

Run N.B. Courez N.-B.



**1996 Road Racing Series
Series de courses a pied 1996**

146 Beaconsfield St., Fredericton, N.B. E3B 5H2 Tel.: 459-7951 Fax: 459-9792

There are 24 races in the series. Thirteen are part of the Super Series and are eligible for a higher point system than the regular series.

Provincial standings are calculated using the results of both Super Series and Regular Series races. Final standings are derived using up to seven races. If eight or more races are run, points are calculated using the best seven finishes.

To be eligible for points, an athlete must be a member of Athletics New Brunswick prior to the race. In order to receive a ranking he/she must: 1) be a New Brunswick resident; 2) be registered with ANB as a member of Run NB

Points will be calculated based on finish position within each category. All finishers will receive at least two points. In all races, record breakers will receive a bonus of five points. Only one runner per category will receive the record breaking points if applicable – even if two or more runners break the same old record.

In the event of a tie, the runner who has the highest number of first place finishes will be the winner, if this does not break the tie, it will then be determined by the total time of their four fastest 10k times.



Bienvenue aux series des course à pied du Nouveau-Brunswick pour l'année 1996. Il y a 24 courses dans les Series auxquelles vous pouvez participer et accumuler des points. Treize de celles-ci établiront les Super Series. Les courses dans les Super Series seront éligibles pour un système de point supérieur des Series Régulières.

Pour le rang provincial, les points seront attribués selon les résultats des Super Series et des Series Régulières. En ce qui concerne les rangs finals, le pointage total sera déterminé d'après sept courses. Si vous avez 8 courses ou plus, les points de vos sept meilleures courses seront additionnés. Pour recevoir des points au rang provincial, il faut être membre d'Athlétisme N.-B.

Pour obtenir un rang provincial des Courses N.-B. 1996, l'athlète doit: 1) être un résident du Nouveau-Brunswick; 2) être membre d'Athlétisme N.-B. comme membre de Course N.-B.

Les points pour les catégories seront établis selon leur position dans leur catégorie. Au moins 2 points seront donnés à chaque finissant. Il y aura 5 points bonis, au coureur qui établit un nouveau record pour la course. Seulement un coureur par catégorie, par courses, pourra recueillir ces points même si deux ou plus sont classifiés comme le meilleur temps.

En cas d'égalité, le coureur qui a le plus de premières place en final est le gagnant. Si ceci ne termine pas l'égalité, le gagnant sera déterminé par le temps total de leurs quatre 10km parcourus le plus vite.

The 1996 Timex Series will be comprised of the following 8 races:

- * May 11: Le 10 km Chaleur: Beresford 1 of 8.
- * June 9: Burns 10 km: Moncton 2/8.
- * June 23: Dr. Jim Vibert 10 km Truro, N.S. 3/8.
- * July 13: George Gallant 10 km: Shediac 4/8.
- * July 27: 10 km Rheal Hache: St-Isidore 5/8.
- * Aug. 4: Chipman New Brunswick Day Road Race: Chipman 6/8.
- * Aug. 24: Summer Fun & Games Road Race, 10 km: Summerside, PEI 7/8.
- * Sept. 1: CFB Gagetown Run for the Pancakes: Oromocto 8/8.

Once again the very popular Timex Series is back after the outstanding 1995 Timex NB/PEI Series which was capped off by an impressive third place finish at Nationals by the NB/PEI men in the team championship. The 1996 series will consist of eight races in total; six of these races are in New Brunswick, one in PEI and an additional race added from the Nova Scotia Timex Series. The series is used to determine Open Category winners for the National Timex Race which is once again to be held in Richmond, B.C. To qualify for one of these positions, you must be an RNB or a PEI Roadrunner member who has participated in at least four of the eight series races. Point totals will be calculated at the end of the series and the top four males and females who have met the requirements listed above are then eligible for award and travel money.

The points will be calculated by placings, as an example if a competitor has three wins and a fourth place, they then have a total of 7 points. The winner is the one with the lowest number of points. If an individual runs more than four of the races, then their top four races are used in the points calculation. In the event of a tie, the runner who has the highest number of top finishes will be the winner, if this does not break the tie, it will then be determined by the total of their four fastest race times.

