

R THE HEART"

g has sprung and it seems the sunnier, warmer
 or has drawn a lot of runners out of winter's wood-
 More and more runners are seen every day - some
 apply chugging along, while others seriously run a
 ly planned training regime. Hopefully all runners
 er experienced or not) will participate in the 5th An-
 B. Heart Marathon. Close to 500 runners are ex-
 to meet down at the Green, Sunday April 10th at 1
 d run in either the quarter, half or full marathon.
 registration fee is now \$12.00, or \$25.00 in spon-
 nd runners are encouraged to pick up their forms
 in collecting pledges. The L.B. Gym, Neill's United
 The Trail Shop, Capital Court Club, YMCA, and
 to Leisure Services all have entry forms. Each run-
 receive a t-shirt, a runner's kit, a free finish line
 and a ticket to the Awards Banquet (where
 s and prizes will be given out to top fund-raisers,
 . All that is asked in return is that everyone make
 st effort to gather some pledge money. The cause
 than worthwhile and it is surprising how many
 , can be gathered with a little bit of effort. All pro-
 re given directly to the Heart Foundation and are
 their research programs.

ction: Dairies, McCains, Chateau-Gai and Sports
 e Products are four more groups who have offered
 pport. The list is increasing each week of com-
 and organizations who are enthusiastically becom-
 sived in the Heart Marathon. It is this type of
 ce that is so great to see. Ste. Anne Nackawic
 d Paper, Labatt's, Coca-Cola, and the College Hill
 lub are a few of the organizations whose support
 make the event a worthwhile one for the runners
 efully a profitable one for the Heart Foundation.
 week's trivia question: What is the exact distance
 arathon and why?

Answer: In 490 B.C. the Athenian army, out-
 ed ten to one, defeated 100,000 Persians at the
 Marathon. A runner, Pheidippides, brought the
 Athens, which lay some 25 miles away. When the
 Games were revived in 1896, a race covering ap-
 tely the same distance was included in the
 in 1908, when Olympics were held in London, the
 rted at Windsor Castle and ended at London's
 ty, a distance of 26 miles. King Edward VII, in-
 at the race finish in front of the Royal Box, which
 d the length to 26 miles, 385 yards. This is now the
 distance!!

The Countdown Begins

The countdown begins - as less than three weeks are left before Sunday April 10th rolls around and, with it, the 5th Annual N.B. Heart Marathon. President James Downey will officially begin the race at 1 p.m. on Queen Street, where close to 500 runners are expected to gather.

The entire event will be closely patrolled, so runners needn't worry about annoying traffic or hazardous drivers. The City police, RCMP and Heart Marathon vans will be travelling the 26.2 mile distance. A local cycling club has also offered their assistance by having their cyclists pedal the route, insuring that all is safe for the runners. As well, Marathon volunteers will be stationed at all major intersections as "TRAFFIC DIRECTORS" so that participants will be able to enjoy a smooth and continuous run.

The Organizing Committee is really encouraged by the support and enthusiasm which has been witnessed so far. Many local merchants such as the Trail Shop, the Deli, Neill's and Salad Gardens have been supportive as well as sporting goods retailers such as Nike and Kangaroo. The Heart Marathon is for everyone - not just the experienced runners. It doesn't matter what age or shape you are, or what your running abilities are. What matters is that you are involving yourself in a worthwhile and physically active fund-raising event along with hundreds of others.

Since the underlying aim of the Heart Marathon is to raise money for the Heart Foundation it is really important to start gathering that pledge money. It's an easy aspect of the event to neglect, but one which requires just a little bit of work. All proceeds are given directly to the Heart Foundation to aid in their research efforts.

Be sure to catch next week's TRIVIA question: What is the exact distance of the Marathon race and why?

Until then... Keep On Running! Any questions/com-ments are welcome at the Runners' Line, 455-6598.

NOW IS THE TIME TO REV
 UP THOSE NEW RUNNERS FOR
 THE APRIL 10th HEART MARATHON!

1/1/82



BETTER LOSE THOSE
 EXTRA POUNDS BEFORE
 THE APRIL 10th
 HEART MARATHON!



HEART MARATHON!