



1995 ROAD RACING SERIES

SERIES DE COURSES A PIED 1995

146 BEACONSFIELD ST., FREDERICTON, NB E3B 5H2 TEL:459-7951 FAX:459-9792

1995 ROAD RACE CALENDAR

Feb. 11	New Maryland Frozen Nose & Toes	459-5317	
May 7	NB Heart & Stroke Marathon	1-800-663-3600	SUPER SERIES
May 13	Le 10 Km Chaleur	548-4108	TIMEX & SS
May 20	Y5Km Run/Walk	458-1186	
May 21	La Source 10 Km	684-2212	
June 3	Royal LePage Run for Womea	658-5823	
June 4	Run & Rally for Community Living	458-8786	
June 4	Marathon de la Baie des Chaleurs	684-5133	SUPER SERIES
June 11	Southeast Striders 10 Km	852-4939	SUPER SERIES
June 25	CFB Gagetown "Run for Pancakes"	422-2247	TIMEX & SS
July 1	Festival Au Coeur de l'Acadie 8 Km	577-4157	
July 2	Jessome's "La Source du Sport" 5K	473-2673	
July 8	George Gallant Air Atlantic 10 Km	743-2226	TIMEX & SS
July 16	Miramichi River 10 Km	778-9380	
July 22	Joe McGuire 10 Km Road Race	328-6519	
July 22	Shippagan en Forme	336-8639	SUPER SERIES
July 29	10 Km R��chal Hach��	358-2345	SUPER SERIES
Aug 5	Carstrand Coca-Cola	727-1703	SUPER SERIES
Aug 5	Bon Ami 10 K Law	826-234	
Aug.7	Chipman Summer Festival 10 Km	339-6601	TIMEX & SS
Aug 13	Demi-Marathon de l'Acadie	395-5892	TIMEX & SS
Aug 20	Festival by The Sea Marathon	696-4922	
Sept 3	Demi Marathon St-Fran��ois	395-5892	
Sept 9	Charlo Fall Fair	684-3304	
Sept 24	13th Annual Fall Classic	459-5515	SUPER SERIES
Oct 1	Investor's Group Lung Run	450-0815	SUPER SERIES

RUN NB EXECUTIVE

CHAIRMAN	PAUL LAVOIE	459-5317(H) 452-3558(W)
VICE CHAIRMAN	GILLES CORMIER	783-8495
TREASURER	DICK HARTNETT	385-8515
SECRETARY	BRENDA BARTON	339-6817
COMPETITIONS COORDINATOR	FRANK STAPLETON	459-1381(H) 453-2259(W)
REGIONAL COORDINATORS		
#1 NORTH SHORE	ALAIN CARON	684-5133
#2 MIRAMICHI/MONCTON	DAVID VARIS	622-2030
#3 FREDERICTON/SAINT JOHN	STEPHAN MALTAIS	357-7709
#4 WOODSTOCK/GRAND FALLS	DENIS ARPIN	473-4953(H)
TIMEX COORDINATOR	STEPHAN MALTAIS	357-7709(H) 422-2090(W) 422-3325(F)

RUN NEW BRUNSWICK ROAD RACING SERIES 1995

Welcome to the 1995 New Brunswick Road Racing Series. There are 28 races which form the NB Racing Circuit. Thirteen of these are grouped into a Super Series. Races in the Super Series will be eligible for a higher point system than the Regular Series.

Provincial standings will be calculated using the results of both Super Series and Regular Series races. The final standings will be derived using up to seven races. If eight or more races are run, points will be calculated using the best seven finishes. To be eligible for points, an athlete must be a member of Athletics New Brunswick (ANB) prior to the race. In order to receive a ranking in the 1995 Run New Brunswick Provincial Standings 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 respective 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.

When two or more runners finish the season having an equal number of points, the runner receiving the higher standing will be the one who had the best finish in their races. If the tie remains, the second best race will be considered. This will continue as necessary for the third, fourth, etc. best race, until the tie is broken.

2000
1. Bienvenue aux series des course à pied du Nouveau-Brunswick pour l'année 1995.
2. Il y a 28 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.

4. Pour obtenir un rang provincial des Courses N.-B. 1995, l'athlète doit:

- 1) être un résident du Nouveau-Brunswick
- 2) être membre d'Athlétisme N.-B. comme membre de Course N.-B.

5. Les points pour les catégories seront établis selon leur position dans leur catégorie. *respectivement*
 Au moins 2 points seront donnés à chaque finissant. Il y aura 5 points bonus, 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 meilleure temps.

Lorsque les points sont égaux, le coureur qui recevra le plus haut rang avec les meilleures temps dans ses courses. Si l'égalité persiste la second meilleure course sera considérée. Ceci continuera pour la troisième, quatrième course, etc. jusqu'à ce qu'un gagnant ~~soit~~ *soit* déterminé.

Points for Super Series Races -- Points pour les Courses Super Series

1st	50pts	11th	33pts	21st	23pts	31st	13pts	41st	3pts
2nd	45pts	12th	32pts	22nd	22pts	32nd	12pts	42nd	2pts
3rd	42pts	13th	31pts	23rd	21pts	33rd	11pts		
4th	40pts	14th	30pts	24th	20pts	34th	10pts		
5th	39pts	15th	29pts	25th	19pts	35th	9pts		
6th	38pts	16th	28pts	26th	18pts	36th	8pts		
7th	37pts	17th	27pts	27th	17pts	37th	7pts		
8th	36pts	18th	26pts	28th	16pts	38th	6pts		
9th	35pts	19th	25pts	29th	15pts	39th	5pts		
10th	34pts	20th	24pts	30th	14pts	40th	4pts		

Points for Regular Races -- Points pour les Courses Regulars

1st	25pts	7th	19pts	13th	13pts	19th	7pts	25th	1pt
2nd	24pts	8th	18pts	14th	12pts	20th	6pts		
3rd	23pts	9th	17pts	15th	11pts	21st	5pts		
4th	22pts	10th	16pts	16th	10pts	22nd	4pts		
5th	21pts	11th	15pts	17th	9pts	23rd	3pts		
6th	20pts	12th	14pts	18th	8pts	24th	2pts		