New this year to our series, we will be adding a race from the Nova Scotia Timex Series, the Dr. Jim Vibert Memorial 10k in Truro, N.S. on the 23rd of June. In return, the George Gallant 10k in Shediac on the 13th of July was selected to be included in the Nova Scotia Series.

A runner who qualifies for the national competition but is unable to attend will still be eligible for the cash award but will forfeit any travel monies. It is hoped that all runners who qualify for the nationals will let the Timex co-ordinator know of their intentions of participating or not.

We will be raffling off Timex watches to help raise money to send more runners to the National Timex Championship. In the past, Timex watches have been given as awards at the various Timex races but only a limited number of runners were winning them. This year tickets will be sold for \$1 each, and the watches raffled off at each of the Timex Races. This will allow a greater number of runners the opportunity of winning a watch, as well the money raised will be used to help send more runners to the Timex Nationals in Richmond, B.C.

The tickets will be sold at the various road races in NB/PEI for \$1 each. Your support towards this endeavour will be greatly appreciated, as its aim is to promote running in NB/PEI.

If you have any questions or concerns with the Timex Series, contact Michael Gallagher, 58 Dakota Dr., Oromocto, NB, E2V 1L4 (506) 357-5281 or E-Mail at: (longhorn@mis.nb.ca)

Place	Super Series	Regular Series	Place	Super Series	Regular Series
1	50	25	25	19	2
2	45	24	26	18	2
3	42	23	27	17	2
4	40	22	28	16	2
5	39	21	29	15	2
6	38	20	30	14	2
7	37	19	31	13	2
8	36	18	32	12	2
9	35	17	33	11	2
10	34	16	34	10	2
11	33	15	35	9	2
12	32	14	36	8	2
13	31	13	37	7	2
14	30	12	38	6	2
15	29	11	39	5	2
16	28	10	40	4	2
17	27	9	41	3	2
18	26	8	42	2	2
19	25	7	43	2	2
20	24	6	44	2	2
21	23	5	45	2	2
22	22	4	46	2	2
23	21	3	47	2	2
24	20	2	48	2 (etc)	2 (etc)

Men

0-12 *

13-19

20-29

30-39

40-49

50-59

60-69

70 +

*max 5k

Women

0-12 *

13-19

20-29

30-39

40-49

50-59

60+

* max 5k

NOTE - Your age as of June 30 determines your category for the racing year. Example: You turn 50 on June 30, you are in the 50-59 category all year.

*Duathlons/Triathlons 1996***Duathlons (run / bike / run)**

1.	June 9	Shediac	R5k/B30k/R5k	Marcel Richard	533-3363
2.	June 16	Mactaquac	R5k/B30k/R5k	Barb Ramsay	458-9262

Triathlons (swim / bike / run)

1.	June 22	Saint John	S.75k/B20k/R 5k	Heather Johnson	658-4727
2.	June 30	Miramichi	S.5k/B32k/R8k	Jan Truka	622-4059
3.	July 14	Tracadie-Sheila	S.75k/B20k/R5k S1.5k/B40kR10k	Jean-M Robichaud	395-9139
4.	July 20	Lac-Baker	S1.5k/B40k/R10k	Claude Levesque	992-3404
5.	Aug. 4	Pointe-Verte	S.75k/B20k/R5k	Jean Lagacé	548-5664
6.	Aug. 11	Mactaquac	S1k/B30k/R7k	Barb Ramsay	458-9262
7.	Aug. 18	Shediac	S.75k/B20k/R5k S1.5k/B40k/R10k	Marcel Richard	533-3363

Others (canoe / bike / run)

1.	Aug. 24	Kouchibouguac	C7k/B24k/R9.1k	Arnold Vautour	876-2445
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May 5 mai - Sunday/dimanche:**Heart & Stroke Marathon FREDERICTON**

Distances: Full and half marathon; 10k (new); 5 km walk

Start/Départ: noon - Full marathon and marathon relays
1 p.m. - Half marathon, 10k and 5k walk

Reg.: UNB Main Gym: Sat. May 4, 12-6 p.m.;
Sun. May 5, 9:30-11:30 a.m.

