman	6	13	39:09
Wayne MacFarlane	7	29	47:48
Ted Brown	8	31	48:55
Mel Arsenault	9	36	55:09

### MALES 50 & OVER

Ewen Stewart	1	15	40:07
Mike Sullivan	2	23	43:06
Colin Easter	3	32	49:00
Roy Matheson	4	33	49:06
Al Daley	5	35	55:03

### FEMALES 25-34

Michele Granger	1	17	40:52
Janet Coughlin-Cameron	2	38	1:00:33

### FEMALES 35-39

Helen Flynn	1	27	45:48
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### FEMALES 40 & OVER

Eleanor Freeman	1	34	50:23
Nancy MacFarlane	2	37	57:36
Louvina Edwards	3	39	1:03:58

### MALES 17 & UNDER

Curtis Des Roche	1	3	34:33
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### MALES 18-24

Mark Dunphy	1	6	36:20
Steve Ackland	2	16	40:17
Reagh Ellis	3	20	41:54

### MALES 25-34

Paul Wright	1	4	36:20
Don Pridmore	2	8	36:47
Mike Cameron	3	14	39:41
Kevin Peters	4	19	41:25
Doug MacMurdo	5	22	42:23
Roy Rodd **	6	26	44:36

### PREVIOUS WINNERS

1983 Philip Easter	34:50	Marlene Costain	42:09
1984 Don Pridmore	34:32	Marlene Costain	40:25
1985 Philip Easter	33:41	Marlene Costain	38:48





## RESULTS

## TOP TEN MALES

Curtis DesRoche	35:40	6. Carl Phillips	41:28
		7. Julien Gallant	4
Don Pridmore	38:08	8. Hans Wilting	42:10
Salem Hashem	38:39	9. Steve Ackland	42:16
Tony Isaacs	40:28	10. Jake Baird	42:30
Colin MacAdam	40:51		

## TOP SIX FEMALES

L. MARLENE Costain	41:22
2. Michele Granger	42:32
3. Helen Flynn	47:36
4. Elaine Gallant	48:54
5. Tanya Gregory	50:12
6. Susan MacEachern	51:06

## FEMALES 19-24

Susan MacEachern	51:06
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## FINISH ORDER

MARLENE COSTAIN	41:22
Michele Granger	42:32
Elaine Gallant	48:54
Tanya Gregory	50:12
Mariana Fay	52:35
Donna Murnaghan	1:03:51
Rosemary Herbert	1:03:53

## FEMALES 25-34

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38
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56

## FEMALES 35-39

Helen Flynn	47:36
Carol Crasswell	53:36

31
45

## FEMALES 40 AND OVER

Eleanor Freeman	54:59
Nancy MacFarlane	59:55

48
53

## MALES 17 and Under

Curtis DesRoche	35:40
Hans Wilting	42:10
Tommy Joe MacDonald Jr.	45:00
Males 18-24	
Steve Ackland	42:16
Blair Paquet	43:41
Andrew Keilly	43:41
Mike MacIntyre	51:06

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## MALES 25-34

Don Pridmore	38:08,
Tony Isaacs	40:28
Colin MacAdam	40:51
Julien Gallant	42:08
Jake Baird	42:30
John McAleer	42:30
Callie MacPhail	42:59
Roy Rodd	45:48
Dave Campbell	46:17
Fred Affleck	47:08
Dave MacDougall	47:16
Ron Herbert	48:10
Butch Postma	49:10
Brian McInnis	49:23
Bob Gray	50:29

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Ernie Dunsford	57:00
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	<b>MALES 35-39</b>	50
Eric Manual	43:23	
Jim Fay	43:42	16
Roger Nicholson	45:24	18
Harvey Bernard	45:32	21
Don MacInnis	46:38	22
Brian Bradley	48:11	26
Tom Corcoran	49:28	33
Dave MacNeill	52:46	37

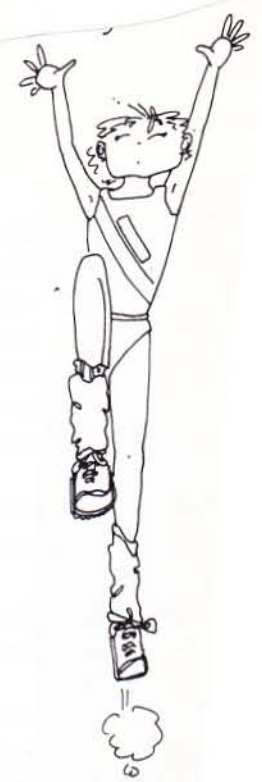
	<b>MALES 40-49</b>	44
Salam Hasham	38:39	
Carl Phillips	41:28	3
Linnell Edwards	42:315	7
Tom MacDonald Sr.	47:34	14
Doug McDevin	47:35	29
Parker Lund	52:46	30
Peter McGonnell	54:42	43
Roger Gillis	56:32	46
Wayne MacFarlane	59:55	49

**MALES 50 AND OVER**

Don Moffett	43:56	19
Mike Sullivan	45:32	23
Roy Matheson	54:52	49

## QUALITY INN/BROTHERS TWO 10 KM.

Number	Time	First Name	Last Name	City	Age	Sex
10	31.42	Smartex G.	Tambala	Bedford	24	M
216	33.31	Curtis	DesRoche	Summerside	18	M
133	33.56	Ron	Frid	York	38	M
100	34.42	Jacqueline	Gareau	Montreal	33	F
231	35.22	Randy	MacNeill	Winsloe RR	24	M
34	35.35	Don	Pridmore	Charlottetown	34	M
160	36.01	Darren	Poirier	Summerside	17	M
226	36.35	Colin	MacAdam	Charlottetown	28	M
78	36.39	Salem	Hashem	Charlottetown	44	M
40	36.40	Carl	Phillips	Tyne Valley	40	M
06	36.41	Bonnie J.	LeFrank	Halifax	28	F
203	36.50	Stewart H.	Freeman	Bradalbane	47	M
14	37.00	John D.	Johnston	Moncton	37	M
149	37.07	Jacques	Roussel	Tracadie	28	M
229	37.21	Ron	Lund	Mermaid R R #5,	17	M
230	37.26	Kevin	Murphy	Riverview	36	M
202	37.43	Edward	Lutes	Hunts Lake	39	M
146	37.55	Ian	Griffin	Chelton	30	M
130	37.59	Wayne T.	Wright	Moncton	40	M
41	38.12	Arnold	LaMarsh	Summerside	41	M
220	38.36	Andy	Kelly	Mt. Stewart	22	M
55	39.13	Ewen M.	Stewart	Charlottetown	53	M
217	39.16	Blair	Paquet	Souris	19	M
77	39.19	Linnell	Edwards	Charlottetown	45	M
218	39.30	Kevin	Peters	Souris	28	M
51	39.35	Don	Reeves	Summerside	51	M
54	39.37	Mike	Sullivan	Bunbury	54	M
30	39.42	Julien	Gallant	Richmond R. R. #2	30	M
136	39.51	Jim	Fay	Winsloe RR #1,	37	M
204	39.53	Jake	Baird	Charlottetown	34	M
134	39.54	Harvey	Bernard	Crossroads	37	M
07	40.10	Marlene	Costain	Charlottetown	26	F
140	40.21	Eric	Manuel	Charlottetown	35	M
145	41.10	Roy	Rodd	Charlottetown	32	M
235	41.21	J. Wayne	Fraser	Sherwood	30	M
162	41.23	Scott	Harper	Tignish	13	M
156	41.28	Bill	Perry	Summerside	26	M
36	41.29	Dan	McCarthy	Summerside	36	M
227	41.31	Mike	Maltais	Summerside	32	M
59	41.35	Colin	McCabe	Jackville	55	M
49	42.21	Mike	MacKinnon	St. Eleanors	13	M
205	42.24	Alphonse	Doiron	Cap Pele	50	M
85	42.27	Douglas	MacNevin	Charlottetown	42	M
233	42.59	Myra	Klettke	Shannon, Spokane	26	F
92	43.06	Ron	Chambers	Summerside	41	M
209	43.09	Eric	Pass	Victoria	24	M
211	43.14	Angela	Busch	Salisbury	14	F
15	43.22	Chris	Rushton	Summerside	24	M
224	43.44	David	MacNeill	Charlottetown	39	M
225	43.44	Ninian	LeBlanc	Charlottetown	54	M