AGE CATEGORIES
(as of July 1st)

	Men		Women	
1982 or later	0 - 12	(Max - 5K race)	1982 or later	0 - 12
1975 - 1981	13 - 19		1975 - 1981	13 - 19
1965 - 1974	20 - 29		1960 - 1974	20 - 34
1955 - 1964	30 - 39		1955 - 1959	35 - 39
1945 - 1954	40 - 49		1945 - 1954	40 - 49
1935 - 1944	50 - 59		1935 - 1944	50 - 59
1925 - 1934	60 - 69		1934 or earlier	60+
1924 or earlier	70+			

ROAD RACE DESCRIPTIONS

Saturday / samedi **Le 10 Km Chaleur** **BERESFORD**
May 13 mai

TIMEX & SUPER SERIES

Distance: 10 km

Start / Départ: 11:00 am Reg./Inscr.: 8:30 - 10:00 am, Sportek Area, Beresford

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

Record: 31:09 Andy Jones 38:15 Michelle Cormier

Contact: Robert Degrace Tel.: 548-4108
Box 46, RR 1, Site 2
Beresford, NB EOB 1H0

Information: T-shirts; lunch; awards (first 3 in each category), draw prizes
Fast course; parcours rapide

Sunday / dimanche **Y-5Km Run/Walk** **FREDERICTON**
May 20 mai

Distance: 5 Km; 1Km for under 12 yrs

Start / Départ: 10:00am Reg./Inscr.: 8:30 - 9:45am, Fredericton Y

Cost/coût: Before May 18th \$10
on May 20th \$12

Contact: Michelle Cormier Tel.: 458-1186
YM-YWCA Fax: 450-0129
Fredericton, NB

Information: Tank Tops; Medals for kids; Draw prizes; Awards for winners
Free Babysitting; flat course; shower facilities

DON'T FORGET TO RENEW YOUR ROAD RUNNING MEMBERSHIP!

CALL ANB AT 459-7951 FOR INFORMATION.

ROAD RACE DESCRIPTIONS

Sunday / dimanche La Source 10 Km CHARLO
May 21 mai

Distance: 10 Km & 5 Km

Start / Départ: 11:00 am Reg./Inscr.: 9:30 - 10:45am, 100 Craig Rd, Charlo

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

Records: 31:36 Scott Hare
 39:31 Patty Blanchard

Contact: Guy Laviolette Tel.: 684-2212
 P.O. Box 120
 Charlo, NB E0B 1M0

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

Sunday / Dimanche Royal LePage "Run for Women" SAINT JOHN
June 3 juin

Distance: 10Km

Start/Départ: 11:00am

Reg./Inscr.: Pre-registration only

Cost/coût: Minimum of \$30 in pledges plus \$10 registration fee

Contact: Marilyn Gardner Tel.: 658-5823

Information: Women only; Pre-race activities - 10am; Free social after meal

DON'T FORGET TO REPLENISH YOUR BODY WITH H₂O!

THE BODY IS LIKE A MACHINE, KEEP IT WELL MAINTAINED

ROAD RACE DESCRIPTIONS

Sunday / dimanche **Run & Rally for Community Living** **FREDERICTON**
June 4 juin

Distance: 5 mi

Start/Départ: 10:00 am Reg./Inscr.: 8:00 - 9:30am, Small Craft Aquatic Centre

Cost/coût: \$15 or \$30 in pledges

Contact: NB Association for Community Living Tel.: 458-8866
86 York St.
Fredericton, NB E3B 3N5

Information: T-shirt; lunch; prizes for top 7 men, top 5 women

Sunday / Dimanche **Marathon de la Baie des Chaleurs** **CHARLO**
June 4 juin **SUPER SERIES**

Distance: 42.195 Km & 6 Km Walk-Run

Start/Départ: 9:00am - Marathon 9:30am - Walk/Run

Reg./Inscr.: June 4 - 7:30 - 8:30am; Charlo Area

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

Records: 2:39:00 Paul Morrison
3:44:37 Connie Mendonca

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

Information: Super le 3 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 & awards for record
 Super Series Points will be awarded for full marathon event only.

ROAD RACE DESCRIPTIONS

Sunday / dimanche Southeast Striders 10 Km MONCTON
June 11 juin **SUPER SERIES**

Distance: 10 km

Start / Départ: 10:00 am Reg./Inscr.: 9:00am; Centennial Park, St George Blvd

Cost / Coût: TBA

Contact: Rachelle Martin
1461 Ryan Rd
Moncton, NB E1C 8Z4
Tel. 852-4939

Information: Lunch; medals; prizes; flat, fast course
Déjeuner; médailles; prix
Gift to first 75 entrants

Sunday / dimanche CFB Gagetown "Run for the Pancakes" OROMOCTO
June 25 juin **TIMEX & SUPER SERIES**

Distance: 10 Km & 5 Km

Start / Départ: 10:00 am Reg./Inscr.: 8:00 - 9:30am; Base Gym, Bldg M-2

Cost / Coût: 10 km: \$12 before June 18; \$15 on race day
5 Km: \$8 before June 18; \$10 on race day

Contact: Stéphane Makais Tel.: 357-7709 or 422-2090(w)
BPERO
CFB Gagetown
Oromocto, NB E0G 2P0

Information: T-shirts; lunch, awards, draw for Air Canada tickets, over \$10,000 in prizes!