Cost/coût: \$25 minimum in donations to NB Heart and Stroke Foundation. This is a major fund raiser for the foundation.

Contact: NB Heart & Stroke Foundation, 1-800-663-3600.

Information: T-shirts; meal; prizes; medals. Regular series points will be awarded for the full marathon only. Tour of the course on Saturday at 3 p.m. and Sunday at 10 a.m.

May 11 mai - samedi/Saturday**Le 10 Km Chaleur BERESFORD****TIMEX #1 of 8 and SUPER SERIES #1 of 13**

Distance: 10 km, 5k (ouvert/open) participation

Départ/Start: 11 a.m.

Inscr./Reg.: 8:30-10 a.m., Arena, Beresford

Coût/cost: membres Run NB \$12; non membres \$15.

Record: 29:35 Joel Bourgeois ('95) 38:15 Michelle Cormier

Contact: Robert Degrace 548-4108

Mario Boudreau 783-7254.

Information: T-shirts; 125 premiers participants. Repas froid, (Prix pour les 3 premiers de chaque catégorie. Prix de présence. Parcours très rapide; fast course.

10k is the Super Series race

Don't Forget!

**Don't forget to
replenish your
body with H₂O.**

May 19 mai - Sunday/dimanche:

La Source 10 Km

CHARLO

SUPER SERIES #2 of 13

Distance: 10 Km and 5 Km

Start/Départ: 11 a.m.

Reg./Inscr.: 9:30-10:45 a.m., 100 Craig Rd., Charlo

Cost/coût: Run NB members \$15, Non members \$17.

Records: 31:05 Carol Lepage ('95) 39:31 Patty Blanchard

Contact: Guy Laviolette, P.O. Box 120, Charlo, NB

E0B 1M0. Tel.: 684-2212

Information: Brunch; cash prizes - 1, 2, 3 overall,
medals - 1, 2, 3 in each category. Participation prizes

May 25 mai - Saturday/samedi:

Caratrand Coca-Cola

BERTRAND

SUPER SERIES #3 of 13

Distance: 10 Km.

Start/départ: 17h00/5:00 p.m.

Reg./Inscr.: Centre des loisirs de Bertrand.

Cost/coût: Run NB Members: \$8; \$25/family.

Non-members: \$10.

Records: 31:04 Scott Hare 36:02 Patty Blanchard

Contact: Rodrigue Roy, C.P. 5695,

Caraquet, N.-B., E1W 1B7. Tel. 727-6408.

Information: Déjeuner; trophées. Lunch, trophies, prizes.

Don't Forget!

**You need a
Run NB membership
to qualify for awards
Form is on page 16**

June 1 juin - Saturday/samedi:**Y-5 Km Fun Run-Walk FREDERICTON**

Distance: 5 Km; 1 Km for under 12 years

Start/Départ: 10 a.m. for 5km. 9 a.m. for 1 km.

Reg./Inscr.: 8:30-9:30 a.m., Small Craft Aquatic Centre

Cost/coût: Before May 30th \$10, on June 1 \$12.

1 km run for kids \$2.

Contact: Michelle Cormier, YMCA, Fredericton, NB

Tel.: 462-3031, Fax: 462-3007

Information: T-shirts; medals for kids; draw prizes; awards for winners, free babysitting; flat course, shower facilities.

June 2 juin - Sunday/dimanche:**Marathon de la Baie des Chaleurs CHARLO****SUPER SERIES #4 of 13**

Distance: 42.195 Km + Marathon Relay 2 Person + 6 Km.

Start/Départ: 9 a.m. - Marathon; 9:30 a.m. Team Relay + 6 Km.

Reg./Inscr.: June 2, 7:30-8:30 a.m.; Charlo Arena.

Cost/coût: Run NB Member: \$25 before May 22; \$35 after May 22.
Non member: \$27 avant 22 mai; \$37 après 22 mai. 6 Km: \$15 with T shirt; \$8 no T shirt.

