



# Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

## AUGUST, 1985 NEWSLETTER

### OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	772-5781
Phil Pierce	- Secretary	781-3769
Vacant	- Membership Chairman	

### NEXT MEMBERSHIP MEETING

August 14, 1985, 7:00 p.m., at the SMVTI Auditorium. A double treat for all with Alan Leathers and Dick Brink sharing the panel on biking.

Alan, a long-time MTC member and dentist specializing in general anesthesia (intravenous sedation), does fillings, bridgework, partials, dentures, crowns, and extractions. Patients remain awake and sessions can last three to four hours.

After that, Alan is ready for a long bike trek. That's what he'll speak to us about..."touring," as in real long ones, including overnight trips. In fact, Alan has done some week-long trips with his two brothers as far away as Nova Scotia, Connecticut, Pennsylvania's mountains, Lake Erie and Kentucky.

Even so, Alan runs more than he rides. Although he does the biking in triathlons, he does 3 or 4 running road races per year, including the Maine Coast Marathon and Casco Bay. An all-around sportsman, Alan also plays competitive tennis and likes to hike. (Thanks to Joyce, his bookkeeper/secretary/receptionist, for all this info.)

Dick Brink we all know as owner of Cyclemania and a recent addition to the MTC roster. He will speak about what's happening in competitive cycling in this geographic area and how to get involved. Dick will also speak about conditioning for competition.

Dick says bikes cost anywhere from \$159 to \$1,500 in his shop. Cyclemania also sells parts, accessories and clothing to make your riding easier.

### NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, August 28, 1985, at 7:00 p.m., at the Maine Savings Bank board room on Congress Street (2nd floor). All members are welcome to attend. Please be sure to submit any material to be included in the September newsletter at this meeting.



### ANNIVERSARY

Bob and Brenda Cushman are celebrating their 25th wedding anniversary on August 20th. Congratulations, and best wishes for 25 more. (And she looks so young!)





NEW MEMBERS - A warm welcome to the following folks who have joined us this month:

<u>Name &amp; Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Robert P. Antoniuc HHC 3rd BN, 16th INF 70 Pleasant Hill Road Scarborough, ME 04074	W883-4101	U.S. Army, Battalion Exec. Officer	40 - Ice hockey referee
Dick Campbell 19 Victory Avenue S. Portland, ME 04106	W780-5250 H799-2513	Dir., Student Financial Aid, USM	34
April Chute P.O. Box 52 Sebago Lake, ME 04075	H642-3873	Student - Greater Portland Christian School - grade 6	11 - Baseball, soccer, swimming
Stephen Grow P.O. Box 8240 Portland, ME 04101	W780-3612 H797-5727	US Army Captain	30 - Scuba diving, fishing, camping, cooking
Craig, Jane, Craig, Jr., Christopher & Michael Hall 79 Leighton Road Falmouth, ME 04105	W781-2300	C-Chief of Police J-RN, Mercy Hosp.	37, 36, 10, 7, 3
Lawrence Hanlon 33 Haskell Avenue S. Portland, ME 04106	W767-5670 H767-2555	Sales, Phelps Engineering Co.	44
Roger Hills 294 Sawyer Street S. Portland, ME 04106	H767-3772	Teacher, SAD #60	41 - Hiking, skiing
Philip Jones 46 Longfellow Drive Cape Elizabeth, ME 04107	H767-4621	Warehouse Mgr, Hannaford Bros.	34 - Water & snow skiing, softball, racquetball
Terri Jordan 100 Skillings Street S. Portland, ME 04106	H772-8099	Student - Memorial Middle School - grade 8	13 - X-country skiing, swimming, reading, writing
Bonnie J. Milton RFD #1, Box 1640 Sebago Lake, ME 04075	H642-3694	Student - Bonney Eagle - Freshman	15 - Track, roller skating, water skiing
Mike Mosley 129 Munjoy South Portland, ME 04101	W772-9211 H772-3330	W.H. Nichols Co.	31
Shirley Packard Great Diamond Island Portland, ME 04109	W774-4581 H766-2560	Social Worker, Dept. Human Srvc. Substitute Care	31
Stephen L. Smith 23 Hunts Point Road Cape Elizabeth, ME 04107	W780-6505 H799-8254	VP, Unionmutual	42 - Tennis, skiing, sailing
Kris & Linda Sorensen 41 Hillside Avenue Cumberland, ME 04021	W773-3821 H829-3810	K-Manager, E.F. Hutton	33, 29 - Travel
Lisa Tagariello 29 Willard Street S. Portland, ME 04106	W773-5651 H799-8788	Legal Secretary, Murray, Plumb & Murray	29 - Classical and operatic singing

Family Membership - Nancy Stedman's husband, Bruce, has just joined the Club. Bruce, age 28, is a vice president/manager of Grace Press. In addition to running, Bruce enjoys golf, fishing, roller skating, and cycling.

See page 6 for New Member Sponsors.



## MEMBER PROFILE - Al & Sandy Utterstrom

Like many folks, Al & Sandy started to run to lose weight. Al had been running for a while so Sandy decided to try it, too. She began by running from one light pole to the next, and then walking to the next pole.

A couple of months after Sandy started running, she and Al got married (May, 1978) - their getting married had nothing to do with running! Just when Sandy was beginning to enjoy running, she had a mole removed from her right leg. Well, as it turned out, it was malignant, so she ended up in the hospital for major surgery to make sure that all the malignant tissue was removed. The surgery left Sandy with a hole the size of a donut cut down to the muscle of her right leg which required a skin graft.

The surgery kept Sandy off her feet for a couple of months, and she gained 25 lbs. She was lucky, though, not to have required any additional treatment, though she continues to have a cancer check done every year. All three of her doctors encouraged Sandy to start running again as soon as she could walk.

After her recuperation period, Sandy joined Lifeline at USM to get back into shape. She also saw Skip Robinson at USM and he worked up a diet and a routine with weights to help her get her strength back. It was a year of a lot of hard work at the gym, but Sandy persisted and felt great for doing it.

While all this was going on, Al was doing all of his running to train for his first marathon (Casco Bay, 1979). He joined a group at Lifeline and would run from USM. Mason Smith organized the Sunday runs, so every Sunday it was off to train long-distance. Sandy would provide the water for the group during those runs. Then she decided if they could run, so could she. So she'd park her car 3 miles out, and run to it; then she'd do the water for the group. She continued to increase the distance until she had reached 10 miles.