REMEMBER TOP TIMEX FINISHERS QUALIFY FOR:

**ENTRY INTO RUN CANADA FESTIVAL TIMEX ROAD RACE
END OF SEASON CASH PRIZES OF \$2500
TRAVEL MONEY TO RUN CANADA FESTIVAL**

ROAD RACE DESCRIPTIONS

Saturday / samedi
July 1 juillet

Au Coeur Course de l'Acadie

CAP PELÉ

Distance: 8 Km

Start / Départ: 5:00 pm Reg./inscr.: 3:00pm; École Donat-Robichaud, Cap Pelé

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

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

Contact: Chantal Laviolette Tel.: 577-4157 Fax: 577-2880
C.P. 540
Cap Pelé, N.-B. B0A 1J0

Information: T-shirts; lunch; trophies; participation prizes
T-shirts; déjeuner, trophées, prix

Sunday / dimanche
July 2 juillet

Jessome's "La Source du Sport"

GRAND FALLS

Distance: 5 Km Run & 5 Km Walk

Start / Départ: 10:00 am Reg./inscr.: 900 - 9:45am; Grand Falls Arena

Cost / Coût: \$10/person \$25/family

Contact: Conrad Toner Tel.: 473-2673
PO Box 1283
Grand Falls, NB E3Z 1C6

Information: T-shirts; awards, draw prizes, refreshments; flat, fast course

TAKE YOUR FAMILY ON A "RUNNING VACATION" THIS HOLIDAY WEEKEND AND ENJOY YOUR 1995 CANADA DAY!

ROAD RACE DESCRIPTIONS

Saturday / samedi
July 8 juillet

George Gallant Air Atlantic 10 Km

SHEDIAC

TIMEX & SUPER SERIES

Distance: 10 Km ; 3 Km & 1 Km

Start / Départ: 10:00 am Reg./Inscr.: 8:00 - 10:00am; LJ Robichaud High School

Cost/coût: Run NB Member \$12 Family rate of 4 for \$40 (max. 2 T-shirts)
Non-member \$14

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

Contact: Daniel Gallant Tel.: 743-2226
P.O. Box 806 Fax: 743-6574
Bouctouche, NB EOA 1G0

Information: George Gallant Tel.: 577-4882
RR #2, Cap Pelee, NB EOA 1J0
T-shirts; lunch; trophies, draw prizes, award for record
T-shirts; déjeuner, trophées

Sunday / dimanche
July 16 juillet

Miramichi River 10 K

CHATHAM

Distance: 10 Km

Start / Départ: 10:00 am Reg./Inscr.: 9:00-9:45am; Lord Beaverbrook Area, Chatham

Cost / Coût: \$10.00

Contact: Rick MacLean Tel.: 622-2600 (w) or 778-9380 (h)
P.O. Box 35, Site 6
Chatham, NB

Information: T-shirts; medals for first male & female in Open and Masters
First km downhill; rest flat, very fast; marked every km.

ROAD RACE DESCRIPTIONS

Saturday / samedi **Joe McGuire 10 Km Road Race** **WOODSTOCK**
July 22 juillet

Distance: 10 Km & 5 Km walk

Start / Départ: 10:00 am **Reg./inscr.:** 8:00 - 9:30am; Woodstock Town Hall

Cost / Coût: **Run NB Members:** \$10
Non-members: \$13

Records: 30:56 Bob Everett '87 36:27 Patty Blanchard '87

Contact: **Rex Brown** **Tel.:** 328-6933
PO Box 58
Woodstock, NB E0J 2B0

Joe McGuire **Tel.:** 328-6519
P.O. Box 1374
Woodstock, NB E0J 2B0

Information: T-shirts ; lunch; prizes, trophies & medals; gift certificates
T-shirts; déjeuner, prix, trophées

Saturday / samedi **Shippagan en Forme** **SHIPPAGAN**
July 22 juillet **SUPER SERIES**

Distance: 10 Km & 5 Km walk (1 Km for 12 yrs & under)

Start / Départ: 10 Km à 17h30 **Reg./inscr.:** 13h - 17h15 **Ecole-Marie-Esther**
5 Km à 16h00
1 Km à 15h00

Cost/ Coût: **Run NB Members:** \$9 ; \$25 / family
Nonmembers: \$12 **Walk:** 1 km - \$3; 5 km - \$10

Contact: **Hélène Goupil** **Tel.:** 336-8639 (h) or 336-4848 (w)
C.P. 876
Shippagan, N.-B. E0B 2P0

Information: T-shirts ; lunch; trophies
T-shirts ; déjeuner; trophées

1995 - THE YEAR TO GET YOUR FAMILY INVOLVED!

ROAD RACE DESCRIPTIONS

Saturday / samedi
July 29 juillet

10 Km Rbéal Haché

ST-ISIDORE

SUPER SERIES

Distance: 10 Km

Start / Départ: 17h00 Reg. Inscr.: 2:00 - 4:00pm; Centre Recreatif St-Isidore

Cost / Coût: Run NB Members: \$10
Nonmembers: \$12

Records: 31:14 Scott Hare 35:14 Patty Blanchard

Contact: Edmond Brideau ph: 358-2345
St-Isidore, N.-B.

Information: T-shirts; déjeuner, médailles; Bourse de 2000,00\$
T-shirts, lunch, \$2000 in prizes, trophies

202 1174
EBB 210

Saturday / samedi
Aug. 5 août

Bon Ami 10 Km Law

DALHOUSIE

Distance: 10 Km

Start / Départ: 11:00 am Reg./Inscr.: 9:00am; Insh Aron Ice Palace, Dalhousie

Cost / Coût: \$10

Records: 32:49 Jean-François Pellerin 35:12 Patty Blanchard

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

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

ROAD RACE DESCRIPTIONS

Saturday / samedi **Cartrand Coca-Cola** **BERTRAND**
August 5 août **SUPER SERIES**

Distance: 10 Km

Start / Départ: 17h00 / 5:00 pm **Reg./Inscr.:** Centre des loisirs de Bertrand

Cost / Coût: Run NB Members: \$7 ; \$25 / family
Non-members: \$10

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

Contact: Rodrigue Roy Jean Yves Theriault
C.P. 420
Caraquet, N.-B. Caraquet, N.-B.
EOB 1K0
Tel. 727-6408 Tel. 727-6334
727-1703 727-4421
Fax: 727-7719

