

Heart Marathon

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Plans for the 6th Annual New Brunswick Heart Marathon are well underway. The 1984 addition will kick-off on Sunday, April 8 at 12 Noon. Entry will be: payment of \$10 fee (\$12 race-weekend) or by getting sponsors (\$25 minimum). The sponsor method of entry is encouraged as all proceeds of this event go to the N.B. Heart Foundation.

There will again be 3 distances (full, half and quarter marathon). There will be about 30 categories with the top 3 finishers in each given awards. A walkers category will be added this year.

The course extends from Fredericton to Oromocto and back (for full marathon) and limited portions of the same route for the other two distances.

The Marathon will begin this year at the Queen Square area of Church Street. It will go down Church, across Charlotte, up University and left on Alexandria to Lincoln Road. Then it will proceed to Oromocto.

The \$12,000 that was raised in 1983 was the result of the efforts of the participants, volunteers and sponsors. Nike, Kangaroo

and Sports Medicine Products contributed on a national basis. Locally Labatts, Social Club, Coca-Cola, Interactive Computers and Dept. of Youth were indispensable.

Entry forms for this year's event will be available soon. Help make the 1984 event as successful as 1983. Come run with us.

THE BRUNSWICKAN-19

Heart Marathon

Keep up the training for the Heart Marathon. But even if you don't get the proper amount of training in, come run or walk with us anyway on April 8. Applications can be picked up at the Gym, Neill's Marty's or the Trail Shop.

The Heart Foundation appreciates the efforts of all those gathering pledges as the funds are used to pro-

mote heart research and education.

Thanks to Coca-Cola for their assistance with the sports-bags. The 1st 150 entrants receive this bag which is displayed in the SUB just outside the cafeteria. Remember that only those entering the 26.2 mile event need a medical.

Good luck and keep running or walking. For more information, contact 455-6598.

Heart Marathon

The marathon was born when the Gre... ran 25 miles across the Plain of Marathon to... ding battles. He dropped dead as soon as... delivered.

When you decide to run the 6th Heart M... almost guarantee you won't suffer the fate...

Actually it's a lot of fun and can be e... recreational depending on how you tak... should be the best ever with finish-line ph... door prizes, a banquet (with awards cere... surprises to be named later. Again, we wa... the Social Club and Beaver Foods for the... banquet.

Fund-raising is the key to the Heart M... proceeds submitted to the Heart Founda... top last year's \$12,500. Ask your... neighbours, anyone; it's for a worthwhile...

The records for the Heart Marathon a... and 3:41:01 (women). WORLD bests are:

2:08:13	Alberto Salazar
2:08:18	Rob De Castilla
2:08:34	Derek Clayton
2:08:38	Toshiko Seko
2:08:39	Carlos Lopes

	Women
2:22:43	Joan Benoit
2:25:29	Allison Roe
2:25:29	Grete Waitz
2:26:26	Julie Brown
2:27:51	Patti Catalano

Keep up the training and fund-raising... week.

Heart Marathon

Organization of the 6th N.B. Heart Marathon is progressing well. There will be a few changes from the 1983 version, which should be noted. Included in these will be a move in location of the start/finish area to south Church Street by Queen Square. This area is relatively spacious and quiet, hence a better, safer start and finish and easier access by people and cars is assured.

Medical certificates will be required for the marathon (26.2 miles) en-

trants only, as opposed to all entrants (1983). Waivers will be again required for all entrants.

A walkers category, in the 6.5 mile division only, will be added this year. This should allow for participation of people who would really like to contribute and participate but haven't been able to do so.

The popularity of the Heart Marathon seems to be on the rise, with application requests already received from New Jersey, and Texas. Volunteers are one

of the main reason for this. Vince Galbraith, Executive Director of the Heart Foundation states: "Volunteers are the backbone of our programs. Without them there would be no Heart Marathon".

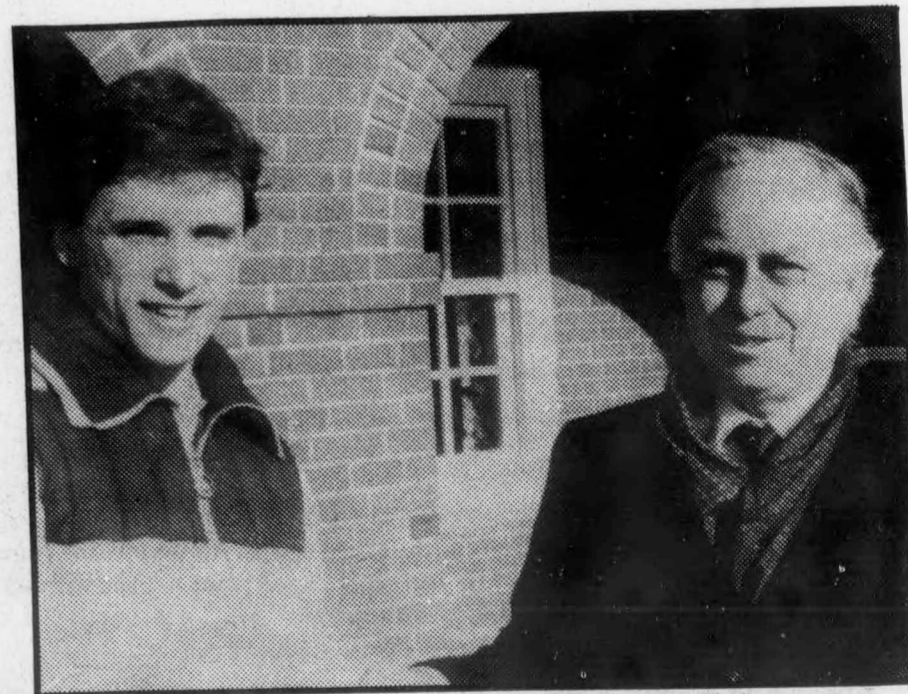
There has been a great response to requests for volunteers in the past. Anyone wishing to participate in this way please call G. Hubbard at 455-7312. Just contact us. Keep on running.

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With less than two months left until the 6th N.B. Heart Marathon, people are training like never before. Both men and women are hitting the pavement with renewed vigor. Here are a few winter training tips to help in your Heart Marathon training:

1. Dress in layers of light clothing. The number of layers will depend on the temperature.
2. Keep your head and other extremities warm. Much of your heat lost will be from these areas.
3. Start your runs at a slow, easy pace gradually assuming a comfortable pace for you.
4. When beginning your run, run against the wind. It takes much less energy to do this now than at the end of your run.
5. Wear visible clothing or reflective strips when the lighting is dim. You have to be seen.
6. Be sure to cool down properly after your run. Wait until your pulse reaches near normal before starting any other activity.

For any questions or comments on the 1984 Heart Marathon, call 455-6598 (Runner's Hotline) or G Hubbard at (455-7312). We welcome all calls.



Don Cullingham, VP of St. Anne Nackawic Pulp Mill, donates \$750 to George Hubbard for the 6th Annual Heart Marathon.