Records: 2:39:00 Paul Morrison 3:37:38 Rose May Levesque

Contact: Jeannita Caron, Box 8, Site 10, Charlo, NB, E0B 1M0.
Tel.: 684-5133.

Information: Super le 1 juin; médailles pour tous les finissants; T-shirts pour pre-inscrit. Marathon en équipe. Homme/femme, mixte 30\$, 40\$, après le 22 mai.

Cold buffet, medals for all finishers, T-shirts for pre-registered runners. Two member teams, 2 men, 2 women, mixed - \$30, \$40 after May 2. Cash awards and awards for record.

*Super series points will be awarded
for the full marathon only.*

Road Racing Descriptions

7

June 9 juin - Sunday/dimanche:

Burns 10 Km-5 Km

MONCTON

TIMEX #2 of 8 and SUPER SERIES # 5 of 13

Distance: 10 Km and 5 Km

Start/Départ: 10 a.m.

Reg./Inscr.: 9 a.m., Centennial Park, St. George Blvd.

Cost/Coût: \$13 - \$11 Run NB/Courses NB

Family Rates/Taux familial

Contact: Rachel Baxter, 10 1/2 Dufferin, Moncton, N.B., E1C 1Y6.
Tel. (506)382-0821.

Information: Lunch - Medals/Médailles - Flat course/Terrain plat.
T-shirts aux 75 premiers inscrits - T-shirts to first 75 entrants.

The 10k is the Timex and Super Series race

June 23 juin - Sunday/dimanche:

Dr. Jim Vibert Memorial 10k

TRURO

TIMEX #3 of 8 - Note this is not a Run NB race

Distance: 10 Km

Start/Départ: 9 a.m. at Colchester YMCA

Reg./Inscr.: 8 a.m.

Cost/Coût: \$12 before June 15 and \$15 after

Contact: Anne Perigo, Colchester YMCA, 752 Prince St., Truro, NS, B2N 1G9. Call 902-895-2871 or fax 902-893-8400.

One in two-part series. George Gallant 10k is the other.

July 6 juillet - Saturday/samedi

Course "Au Coeur de l'Acadie" CAP PELE

SUPER SERIES #6 of 13

Distance: 8 Km.

Start/départ: 5 p.m.

Reg./Inscr.: 3 p.m.; École Donat-Robichaud, Cap Pelé.

Cost/coût: Run NB member \$12. Non-member \$15.

Records: 24:36 Rorrie Currie 32:13 Betty Peine

Contact: Gilles J. Gallant at 577-4848 or Chantal Laviolette at 577-4157; fax 577-2602.

Information: T-shirts, lunch, trophies, participation prizes.
T-shirts, gouter, trophées, prix.

*Wiliane LeBlanc
577-2030
577-2035 Fax*

July 13 juillet - Saturday/samedi**George Gallant Air Atlantic 10 Km SHEDIAC****TIMEX #4 of 8 and SUPER SERIES #7 of 13**

Distances: 10 Km; 3 Km & 1 km

Start/Départ: 10 km - 10 a.m. / 3 km - 9:30 a.m. / 1 km - 9:45 a.m.

Reg./Inscr.: for 10 km - 8:15-10 a.m. L.J. Robichaud High School;
for 3 km and 1 km - 8:15-9:15 a.m.

Cost/coût: 10 km - Run NB Member \$13. Non-member \$15.

Family rate of 4 for \$50. (max 4 T-shirts)

Records: 31:25 Randy Bullerwell 37:32 Patty Blanchard

Contact: Daniel Gallant, P.O. Box 806, Bouctouche, NB, E0A 1G0.
Tel.: 743-2226. Fax: 743-6574. George Gallant, R.R. No. 2, Cap Pelé,
NB, E0A 1J0. Tel.: 577-4882.

Information: T-shirts, lunch, trophies, draw prizes, award for
record. T-shirts, déjeuner, trophées.

July 21 juillet - Sunday/dimanche**Running of the Green 10Km MIRAMICHI****SUPER SERIES #8 of 13**

Distance: 10 Km

Start/Départ: 10 a.m. at the Lord Beaverbrook Arena.