Report: All Over Report

Number	Time	First Name	Last Name	City
39	43.52	Arthur	Goodwin	Summerside
118	43.54	John R.	Campbell	Dartmouth
135	44.15	Brian	Bradley	Bunbury
221	44.15	Barry G.	Shewfelt	Cornwall
119	44.29	Tom J.	MacDonald	Souris
213	44.47	Kelly	Keenan	Moncton
37	44.49	Fred	Martin	O'leary
207	45.03	Ed	Jollymore	Summerside
153	45.17	Tanya	Gregory	Charlottetown RR #
139	45.22	Albert C.	Mosher	Charlottetown
228	45.25	Hagen	Keunecke	Fort Augustus
62	45.29	Roy	Matheson	Southport
144	45.50	Judy	MacLean	Sherwood
155	45.51	Steve	Richard	St. Eleanors
143	46.00	Barry	Richard	St. Eleanors
80	46.05	Wayne	MacFarlane	Cornwall RR#4
210	46.06	Dale	St. Louis	Moncton
206	46.33	Elaine	Gallant	Charlottetown
79	46.38	David	Darlington	Charlottetown
69	46.53	Lance	Miron	Charlottetown
161	46.59	Cindy	DesRoches	Tignish
132	47.36	Gary	Craswell	Charlottetown
16	47.53	Roy	Scantlebury	Charlottetown
71	47.56	Joseph	Richard	Chatham
232	48.00	Natalie	Clark	Summerside
22	48.06	John	MacQuaid	Charlottetown
56	48.11	Alan	MacDonald	Charlottetown
84	48.28	Ken	Hicks	Sherwood
67	48.32	Peter	McConnell	Charlottetown
214	48.40	Eleanor	Freeman	Bradalane
24	48.45	Mike	Hennessey	Charlottetown
138	49.08	Carol	Craswell	Charlottetown
91	49.17	Mark	Walsh	Summerside
219	49.23	Dave	Kelly	Miscouche RR
68	49.32	Ian	Glass	Charlottetown
131	49.34	David	Shupe	Lower Sackville
142	49.35	Ernest	Dunsford	Charlottetown
147	50.20	Marina	Fay	Charlottetown
234	50.31	Marley	Harris	Murray Harbour
212	50.48	Nicole	Saulnier	Moncton
50	51.03	Al	Daley	Summerside
222	51.53	Lloyd	MacCallum	Summerside
208	52.22	Karen	Mellish-May	Charlottetown
223	52.25	Mike	Fitzgerald	Charlottetown
28	53.26	Melvin	Arsenault	Charlottetown
97	54.37	Nancy	MacFarlane	North River
215	54.48	Kim	Corkum	Moncton
42	56.40	Allan D	Savidant	Summerside
154	56.57	Barbara	MacEachern	Summerside
148	57.38	E. Jane	McQuaid	Summerside
201	57.38	Claire	Gaudet	Miscouche RR
137	58.03	Janet	Bradley	Charlottetown
96	60.06	Louvina	Edwards	Charlottetown
18	62.00	George	Woodhead	Charlottetown

Selection: Age begins with 25 through Age begins with 39 and Sex equals M

Number	Time	First Name	Last Name	City
133	33.56	Ron	Frid	York
34	35.35	Don	Pridmore	Charlottetown
226	36.35	Colin	MacAdam	Charlottetown
14	37.00	John D.	Johnston	Moncton
149	37.07	Jacques	Roussel	Tracadie
230	37.26	Kevin	Murphy	Riverview
202	37.43	Edward	Lutes	Hunts Lake
146	37.55	Ian	Griffin	Chelton
218	39.30	Kevin	Peters	Charlottetown
30	39.42	Juifen	Gallant	Richmond R. R. #2
136	39.51	Jim	Fay	Winsloe RR #1,
204	39.53	Jake	Baird	Charlottetown
134	39.54	Harvey	Bernard	Crossroads
140	40.21	Eric	Manuel	Charlottetown
145	41.10	Roy	Rodd	Charlottetown
235	41.21	J. Wayne	Fraser	Sherwood
156	41.28	Bill	Perry	Summerside
36	41.29	Dan	McCarthy	Summerside
227	41.31	Mike	Maltais	Summerside
224	43.44	David	MacNeill	Charlottetown
39	43.52	Arthur	Goodwin	Summerside
135	44.15	Brian	Bradley	Bunbury
221	44.15	Barry G.	Shewfelt	Cornwall
37	44.49	Fred	Martin	O'leary
207	45.03	Ed	Jollymore	RR #2,
139	45.22	Albert C.	Mosher	Charlottetown
155	45.51	Steve	Richard	St. Eleanors
143	46.00	Barry	Richard	St. Eleanors
132	47.36	Gary	Craswell	Charlottetown
22	48.06	John	MacQuaid	Charlottetown
56	48.11	Alan	MacDonald	Charlottetown
24	48.45	Mike	Hennessey	Charlottetown
131	49.34	David	Shupe	Lower Sackville
142	49.35	Ernest	Dunsford	Charlottetown
223	52.25	Mike	Fitzgerald	Charlottetown

Number	Time	First Name	Last Name	City	Age	Sex
211	43.14	Angela	Busch	Salisbury	14	F
213	44.47	Kelly	Keenan	Moncton	14	F
161	46.59	Clindy	DesRoches	Tignish	14	F
234	50.31	Harley	Harris	Moncton	11	F
212	50.48	Nicole	Saulnier	Moncton	15	F
215	54.48	Kim	Corkum	Moncton	16	F

Number	Time	First Name	Last Name	City	Age	Sex
100	34.42	Jacqueline	Gareau	Montreal	24	F
06	36.41	Bonnie J.	LeFrank	Hullfax	24	F
07	40.10	Marlene	Costain	Charlottetown	24	F
233	42.59	Myra	Kletke	Shannon, Spoka	24	F
153	45.17	Tanya	Gregory	Charlottetown	24	F
144	45.50	Judy	Maclean	Sherwood	24	F
206	46.33	Elaine	Gallant	Charlottetown	24	F
232	48.00	Natalie	Glatk	Summerside	24	F
138	49.08	Caroi	Craswell	Charlottetown	24	F
147	50.20	Marina	Fay	Charlottetown	24	F
208	52.22	Karen	Mellish-May	Charlottetown	24	F
154	56.57	Barbara	MacEachern	Charlottetown	24	F
148	57.38	E. Jane	McQuaid	Summerside	24	F
201	57.38	Claire	Gaudet	Miscouche RR	24	F
137	58.03	Janet	Bradley	Charlottetown	24	F

Selection: Age is less than 25 and Sex equals F

Selection: Age is less than 25 and Sex equals M

May

Report: 40-49 Female  
 Selection: Age begins with 40  
 through Age begins with 99  
 and Sex equals F