When Jean Thomas did her second Casco Bay Marathon, Sandy ran from Yarmouth to Merrill Road with her. It was after that that Sandy decided to do her first marathon. By this time, Al had completed 10 marathons. Lowell, MA was his best at 4:11, and Paul Bunyan followed that with a finish time of 4:14. Al hadn't intended to run the Paul Bunyan that year. He had gone to watch Mason Smith run it and decided at the last minute to run himself - he hadn't even trained for it! Once Al found that he could complete a marathon without training, he stopped training.

Sandy has completed 8 marathons with her best time being 3:50. She enjoys training and the people she trains with. "I run with a great group of people, and most of them are members of the MTC, too," says Sandy.

Both Sandy & Al like to travel and do races in different places, giving them the opportunity to meet a lot of people. They've done the New York City Marathon, as well as races in Albany, NY (a marathon and the Price Chopperthon they have in Marsh - it's an 18-miler). They've even been to Bermuda for the 10K in January (not a bad time to be in Bermuda!) a couple of times.

These days, Al is into biking. He bikes one night a week with a group, and on Sundays they go for a long-distance bike ride. He really enjoys it.

Al works at Kris Way Truck Leasing, Inc., in South Portland. He has worked around trucks all his life. (His father was in the trucking business as well.) Sandy works at Unionmutual, and has been for 14 years. She tests computer programs that pay the agents' commissions.



## ADDRESS CHANGES

The following members have notified us of address changes. Please make note of these addresses on your rosters. (Also see bottom of page.)

Eleanor Vance	Carol Bailey	John-David Mathieu	Bob Ayers
P.O. Box 64	102 Morning St.	8 Cobb Road	37 Hancock Dr.
Lovell, ME 04051	Portland, ME 04101	Bath, ME 04530	Glenmont, NY 12077
	H772-4903		

## CAPE ELIZABETH TRACK

A new 400 meter track is under construction at Cape Elizabeth High School. Ralph Romano (Bob Jolicoeur's neighbor) of Ralph Romano, Jr., Inc., of Portland is the contractor. Ralph estimates the rubberized asphalt track and soccer field inside the track to be completed sometime in September.

Jim Murray of the Cape donated a piece of land to add to the school's property to make construction of the track possible. \$130,000 in funds were granted by the State Parks and Recreation Department, and an equal amount comes from original funds from when the high school was built in 1969.

## PHYSIO-CONTROL CMS 6000

On July 31, 1985, the Board of Directors of the Club voted to recommend a donation be made of \$100 to the University of Southern Maine "Heartline" and "Lifeline" cardiovascular fitness program's drive to monitor the EKGs and vital signs of individuals while exercising.

Cost of the physio-control CMS 6000 piece of equipment is \$17,640. A vote for the donation will be solicited from the membership at the August meeting.

## CLOTHING COMMITTEE

Sandy Utterstrom regrets she will be in Baltimore at the time of our next Club meeting. She would welcome orders at home, however, if any member wishes to purchase Club uniforms or accessories. Her home telephone number is 797-4710.

## TREASURER'S REPORT - July 31, 1985

Checkbook Balance, June 30, 1985	\$2,486.24
Receipts	662.10
Disbursements	<u>422.36</u>
Checkbook Balance, July 31, 1985	\$2,725.98
Back Bay Running Path	\$12,280.81

\*\*\*\*\*

One more address change: Harry Nelson  
155B Walnut Hill Road  
Cumberland Ctr, ME 04021  
W854-9701 H829-6131

## Pepper . . . and Salt

THE WALL STREET JOURNAL

### Flying Objections

*("Swiss doctors report attacks by birds as a new hazard for joggers."—WSJ editorial.)*

My reasons for not jogging  
Have struck some as being  
obtuse.

But now the chance of a buzzard's attack

Gives me one more good excuse.

—George O. Ludcke.



## MEMBERSHIP CHAIRMAN RESIGNS

Bob Ayers submitted his formal resignation as Membership Chairman on July 19, 1985, in a memo to Bob Jolicoeur. Bob now lives in Albany, NY, and works for Empire Associates (insurance services).

Bob said he hopes the Club will continue to grow. He states that "running is fun, but working with you and the other members of the Board was as exciting." He also says Albany is a great area to run but "nothing beats Maine, of course."

Bob has done a superb job as Membership Chairman. The Club gained over 50 new members in the six months he served in that capacity. We suspect that's a Club record, Bob! We enjoyed working with you and we will miss you.

Bob's new address is: 37 Hancock Drive, Glenmont, NY 12077.

The vacancy for Membership Chairman will be filled at the next membership meeting. Anyone interested should place their name in nomination from the floor or in advance of the opening of the meeting.

## EFFECTS OF SUNSCREEN USE IN HEAT

Protecting yourself from the sun while exercising reduces your chances of sun stroke and skin cancer, yet researchers recently found that using a sunscreen while exercising in hot, dry weather significantly raises the temperature of the skin, making you more susceptible to heat exhaustion. Sixteen college-aged men exercised for 39 minutes in a hot, dry environment and a hot, humid environment after applying a sunscreen, and then again in both environments but without the sunscreen. The sunscreen was made of padimate O and oxbenzone, with a sun protection factor of 8. Sunscreens made with those ingredients are not significantly affected by profuse sweating. The researchers found through skin temperature tests while the men were exercising that their skin temperature increased significantly in the hot, dry environment. This did not happen in the hot, humid environment or when they did not use the sunscreen. Researchers believe that using this sunscreen while exercising in low humidity reduces the speed of sweat evaporation so your body can't cool itself easily. If you want to protect yourself from the sun's rays and still keep cool, cover your head with a light-colored hat and visor and your body with loose fitting, light-colored cotton clothing. (The Physician and Sportsmedicine, Vol. 12, No. 6, June 1984) - From Pen Bay Pacers Running Club Newsletter

## ARE TANNING SALONS SAFER?

Tanning salons using ultraviolet tanning beds and trendy UVASUN units offer sun worshipers that year-round glow...but are they safer than the sun itself? Time magazine recently reported that "one reason for the growing popularity of tanning salons is an advance in technology. Old-fashioned sunlamps emit strong doses of ultraviolet radiation, which can cause a quick sunburn if one is not careful. New tanning machines, however, block out most of the sunburn-linked beta rays (UVB) in favor of alpha rays (UVA), which promote a more gradual tan. The most popular device for soaking up UVA is a clamshell-like tanning bed. The customer lies down on a Plexiglas surface, closes the lid and relaxes as lights from above and below bake him to a golden brown. (Continued on next page.)