Information: Déjeuner; trophées
Lunch; trophies; prizes

Monday / lundi **Chipman New Brunswick Day Road Race** **CHIPMAN**
August 7 août **TIMEX & SUPER SERIES**

Distance: 10 Km & 5 Km & 5 Km Walk

Start/Départ: 10:00 am **Reg./Inscr.:** 8:00 - 9:30am; Chipman High School

Cost / Coût: Run NB Members \$10
Non-members \$13

Records: 31:08 Bo McGillivray '92 38:27 Eunice Phillips '93

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

Information: T-shirts; lunch; Medals, Draw prizes; Award for Record

**THERE'RE STILL 3 MORE SUPER SERIES & 1 TIMEX
RACE TO COME!**

ROAD RACE DESCRIPTIONS

Sunday / dimanche
August 13 août

Demi-Marathon de l'Acadie

ST-ISIDORE

TIMEX & SUPER SERIES

Distance: 21.1 Km

Start / Départ: 11:00 am Reg./Inscr.: 9:00 - 10:15 am; Marina de Tracadie-Sheila

Cost / Coût: Run NB Members: \$15
Nonmembers: \$17

Records: 1:12:57 Jean-François Pellerin '92 1:34:31 Eunice Phillips '91

Contact: Jean Marie Breau Edmond Morais
4117 Rue Des Erables C.P. 95
Tracadie-Sheila, N.-B. E1X 1C3 St-Isidore, N.-B. E0B 2L0
Tel. 395-5892 Tel. 358-6952
395-9216

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

Sunday/dimanche
August 20 août

Festival By-The-Sea Marathon

SAINT JOHN

Distance: Full; half & 4-person relay

Start / Départ: 7:50am Wheelchair Reg./Inscr: pre-registration by mail
8:00am Runners

Cost / coût: \$25 before Aug. 4th; \$30 after

Contact: Mike Doyle Tel: 696-4922
Festival By-The-Sea Marathon
c/o Canada Games Aquatic Centre
50 Union St.
Saint John, NB E2L 1A1

Information: Pre-race pasta party; post race party & awards dinner; prizes; race packet

PREVENT INJURIES - LOOK AFTER YOUR FOOTWEAR!

TWO MORE SUPER SERIES COMING UP!

ROAD RACE DESCRIPTIONS

Sunday / dimanche September 3 septembre	Demi Marathon St-François	ST-FRANCOIS
Distance:	21.1 Km	
Start / Départ:	11:00 am	Reg./Inscr.: 9:00 - 10:15am; Centre Sportif J.D. Nadeau
Cost / Coût:	\$15 / person; \$25 / family	
Records:	69:17 Scott Hare (1988) 57:54 Conrad LeBlanc (1990) Wheelchair	78:38 Patty Blanchard (1987)
Contact:	Jean Mario Breau 4117 Rue Des Erables Tracadie-Sheila, N.-B. E1X 1C3	Tel. 395-5892
Information:	Lunch; prizes; medals Déjeuner; prix; médailles	

Saturday / samedi September 9 septembre	Charlo Fall Fair	CHARLO
Distance:	10 Km	
Start / Départ:	11:00 am	Reg./Inscr. 9:00 - 10:30am; Charlo Recreation Centre
Cost/coût:	Run NB Members:	\$8
Records:	31:45 Jean-François Pellerin	34:18 Patty Blanchard
Contact:	Paul E McIntyre P.O. Box 14 Charlo, NB E0B 1M0	Tel. 684-3304(w) or 753-7405
Information:	Lunch; trophies; flat, fast course Déjeuner; trophées	

**CONGRATULATIONS TIMEX SERIES WINNERS
GOOD LUCK AT THE CANADIAN CHAMPIONSHIPS!**

ROAD RACE DESCRIPTIONS

Sunday / dimanche
September 24 septembre

13th Annual Fall Classic

FREDERICTON
SUPER SERIES

Distance: 10 Km & 5 Km (age 19 & under)
5 Km non-competitive - all age classes

Start / Départ: 2:00 pm - 5 Km Reg./Inscr: Radical Edge, 386 Queen St
2:30 pm - 10 Km

Cost / Coût: \$10 ANB Members; \$12 nonmembers; \$6 age 19 & under; \$25 / family

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

Contact: George Filiater Tel. 459-5515
c/o Capital City Road Runners Fax: 457-0735
P.O. Box 20104
Fredericton, NB E3B 6Y8

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

Sunday / dimanche
October 1 octobre

Investor's Group Lung Run

FREDERICTON
SUPER SERIES

Distance: 20 Km; 10 Km; 5 Km & 5Km Walk

Start / Départ: 2:00 pm Reg./Inscr. 11:00am-1:45pm; Aquatic Centre

Cost / Coût: \$15 or \$50 or more in pledges

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

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

DON'T PUT YOUR RUNNING SHOES AWAY YET!

**STAY IN SHAPE,
JOIN THE CROSS COUNTRY RUNNING SEASON**

ROAD RACE DESCRIPTIONS

Sunday / dimanche
October 1 octobre

Investor's Group Lung Run

MONCTON

Distance: 10 Km; 5 Km & 5Km Walk

Start / Départ: 2:00 pm Reg./inscr. 11:00am-1:45pm; Centennial Park

Cost / Coût: \$15 or \$50 or more in pledges

Contact: Harold Plume Tel. 383-1375
523 Elmwood Dr.
Moncton, NB E1A 2X4

Information: T-shirts; lunch; prizes; medals

Sunday / dimanche
October 1 octobre

Investor's Group Lung Run

SAINT JOHN

Distance: 10 Km; 5 Km & 5Km Walk

Start / Départ: 2:00 pm Reg./inscr. 11:00am-1:45pm; Rockwood Park

Cost / Coût: \$15 or \$50 in pledges

Contact: Bill Merrifield Tel. 632-8930
Investors Group Fax: 658-0766
55 Union St.
Saint John, NB E2L 5B7

Information: T-shirts; lunch; prizes

Sunday / dimanche
October 1 octobre

Investor's Group Lung Run

BATHURST

Distance: 14 Km; 7 Km & 3.5Km Walk

Start / Départ: 2:00 pm Reg./inscr. 11:00am-1:45pm; Coronation Park

Cost / Coût: \$15 or \$50 in pledges

Contact: Ulric Boudreau Tel. 783-3207
PO Box 608 Fax. 783-3207
153 Cormier St
Bathurst, NB E0B 2E0

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

RENEW YOUR RUN NB MEMBERSHIP FOR 1996 TODAY!