Arena is in Chatham just off Route 11.

Reg./Inscr.: 8-9:30 a.m. at the old town hall in Newcastle.

Cost/coût: \$12 for Run NB, \$15 for all others

Family \$40. (Max.: 4 T-shirts)

Records: 32:15 Noel Gallant ('95) 36:07 Patty Blanchard ('95)

Contact: Rick MacLean, P.O. Box 35, Site 6, Douglastown,
Miramichi, NB. Tel.: 622-2600-(w) or 773-9328 (h). Fax 778-2575.

Information: T-shirts first 75, medals, showers. First K downhill,
rest flat, fast, along river, marked every km. Note - 80% of Run NB
runners racing 2 or more series 10ks last year set 1995 PB on this
course.

Don't Forget!

**Don't forget your
\$20 Road Running
Membership!
Form on page 16**

July 27 juillet - Saturday/samedi:

10 Km Rhéal Haché ST. ISIDORE

TIMEX #5 of 8 and SUPER SERIES #9 of 13

Distance: 10 Km

Start/Départ: 17h00.

Reg./Inscr.: 2-4 p.m. Aréna St. Isidore

Cost/coût: Run NB Members: \$10. Non-members: \$12.

Records: 30:08 Joël Bourgeois ('95) 35:14 Patty Blanchard ('93)

Contact: Edmond Brideau, St-Isidore, N.B., E0B 2L0, Tel.: 358-2345. Rheel Sivret, Tel.: 358-2224.

Information: T-shirts, déjeuner, médailles; bourse de 2000,00\$. T-shirts, lunch, \$2,000 in prizes, trophies.

July 27 juillet - Saturday/samedi:

Joe McGuire 10 Km WOODSTOCK

Distance: 10 Km and 5 Km walk.

Start/Départ: 10 a.m. at Woodstock Town Hall

Reg./Inscr.: 7:45-9:45 a.m.; Woodstock Town Hall.

Cost/coût: Run NB Members: \$10. Non-members: \$12. Family \$25

Records: 30:56 Bob Everett '87 36:26 Patty Blanchard '87

Contact: Rex Brown, PO Box 58, Woodstock, NB, E0J 2B0. Tel.: 506-328-6933. Joe McGuire, P.O. Box 1374, Woodstock, NB, E0J 2B0. Tel.: 506-328-6519.

Information: T-shirts to first 75 runners and 25 walkers. Awards 1st, 2nd and 3rd place for runners; 1st place for walkers. Lunch and draw prizes.

Don't Forget!

**Don't forget your
\$20 Road Running
Membership!
Form on page 16**

August 3 août - Saturday/samedi:**Bon Ami 10 Km Law****DALHOUSIE**

Distance: 10 Km

Start/Départ: 11 a.m.

Reg./Inscr.: 9 a.m.; Inch Aran Ice Palace, Dalhousie.

Cost/coût: \$10.

Records: 32:14 Jack Gallagher ('94) 35:12 Patty Blanchard

Contact: Roger D. Levesque, P.O. Box 1028, Dalhousie, NB, E0K 1B0. Tel.: 826-2534.

Information: T-shirts, lunch, prizes, trophies. Newly paved course, fast finish, last kilometer is downhill. T-shirt, déjeuner, prix, trophées.

August 5 août - Monday/lundi:**Chipman N.B. Day Road Race****CHIPMAN****TIMEX #6 of 8 and SUPER SERIES #10 of 13**

Distance: 10 Km, 5 Km run, and 5k walk

Start/départ: 10 a.m.

Reg./Inscr.: 8 - 9:30 a.m. Chipman High School.

Cost/coût: Run NB members \$10. Non-members \$13.

Records: 31:08 Bo McGillivray ('92) 37:51 Patty Blanchard ('92)

Contact: Brenda Barton, Box 149, Chipman, NB, E0E 1C0. Tel.: 339-6601 or 339-6817. Fax.: 339-6197.

Information: T-shirts; lunch, medals, draw prizes, award for record.