### ARE TANNING SALONS SAFER? cont.

"Though UVA tanning is less likely to cause an immediate sunburn, doctors warn that it may present the same long-term dangers caused by overexposure to the sun, including premature aging of the skin and a risk of skin cancer. "There is no such thing as a safe tan," says Darrell Rigel, a dermatologist who teaches at New York University School of Medicine. "The only reason ultraviolet alpha is less bad than beta is that it has less energy. If you intensify the alpha rays to get a tan, the damage is just as great as if you had normal amounts of beta." Some research has also indicated that UVA rays may damage deep blood vessels in the skin and could affect the body's immune system.

"Salon operators reply that tanning machines are safer than sunlight because they can be more carefully regulated. "Anything can be abused," says Randy Novak, owner of Tan Chicago. "But the damage from sunbathing comes from out of doors because it isn't controllable. You can reduce the danger at a tanning parlor." The Food and Drug Administration requires tanning machines to carry labels warning that users should wear goggles to protect their eyes and that people taking photosensitive drugs, including some antibiotics, should consult their doctors before going under the lamps."

### NEW MEMBER SPONSORS

Another great job this month in the new memberships department with 15 new households and with credits going to the following:

Jane Dolley, 1; Raphael DePrez, 1; Olympia, 3; Athletic Attic, 1; YMCA, 1; Bob Jolicoeur, 1; Susan Stone, 1; Nancy Stedman, 1.

We're doing great!

### ANNIVERSARY CELEBRATION

James H. "Terry" McGovern had a hard time finding someone to run with on July 27th. Everyone had other plans. They had been invited to Terry & Mary's 40th wedding anniversary party planned by Terry's 10 children. Terry's running friends that helped him celebrate were: Bob & Brenda Cushman, Al & Sandy Utterstrom, Widgery & Jonnie Thomas, Bill & Sue Davenny, Ken & Jane Dolley, John & Joan Lavin, Joan Thomas, and John Gale and fiancée, Lisa Joyce (their big day is Saturday, November 16th).

### MARINE CORPS MARATHON

MTC members going to the Marine Corps Marathon in Washington, DC on November 3rd are: Bob Cushman, Bill, Sue & Ben Davenny, Bob & Barb Coughlin, Joe Croteau, Barbara Footer, Ray & Ruth Hefflefinger, James & Mary McGovern, Jean Thomas, Widgery Thomas, Al & Sandy Utterstrom, Ned & Ann Vadakin.

If anyone else is going, give Sandy Utterstrom a call. It should be a great time. (More detailed information listed under "Upcoming Races - Outside Maine".)





## RRCA CONVENTION

Who's the happiest running club in the nation? You guessed it...the Maine Track Club! We've been smiling ever since we got the news of our selection by the RRCA executive board. Many of our friends have noted and sent along their best wishes, including Kevin Purcell, Henley Gible (VP-East for RRCA), and Jane Sisco of Greenwich, CT who even visited Portland and Freeport already.

Also sending congratulations and best wishes are our sister running clubs from Maine and elsewhere.

Bob Jolicoeur is ready to start making assignments as soon as he hears from you as to your preferences, if any. Here's a partial list of assignments and tasks that will need attention before, during, and after the convention: Friday 5K, Sunday 10K - many jobs available; transportation to and from hotel, airport, social functions; socials; publicity; hospitality suite; registration desk; lobster/clam bake; exhibition booths; sponsorships; photography; and video production (for history's sake).

Let Bob know as soon as you can what you would like to do. On Thursday, May 15, the RRCA board and early arrivals are expected. A reception committee should meet them at the airport and drive them to the hotel. That evening, after the fun run, they will need transportation to Bob and Priscilla's house where the MTC will host a pot-luck buffet. All members are invited to bring something. Priscilla Jolicoeur will coordinate the food. Call her at 799-4127.

This is going to be a great project and will provide every member an opportunity to get involved. More talk on these opportunities next month, but don't wait...sign up now while you're hot!

Bob Jolicoeur  
(H) 799-4127 (W) 775-0065

## LSD ANYONE?

Ethan W. Minton is arriving in Portland, Maine, if all goes well, on August 17, 1985, according to the local press (see page 15 of the July newsletter for story) after running 600 miles. Last word heard was that he was suffering a bit from achilles tendonitis. We can empathize with that, Ethan.

## ATHLETIC EVENT INFO LINE (NEW HAMPSHIRE AND MASSACHUSETTS)

1. Call (603) 569-2201 for the Wolfeboro Sports Gnome Athletic Event Info Line. The line is designed to inform lakes region (New Hampshire) sports enthusiasts of upcoming sports events in their locale. The line is available 24 hours per day, playing up to three minutes detailing local events of which it has been informed.

They request mailing of your upcoming events to: Wolfeboro Sports Gnome, P.O. Box 882, Lehner Street, Wolfeboro, NH 03894, or if time is of the essence, you may call the line and leave your message after the recording has played through.

2. Boston Running News also has an updated recording service partially subsidized by the New England TAC on coming running events. To listen call (617) 527-4536; to list an event call Lonny Townley at (617) 969-4482 no later than the Friday prior to the week of the race.



## BAXTER BOULEVARD UPDATE

Portland's Perfect 10K, sponsored by the Athletic Attic and Doug Ingersoll in cooperation with the Maine Track Club, was very successful. \$1,964.00 was raised for the Boulevard project giving it a great boost. Our thanks to all who worked and all who ran. See Nancy Shaboski Stedman's report and race results elsewhere in this newsletter.

Since the last meeting, we've received donations for the project from the following people: Don Stanhope (Slocum, RI), Kenneth and Pauline Curtis, Southern Maine Volkssport Association (\$250 from the Volksmarch people), Richard and Nancy Lemieux, Bob Hazzard, III, Barbara D. Smith, Liberty Group, Inc., Joe Croteau, Peoples Heritage Bank (\$250), Herb Strom, and Don Penta.

Contributors missed in last month's newsletter were Ken and Jane Dolley, and Bob and Brenda Cushman.

Thanks to all. Hope the project gets off the ground soon. Terry Ann Lunt indicates funds are still short, and is busy with the committee looking high and low for additional contributions. You've heard groundbreaking targets of May 15, June 1, July 1... now it's September 1. The Maine Track Club can certainly be proud of its contributions to the success of the project.

Photo shows Bill Green (Channel 6 Sports News), Larry Meade (Portland Recreation Dept.), Nancy Shaboski Stedman (to Bob Jolicoeur's right), Ted Cunningham, Sandy Utterstrom, Dave Paul, Denise Harlow, and Joyce Cook on the Baxter Boulevard Running Path.

Portland, Maine. Press Herald, Tuesday, August 6, 1985

## Repairs to jogging path on Back Cove delayed

The beginning of repairs to a jogging path around the Back Cove area has been set back until the end of this month — the second such monthlong delay.

