

# Marathon: Recap

## Heart Marathon

Marathon was born when the Greek Pheidippides ran across the Plain of Marathon to warn of impending attack. He dropped dead as soon as his message was delivered.

If you decide to run the 6th Heart Marathon, we can guarantee you won't suffer the fate of Pheidippides. It's a lot of fun and can be either serious or casual depending on how you take it. This year is the best ever with finish-line photos, runner kits, medals, a banquet (with awards ceremony) and other prizes to be named later. Again, we would like to thank the Heart Club and Beaver Foods for their help with the event.

Running is the key to the Heart Marathon, with all proceeds going to the Heart Foundation. Let's try to raise this year's \$12,500. Ask your friends, family, neighbors, anyone; it's for a worthwhile cause. World records for the Heart Marathon are 2:27:21 (men) and 1:01:01 (women). WORLD bests are:

Alberto Salazar	USA, '81
Rob De Castella	AUS., '81
Derek Clayton	AUS., '69
Toshiko Seko	JAP., '83
Carlos Lopes	POR., '83

Women	
Joan Benoit	USA '83
Allison Roe	NZL., '81
Grete Waitz	NOR., '83
Julie Brown	USA, '83
Patti Catalano	USA, '81

Keep up the training and fund-raising. So long until next year!

## 6th ANNUAL NEW BRUNSWICK HEART MARATHON

APRIL 8  
12 NOON, QUEEN SQUARE  
FREDERICTON

NBTFA certified  
26.2  
13.1  
6.5  
mile courses



"RUN FOR THE HEART"

INFO. ENTRIES  
Heart Marathon  
Box 3015, Str. B  
Fredericton, N.B.  
E3A 5G8  
(506) 455-6598

Hey there runners, joggers, walkers and volunteers. Don't get discouraged! The Heart Marathon will prevail! Entry to the 6th Heart Marathon is by Sponsors (\$25 minimum). This is the preferred method of entry since all proceeds of the event go to the N.B. Heart Foundation. Entry can also be by payment of entry fee (\$10). However, you do it, come join us. We'd love to have you.

The 1st 150 entrants receive Bonus Sportsbags. Prizes will be awarded to the top 3 males and females in 5 different divisions. The top 2 walkers in each division will be awarded medals.

All entrants receive t-shirts, finish-line photos and banquet (lasagna). Door prizes will be given out. At the banquet there will be a film and video. Channel 10 Cable will also be present. Many thanks to Canadian Runner magazine, Sports medicine products, Adidas, Kangaroo and Marathon Sports for their support.

For any information or comments, call 455-6598.

PLEASE PRINT CLEARLY

NAME: \_\_\_\_\_

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

\_\_\_\_\_ city \_\_\_\_\_ province \_\_\_\_\_ postal code \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EVENT	DIVISION	AGE CATEGORY (as of April 8)
SEX	26.2 miles	Under 16 (for 6.5 miles)
M	13.1 miles	16-20
F	6.5 miles	21-39
		40-49
		50 & over
		walker

Accommodations required?

Yes \_\_\_\_\_ No \_\_\_\_\_

## Heart Marathon

The 6th N.B. Heart Marathon is in full swing as far as the planning goes.

Applications are now available at Marty's Sporting Goods, Neill's Sporting Goods, the Trail Shop, and the UNB Gym. In Oromocto, the Dept. Of Leisure Services and the Base Rec Centre have applications. Pick them up, fill them out and send them in as soon as possible. With receipt of your \$25.00 sponsor (reimbursed to you later), or your \$10 entry fee, you will receive a free 10" x 18" sportbag. Only the 1st 150 entrants will receive these.

Everyone receives a T-shirt, finish-line photo, banquet meal and the possibility of winning door-

prizes. Thanks again to Labatts for helping out with the T-shirts. Medical forms for are required this year only for the full marathoners.

The race hotel this year is Fredericton Motor Inn. Thanks to Max MacEwan and FHS for producing our buttons for us. They will be available, for an incredibly low price, by March 22.

Remember that the top 10 fundraisers receive prizes, so try to get pledges if possible. The Heart Foundation really needs your support.

Listen for training tips to be broadcast soon. For more information call 455-6598.

NOW IS THE TIME TO REV  
UP THOSE NEW RUNNERS FOR  
THE APRIL 8th HEART MARATHON!



St. Anne  
\$750 to  
annual Heart