Number	Time	First Name	Last Name	City
214	48.40	Eleanor	Freeman	Bradalane
97	54.37	Nancy	MacFarlane	North River
96	60.06	Louvina	Edwards	Charlottetown

May 17 1986

Report: 40-49 Male  
 Selection: Age begins with 40  
 through Age begins with 49  
 and Sex equals M

Number	Time	First Name	Last Name	City	Age	Sex
78	36.39	Salem	Hashem	Charlottetown	44	M
40	36.40	Carl	Phillips	Tyne Valley	40	M
203	36.50	Stewart H.	Freeman	Bradalbane	47	M
130	37.59	Wayne T.	Wright	Moncton	40	M
41	38.12	Arnold	LaMarsh	Summerside	41	M
77	39.19	Linnell	Edwards	Charlottetown	45	M
85	42.27	Douglas	MacNevin	Charlottetown	42	M
92	43.06	Ron	Chambers	Summerside	41	M
118	43.54	John R.	Campbell	Dartmouth	40	M
119	44.29	Tom J.	MacDonald	Souris	40	M
80	46.05	Wayne	MacFarlane	Cornwall RR#4	43	M
79	46.38	David	Darlington	Charlottetown	43	M
69	46.53	Lance	Miron	Charlottetown	47	M
16	47.53	Roy	Scantlebury	Charlottetown	44	M
84	48.28	Ken	Hicks	Sherwood	42	M
67	48.32	Peter	McConnell	Charlottetown	49	M
91	49.17	Mark	Walsh	Summerside	42	M
68	49.32	Ian	Glass	Charlottetown	47	M
222	51.53	Lloyd	MacCallum	Summerside	42	M
28	53.26	Melvin	Arsenault	Charlottetown	48	M
42	56.40	Allan D	Savidant	Summerside	42	M
18	62.00	George	Woodhead	Summerside	43	M

**ATHENA RESULTS WILL BE IN THE NEXT NEWSLETTER**

SUN LIFE GRAND PRIX STANDINGS

We would like to welcome Sun Life back for another year as our Grand Prix sponsor.

The following standings are as at May 18, 1986. Unfortunately, the results of the Athena Run, which is new to the Series this year, were not available. Included in the standings are the Diary Queen Bunny Hop 10 Km Run, the Bedeque Spring Tune-Up 10 Km Run, and the Brothers Two/Quality Inn - Perrier 10 Km Run. The standings show runners with 20 points or more.

FEMALE - OVERALL

NAME	PTS	# OF RACES	NAME	PTS	# OF RACES
Eleanor Freeman	59	3	Marina Fay	36	2
Marlene Costain	56	2	Louvina Edwards	28	2
Michelle Granger	53	2	Judy MacLean	23	1
Nancy MacFarlane	51	3	Cindy DesRoches	21	1
Helen Flynn	48	2	Natalie Clark	20	1
Tanya Gregory	46	2	Janet Coughlin-Cameron	20	1
Carol Craswell	36	2	Susan MacEachern	20	1



<u>FEMALE AGE GROUPS</u> (Top Three)		<u>MALE - OVERALL</u>		<u># OF</u>	
		<u>NAME</u>	<u>PTS</u>	<u>RACES</u>	
<u>18 &amp; Under</u>					
Cindy DesRoches	21	Curtis DesRoches	79	3	
		Don Pridmore	65	3	
<u>25 - 34</u>		Salam Hashem	61	3	
Marlene Costain	56	Carl Phillips	54	3	
Michelle Granger	53	Ron Frid	50	2	
Tanya Gregory	46	Colin MacAdam	39	2	
		Stew Freeman	32	2	
<u>35 - 39</u>		Arnold LaMarsh	30	2	
		Steve Ackland	30	2	
Helen Flynn	48	Ken Doucette	28	1	
Carol Craswell	36	Ewen Stewart	27	2	
		Randy MacNeill	23	1	
<u>40 &amp; Over</u>		Julien Gallant	23	2	
Eleanor Freeman	59	Linnell Edwards	22	2	
Nancy MacFarlane	51	Andrew Keilly	22	2	
Louvina Edwards	28	Eric Manuel	22	3	
		Tony Isaacs	21	1	
		Paul Wright	21	1	
		Kevin Peters	20	2	
<u>MALE AGE GROUPS</u> (Top Three)		Blair Paquet	20	2	
<u>17 &amp; Under</u>		Darren Poirier	20	1	
Curtis DesRoche	79	<u>25 - 34</u>	<u>35 - 39</u>		
Darren Poirier	20	Don Pridmore	Ron Frid	50	
		Colin MacAdam	Ken Doucette	28	
<u>18 - 24</u>		Julien Gallant	Harvey Bernard	19	
Steve Ackland	30	<u>40 - 49</u>	<u>50 &amp; Over</u>		
Randy MacNeill	23	Salam Hashem	Ewen Stewart	27	
Andrew Keilly	22	Carl Phillips	Mike Sullivan	17	
		Stew Freeman	Don Reeves	7	
			Don Moffett	7	

### TRACK AND FIELD

Further to the information provided in the last Newsletter, the PEITFA would like to draw your attention to some other track and field meets which provide competition not only for Junior/Senior athletes but for the younger age classes, i.e., Bantam (13 & under), Midget (15 & under), and Juvenile (17 & under).

June 7	- P.E.I. School Championships (Bantam, Midget)	- Montague
June 14	- P.E.I. School Championships (Juvenile, Senior)	- Montague
*June 28	- PEITFA Provincial Championships	- Charlottetown
July 1	- Canada Day Mile	- Charlottetown
July 4-5	- NSTFA Age Class Championships	- Lr.Sackville, N.S.
July 10-12	- Highland Games	- Antigonish, N.S.
July 25-26	- Atlantic Age Class Championships	- Moncton, N.B.
Aug. 7-14	- National Legion Athletic Camp	- Sudbury, Ont.

\*Track and field meets require the help of many volunteer officials. If you would like to help officiate at the above PEITFA Championships, June 28th, please contact either Linnell Edwards (892-9379) or Barrie Stanfield (894-9379). No experience is necessary.

\*\*The annual Legion Athletic Camp, generously funded by the Royal Canadian Legion, serves as the national track and field championships for the Midget and Juvenile age classes. The Camp also includes coaching clinics, sight-seeing tours, and evening social activities. The PEITFA has the responsibility for selecting a provincial team to participate in this Camp.

# RECORDS

MASTERS CATEGORY ROAD RACE RECORDS IN P.E.I.

(as at April 1, 1986)