ANB GENERIC ENTRY FORM

MEET/RACE NAME:(please print) _____ Fee: _____

Your Name: _____

Gender: () Male () Female

Address: _____

Year of birth: _____

Postal Code: _____

Phone #: _____

ANB #: _____

PIN _____

Events: 1. _____ Time: _____

2. _____ Time: _____

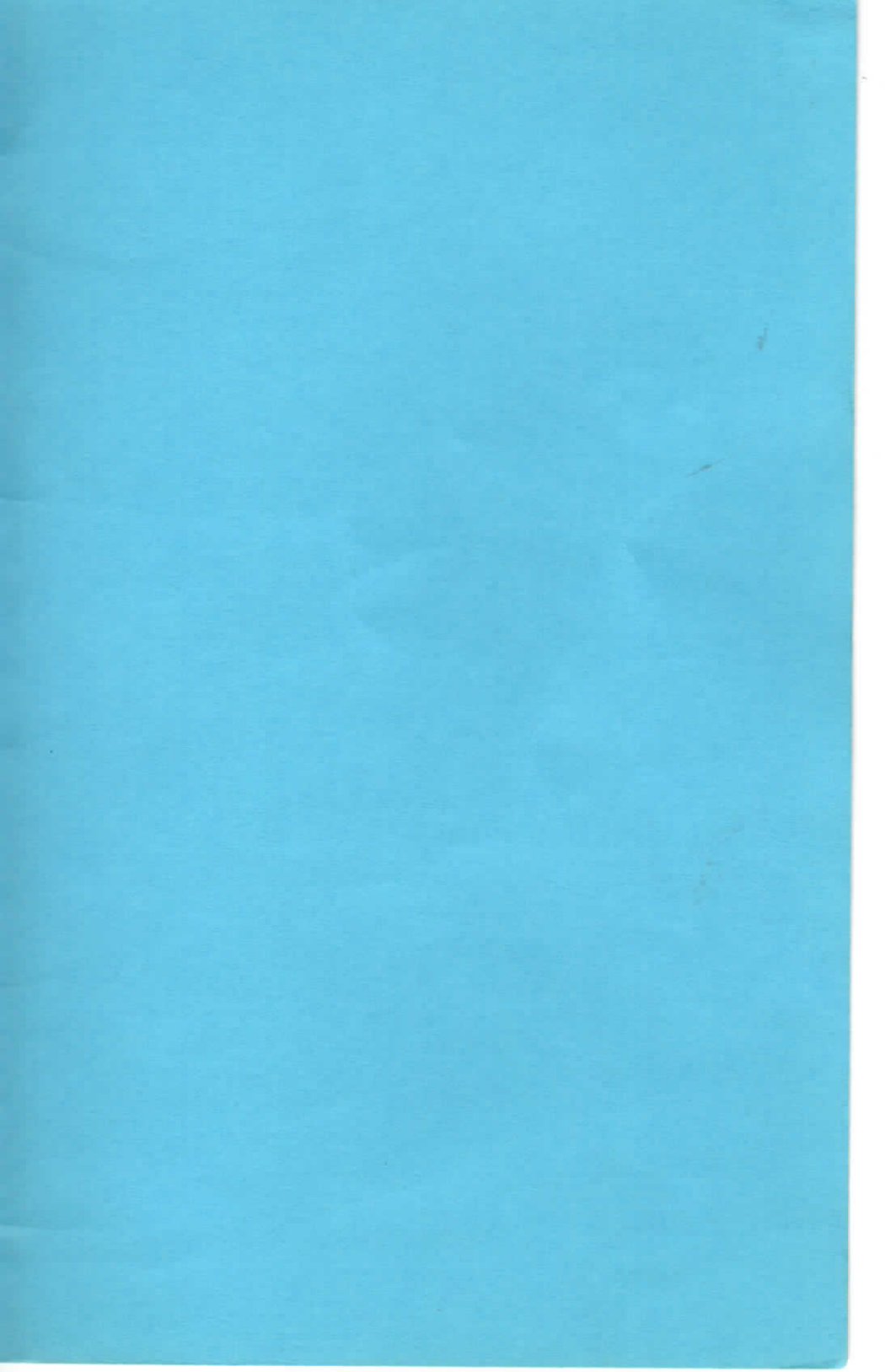
3. _____ Time: _____

Special Instructions: _____

Inconsideration of my being able to participate as an entrant or competitor in this event, I, myself, my heirs, executors, administrators, successors, and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified, the Organizers of the Event identified above. Athletics Canada, Athletics New Brunswick, Run New Brunswick, and any and all clubs, associations, sanctioning bodies, sponsoring corporations, sponsors, participants, competitors, entrants and all other respective agents, officials, servants and representatives from and against my and all kinds of actions, claims, costs and expenses prior to, during or subsequent to this event whether as an entrant, competitor, participant, spectator, otherwise and not withstanding that the same may have been contributed or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. By submitting this entry, I acknowledge having read and agreed to the above waiver.

Signature: _____ Date: _____

Parents Signature (under 19 yrs of age): _____





1995 FIXTURES

146 BEACONSFIELD ST., FREDERICTON, NB E3B 5H2 TEL.:459-7951 FAX:459-9792

PRESIDENT'S MESSAGE

This booklet is our second attempt to outline in one publication the activities of Athletics New Brunswick and its road running arm, Run NB.

We have attempted to provide as complete as possible listing of all the competitive activities sanctioned by Athletics New Brunswick. Other competitive activities may be added to this listing and information is available through our ANB Office at 459-7951.