TIMEX
CANADIAN
ROAD RACE SERIES

August 11 août - Sunday/dimanche:

Demi-Marathon de l'Acadie ST. ISIDORE

SUPER SERIES #11 of 13

Distance: 21.1 Km.

Start/départ: 11 a.m.

Reg./Inscr.: 9 - 10:15 a.m. Marina de Tracadie-Sheila.

Cost/coût: Run NB Members: \$15; Non-members: \$17.

Records: 1:12:22 Paul Morrison '95. 1:34:31 Eunice Phillips '91.

Contact: Jean Marie Breau, 4117 Rue Des Erables, Tracadie-Sheila, N.-B. E1X 1C3. Tel. 395-5892. Louis Breau, St.-Isidore, N.B. E0B 2L0; Tel.: 358-1918.

Information: T-shirts, lunch, prizes, transportation from Tracadie-Sheila to St. Isidore. T-shirts, déjeuner, prix, transport organisés de Tracadie-Sheila à St-Isidore.

August 18 août - Sunday/dimanche:

Festival By The Sea Marathon SAINT JOHN

Distances: Full, half, and 4-person relay.

Start: 8 a.m.

Cost: \$30

Registration: pre-registration by mail prior to Aug. 1, 1996 to win - (a) local runners receive running package (b) out of town guests - 3 nights accommodation.

Contact: Mike Doyle, race director, Festival by the Sea Marathon, c/o Canada Games Aquatic Centre, 50 Union St., Saint John, NB, E2L 1A1. Phone: 506-658-4715, Fax: 506-658-4730.

Information: Free pre-race pasta party, post race barbeque and awards ceremony, draw prizes, race packet, pre and post race massage, T-shirts, children's festival. Note: *This race also acts as host of the Canadian masters marathon and half marathon championships.*

August 24 août - Saturday/samedi:

Summer Fun & Games 10k SUMMERSIDE, PEI

TIMEX #7 of 8 - Note race is *not* part of RNB series

Distance: 10km

Start/départ: 10 a.m.

Contact: Mike Cameron at 902-436-8832 or fax 902-436-0013.

Write: 311 Granville St., Summerside, PEI, C1N 3B1.

Sept. 1 septembre - Sunday/dimanche:

CFB Gagetown

Run for the Pancakes

OROMOCTO

TIMEX #8 of 8 and SUPER SERIES #12 of 13

Distance: 10 Km

Start: 10 a.m.

Registration: 8-9:30 a.m., base gymnasium, Bldg M-2.

Cost/Coût: \$12 Run New Brunswick members; \$14 non-members

Contact: Nick Wakeham, base transport company

CFB Gagetown, Oromocto, N.B., E0G 2P0

Tel: 506-422-2469 (work); 506-422-3533 (home)

Information: T-shirts, pancake breakfast, awards

Sept. 1 septembre - Sunday/dimanche:

Demi-marathon

ST-FRANCOIS

Distances: 21.1 Km, 8 km, 3 km

Start/départ: 10 a.m.

Reg./Inscr.: 8:30 a.m.; Aréna St-Francois

Cost/coût: 21.1 km - \$12 / 8 km - \$8 / 3 km - \$2

Contact: Gaétane Duval, 1822, rue Commerciale, Saint-Francois, N.B., E7A 1A7. Tél: home 506-922-2780; work 506-922-0134.

Fax: 992-0137.

Information: Lunch for 21.1 km only; other events 8 km with 3 positions (juvenile, open, master, veteran, wheelchair). 3 km participation, 3 first positions.

Sept. 7 septembre - Saturday/samedi:

Charlo Fall Fair

CHARLO

Distance: 10 Km

Start/départ: 11:00 a.m.

Reg./Inscr.: 9:00 - 10:30 a.m.; Charlo Recreational Centre.

Cost/coût: \$8 adults -- \$3 children

Records: 31:45 Jean François Pellerin 34:18 Patty Blanchard

Contact: Paul E. McIntyre, P.O. Box 14, Charlo, N.B. E0B 1M0.

Tel.: 684-3304(w).

Information: Lunch; medals; flat, fast course; gouter, médailles.