CURRENT RACES AND DISTANCES

<u>RACE NAME</u>	<u>DISTANCE</u>	<u>MALE RECORD</u>	<u>TIME</u>	<u>YEAR</u>	<u>FEMALE RECORD</u>	<u>TIME</u>	<u>YEAR</u>
Summerside Mardi Gras Run	4 mi.	Salam Hashem	23:15	1985	(35-39) Rosemary Faulkner (40 + ) Eleanor Freeman	33:22 29:43	1984 1985
Bedeque Spring Tune-Up	10 Km.	Stew Freeman	36:47	1985	(35-39) Rosemary Faulkner (40 + ) Eleanor Freeman	56:47 47:42	1985 1985
Dairy Queen Bunny Hop	10 Km.	Salam Hashem	36:57	1984	(35-39) Helen Flynn (40 + ) Eleanor Freeman	46:44 47:42	1985 1985
Athena Run	6.8 mi.	Salam Hashem	39:35	1984	(35-39) Eleanor Farrington (40 + ) Eleanor Freeman	56:34 52:52	1979 1984
Brothers Two/Quality Inn	10 Km.	Tom Conway	34:03	1982	(35-39) Helen Flynn (40 + ) Eleanor Freeman	43:55 46:47	1985 1985
Col. Gray/McDonald's Run	10 mi.	Salam Hashem	59:39	1985	(35-39) Helen Flynn (40 + ) Eleanor Farrington	1:14:44 1:18:57	1985 1980
Garden City Golden Mile	1 mi.	Salam Hashem	4:54	1984	(35-39) Rosemary Faulkner (40 + ) Eleanor Freeman	6:30 6:21	1984 1985
Seaman's Beverages Run	4 mi.	Salam Hashem	22:29	1984	(35-39) Helen Flynn (40 + ) Eleanor Freeman	28:01 29:52	1985 1985
Fulton Campbell Memorial (new course)	20 Km.	Salam Hashem	1:15:41	1985	(35-39) Helen Flynn (40 + ) Eleanor Freeman	1:37:40 1:47:30	1985 1985
Belfast Lions Mid-Summer Jaunt	8 mi.	Salam Hashem	46:56	1985	(35-39) Kathy Earley (40 + ) Eleanor Freeman	58:40 1:06:15	1984 1982
North Shore Coastal Run	10.5 mi.	Jim Wyatt	1:02:54	1984	(35-39) Sue Simmons (40 + ) Eleanor Freeman	1:18:49 1:21:53	1985 1984
ADL Tyne Valley Run	20 mi.	Tom Conway	2:03:11	1982	(35-39) Anthea Bellemare (40 + ) Eleanor Freeman	3:08:01 2:55:16	1980 1984
Stanhope Beach Lodge National Park	10 Km.	Salam Hashem	35:42	1985	(35-39) Helen Flynn (40 + ) Toni MacDonald	45:48 47:50	1984 1985
Kensington Harvest Festival Half-Marathon		Wayne Gerrior	1:22:29	1985	(35-39) Janet Bradley (40 + ) -- No entry --	2:01:50	1985
National Video-C.F.C.Y. Island Marathon		{ Salam Hashem { Walter Williams	2:45:44	1985	(35-39) Helen Flynn (40 + ) Eleanor Freeman	3:34:58 4:19:30	1985 1985
Alice-Faye Run for Women	5 Km.				(35-39) Helen Flynn (40 + ) Eleanor Freeman	21:28 23:04	1984 1984
C.A.H.P.E.R. Run	10 Km.	Salam Hashem	36:51	1983	(35-39) Rosemary Faulkner (40 + ) Eleanor Farrington	44:24 47:51	1981 1980
Dunk River Run	7.3 mi.	Tom Conway	40:15	1983	(35-39) Rosemary Faulkner (40 + ) Eleanor Freeman	52:33 54:53	1981 1984
Island Optical Polar Run	5 mi.	Walter Williams	26:59	1984	(35-39) Helen Flynn (40 + ) Eleanor Freeman	34:05 38:08	1985 1984

RETIRED RECORDS (Course changed or race no longer held)

<u>RACE NAME</u>	<u>DISTANCE</u>	<u>MALE RECORD</u>	<u>TIME</u>	<u>YEAR</u>	<u>FEMALE RECORD</u>	<u>TIME</u>	<u>YEAR</u>
Atlantic Police Academy Run	4 mi.	Stew Freeman	25:29	1983	(35-39) Helen Flynn (40 + ) Eleanor Freeman	35:03 35:04	1983 1983
Camper's City/Brooks Run	5 mi.	Salam Hashem	28:47	1984	(35-39) Helen Flynn (40 + ) Eleanor Freeman	34:58 38:07	1985 1985
Fulton Campbell Memorial	19.7 Km.	Ken Inglis	1:05:37	1982	(35-39) Helen Flynn (40 + ) Eleanor Freeman	1:36:48 1:39:40	1984 1984
National Park Run	10 Km.	Mike Jordan	33:47	1981	(35-39) Rosemary Faulkner (40 + ) Eleanor Freeman	43:12 46:14	1983 1983
Kensington Harvest Festival Run	25 Km.	Ewen Stewart	1:35:24	1979	(35-39) Helen Flynn (40 + ) Eleanor Freeman	2:01:46 2:08:11	1983 1984
Volume Rentals Half- Marathon		Ewen Stewart	1:23:16	1978	(35-39) Eleanor Farrington (40 + ) Eleanor Farrington	1:58:02 1:52:09	1979 1980



Volume Rentals Run	5 Km.	Salam Hashem	17:15	1983	(35-39) (40 +)	Helen Flynn Phyllis Springs	21:10 23:09	1983 1984
Alice-Faye Run for Women	3 mi.				(35-39) (40 +)	Rosemary Faulkner Eleanor Farrington	19:28 20:41	1981 1980
Dairy Queen Polar Run	5 mi.	Walter Williams	27:58	1982	(35-39) (40 +)	Rosemary Faulkner Eleanor Freeman	35:57 38:38	1981 1982

### THE "RUNNING" ALPHABET - PART 2, N TO Z

From Running by Jim Ramsay, illustrations by Bob Cram. A Fireside Book published by Simon and Schuster, Inc. Copyright 1984. Paperback.

**N - naive** - Anyone who watches a marathon and says, "Hey! Those folks look like they're having fun!"

**O - obsessive** - Term applied to anyone who puts in more hours running than you do.

**P - plantar warts** - Painful viral growths usually found on the soles of runners' feet, believed in medieval times to have been contracted as a result of jogging on one's toads.

**Q - quadriceps** - Muscle in the front of the thigh that you didn't know you had until you began to run uphill.

**R - rabbit** - anyone who is ahead of you in a race. (Editor's note: we on PEI know the definition of rabbit is Linnell Edwards)

**R - Rob de Castella** - Phrase used by medieval Italian burglars who preyed on aristocrats, as in "First we robe de townhouse, den we rob de castella."

**S - split time** - The time it takes for a runner doing warm-up exercises to stretch out the leg muscles by doing the splits. The following table gives average split times as a function of the runner's age:

Age (in years)	Split Time
5	1 sec
15	4 sec
25	30 sec
35	30 min
Don Pridmore	never

**S - sub-4-minute mile** - a very poor performance for a modern submarine.

**T - tant pis** - (French) (1) A canvas shelter manufactured in France, put up at marathons to house temporary toilet facilities. (Editor: (2) C'est dommage / unfortunately.)

**U - unnatural** - Term applied to anyone else's running form but your own.

**V - Venus de Milo** - (Greek myth, literally "Venus of the Mile") Legendary female miler who is said to have increased (Ed: decreased?) her times dramatically by substantial reduction of upper body weight.

**W - weight training** - Training in patience that middle-aged marathoners give their families, who must stand at the finish line and wait and wait and wait....

**X - x-rays** - (U.S.) diagnostic pictures about which an orthopedic surgeon says, "I can't tell a thing from these. That will be \$500."

**Y - yard** - (1) Distance by which you beat Alberto Salazar in the Olympic Marathon, just before you wake up and remember you went to bed with your Nikes on. (2) Grassy area surrounding suburban dwellings that simply cannot be raked or mowed at the moment because of the overwhelming need to go for a run.

**Z - zephyr** - Any wind that is at a runner's back. (See gale, last Newsletter).



## THE 90TH BOSTON MARATHON - A SPECTATOR'S VIEW

by  
PAUL WRIGHT

April 21, 1986 found me involved in my third successive Boston Marathon - but something was different this year. Yes, this time my perspective was that of observer rather than the past one of participant, as a severe and persistent cold found me reluctantly on the sidelines on race day.

Disappointing, of course, but not surprising in the light of how poorly my health, not to mention my training, had been behaving in recent weeks. I had been plagued by a chronic tiredness, and my only race, a 10K at Bedeque two weeks pre-marathon, had been less than gratifying.