While the information contained herein is correct at the time of publication, readers are asked to contact the numbers listed or the office for up-dated information.

As part of this message, I would like to thank the volunteers who make our organization work. Each and everyone of them gives generously of their time and energy. Without the volunteers we could not exist. New volunteers are always welcomed, so if you would like to become involved in any of the programs or events listed in this brochure, please contact Carol Mulholland at the Provincial Office of ANB at 459-7951.

To the competitors, good luck in the 1995 season. Please take time to thank those who have provided the competitions for you.

**Harold Nicholson,
President, ANB**

ABOUT ATHLETICS NEW BRUNSWICK

Athletics New Brunswick, the provincial branch of Athletics Canada, is the governing body responsible for the development and promotion of programs for Track & Field, Road Running, and Cross Country Running in New Brunswick.

As an incorporated body, Athletics New Brunswick has as its objectives:

- To build a representative membership of Track & Field, Road Running and Cross Country teams, clubs, affiliated organizations and individuals in New Brunswick.**
- To assist in the organization, development, and implementation of Track & Field, Road Running, and Cross Country programs.**
- To consider and discuss problems of mutual concern to each of our members.**

ANB REGISTERED CLUBS

(as of Jan. 1, 1995)

Athlétisme Memramcook	Edouard Boudreau	758-2412
Club Athlétisme Supra Athletics	Yvan Picard	576-9210
Club Centurion Club	Wayne Morrison	388-5141
Club d'Athlétisme de la Péninsule Acadie	Claude Duke	727-3952
Fredericton Legion Track Club	Mel Keeling	452-7497
Fundy Track Club	Clarence Walsh	456-3579
Greyhound Athletics	Ron Stackhouse	764-2734
Miramichi Track Club	John MacDonald	622-7415
Saint John Track Club	Walter Ellis	658-0375
South East Athletics	Peter Stuart	383-1554
Tantramar Track & Field Club	Max MacNichol	379-2211
Gladstone Track & Field Club	Mark Sheehan	459-1580
Wheelchair Sports	Doug Bridgman	458-5701

ROAD RUNNING CLUBS:

Capital City Road Runners	Carol Scott	459-5563
Chaleur Road Runners	Pierre Laforest	542-2973
CFB Gagetown	Dick Hartnett	422-2247
Miramichi Joggers Club	Brian Richard	622-7280
Restigouche Road Runners	Roger Allard	826-3407
Southeast Striders	Rachel Martin	384-4313

ATHLETICS NEW BRUNSWICK CONTACTS

President	Harold Nicholson	PO Box 45 Chatham, NB E1N 3A5	773-7025
Officials Chairman	Claude Duke	C.P. 362 Caraquet, NB E0B 1K0	727-3952
Run NB Chairman	Paul Lavoie	150 Phillips Dr New Maryland, NB E3A 1E7	459-5317
Registrar	Camilla MacDougall	564 Scoullar St Oromocto, NB E2V 1H4	357-9940
Statistician	Pat Inglis	P.O. Box 34 Newcastle, NB E1V 3M2	622-7411
Administrative Chair	Gib Anderson	RR#3 Woodstock, NB E0J 2B0	328-2568
Coaching Chair	Jean Francois Richard	1295 Amirault St Dieppe, NB E1A 1E1	382-6946
Sport Development	Edgar Vick	61 Lynwood Dr Moncton, NB E1A 3Z8	855-5941
Treasurer	Darla O'Kane	21 Ideal Ct Newcastle, NB E1V 3W2	622-1141
High Performance	Leroy Washburn	STU, PO Box 4569 Fredericton, NB E3B 5G3	357-2377 (h) 452-7700 (w)
Executive Director	Carol Mulholland	146 Beaconfield St Fredericton, NB E3B 5H2	459-7951 459-9792 (fax)

CALENDAR OF EVENTS: INDOOR FIXTURES**(TRACK & FIELD)**

DATE	EVENT	CONTACT
<u>January '95</u>		
28	Warm-up Meet #2 C.E.P.S. Moncton	J.F.Francois 382-6946
<u>February '95</u>		
04/05	NB Indoor Championships C.E.P.S. Moncton	Harold Nicholson 773-7025
11	New Maryland Frozen Nose & Toes Fredericton, NB	Paul Lavoie 506-459-5317
18/19	U de M Open C.E.P.S. Moncton	J.F. Richard 382-6946
18/19	Cdn Indoor Ch'ships Saskatoon	Athletics Canada 1-613-748-5678
25/26	Quebec Indoor Championships	Eric Sarvard 514-252-3041
<u>March '95</u>		
04/05	A.U.A.A. Championships C.E.P.S. Moncton	J.F. Richard 382-6946
11/12	C.I.A.U. Championships Alberta	
11	N.S. Indoor Championships Dalplex, Halifax, NS	A.N.S. 902-425-5450
26	A.N.B. Semi Annual Meeting Fredericton	ANB 459-7951
18/19	Atlantic Indoor Championships C.E.P.S. Moncton	Colin Inglis 506-622-7411

OUTDOOR FIXTURES**TRACK & FIELD; ROAD RACING**

<u>DATE</u>	<u>EVENT</u>	<u>CONTACT</u>
<u>MAY 25</u>		
07	NB Heart & Stroke Marathon (plus 1/2, 1/4) Fredericton	Paul Lavoie 506-459-5317
13	Le 10 Km Chaleur Road Race Beresford, NB	Robert Degrace 506-548-4108
20	Y 5Km Run/Walk Fredericton, NB	Michelle Cormier 506-458-1186
21	La Source 10 Km Road Race Charlo, NB	Guy Laviolette 506-684-2212
22	Victoria Day Classic Chatham, NB	Harold Nicholson 506-773-7025
27	N.B.I.A.A. School Championships Saint John, NB	ANB 459-7951
<u>June 25</u>		
03	SEA Invitational Saint John, NB	Peter Stuart 506-383-1554
03	Royal LePage Run for Women Saint John, NB	Marilyn Gardner 506-658-5823
04	Run & Rally for Community Living (5mi) Fredericton, NB	506-458-8786
11	Southeast Striders 10 Km Rachel Martin	506-852-4939