Sept. 22 septembre - Sunday/dimanche: 14th Annual Fall Classic FREDERICTON SUPER SERIES #13 of 13

Distance: 10 Km and 5 Km and 1 Km.

5 km non-competitive; 1 km for kids 11 and under

Start time: 2:00 p.m.

Registration: by mail to Fall Classic
P.O. Box 20104
Fredericton, N.B.
E3B 6Y8

Cost: to be announced

Records: 32:37 Carol Lepage 39:51 Eunice Phillips

Contact: Scott Ployer fax: 444-0474 home: 459-4606

e-mail: sployer@cygnus.nb.ca

Information: T-shirts (limited); lunch, trophies, prizes; T-shirts, déjeuner, trophées, prix.

Sept. 29 septembre - Sunday/dimanche: Investor's Group Lung Run FREDERICTON

Distance: 20 Km; 10 Km; 5 Km and 5 Km walk.

Start/départ: 2 p.m.

Reg. Inscr.: 11 a.m. - 1:45 p.m. Aquatic Centre.

Cost/coût: \$15 or \$50 or more in pledges.

Contact: George Hubbard, NB Lung Assoc., 65 Brunswick St.,
Fredericton, NB, E3B 1G5. Tel. 450-0815. Fax.: 458-2787.

Information: T-shirts, lunch, medals, craft prizes, 4 person 20K relay as well.

Don't Forget!

**The body is like a
machine, keep
it well
maintained!**

Sept. 29 septembre - Sunday/dimanche:
Investor's Group Lung Run MONCTON

Distance: 10 Km; 5 Km and 5 Km Walk.

Start/départ: 2 p.m.

Reg./Inscr. 11 a.m. - 1:45 p.m. Centennial Park.

Cost/coût: \$15 or \$50 or more in pledges.

Contact: Harold Plume, 523 Elmwood Dr., Moncton, NB, E1A 2X4.
Tel. 383-1375. Or contact: Investor's Group Gilles Belliveau at 506-857-8055 ext. 260; 1255 Main St., PO Box 308, Moncton, NB, E1C 8L4.

Information: T-shirts, lunch, prizes.

Sept. 29 septembre - Sunday/dimanche:
Investor's Group Lung Run SAINT JOHN

Distance: 10 Km; 5 Km and 5 Km Walk.

Start/départ: 2 p.m.

Reg./Inscr.: 11 a.m. - 1:45 p.m. Rockwood Park.

Cost/coût: \$15 or \$50 in pledges.

Contact: Philip Heffernan, Investor's Group, 55 Union St., Saint John, NB, E2L 5B7. Tel. 632-8930. Fax.: 658-0766.

Information: T-shirts, lunch, prizes.

Sept. 29 septembre - Sunday/dimanche:
Investor's Group Lung Run BATHURST

Distance: 14 Km, 7 Km and 3.5 Km Walk.

Start/départ: 2 p.m.

Reg./Inscr.: 11 a.m. - 1:45 p.m. Coronation Park.

Cost/Coût: \$15 or \$50 in pledges.

Contact: Daniel Paré, Tel. 545-6743 or Fax 545-6744.

Information: T-shirts, lunch, prizes, awards for top fund raisers,
4 person 14 K relay (3.5 each).

Men

0-12

1. Adam Stacey
2. Matthew Stacey
- 3.

13-19

1. Stephane Boudreau
2. Michel Boudreau
3. Gordon Mosher
James Murphy

20-29

1. Carol Lepage
2. Joel Bourgeois
3. Rodney Clark

30-39

1. Gilles Gautreau
2. Noel Gallant
3. Yves Benoit

40-49

1. David Tree
2. Mike Morton
3. David Varis

50-59

1. Frank Stapleton
2. Joe Paulin
3. James Tucker

60-69

1. Colin McCabe
- 2.
- 3.

70+

none

Women

0-12

- 1.
- 2.
- 3.