But Terri Ann Lunt, director of Portland's Health and Human Services Department, who a month ago said the repairs would start this week, is now saying they will begin Sept. 1.

The delays were due to a failure to raise all the money needed and problems getting the work schedules of city and private construction crews to coincide.

Blue Rock Industries will be installing the \$30,000 stone-dust footpath.

Asked Monday whether the \$30,000 had been raised, Lunt, the city's chief health promoter, said, "We need about \$1,000 to \$2,000 more. They're doing solicitations to pull the final money in."

She referred to the Concerned Citizens for a Walkway Around Back Cove, which is raising money for the project.

The delay in footpath repairs is somewhat of a blessing, Lunt said, since the added 30 days will provide time to raise the additional money.

She also said the group plans to install a plaque in a boulder at the site to list the names of major contributors to the long-awaited footpath reconstruction.



Though "major contributors" haven't been defined yet, the terminology probably will mean anyone who has contributed at least \$250 to the footpath.

"I don't think they've considered an exact amount," Lunt said.

While the Concerned Citizens and City Hall are working on improving the existing 2.5-mile footpath along Baxter Boulevard, the Maine Department of Transportation is gearing up to fill the "missing link" for pedestrians between Tukey's Bridge and Preble Street.

Exercise machine for the "in" people: treadmill.

—Edward Stevenson.

Dread Spread

For many of us, that mid-life crisis begins in the mid-riff.

—Edward Stevenson.



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## WORLD CLASS RUNNER IN THE MAKING?

Jon Rummler, winner of many local races including Sunday's Rockland Lobster Festival 10K, is 21 years old and a senior at UMO. His father, Dick Rummler, is Vice President, Commercial Lending at Maine Savings Bank, and Jon can often be seen before the races wearing a Maine Savings Bank t-shirt.

World class runner? Jon says he's not ready to do a marathon yet, but when he does his first one, it will be under 2:20. Recently he designed a 7-week program for himself of averaging mileage in excess of 100 miles per week. He even spiked it up to 120 miles one week and his body took it all in stride.

Jon told me on a cool-down run after the 10K in Rockland that his race times right now are tracking Carlos Lopes' recorded times when he was 21 years old. He also will not allow any women to beat him in a race, including Joan Benoit (...his macho ego gets in the way).

Don't look for anything spectacular at UMO this year. Jon says he's not going out for track. He's just going to keep his mileage up and do some good training in preparation for the following year when he expects to be much faster. He said if he went for it this year he knows he'd be disappointed with his times, and he'd rather wait a year when he returns to UMO for his Masters degree.

Keep an eye and ear out for Jon Rummler. You'll be seeing and hearing more of him in the coming months and years.

Bob Jolicoeur

## GROUP RUNS

We have quite a group of runners who meet every morning at the USM gym at 6:00 a.m. We run from 3-8 miles at varying speeds. Hillwork and intervals also are fit into the schedule (optional). The group is: Jean Thomas (the "leader"), Bill Davenney, Widgery Thomas, Terry McGovern, Bob Cushman, Jane Dolley, Sandy Utterstrom, Al Utterstrom, John Gale, Barb Coughlin, Barb Footer, Ned Vadakin, Joan Lavin, Ruth & Ray Hefflefinger, and John McGovern.

The schedule usually looks something like this: Mondays and Wednesdays - easy (3-5 miles); Tuesdays - hill work (12 hills); and every other Friday - speed work at the Expo Track (5:30 a.m.)

We'd love to have more join us!

Jane Dolley

Herb Strom and Russ Connors encourage all to call them for Saturday morning runs. Al Butler and Ron Cedrone are leading one of the Sunday morning groups. The start and finish locations vary, but there is usually another group running at 7:00 a.m., Sundays from Payson Park. Join any of these groups for 10 to 20 mile runs. The more people the better. Consult your roster for telephone numbers.

## FORTIN & HOWGATE

The CPA firm of Fortin & Howgate just announced its relocation to 121 Middle Street, Portland. Barry Howgate is a partner in the firm.



MINUTES OF THE MAINE TRACK CLUB  
July 10, 1985

The meeting began with two important announcements: first, members learned that President Bob Jolicoeur's efforts to bring the Road Runners Club of America's annual convention to Portland in 1986 were successful; second, Greg Nelson and several MTC members have measured the Casco Bay Marathon course for TAC certification.

The Club gained 14 new member households during June, and has had seven so far in July. Among the new members and guests introducing themselves were Steve Smith, Dick Goodie, Jennifer Rice, Dennis Morrill, Steve Palmer, Laura Krause, Sue Young, Tony Salvo, Michele O'Brien, Dennis McWhorter of The Runner's Outlet, and Roger Hills of The Appalachian Mountain Club.

Author Dick Goodie spoke in favor of nominating Ralph Thomas to the Maine Sports Hall of Fame. "Runners for too long have been ignored" in favor of team sports players, Goodie said. He described Thomas, nationally ranked at age 39 and a great influence on others, as "the best natural salesman the Maine running program ever had." Signatures in support of Thomas's nomination will be gathered.

The featured speaker of the evening was Mike Aitken of Cortland (NY) State College, who addressed the group on "Preventing Running Injuries." We all know the importance of warming up and "warming down," and of post-run stretching, but did you know that warm-up stretching is easier after you've run a little and started to sweat?

Lack of flexibility is a major cause of injury. Because the range of motion in a runner's leg is limited, stretching is essential. As muscles get thicker they get shorter, and the next thing you know - if you don't stretch properly - you've got a pulled hamstring. To obtain the best hamstring stretch, Aitken said, put your foot up on something like a table or counter, holding your toes upright as well. Kicks, he emphasized, will only tighten the leg.

A stretch that does more harm than good, according to Aitken, is the so-called "hurdler's stretch", which we commonly see people doing. Sitting on the ground that way with the lower leg bent up along the outer thigh stretches the ligaments, which are not meant to be stretched.

Some experts feel that a given stretch should be held for as long as three minutes, but Aitken doesn't insist on that. Training errors, in Aitken's view, include overdistancing instead of gradual build-up (do one mile the first week, two the second, three the third, and from there increase your distance only 10% per week); too much running down hills and stairs (upstairs is OK); increasing stride in the mistaken belief it increases your time; and neglect of anterior and upper body muscles (swimming is a good remedy).

Runners should take at least one day off a week, Aitken believes, and a week off every six months or so.