My misfortune did, however, offer me the rare (hopefully) opportunity to watch the race, which promised a more exciting and electrifying aura that it had had for several years.

This new excitement, of course, stemmed from the infusion of prize money for the first time into a race which had fiercely refused to alter its traditional "amateur" status, a policy which seriously damaged the prestige and competitive quality of this proud, historic race. World class runners had flocked elsewhere each April in search of big bucks, leaving Geoff Smith, the '84 and '85 winner, as the sole elite competitor, whose winning time of 2:14:05 in 1985 was the slowest since 1976.

The 1986 entry list included such marathon stalwarts as 1985 Chicago winner Steve Jones (2:07:13) and Australian and Commonwealth Games Champion Rob de Castella (2:08:18 PR). Norway's Ingrid Kristiansen was the most outstanding woman entered, owing to her 2:21:05 world record in the London Marathon one year earlier. Tendonitis forced Jones to withdraw in advance, so, much of the pre-race hype revolved around de Castella and Orland Pizzolato of Italy, two-time New York City Marathon victor.

Greg Meyer, the 1983 Boston champ, since overwhelmed by injuries, but now recovered and running well, and Arturo Barrias, the young Mexican riding a crest of impressive short road racing wins, were cited as the principal dark horses. Little mention was made of three fine Canadian marathoners: Art Boileau, Peter Butler of Calgary (who had run a 2:10:56 in December) and Dave Edge of Toronto who finished 6th in Boston in 1983 in 2:11:03.

12:00 Noon. Race start in Hopkinton.

13.1 Miles. 1:02:51. No big surprises. De Castella is dogged by one pretender, unknown Kenyan Joseph Kipsong. Canadian Art Boileau is in 6th place.

20 Miles. 1:37:08. De Castella is firmly in command of the race with over a minute's lead and on target for a course record. Barrias has moved into second place but appears weakened by the hills - can he last? Boileau is now 3rd and Pizzolato 4th. Kristiansen has the women's race well in hand but a course record is now out of reach.

22.5 Miles. 1463 Beacon Street. This is my vantage point in front of my Aunt's apartment. 1:54:30. De Castella, unmistakable with his dark moustache and stout legs and wearing number "1", flashes past, still devouring the road at an incredible 4:52/mile pace and over two minutes ahead of the field. Boileau is now second while Pizzolato and an amazing 38-year-old Bill Rodgers are bearing down on the faltering Barrias for 3rd and 4th respectively. Rodgers rode the superlative crowd support and his knowledge of the course to recapture some of the magic of past years, when he won the race four times - 1975, 78, 79 and 80.

**BOSTON'S  
CHANGING TIMES**  
AVERAGE WINNING  
PERFORMANCES BY DECADE\*

	<b>Men</b>	<b>Women</b>
<b>1890</b>	2:50:36	
<b>1900s</b>	2:37:58	
<b>1910s</b>	2:26:29	
<b>1920s</b>	2:28:55	
<b>1930s</b>	2:34:12	
<b>1940s</b>	2:29:29	
<b>1950s</b>	2:23:18	
<b>1960s</b>	2:18:17	
<b>1970s</b>	2:13:55	2:49:46
<b>1980s</b>	2:10:43	2:29:33

\*The course measured 24 miles, 1232 yards 1896-1923; it measured 26 miles, 209 yards 1924-1926; it measured 25 miles, 938 yards 1953-1956.



26.2 Miles. Copley Square. "Deke", as de Castella is known to running fans around the world, roars across the finish line in 2:07:51, a course record by one minute, and the third fastest marathon time ever recorded. He is pursued by Boileau (2:11:15), Pizzolato (2:11:43), Rodgers (2:13:36) and Barrias (2:14:09). Kristiansen finishes as first woman in 2:24:55, followed by Carla BeushKins of the Netherlands in 2:27:35 and Canada's Lizanne Bussieres in 2:32:16. Andre Vizer has earlier ensured a successful day for Canadians by piloting his wheelchair to the finish line in a world record time of 1:43:45, about two minutes faster than George Murray's time last year. Murray placed second, some five minutes off the pace. In yet another stellar performance, Evy Palm of Sweden copped the women's Masters with a 2:32:47 time, which placed her fourth among all women.

Two Maritime runners turned in outstanding performances. Bo MacGillivray finished as second Canadian and 31st overall. His time of 2:24:09 was the fastest ever by a Nova Scotian here and (by 5 seconds) ended Ken Doucette's six year reign as fastest Canadian Armed Forces marathoner. Joe McGuire, 42, of Woodstock yielded the Masters division title he won last year to England's Michael Hurd, whose 2:19:04 was a Masters course record and placed him 16th overall. McGuire still finished as 8th Master and 78th overall, in 2:30:48, a feat made all the more impressive in the wake of his 2:32 win in New Brunswick's Heart Marathon just two weeks previously.

In sum total, it appeared that Boston was indeed back where it deserved to be, at the forefront of marathoning in North America and the world.

### **SPORT WEEKEND**

**The sport PEI annual general meeting was held at Rodd's Mill River Resort on May 10, 86. Your Secretary-Treasurer attended this meeting, and the following luncheon on behalf of PEI Roadrunners. We do not have voting rights in the organization as we are an associate member. This is because we are considered to be a branch of the PEI Track and Field Association who are full members. Our associate membership costs us \$10.00 a year and provides us, among other things, technical services and costs for this newsletter.**

**Two items of interest came up:**

- donations for tax credit may be made to the National Sport Trust Fund, specifying the donors wish that the amount be earmarked for a specific organization (such as PEI Roadrunners ).The organization then writes to the Trust Fund requesting that these funds be made available. Since tax credit is only available for donations to National organizations this is the only way to get tax credit for donations to PEIRRC.**
- A SKILLS program for management volunteers has been made available to us. This consists of seminars given by trained professionals, for a minimal cost in any or all of the following areas: time management,marketing,financial management,short and long term planning,leadership and group dynamics., motivating other volunteers.**

**Contact your executive for more information if you are interested in making use of this service.**

## TRAINING LOG

THIS NEWSLETTER WE ARE BRINGING YOU TWO TRAINING LOGS, THAT OF TONY ISAACS AND THAT OF ONE OF YOUR EDITORS, PAUL WRIGHT. NEXT NEWSLETTER WE WILL FEATURE ONE OR TWO WOMEN AND THEIR TRAINING LOGS.

### TONY ISAACS

Years running 13  
 PR'S 10K 35:54  
 1/2Marathon 81:18  
 Marathon 3:32:05'

Tony is 29 years of age and is a SAR Tech(Search and Rescue) at C.F.B. Summerside. He started running in 73 shortly after joining the British Army, running in short cross country races during the fall and winter seasons. He stopped racing in 77 and continued to run for fitness and averaged about 15-20 miles a week participating in six half marathons in 80,81, 82.

Tony moved to Summerside in 83 and continued to run for fitness until 84 when He started training for his first and so far only marathon, and a triathlon. Since then he has completed seven triathalons and two biathalons ( cycling and running.).

His goals for the future include improving his 10K and marathon times and completing an ultra triathlon (215 swim, 112bike,26Run). As well he hopes to improve the sport of triathalons on P.E.I. and organize a triathlon and a triathlon relay race in Summerside.

Tony says he has no pre-planned training program because he usually misses planned workouts,(sound familiar). He does record his training and from there he decides what area He has to work at on a day to day basis.