OUTDOOR FIXTURES**TRACK & FIELD; ROAD RACING**

<u>DATE</u>	<u>EVENT</u>	<u>CONTACT</u>
<u>June '95</u>		
04	Marathon de la Baie des Chaleur Charlo, NB	Jeannita Caron 506-684-5133
16/18	Athletics Canada AGM Ottawa, Ont	Athletics Canada 613-748-5678
24	Cdn Jr & Sr Qualifier Saint John, NB	Rod MacKenzie 506-855-9766
25	CFB Gagetown "Run for the Pancakes" Oromocto, NB	Stephan Maltais 506-422-2247
<u>July '95</u>		
01/02	Finale- Jeux de l'Acadie St. Louis-de-Kent	Laurier Theriault 506-783-4207
01	Course "Au Coeur de l'Acadie" Cap Pelé, N.-B.	Chantal Lavolette 506-577-4157
02	Jessome's "La Source du Sport" 5Km Grand Falls, NB	Conrad Toner 506-473-2673
08	George Gallant 10 Km Road Race Shediac, NB	Daniel Gallant 506-743-2226
08/09	NB Legion Provincials & N.B. Outdoor Championships Saint John, NB	ANB 506-459-7951
13/16	Cdn Senior Ch'ships Montreal, PQ	Athletics Canada 613-748-5678
16	Miramichi River 10 Km Chatham, NB	Rick MacLean 506-778-9380
22	Shippagan 10 Km Shippagan, NB	Hélène Goupil 506-336-8639
22	Joe McGuire 10 Km Woodstock, NB	Rex Brown 506-328-6933
28/30	Cdn Junior Championships Abbotsford, BC	Athletics Canada 613-748-5678
29	10 Km Rhéal Haché St. Isidore, N.-B.	Edmond Brideau 506-358-2345

OUTDOOR FIXTURES**TRACK & FIELD; ROAD RACING**

DATE	EVENT	CONTACT
<u>August '95</u>		
05/06	Atlantic Championships Chatham, NB	Harold Nicholson 506-773-7025
05	Bon Ami 10K Law Dalhousie, NB	Roger Levesque 826-2534
05	Carstrand Coca Cola 10 Km Caraquet, NB	Rodrique Roy 506-727-6408
07	New Brunswick Day 10 Km Chipman, NB	Brenda Barton 506-339-6601
04/13	IAAF World Ch'ships Gothenburg, Sweden	Athletics Canada 613-748-5678
10/17	Legion National Camp	Doug Bekling 506-453-3517
13	Demi Marathon de l'Acadie St. Isidore, NB	Jean Marie Breaux 506-395-5892
20	Festival-By-The-Sea Marathon Saint John, NB	Mike Doyle 506-696-4922
31/Sept2	Pan Am Jrs Santiago, Chi	Athletics Canada 613-748-5678
<u>September '95</u>		
03	Demi Marathon de l'Acadie St. Francois, NB	Jean Marie Breaux 506-395-5892
09	Charlo Fall Fair 10 Km Charlo, NB	Paul E McIntyre 506-684-4618
24	13th Annual Fall Classic 10 Km Fredericton, NB	Paul Lavoie 506-459-5317
24	Annual General Meeting Fredericton, NB	ANB 459-7951
<u>October '95</u>		
01	NB Lung Run 20k, 10k, 5k Fredericton, Moncton Saint John, Bathurst	George Hubbard 506-450-0815
07	Timex Cdn Road Race Ch'ships TBA	Athletics Canada 613-748-5678

OUTDOOR FIXTURES**CROSS COUNTRY**

<u>DATE</u>	<u>EVENT</u>	<u>CONTACT</u>
<u>October '95</u>		
07	Fundy Invitational St. George, NB	Verne Cunningham 506-529-3769
14	N.B.I.A.A. Cross Country Fredericton, NB	M. Brennan
21	NB Cross Country Moncton, NB	Edgar Vick, Club Centurions 506-855-5941
28	Atlantic Cross Country Saint John, NB	Ron Stackhouse 506-764-2734
<u>November '95</u>		
25	Cdn Cross Country Ch'ships Montreal, PQ	Athletics Canada 613-748-5678

ATHLETICS NEW BRUNSWICK PROGRAMS

NCCP Coaching Certification

May 19th to 22nd, 1995 will be date for the 1995 Atlantic Coaching School. Athletics technical courses will be offered in Level III Multi Events. Levels I and II are available throughout the year in either English or French by calling the ANB office. For information on technical courses contact ANB at 506-459-7951.

Officials Certification

Officials in ANB are divided into eight zones. Each zone is represented by a chairperson who is responsible for promoting and monitoring the activities within their zone. Officials may advance through the certification levels of officiating from novice to Level 5 and International Official. Clinics and upgrading are held in conjunction with all major meets in the province.

Zone chairpeople include:

ANB Official's Chairperson:

Claude Duke	Zone 7	727-3952
Sheila Cummings	Zone 2	237-6220
Marg Stocker	Zone 3	454-3864
Bud McInnis	Zone 4	847-0371
	Zone 5	
Pat O'Kane	Zone 6	622-1141

Run Jump Throw

An easy to use "cookbook" approach to teaching basic track and field skills. Idea for novice coaches, teachers, day care leaders, camp councillors, etc. The program is composed of two sections: (1) a basic skills acquisition/teaching section and (2) a skills testing section with national standards and achievement badge awards. Information on this program can be obtained from ANB at 459-7951.

ATHLETICS NEW BRUNSWICK PROGRAMS

Royal Canadian Legion Track & Field

Each year N.B. Command sponsors a Track & Field Program for all N.B. athletes up to Junior Age Class. The program, on the provincial level, has three parts: (1) a series of eight District Meets, (2) a Provincial Meet, and (3) a Selection Meet. Athletes advance through each with a team of 36 athletes (Midget & Juvenile) being selected to represent the provincial command at the National Track & Field Camp. The program is fully funded by the Royal Canadian Legion.