Almost all running injuries are overuse injuries, Aitken stressed (forgive pun!). Treatment includes ice (not heat); reduced activity; and specific strengthening programs. While doing the rehab exercises, runners should stick to a very limited running program, otherwise the exercises are for naught. Stress fractures require



## MINUTES cont.

at least four weeks of not running if the break is in the foot, longer if a leg bone is involved. Calcium supplements may help, but the proof is not conclusive. Women who have only 7-8% body fat seem particularly vulnerable to stress fractures.

What to do after you've finished a marathon? Aitken recommends walking for at least half an hour to restore circulation and make you less sore the next day. A sports massage is also helpful, provided you have no injury. The next day, walk, swim, or cycle.

Aitken finished by saying that joints should be kept in their normal positions when exercising. Such exercises as yoga and karate are "not so good for this," he stated.

The business meeting began with the Vice President's Report. Jane Dolley announced that Dennis McWhorter of The Mail Runner's Outlet will donate \$2,000 in merchandise prizes for the Cape Challenge race in September. John Gale and Barb Coughlin have measured the Cape Challenge course and done the certification paperwork. All the race needs now is some volunteers.

The Treasurer's Report was distributed, and Rick Strout gave us an update on the status of the Back Cove running path. The Club has channeled over \$10,000 into the project so far, including \$250 each from Peoples Heritage Bank and Southern Maine Volkswagen, as well as \$750 from Shaw's. Water bubblers and plaques listing major contributors are planned for the completed course, which will be eight feet wide and surfaced with stone dust. Total cost of the project is estimated at \$30,000.

Nancy Stedman and Doug Ingersoll of The Athletic Attic have organized Portland's Perfect 10K and 2-Mile Fun Run for July 14th, with proceeds going to the Back Cove project.

Wes Rothermel asked for volunteers to work the chute at the Pat's Pizza race July 20th, and Phil Coffin mentioned the Kidney Foundation Benefit 10K and Fun Run scheduled in Portland for October 6th. Dave Paul reminded us that the James Bailey race will take place on the last Sunday in September. Someone else suggested that more Maine people should run in next June's Jackson (NH) Covered Bridge 10K.

The meeting was adjourned, and the usual social hour followed, refreshments courtesy of Maine Savings Bank.

Maggie Soule (for Phil Pierce)

## SPORTS SCIENCE



## So That's Why Distance Runners Are So Lonely

In one of the few investigations of the hormonal effects of endurance training on men, researchers at the University of Alberta have concluded from blood samples taken from a group of men who ran at least

40 miles per week that male runners have lower levels of testosterone and prolactin than inactive men do.

They believe that the phenomenon is comparable to the reduced hormone levels observed in women endurance runners, and that it may be a factor in the lower sex drives some men note when they're training hard.

(Journal of the American Medical Association, July 1984)



## RACE RESULTS

Gray Old Home Days 2 Miler  
June 8, 1985 - 41 Finishers

1. James Goodberlet	9:36
2. Peter Grant	9:49
3. Peter Dube	10:03
8. Bob Payne	11:05
10. David Trussell	11:41

DOC'S TAVERN 3 MILER  
Biddeford

Jun 21st

1. Jon Rummier	15:11
2. Ken Botting	15:23
3. Jason Cakouros	15:23
4. Mike Turner	15:27
5. Dan Barker	15:33
6. Dennis McWhorter	15:37
7. Mike Cirillo	15:48
8. Lawson Noyes	15:49
9. Mike Kimball	15:50
10. Ken Flanders	15:55
11. Mike Lyons	16:00
12. Bob Hartley	16:04
13. Tom Thibeau	16:15
14. Wayne Clark	16:18
15. Bob Hunt	16:30
16. Pat Connell	16:33
17. Guy Martin	16:40
18. Gary Cochran	16:42
19. Perry Seagroves	16:48
20. Peter Flaherty	16:55
21. Bob Provost	16:59
22. John Martin	17:05
23. Roland Moulin	17:07
24. How Chadbourne	17:08
25.	
26. Roland Laflamme	17:10
27. Joel Titcomb	17:11
28. Robert Faucette	17:12
29. Larry Frank	17:14
30. Buz Davis	17:15
31. Don Grumann	17:17
32. Steve Slater	17:25
33. Bon Payne	17:31
34. Don Wilson	17:37
35. John Center	17:43
36. Aaron Cleg	17:44
37. Larry Kinner	17:46
38. Bob Jolicoeur	17:49
39. Eric Ellis	17:51
40. Debbie Sawyer	17:53*
41. Ken Fickett	17:56
42. Brian Lapierre	18:01
43. Dick Lajoie	18:06
44. Mike Mosley	18:08
45. Martin Schiff	18:09
46. Carl Leblanc	18:13
47. Jack Mercier	18:15
48. Perley Hodgkin	18:15
49. Daniel Rooney	18:16
50. Lee Anderson	18:17
51. Brian Kelly	18:18
52. Chip Savage	18:20
53. David Dutremble	18:22
54. Allyson Jones	18:35*
55. Greg Lamb	18:36
56. James Cox	18:45
57. Jessica Thorton	18:49*
58. Dan Gagne	18:52
59. Mike Beager	19:00
60. Jay Gestwicki	19:10

3rd Annual Governor Baxter Island Run  
3 Miles - June 8, 1985 - 53 Finishers

1. Stuart Hogan	15:40	7. Ron Cedrone	18:41
2. Andy Kimball	16:30	14. Brian Gillespie	19:50
3. Philip Wells	17:34	18. Philip Pierce	20:58
4. Joel Russ	18:03	29. Jodi Morong	24:24