#### AVERAGE WEEK(SUMMER AND WINTER)

##### WINTER(Triathlon training)

Sunday	6-8miles	6:30-6:45	pace
Monday	15-20miles	bike	1500 yards swim
Tuesday	4 mile run	sub 6:00pace,	weights or circuit track
Wednesday	20-25miles	bike,	1500 yard swim
Thursday	5-6 mile run	6:15-6:30	pace
Friday	15 mile bike	2000	yd. swim
Saturday	Rest (I hope so )		
TOTAL	5000	yd. swim	
	45-50	mile bike	
	17	mile run	

##### SUMMER

Sunday	8-10 miles	run	6:30	pace
Monday	30 mile	bike	2000	yard swim (open water)
Tuesday	6 miles	at	6:20	pace
Wednesday	25 mile	bike	1500	yd. swim
Thursday	15 mile	bike	4 mile	run
Friday	25 mile	bike	2000	yd swim
Rest maybe	on easy swim or bike ride			
TOTAL	5500	yd swim		
	85	mile bike		
	20	mile run		



PAUL WRIGHT

Years Running 9  
PR'S 10K 34:27  
10miles 57:02  
Marathon 2:41:18

Paul, a resident of Bedeque is 29 year old and SINGLE began running in 77 in an attempt to become fit enough to attempt the prestigious canadian Ski Marathon. In 78 he completed the two day 100 mile wilderness grind from Lachute to Hull Quebec and one month later he confronted his first road race, the 10K Bunny Hop in which he ran a time of 40:29 on a long course.

In 80 he jogged his first marathon in 2:56:06 at the Johnny Miles in New Glasgow N.S. and since then he has completed 11 of 12 marathons including an official PR of 2:41:18 at Boston in 84 and a 2:32:36 on a short course in Oromocto in the fall of 83

Paul's goals include a 32:30 10K and a 2:30 marathon, which he hopes to attain in the next 2-3 years. (Before he is over the hill, ey Ewen).

Paul has run over 4000 miles in 83 before he leveled off at 3,650 of late. In June Paul will record his 25,000 th mile, not bad for a fellow who spends the good part of his time operating a potato farm with his father and brother, John.

AVERAGE WEEK (May 86)

Sunday 22 miles (hills 6:54 pace)

Monday a.m. 8.5 miles easy 6:51 pace, including 8x150 yds speed

Tuesday A.m. Fartlek 10 miles 64 minutes, 8 secs.

4x30 sec. 40 sec recovery

3x1 min 1 min " REPEAT AT 1 MILE AND 5 MILES

3x2 min 2 min "

3x3 min 2 min "

Wednesday a/m/ 10 miles easy 7:40 mile

Thursday a.m. 12 miles Fartlek 15x30 sec to 1 min 30 sec (2 min recovery each)

p.m. 4.5 easy

Friday a.m. 10.5 easy 6:55 pace

Saturday a.m. 8.5 easy 6:50 /mile

p.m. 4 miles easy 6:52 pace

TOTAL 89 MILES (this editor is exhausted just typing the schedule)

CAAW&S ATLANTIC

CONFERENCE/AGM 1986

Sport and Feminism  
Sport et feminisme

JUNE 27, 28, 29 CHARLOTTETOWN, P.E.I. LE 27, 28, 29 JUIN



Donna Sears, P.O. Box 2425, Charlottetown, P.E.I., C1A 8C1

Contact

1986 MEMBERSHIP LIST as of MAY 20, 1986

## MEMBERSHIP

PAGE 1

NO	LAST NAME	FIRST NAME	CITY	PROV	NO	LAST NAME	FIRST NAME	CITY	PROV
126	ACKLAND	STEVE	SHERWOOD	PEI	69	GAUDET	LINDA	CHARLOTTETOWN	PEI
49	ADAMS	MAUREEN	KENSINGTON	PEI	97	GILLIS	ROGER	VERNON	PEI
116	AFFLECK	MARILYN	BEDEQUE	PEI	98	GILLIS	BETTY	TEA HILL	PEI
31	ALBERT	BUNTY	CHARLOTTETOWN	PEI	119	GLASS	IAN	CHARLOTTETOWN	PEI
32	ALBERT	DANIELLE	CHARLOTTETOWN	PEI	120	GLASS	JANET	CHARLOTTETOWN	PEI
33	ALBERT	MICHAEL	CHARLOTTETOWN	PEI	121	GLASS	LINDA	CHARLOTTETOWN	PEI
115	ARSENAULT	KEN	OTTAWA	ONT	122	GLASS	NANCY	CHARLOTTETOWN	PEI
132	ARSENAULT	MEL	CHARLOTTETOWN	PEI	123	GLASS	SUSAN	CHARLOTTETOWN	PEI
157	BERNARD	HARVEY	CROSSROADS	PEI	89	GRAINGER	MICHELLE	ST ELEANORS	PEI
158	BERNARD	ROSETTA	CROSSROADS	PEI	76	GRAY	BOB	SOUTHPORT	PEI
16	BRADLEY	JANET	BUNBURY	PEI	42	GREGORY	BROOKE	SHERWOOD	PEI
17	BRADLEY	BRIAN	BUNBURY	PEI	43	GREGORY	DOROTHY	SHERWOOD	PEI
114	BRADLEY	DIANNE	CHARLOTTETOWN	PEI	156	GREGORY	TANYA		PEI
113	BROWN	TED	SOUTHPORT	PEI	44	GRIFFIN	IAN	CHELTON	PEI
148	CAMERON	MICHAEL	KINKORA	PEI	146	HARPER	RAY	MARIETTA	GA.
149	COUGHLIN	JANET	KINKORA	PEI	47	HARRIS	ED	MONCTON	N.B.
95	CARTER	IAN	GEORGETOWN	ONT	NEW	HERBERT	RON	SHERWOOD	PEI
96	CARTER	E.L.	GEORGETOWN	ONT	NEW	HERBERT	ROSEMARY	SHERWOOD	PEI
41	CHEVERIE	KAREN	CHARLOTTETOWN	PEI	NEW	HERBERT	KATE	SHERWOOD	PEI
117	CHIASSON	PIERRE	LITTLE YORK	PEI	88	HERMAN	WALLY	OTTAWA	ONT
NEW	COFFIN	ALEX	SAINT JOHN & BR	N.B.	30	HURLBURT	ERIC A	CHARLOTTETOWN	PEI
13	COOPER	RHONDA	CHARLOTTETOWN	PEI	58	ISAACS	TONY	SUMMERSIDE	PEI
14	HARLEY	DON	CHARLOTTETOWN	PEI	59	JAMER	DICK	SLEMON PARK	PEI
37	DARLINGTON	DAVID	CHARLOTTETOWN	PEI	60	JAMER	JEANNE	SLEMON PARK	PEI
143	DESROCHES	KENNETH	CHARLOTTETOWN	PEI	61	JAMER	RICK	SLEMON PARK	PEI
19	DEMAR	FRANCIS	VERNON BRIDGE	PEI	62	JAMER	KENNY	SLEMON PARK	PEI
20	DEMAR	BONNIE	VERNON BRIDGE	PEI	135	KEILLY	ANDREW	YORK	PEI
79	DIXON	SCOTT	CHARLOTTETOWN	PEI	39	KNEABONE	BARRY	CORNWALL	PEI
100	EASTER	COLIN	SHERWOOD	PEI	111	LAMARSH	ARNOLD	SUMMERSIDE	PEI
101	EASTER	PHILIP	SHERWOOD	PEI	36	LEBLANC	NINIAN	CHARLOTTETOWN	PEI
102	EASTER	PHYLLIS	SHERWOOD	PEI	104	LINTON	JAMIE	CHARLOTTETOWN	PEI
23	EDGECOMBE	DENNIS	MONTAGUE	PEI	NEW	LONGAPHIE	KERRIE	MERMAID	PEI
24	INMAN	ARLENE	MONTAGUE	PEI	80	MacCANN	MICHELE	YORK	PEI
25	EDGECOMBE	ROGER	MONTAGUE	PEI	81	MacDONALD	LOUISE	CHARLOTTETOWN	PEI
26	EDGECOMBE	WYATT	MONTAGUE	PEI	127	MacDONALD	TOM SR	SOURIS	PEI
27	EDGECOMBE	KISKO	MONTAGUE	PEI	128	MacDONALD	TOM JR	SOURIS	PEI
28	EDGECOMBE	GYRO	MONTAGUE	PEI	129	MacDONALD	DAVID	SOURIS	PEI
15	ELLIS	DON	CHARLOTTETOWN	PEI	130	MacDONALD	CAROL ANN	SOURIS	PEI
10	FAULKNER	CURTIS	TRURO	N.S.	131	MacDONALD	KATHLEEN	SOURIS	PEI
63	FAULKNER	ROSEMARY	SOUTHPORT	PEI	140	MacDONALD	JANICE	BELLE RIVER	PEI
64	FAULKNER	DAVID	SOUTHPORT	PEI	35	MacDOUGALL	FRANCIE	CHARLOTTETOWN	PEI
65	FAY	JAMES	WINSLOE	PEI	90	MacFARLANE	WAYNE	CORNWALL RR #4	PEI
66	FAY	BEVERLY	WINSLOE	PEI	91	MacFARLANE	NANCY	CORNWALL RR #4	PEI
11	FAY	MARINA	CHARLOTTETOWN	PEI	92	MacFARLANE	JACK	CORNWALL RR #4	PEI
12	BAIRD	JAKE	CHARLOTTETOWN	PEI	93	MacFARLANE	JANICE	CORNWALL RR #4	PEI
152	FLYNN	HELEN	SHERWOOD	PEI	110	MacLEAN	JUDY	SHERWOOD	PEI
160	FRASER	WAYNE	SHERWOOD	PEI	159	MacLEAN	WILLIAM WEST	CHARLOTTETOWN	PEI
3	FREEMAN	ELEANOR	N. GRANVILLE	PEI	56	MacLURE	SHANE	SOURIS	PEI
4	FREEMAN	STEWART	N. GRANVILLE	PEI	84	MacMURDO	DOUG	SUMMERSIDE	PEI
5	FREEMAN	JONATHAN	N. GRANVILLE	PEI	50	MacNEILL	RANDY	WINSLOE	PEI
57	GALLANT	ELAINE	RIVERVIEW NW	N.B.	73	MacNEILL	DAVID	CHARLOTTETOWN	PEI
83	GALLANT	JULIEN	RICHMOND	PEI	2	MacNEVIN	DOUG	CHARLOTTETOWN	PEI
					6	MacNEVIN	ROBERT	CHARLOTTETOWN	PEI
					70	MacPHEE	NORMA M.	CHARLOTTETOWN	PEI
					124	MacPHERSON	PETER	HALIFAX	N.S.