13-19

1. Melissa Clement
2. Meghan Roushorne
3. Charline Boudreau

20-34

1. Claudine Paulin
2. Michelle Cormier
3. Mary Bartlett

35-39

1. Sarah Varis
2. Paul McGinnis-Wheeler
3. Donna DeGroot

40-49

1. Eunice Phillips
2. Gisele Morton
3. Brenda Tree

50-59

1. Maryse Jacob
- 2.
- 3.

60+

none

Name/Nom: _____

Street/Rue: _____

City/Ville: _____

Prov. _____

Postal Code/Code postal: _____

Birth/Naissance _____ Sex/Sexe: F M

Signature _____

(Check here if you wish to receive the booklet.) _____

Make cheque payable to - Athletics NB

(cost is \$20 for road runners)

Mail to ANB Registrar,
564 Scoullar St.,
Oromocto, NB
E2V 1H4

A membership card will be mailed to you

A membership saves you at least \$2 a race in registration. It allows you to compete for year end category titles in the Run NB series of races. Members receive the race booklet, newsletter and year end points chart. Members are invited to the annual meeting.

Run NB is a committee of Athletics NB, which is a provincial branch of Athletics Canada.

Races 1996

1.	May 5	NB Heart and Stroke Marathon	Fredericton	1-800-663-3600	
2.	May 11	Le 10km Chaleur	Beresford	548-4108	T/SS
3.	May 19	La Source 10k	Charlo	684-2212	SS
4.	May 25	Caratrand Coca-Cola	Bertrand	727-6408	SS
5.	June 1	Y5k Run/Walk	Fredericton	462-3031	
6.	June 2	Marathon de la Baie des Chaleurs	Charlo	684-5133	SS
7.	June 9	Burns 10k -5k	Moncton	382-0821	T/SS
	June 23	Dr. Jim Vibert Memorial 10k *	Truro, NS	902-895-2871	T
8.	July 6	Course "Au Coeur de l'Acadie"	Cap Pele	577-4157	SS
9.	July 13	George Gallant Air Atlantic 10k	Shediac	743-2226	T/SS
10.	July 21	Running of the Green 10k	Miramichi	773-9328	SS
11.	July 27	Joe McGuire 10k	Woodstock	328-6933	
12.	July 27	10k Rheel Hache	St. Isidore	358-2345	T/SS
13.	Aug. 3	Bon Ami 10k Law	Dalhousie	826-2534	
14.	Aug. 5	Chipman NB Day Road Race	Chipman	339-6601	T/SS
15.	Aug. 11	Demi Marathon de l'Acadie	St. Isidore	395-5892	SS
16.	Aug. 18	Festival by the Sea Marathon	Saint John	658-4715	
	Aug. 24.	Summer Fun and Games 10k *	Summerside	902-436-8832	T
17.	Sept. 1	CFB Gagetown Run for the Pancakes	Oromocto	422-2469	T/SS
18.	Sept. 1	Demi-Marathon	St.-Francois	922-2780	
19.	Sept. 7	Charlo Fall Fair	Charlo	684-3304	
20.	Sept. 22	14th Fall Classic	Fredericton	459-4606	SS
21.	Sept. 29	Investors Group Lung Run	Fredericton	450-0815	
22.	Sept. 29	Investors Group Lung Run	Moncton	383-1375	
23.	Sept. 29	Investors Group Lung Run	Saint John	632-8930	
24.	Sept. 29	Investors Group Lung Run	Bathurst	545-6743	

* A Timex race, but not a Run NB Race

Run NB executive 1996

Chairman	Rick MacLean	(W) 622-2600	(H) 773-9328	(F) 778-2575
Vice chairman	Gilles Cormier	783-8495		
Treasurer	Paul Lavoie	(W) 452-3558		
Secretary	Brenda Barton	339-6817		
Competitions Coordinator	Frank Stapleton	(W) 453-2259	(H) 459-1381	
Regional co-ordinators				
1. North Shore	Alain Caron	684-5133		
2. Miramichi/Moncton	David Varis	622-2030		
3. Fredericton and Saint John	Frank Stapleton	(W) 453-2259	(H) 459-1381	
4. Woodstock and Grand Falls	Denis Arpin	(H) 473-4953		
Timex co-ordinator	Mike Gallagher	(H) 357-5281		

BOOKLET DESIGNED BY: **ECLIPSE DESIGN (506)778-2575**