Jeux de l'Acadie

A program for Francophone athletes up to age 15, this program is sanctioned by A.N.B. It consists of 6 regional meets in N.B. (1 in N.S. and 1 in P.E.I) and a Final. The 1995 Final is set for July 1st at St. Louis-de-Kent.

Canada Games

A specific ANB program with major funding from Sport Branch; this is a four year program leading to the major inter-provincial competition. New Brunswick did very well at the 1993 Games in Kamloops, BC, returning with a gold - women's discus; silver - 3000m steeplechase; and a bronze - men's shot put. Planning for the 1997 Games will begin this summer with athlete identification at the setting of team standards. It is anticipated the 1997 team will consist of approximately 49 athletes of junior and senior age (23 yrs & under) and up to 7 staff.

Jeux de la Francophonie

Due to our official bilingual status, New Brunswick, along with Canada and Quebec, is a member of La Francophonie (the French Commonwealth of Nations). As a result, N.B. has been given the opportunity to enter a team in the Jeux de la Francophonie, held every four years. This is the core of the senior program in ANB. There is no language requirement for athletes attending, but all are required to meet performance standards.

REGISTRATION FORM

MEMBERSHIP FEES - TICK APPROPRIATE CHOICE(S)

Peewee	11 & u	1984 or later	\$15.00
Bantam	12 & 13	1982 - 1983	\$25.00
Midget	14 & 15	1980 - 1981	\$35.00
Juvenile	16 & 17	1978 - 1979	\$35.00
Junior	18 & 19	1976 - 1977	\$60.00
Senior	Over 19	1975 or before	\$60.00
Masters	(M) 40 +	1955 or before	\$30.00
	(F) 35 +	1960 or before	\$30.00
Road Runner			\$20.00
Coach			\$10.00
Official:		Level I	\$ 5.00
		Level II	\$10.00
		Level III-V	\$20.00
Associate			\$10.00

ATHLETE'S REGISTRATION

Club _____
 Last Name _____
 First Name _____ Sex: Male _____ Female: _____
 Birth Date: Day _____ Month _____ Year _____
 Mailing Address _____ Apt. No. _____
 City _____ Province _____ Post Code _____
 Telephone: () _____

Date: _____
 Processed by: _____
 Fee Rec'd No./Ch. Cash _____

PIN No. _____
 MEMBERSHIP No. _____

Upon acceptance as a member of Athletics Canada - NB Branch (Athletics New Brunswick) the applicant agrees to abide by the rules and procedures of AC and ANB as approved through rules and regulations.

ATHLETE SIGNATURE _____

Membership is effective from October 1, 1994 to December 31, 1995. Please forward through your club registrar to Registrar, 564 Scoullar St., Oronocto, NB, E2V 1H4.

FORMULE D'INSCRIPTION

FRAIS D'ADHESION - COCHER LA(LES) CASE(S) APPROPRIÉE(S)

Peewee	11 & moins	1984 ou après	15.00\$	_____
Bantam	12 & 13	1982 - 1983	25.00\$	_____
Midget	14 & 15	1980 - 1981	35.00\$	_____
Juvenile	16 & 17	1978 - 1979	35.00\$	_____
Junior	18 & 19	1976 - 1977	60.00\$	_____
Senior	Plus De 19	1975 ou avant	60.00\$	_____
Maîtres	(M) 40 +	1955 ou avant	30.00\$	_____
	(F) 35 +	1960 ou avant	30.00\$	_____
Coureur sur route			20.00\$	_____
Entraîneurs			10.00\$	_____
Officiel:		Niveau I	5.00\$	_____
		Niveau II	10.00\$	_____
		Niveaux III-V	20.00\$	_____
Associés			10.00\$	_____

Club _____
 Nom _____
 Prénom _____ Sexe: Masculin: _____ Feminin: _____
 Date de naissance: Mois: _____ Année: _____
 Adresse postale: _____ Apt. No. _____
 Ville _____ Province: _____ Code Postal _____
 Téléphone: () _____

Date: _____
 Traitée par: _____
 Cotisation: Mandat-poste/ Comptant
 Chèque _____

PIN # _____
MEMBRE # _____

La personne qui devient membre de l'ACA - Direction du Nouveau-Brunswick (ANB) s'engage à respecter les règles et les directives émanées par l'ACA et l'ANB, tel que promulgué dans les règles et règlements.

SIGNATURE de l'ATHLÈTE _____

La carte de membre est valable du 1^{er} octobre 1994 au 31 décembre 1995. Faire parvenir sa demande d'inscription par l'entremise du registraire de l'ANB au 564 Scoullar St., Oromocto, NB, E2V 1H4.

ANB GENERIC ENTRY FORM



MEET/RACE NAME:(please print) _____ Fee: _____

Your Name: _____

Gender: () Male () Female

Address: _____

Year of birth: _____

Postal Code: _____

Phone #: _____ ANB #: _____ PIN _____

Events: 1. _____ Time: _____

2. _____ Time: _____

3. _____ Time: _____

Special Instructions:

Inconsideration of my being able to participate as an entrant or competitor in this event, I, myself, my heirs, executors, administrators, successors, and assigns do hereby remise, release and forever discharge, waive and save harmless, protect and keep indemnified, the Organizers of the Event identified above, Athletics Canada, Athletics New Brunswick, Run New Brunswick, and any and all clubs, associations, sanctioning bodies, sponsoring corporations, sponsors, participants, competitors, entrants and all other respective agents, officials, servants and representatives from and against any and all kinds of actions, claims, costs and expenses prior to, during or subsequent to this event whether as an entrant, competitor, participant, spectator, otherwise and not withstanding that the same may have been contributed or occasioned by the negligence of any of the aforesaid, their agents, officials, servants or representatives. By submitting this entry, I acknowledge having read and agreed to the above waiver.

Signature: _____ Date: _____

Parents Signature (under 19 yrs of age): _____