NO	LAST NAME	FIRST NAME	CITY	PEI
138	MacPHERSON	MARTHA	ANTIGONISH	N.S.
45	MANUEL	ERIC	CHARLOTTETOWN	PEI
46	MANUEL	MARION	CHARLOTTETOWN	PEI
78	MANUEL	PENNY	CHARLOTTETOWN	PEI
162	MATHESON	ROY	SOUTHPORT	PEI
40	McCARVILLE	FREDA	CHARLOTTETOWN	PEI
108	McGONNELL	PETER	CHARLOTTETOWN	PEI
71	McGRATH	PAUL	WESTBORO	MASS
118	McKENNA	WAYNE	MONTAGUE	PEI
106	McLAUGHLIN	GARY	PICTOU	N.S.
153	McNALLY	FOCH	SHERWOOD	PEI
154	McNALLY	TREVA	SHERWOOD	PEI
155	McNALLY	CATHY	SHERWOOD	PEI
87	McQUAID	JOHN	CHARLOTTETOWN	PEI
161	MEEK	DOUG	CHARLOTTETOWN	PEI
1	MELLISH-MAY	KAREN	CHARLOTTETOWN	PEI
141	MERSEREAU	DON	RIVERVIEW	N.B.
103	MILLMAN	GREG	HUBBARDS	N.S.
133	MOFFETT	DON	SHERWOOD	PEI
75	MOSHER	ALBERT	CHARLOTTETOWN	PEI
142	MULLIN	PAUL	CHARLOTTETOWN	PEI
34	NEWCOMBE	D. BRIAN	TYNE VALLEY	PEI
150	NICHOLSON	ROGER	SOUTHPORT	PEI
151	NICHOLSON	VELDA	SOUTHPORT	PEI
48	O'MALLEY	ARTHUR	PARKDALE	PEI
68	PANTON	WAYNE	BELFAST	PEI
134	PAQUET	BLAIR	SOURIS	PEI
29	PAULEY	LAMBERT	BELFAST	PEI
99	PAULEY	NOEL D	SUMMERSIDE	PEI
53	PENDERGAST	ROBERT	ST LOUIS	PEI
54	PENDERGAST	REG	ST LOUIS	PEI
55	PENDERGAST	EILEEN	ST LOUIS	PEI
22	PETERS	KEVIN L	SOURIS	PEI
21	PHILLIPS	CARL	TYNE VALLEY	PEI
139	POIRIER	DARREN	SUMMERSIDE	PEI
18	PRIDMORE	DON	CHARLOTTETOWN	PEI
51	REAGH	ELIZABETH	CHARLOTTETOWN	PEI
52	REAGH	THEODORE	CHARLOTTETOWN	PEI
9	ROBINSON	BETH	HALIFAX	N.S.
112	RODD	ROY	CHARLOTTETOWN	PEI
144	ROGERS	SUSAN	CHARLOTTETOWN	PEI
145	ROGERS	BETHANY	CHARLOTTETOWN	PEI
85	ROSSITER	EUGENE	CHARLOTTETOWN	PEI
86	ROSSITER	FLORENCE	CHARLOTTETOWN	PEI
136	SAGOR	BOB	ANTIGONISH	N.S.
72	SCANNELL	DAVID	BRISTON	CONN
82	SEXTON	DONALD	EUREKA	N.S.
74	SHEPARD	STELLA	CHARLOTTETOWN	PEI
77	SHEPARD	JOSHUA	CHARLOTTETOWN	PEI
NEW	STANFIELD	BARRIE	CHARLOTTETOWN	PEI
7	STEWART	EWEN	CHARLOTTETOWN	PEI
8	STEWART	MARGARET	CHARLOTTETOWN	PEI
107	STUART	PHILIP J	MACHIAS	ME.
105	SULLIVAN	MIKE	BUNBURY	PEI
137	THOMPSON	JAMIE	ANTIGONISH	N.S.

NO	LAST NAME	FIRST NAME	CITY	PROV
125	WATTERS	SHAWN	SHERWOOD	PEI
109	WOODHEAD	GEORGE	CHARLOTTETOWN	PEI
94	WRIGHT	WAYNE	MONCTON	N.B.
147	WRIGHT	PAUL	BEDEQUE	PEI
67	WYATT	JIM	TORONTO	ONT

#### Roadrunner Memberships

The P.E.I. Roadrunners Club 1986 memberships are available at \$3 each for youths, 18 and under, \$5 for other individuals and \$7 for families. Call Sport P.E.I. 892-9178 for registration forms. Also, 1985 members are reminded that benefits of 1985 memberships have expired.