61. Perrin Peterson	19:12	131. Donald Lavertu	22:42
62. Ron Gestwicki	19:16	132. Rolan Eon	22:44
63. Sam Ellis	19:19	133. David Norman	22:47
64. Lyl LaFountain	19:21	134. Patricia Rolman	22:50*
65. Mike LaCroix	19:23	135. Jonathan Trembley	22:50
66. John Brandolini	19:29	136. Rick Letellier	22:56
67. Guy Laflamme	19:34	137. Mark Lehoux	22:59
68. Mark Pomerleau	19:36	138. Sue Sklanka	23:01*
69. James St. Ours	19:54	139. Bob Morin	23:07
70. Frank Hemphill	19:55	140. Carol Penoyer	23:10*
71. Dave Parquette	19:56	141. Janet Poirer	23:14*
72. Roz Randall	19:59*	142. Tra Richardson	23:19
73. Bob Cushman	20:13	143. Robert Currier	23:21
74. J. Lamontagne	20:15	144. Debbie Dineen	23:23*
75. Lisa Smith	20:16*	145. Donna Glover	23:23*
76. Randy Smith	20:16	146. Earnest Moreau	23:23
77. Ivan Scott	20:18	147. C. Anderson	23:36*
78. Rene Goupil	20:18	148. Joan Welch	23:38*
79. R. Desrosiers	20:20	149. Jeff Thompson	24:00
80. David Boothby	20:23	150. Mike Laflamme	24:19
81. Patty Carton	20:24*	151. Lorr Scammon	24:25
82. Steve Whelan	20:43	152. Tricia Conley	24:29*
83. Geo Linnie, Jr.	20:45	153. Dan Coons	24:29
84. John Gaudreau	20:49	154. Roger Menard	24:30
85. David Slater	20:50	155. Fran Currier	24:33
86. Kim Schroeter	20:53*	156. Steve Boothby	24:34
87. Gary Gander	21:02	157. Robin Martin	24:34*
88. Denise Bouchard	21:10*	158. Pam Dutremble	24:35*
89. Marcel Bouchard	21:10	159. Anita Byrnes	24:36*
90. Tim Clough	21:14	160. Gary Boisvert	24:51
91. Norman Numan, Sr.	21:17	161. Michelle Bagdi	25:01*
92. Bruce Brunelle	21:19	162. Evel Whelan	25:09*
93. Eric Lipsett	21:19	163. Ray Loranger	25:18
94. Stoddard Chaplin	21:20	164.	25:19
95. Bob Letourneau	21:21	165. Bradley Goulet	25:34
96. Don Croteau	21:22	166. Brenda Cushman	25:34*
97. David Horne	21:23	167. Guy Laliberte	25:37
98. Mike Sullivan	21:27	168. J. Berthiaume	25:37*
99. Doreen Brandolini	21:28*	169. Sheila Chaplin	25:44*
100. Jean Smith	21:29*	170. Tom Thompson	25:44
101. Ken Ribaud	21:29	171. Rick Pelletier	25:48
102. Peter Connell	21:30	172. Sue Friedrich	25:58*
103. Phil Laflamme	21:33	173. Paula Truman	26:04*
104. Russ Bradley	21:34	174. Rachel Montpas	26:08*
105. Diane Trembley	21:34*	175. Gerri Albert	26:11
106. Daniel Moreau	21:35	176. Ray Montpas	26:12
107.	21:36	177. Sue Bickmore	26:13*
108. Joy Eon	21:36	178. Dave Johnson	26:14
109. Jane Waddle	21:39*	179. Gail Caiuzzo	26:41*
110. John Fortiguerra	21:47	180. Cara Gaudreau	26:50*
111. Mike O'Toole	21:54	181. Brian St. Pierre	26:54
112. Mark Clinch	21:55	182. Jenn Martin	27:02*
113. Bonnie Cote	21:57*	183. Phillis Goulet	27:25*
114. Debbie Minninni	21:58*	184. Dan St. Laurent	27:26
115. Linda Goulet	21:59*	185. Diane Whitcomb	27:33*
116. Roland Lagueux	22:03	186. Sally Patterson	27:35*
117. Don Penta	22:06	187. Laurie Bryan	27:36*
118. Nancy Slaughter	22:09*	188. Peter Gagnon	27:37
119. Denise Lipsett	22:13*	189. J. Eragitano	27:40
120. Bob Brochu	22:14	190. N. Eragitano	27:41
121. Bob Perkins	22:14	191. Eilan Hall	27:54*
122. Charlie Glover	22:21	192. Laurel Faucette	27:59*
123. Bob Lanigra	22:25	193. Joann Martin	28:19*
124. Carol Gestwicki	22:26*	194. Corleen Garland	28:24*
125. Susan Young	22:27*	195. Lucille Moreau	28:28*
126. Philip Soule	22:27	196. Anne Carpenter	29:13*
127. Conrad Demers	22:32	197. Delores Hodgkin	30:18*
128. Kenneth Dion	22:33	198. Charlie Scrifner	30:18
129. Kathy Gagne	22:34*	199. Betty Goodwin	32:16*
130. Diane Leblanc	22:37*	200. Pam Sullivan	32:55*
		201.	34:16
		202. Nick Curro	34:17
		203. Maureen Laflamme	35:04*

Results courtesy of Mike Dineen  
Race Director



## RACE RESULTS cont.

Mt. Washington Road Race - June 22, 1985  
(7.6 Miles)

John Gale 1:41:51 (Sorry we missed you  
last time, John!)

## Pottle Hill 10K - June 26, 1985

4. John Keller ?  
17. Bob Payne 39:31

## La Kermesse Franco-Americaine

## June 28, 1985 - 3 Miles

3. Peter Dube ?  
18. Bob Payne 17:41  
20. Bob Jolicoeur 17:52  
? Sue Young 24:22

## 8 Mile Perimeter Race - Brunswick Naval

## Air Station - June 30, 1985

? Bob Cushman 54:41  
? Brenda Cushman 73:28

## Windham Old Home Days Road Race

## June 29, 1985

1. Dick Neal 21:53  
2. Scott Spaulding 22:36  
3. Lee Allen 22:37  
5. Jim Harmon 23:13  
7. Bob Payne 23:41  
15. Jeffrey Lunt 27:01  
18. Juliet Clark 28:28 1st Woman

## 4 on the 4th - Bridgton - July 4, 1985

## 561 Finishers

1. Andy Halpin 19:54  
2. Michael Graham 20:12  
3. Rick Garcia 20:24  
37. Bob Payne 23:45 PR for course  
44. Richard Campbell 24:04  
48. Lee Allen 24:13  
53. Gary Flick 24:32  
60. George Waterhouse 24:42  
132. Dave Paul 27:02  
150. Phil Pierce 27:32  
177. Carlton Mendell 28:15  
257. Eric Worcester 30:44  
273. Don Penta 31:23  
318. Sandy Utterstrom 33:06  
434. Al Utterstrom 37:10

