

"RUN FOR T

Heart Marathon History

This April will be no different from the previous four! On Sunday, April 10th hundreds of runners from eastern Canada and the United States will gather on the Green (Queen Street) in keen anticipation of their run in the 5th Annual N.B. Heart Marathon.

The Marathon began four years ago when two physical education students (Doug Davidson and Garth Cochrane) and "Sam The Wonder Dog" ran out to Mactaquac (18 miles), got sponsors and donated the money to the Heart Foundation to aid in heart research. The following year, with the full support of the Heart Foundation, these two industrious students undertook the organization of the First Annual N.B. Heart Marathon, a project which counted towards Doug's fourth year recreation practicum.

With the success of the first Marathon in 1979, the event has become a rather unique and exciting sporting event in Fredericton each spring. The second and third Heart Marathons were also undertaken by fourth-year phys-ed (recreation) students, counting as their practicums. The fourth and fifth, however, have been organized by interested students and /or runners who chose to keep the Marathon going rather than not see it run at all.

There are several changes this year which are worth noting. They will all be explained in future articles but there is one worth mentioning now. This year runners will no longer be travelling the hilly and windy Fredericton-Mactaquac-Fredericton route. Cited as being one of the toughest marathon routes in North America, it was felt that many potential marathons would be discouraged by it. This April runners will proceed from Queen Street to Oromocto and back, along the relatively flat Lincoln Road. Hopefully this will encourage a lot more runners to enter in the 26.2 mile event.

There are a number of other changes but you'll have to catch them in next week's article. In the meantime, Keep on Running, and if there are any questions or comments be sure to call the Runner's Line at 455-6598.

Spring has sprung and it seems weather has drawn a lot of runners work! More and more runners are just happily chugging along, while carefully planned training regimens (whether experienced or not) will annual N.B. Heart Marathon. Close expected to meet down at the Green pm, and run in either the quarter

The registration fee is now \$15 for men and women, and runners are encouraged to begin collecting pledges. The Heart Foundation, The Trail Shop, Capital City Running, Oromocto Leisure Services all have runners will receive a t-shirt, a runner's photo, and a ticket to the Awards ceremony. Trophies and prizes will be given to the top runners. All that is asked in return is an honest effort to gather some pledges, more than worthwhile and it can be gathered with a little effort. The proceeds are given directly to the Heart Foundation in their research programs.

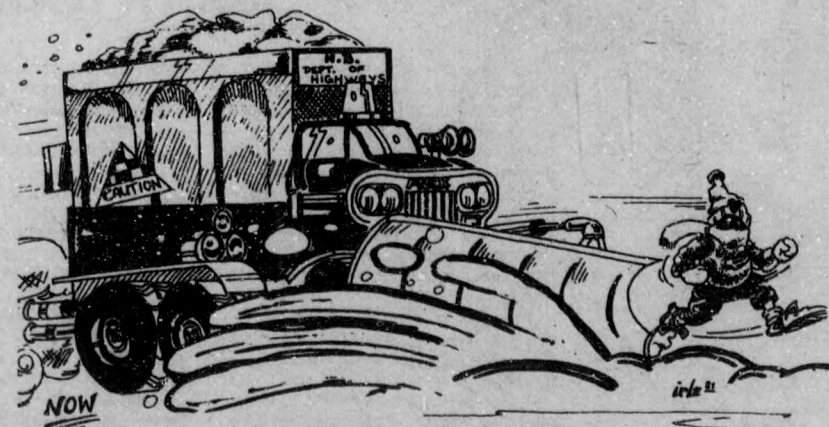
Perfection Dairies, McCain's, Oromocto Medicine Products are four more sponsors of their support. The list is increasing and more companies and organizations who are getting involved in the Heart Marathon assistance that is so great to see. Pulp and Paper, Labatt's, Coca-Cola, and the Social Club are a few of the organizations that will help make the event a worthwhile and hopefully a profitable one for the Heart Foundation.

Last week's trivia question: What is the standard distance of the marathon and why?

Trivia Answer: In 490 B.C. the Greek runner Pheidippides, numbered ten to one, defeated the Persians in the Battle of Marathon. A runner, Pheidippides, ran news to Athens, which lay some 26 miles from the Olympic Games were revived in 1896. In 1908, when the Olympic marathon race started at Windsor Castle and finished in White City, a distance of 26 miles, 385 yards. It is now the standard distance!



HEART MARATHON - Get ready and set to go April 10



IS THE TIME TO START TRAINING FOR THE APRIL 10th HEART MARATHON!