Guardian-Patriot-May 14

#### THE FAR SIDE



"And as the net sloooooowly lifted him from the water, the voice kept whispering, 'I want your legs.... I want your legs.'"

IF YOUR RUNNING BUDDIES ARE WONDERING WHY YOU GOT A COPY OF THIS NEWSLETTER AND THEY DIDN'T REMIND THEM TO PAY THEIR 86 MEMBERSHIP DUES. SPORT PEI IS PUTTING A LIMIT ON THE NUMBER OF NEWSLETTERS THEY WILL PRODUCE AND MAIL FOR US. SINCE THE CLUB HAS TO PAY FOR ANY EXTRAS, NEWSLETTERS ARE NOW GOING ONLY TO CURRENT MEMBERS. TO ENSURE THAT YOU RECEIVE YOUR NEXT COPY OF THIS NEWSLETTER, BE CERTAIN THAT YOU ARE AN 86 MEMBER.

NEW MEMBERS

MICHELE GRANGER                      STEVE ACKLAND

MICHELE HAS BEEN RUNNING WITH US FOR ABOUT A YEAR. SHE HAS FINISHED FIRST IN HER AGE CATEGORY IN SEVERAL RACES AND HAS PLACED FIRST OR SECOND FEMALE IN MANY OF THE RACES SHE HAS ENTERED AND HAS ESTABLISHED A WOMEN'S COURSE RECORD IN THE KENSINGTON HARVEST FESTIVAL RUN IN 85. MICHELE IS A AEROMECHANICAL (INVENTED WORD FOR THE FACT THAT MICHELE IS A MECHANIC WHO WORKS ON AIRPLANES ) TECHNICIAN. SHE IS SINGLE AND LIVES IN ST. ELEANORS.

STEVE ACKLAND IS ALSO AT CFB SUMMERSIDE AND IS A RELATIVELY NEW RUNNER. HE IS RECEIVING ADVICE FROM KEN DOUCETTE, SO HE MAY NOT BE AT THE BACK OF THE PACK FOR LONG.

1986 CLUB MEMBERSHIP

NAME \_\_\_\_\_

MAILING ADDRESS \_\_\_\_\_

POSTAL CODE \_\_\_\_\_

TELEPHONE \_\_\_\_\_ AGE \_\_\_\_\_

TYPE OF MEMBERSHIP REQUESTED

FAMILY \$7.00 \_\_\_\_\_

YOUTH \$3.00 (under 18) \_\_\_\_\_

GENERAL \$5.00 \_\_\_\_\_

Make cheque payable to PEI ROADRUNNERS  
P.O. Box 302  
Charlottetown PEI  
CIA 7K7

C.T.F.A. Membership: All participants in sanctioned track and field events (including many major road races) must be registered members of a provincial branch of the Canadian Track and Field Association. The regular PEITFA registration fee for 1986 is \$5.00; but members of the Roadrunners Club may obtain a CTFa membership card at a reduced rate of \$3.00. To register with the PEITFA, send a cheque (payable to the P.E.I. Track and Field Association), along with your name, address, telephone number, and birthdate, to the PEITFA, c/o Sports P.E.I., Box 302, Charlottetown, P.E.I., CIA 7K7.



**WHO IS JIM WYATT ?**

BACK OF THE PACK

Upper Canada  
April 1, 1986 (1)

Dear Learned Editor (2),

I don't know who you are now because I understand that you are not who you used to be (3). However, may I assume that you still exist in some form and are producing a newsletter? If you are and one may come out before the middle of May, feel free to print this letter. (4)

I am returning to the Island for the summer (cheers from all) and am looking forward to seeing everyone again. Unfortunately I am fat and out of shape (just as you all remember me). A stress fracture in the shin has had me off running for seven weeks so far and I am into my alternate exercise phase; eating and drinking.

My main purpose in writing at this time is to let the word out that I have been doing some coaching up here in the wilds of Toronto and would be willing to provide a similar service free of charge to any runners who are interested in improving their running. This would generally apply to newer runners although I might be able to help some of the more experienced ones as well. They just don't listen as well. (5)

See you in May.

Sincerely,

Jim Wyatt

Editor's Footnotes

(1) Note the date! Is some or all of this an April Fool's Joke? I bet its the part about him being fat and out of shape.

(2) A lot he knows!

(3) They teach you to write like this in law school.

(4) Middle of May, heck. We print everything we can get our hands on.

(5) Seriously, Jim, thanks for the offer. Jim can be reached this summer at 892-3656 which rings at 22 Ellen Creek Drive, West Royalty.

Dear Editors:

Let me congratulate you on a wonderful job on the new Newsletter. Having struggled with the Newsletter on many a past occasion, I am well acquainted with the work that goes into each edition and I am sure that I speak for all members of the Club in saying that your efforts are much appreciated.

I would like to thank Bunty for her most kind comments. As nice as it is to be complimented, I would be remiss if I did not point out that the credit for getting the Newsletter started and putting it on solid footing should go to Parker Lund, Don Harley and Judy Helps (and probably a number of others). By the time I stumbled along, the Newsletter was well developed and, try as I might to foul up the works, it was sufficiently strong to weather my stewardship.

One of the ingredients that has made our Newsletter a success from day one has been the contributions by many of our members. I join the editors in encouraging members to send in items and to help make it truly a Club effort.

I would like to wish the editors all the best for future editions.

Yours in passing,

*Don*

P.S. you know, I should have figured out ages ago that reading the Newsletter is easier than editing it!

## we want stuffers

If you have one hour free during the day every two months, we would like you to stuff this newsletter in envelopes to speed up the delivery to your door. Call the chief stuffer, Rosemary at 569-2765 or work 566-3034

**MONEY**

\*\*\*\*\*

Bank Balance \$618.10

Cash on Hand \$10.00

No bills pending and all accounts are up to date WOW !!!!!!!

FRAN AND BONNIE DEWAR ORGANIZED A 50-50 DRAW, PROCEEDS OF WHICH WERE TURNED OVER TO PEIRRC. WE APPRECIATE ALL YOUR WORK FRAN AND BONNIE.

\*\*\*\*\*



## ONE MORE WORD

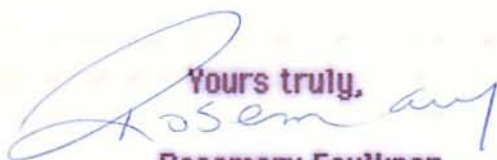
DEAR RED CROSS:

On behalf of all the roadrunners who had the opportunity to enjoy the rain during this years Red Cross Multi Sport Relay I would like to say thankyou for a job well done. It was a healthy party and a great way to begin Physical Activities Week.

One has to marvel at the change in life style physical activity can make in a person. You only had to participate in a team such as the one I participated in to appreciate that change. Seven people from different backgrounds gathered together for four hours to run, bike ,canoe and laugh together. Seven people I say ,because we were fortunate to have a very outstanding chauffeur who came equipped with everything including high quality taped music to inspire the team. We had the usual epuipment, dry clothes and a well stocked cooler. After the day was complete it was difficult to return to reality , but we did!

Our team did not walk away with any of the loot but we walked off with alot more, a healthy lifestyle that spills each day over each member of our families, and after all is said and done , isn't that what it is all about.?

Oh by the way , we came 101<sup>st</sup> (somebody had to), and our captain was Ian Glass. we were the Glass Menagerie !

Yours truly,  
  
Rosemary Faulkner  
'canoeist'

**THANKS TO ALL WHO CONTRIBUTED TO THIS NEWSLETTER AND TO  
SPORT PEL FOR ITS PUBLICATION**

June 4/16  
to list (128)

THE LIST

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[Faint, illegible text]