L.L. BEAN 10K  
Freeport

Jul 4th

1. Bob Winn 26 30:48  
2. Jon Rummel 20 32:19  
3. Doug Ingersoll 26 32:45  
4. Rock E. Green 31 32:47  
5. Steve Grygiel 27 33:08  
6. Peter Lessard 22 33:16  
7. Bill Hine 35 33:42  
8. Dennis McWhorter 25 33:50  
9. Jay Smith 26 34:05  
10. Michael St. Laurent 29 34:12  
11. Todd McGraw 20 34:13  
12. Jim Toulouse 37 34:22  
13. Joan Samuelson 28 34:25\*  
14. Gordon Scannell 32 34:33  
15. Barry Fifield 28 34:35  
16. Lawson Noyes 43 34:55  
17. Gino Valeriani 31 34:57  
18. Kevin Way 16 34:59  
19. Steve Brown 29 35:21  
20. John Creasy 35:31  
21. John Tarling 34 35:33  
22. Gary Weber 39 35:37  
23. Frank Brume 44 35:38  
24. Joel Croteau 41 35:39  
25. Gary Leonard 28 35:39  
26. Wayne Pellitier 19 35:48  
27. Bob Hunt 30 35:53  
28.  
29. John Eldredge 30 36:13  
30. Jim Dalton 25 36:16  
31. Roland Moulin 31 36:21  
32. Michael Kinball 31 36:23  
33. Jerry Allanach 20 36:26  
34. Chris Milliken 35 36:29  
35. Muzzy Barton 20 36:37  
36. Doug Ludewig 32 36:40  
37. Steve Liggett 45 36:49  
38. Mike Daly 33 36:50  
39. Fred Karter 40 36:59  
40. Mike Cirillo 35 37:01  
41. William Fitzsimmons 19 37:09  
42. Walter Cahill 35 37:12  
43. Dan Cake 29 37:15  
44. Tom Getchell 40 37:18  
45. Bud Haskell 31 37:20  
46. Roseanna Prest 22 37:24\*  
47. David Smith 22 37:36  
48. Paul Conley 42 37:40  
49. Brian Milliken 34 37:46  
50. Wayne Clark 38 37:47

51. Mark Blythe 33 37:49  
52. Bob Stuart 36 37:50  
53. Ron Cedrone 27 37:52  
54. Scott Samuelson 27 37:55  
55. John Sullivan 53 37:55  
56. Greg Dugas 30 37:56  
57. Charlie Keegan 24 37:58  
58. Peter Gluk 20 38:02  
59. Peter Flaherty 38 38:02  
60. Peter Bastow 48 38:08  
61. Paul Cote 32 38:12  
62. Tim Pynchon 25 38:16  
63. Bob Jolicoeur 48 38:18  
64. John Dudley 34 38:25  
65. Linda St. Laurent 25 38:32\*  
66. David Silk 22 38:39  
67. Joe Meehan 38 38:48  
68. Tom Allen 29 38:49  
69. Frank Forland 36 38:58  
70.  
71. John Coray 24 39:00  
72. Joanna Green 18 39:06\*  
73. Brooke Southall 22 39:16\*  
74. Jon Mudner 30 39:19  
75. Stewart Jordan 39:21  
76. Robert Marquis 47 39:27  
77. John Center 29 39:27  
78. Michael Bard 25 39:30  
79. Michael Perry 32 39:33  
80. Vin Skinner 27 39:35  
81. Paul Gale 25 39:36  
82. James Moore 42 39:38  
83. Cheryl Bascomb 25 39:39\*  
84. Alburn Butler 31 39:44  
85. Terrence Eldridge 31 39:49  
86. Joanne Cole 29 39:53\*  
87. Steve Sacter 27 40:04  
88. Terry Clark 41 40:10  
89. Barry Howgate 35 40:10  
90. Bill Paulisko 35 40:13  
91. Michael Frost 34 40:16  
92. Steve Jordan 30 40:21  
93. Frank Knight 39 40:22  
94. James Hogerty 30 40:23  
95. Pat Reny 24 40:24  
96. Paul Prescott 29 40:24  
97. Mark Dorsey 30 40:25  
98. George Wells 52 40:29  
99. Dick Lajoie 45 40:34  
100. Mike Reali 31 40:38  
101. Don Stowell 30 40:41  
102. Jane Welzel 30 40:43\*  
103. Lee Nicely 45 40:46  
104. Charles Weymouth 43 40:48  
105. Mark Gould 20 40:52  
106. Thad Dwyer 28 40:53  
107. Martin Schiff 46 40:54  
108. Rick Strout 46 40:59  
109. Norman Lafohtune 26 41:06  
110. David Trussell 42 41:14  
111. Jim Drmint 37 41:18  
112. Tim Higgins 25 41:20  
113. Gary Lawley 35 41:23  
114. William Donovan 43 41:24  
115. Wade Judge 35 41:24  
116. Peter Hanson 45 41:26  
117. Joel Titcomb 26 41:28  
118. Chip Savage 36 41:28  
119. John Schwerdel 39 41:30  
120. David Canarie 28 41:34  
121. Judith Lacourse 28 41:38\*  
122. Richard Marino 37 41:49  
123. Mike Hayes 27 41:49  
124. David Enberg 31 41:50  
125. Dick Cummings 47 41:52  
126. Sid Hazelton 24 41:53  
127. John Braccio 31 41:57  
128. David Clark 20 42:00  
129. Bill Johnson 37 42:05  
130. Orlando Delogu 48 42:10  
131. Bill Hall 39 42:13  
132. Edward Garcia 24 42:23  
133. Jerry Saint Amand 41 42:24  
134. Jim Gwilym 29 42:26  
135. Dick Sabine 47 42:33



# RACE RESULTS cont.

## L.L. Bean 10K cont.

136. Alexis Greuald 35	42:34*
137. Gerry Mirabile 25	42:37
138. Kris Sorensen 33	42:41
139. Robert Cary 35	42:42
140. Allyson Jones 15	42:45*
141. Richard Scribner 34	42:48
142. John Cole 43	42:51
143. Chris Brewer 22	42:56
144. John Gale 29	43:05
145. John Jalbert 15	43:15
146. Gary Monroe 36	43:19
147. Perrin Peterson 34	43:20
148. Sam Martin 37	43:20
149. Robert Cushman 47	43:25
150. Charles Vadakin 43	43:25
151. David Kent 42	43:26
152. Charles Hutchins 42	43:29
153. Craig Schmidt 24	43:31
154. Arthur Chapman 40	43:37
155. Don McGilvery 33	43:41
156. James Chase 53	43:44
157. Mark Ramsey 25	43:47
158. Dale Rines 33	43:48
159. Ed Myers 30	43:54
160. Steven Doron 33	44:00
161. Bob Lyman 41	44:07
162. Gary Harris 28	44:08
163. Ken Sivik 25	44:09
164. James Gorsky 32	44:11
165. Dave Guggan 49	44:17
166. Ron Pelton 32	44:22
167. Charles Farrell 34	44:27
168. Ward Cunningham 48	44:29
169. Jeff Carr 25	44:29
170. Kip Jordan 33	44:32
171. Walter Smith 43	44:33
172. Chuck Lamb 35	44:35
173. Veronica Knight 18	44:38*
174. James Booth 39	44:40
175. Peter Holloway 43	44:41
176. Gary Gifford 26	44:44
177. Bob Myers 28	44:45
178. Gary Thomas 28	44:47
179. Dave Hyde 35	44:47
180. Tia LaMarre 27	44:48
181. Dawn Edgerly 16	44:49*
182. Doug Wood 36	44:50
183. David Delois 37	44:52
184. Don Deane 28	44:56
185. Murray Campbell 47	44:56
186. Charlotte Hazwell 26	44:57*
187. Cindy Dray 24	44:57*
188. Richard Theberge 38	45:04
189. Jane Dolley 37	45:18*
190. Peter Hall 30	45:20
191. Tom Chase 50	45:24
192. Tom Hall 18	45:36
193. Richard Robichard 39	45:40
194. Henry Brzycki 29	45:42
195. Dave Paquette 32	45:44
196. Mark Margerum 26	45:45
197. Gerald Cecil 40	45:52
198. Phil Ortulani 36	45:56
199. Bill Davenny 40	46:02
200. David Paduan 38	46:04

201. Frank Hemphill 42	46:08
202. James Gagne 31	46:11
203. David Body 47	46:16
204. Natalie Buzzell 52	46:16*
205. John Taxter 33	46:17
206. Peter Ladner 44	46:22
207. John Klimavicz 51	46:23
208. Jean Lavoie 30	46:24*
209. Arthur Wing 37	46:25
210. Ted Beaulieu 44	46:25
211. Bob Hazzard 53	46:26
212. Gerald Cassidy 27	46:28
213. Paul Amboise 55	46:29
214. Paul Brown 33	46:34
215. Brian Emery 36	46:37
216. Tami Clarke 24	46:46*
217. Barbara Foster 33	46:47*
218. Ken Clegg 41	46:52
219. Bob Sturges 38	47:00
220. Ken Brenney 40	47:00
221. Mike McLennan 39	47:01
222. Fran Brennan 48	47:19*
223. Carl Ericson 31	47:20
224. Dan Farrey 30	47:21
225. Debbie Mininni 26	47:26*
226. Phil Upcon 31	47:27
227. Dave Horne 48	47:31
228. Russ Bradley 61	47:33
229. John Martinez 38	47:34
230. Phil Meech 34	47:35
231. Larry Coffey 42	47:39
232. Roy Rathbone 37	47:40
233. Brad Horn 23	47:51
234. Mike Miller 35	47:54
235. Tim Boyden 23	48:00
236. David Salter 25	48:10
237. Jennie Gwilyn 28	48:16*
238. Dee Coughlin 39	48:20*
239. Tim Smith 27	48:21
240. Raymond Picard 38	48:31
241. Donna Lapierre 45	48:33*
242. Dave Conley 45	48:34
243. Katherine Christie 40	48:37*
244. Arabella James 31	48:39*
245. Bob Gregerson 26	48:40
246. Tim Kiely 21	48:42
247. Jim Johnston 38	48:43
248. Karen Milliken 27	48:45*
249. Tim Haggerty 26	48:50
250. Jeffery Sloan 28	48:50
251. Robert Strout 26	49:04
252. Richard Cavanaugh 52	49:04
253. Bill Ridlon 36	49:07
254. Leon Libby 36	49:12
255. Paul McFarland 31	49:14
256. Ann Blanchard 28	49:18*
257. Don Stanhope 42	49:25
258. Earle Harvey 53	49:25
259. Jim Chapman 40	49:26
260. Bill Prefetto 33	49:31
261. Don Chegtham 58	49:43
262. George Meubauer 35	49:49
263. Brenda Jenks 41	49:50*

264. Warren Wilson 51	49:53
265. Bob Fredrich 31	49:54
266. Daniel Robbins 32	49:55
267. Jodi Morong 22	49:58*
268. Don Kreis 26	49:59
269. Yvette Knight 39	50:02*
270. Jerry Harkavy 42	50:02
271. Harry McPherson 35	50:06
272. Chris Skillins 14	50:08
273. Marion Leschew 48	50:15*
274. Brian Butler 34	50:18
275. Sander Prescott 35	50:20
276. Ray Roux 30	50:40
277. Joe Downey 43	50:53
278. Charlie Houck 28	51:01
279. Widgery Thomas 60	51:06
280. Kim Tarnower 28	51:10*
281. Walter Webber 54	51:13
282. Michael Fitzpatrick 34	51:17
283. Betsy Parker 27	51:17*
284. John Caruso 36	51:23
285. Debra Etheridge 26	51:38*
286. Jean Thomas 49	51:40*
287. Cynthia Vokey 27	51:43*
288. Patricia Bulman 27	51:52*
289. Diane Hanscom 29	51:56*
290. Stephen Dorey 42	52:04
291. Mike Davis 36	52:11
292. Fred Wingate 39	52:17
293. Anne Parker 41	52:36*
294.	
295. Emily Lindermann 26	52:44*
296. Harry Simone 36	52:45
297. Ray Charest 28	53:00
298. Tommy Knitch 27	53:06
299. Wayne Feigenbaum 29	53:08
300. Torrie Dorsey 23	53:13*
301. Caroline Thorne-Lyman 33	53:21*
302. Steven Evrand 29	53:26
303. Georgianna Hogerty 30	53:27*
304. Stephen Smith 42	53:52
305. Addy Harkavy 37	53:58
306. Dave Marston 50	54:09
307. Elaine Brzycki 26	54:13
308. Jerry Grondin 39	54:18
309. Mark Clinch 29	54:20
310. Michael Poirier 18	54:26
311. Betsy Kelly 41	55:21*
312. Laura Dorsey 25	55:42*
313. Dwight Cardwell 36	56:37
314. Caroline Sinclair 22	56:56*
315. John Clark 54	56:57
316. Kathleen Carvey 26	56:59*
317. Jack Oppen 53	57:09
318. Chad Oliverly 39	57:09
319. Michael Waitehouse 14	57:17
320. Moira Michaud 29	57:40*
321. Jim Castle 40	57:45
322. Martin Margulis 49	58:10
323. Joy Ryan 44	58:14*
324. Lilly Vaick 48	58:16*
325. Martha Brunner 36	58:54*
326. Erin Mardin 18	59:09
327. Sally Paterson 43	60:03*
328. Laura Keause 32	60:28*
329. Dail Martin 36	61:36
330. Don Simonson 41	63:53
331. Karen Dale 25	64:05*
332. Betty Parenteau 36	68:56*
333. Matt Moulton 11	68:59
334. Charles Sarritella 71	81:04
335. Joe Wildman 47	82:00

## James Bailey/Gardiner Common Road Race (Certified 5 Miler) - July 6, 1985 - 145 Finishers

1. Peter Lessard	26:51	75. Bob Cushman	34:21
2. Steve Malloy	27:03	103. Bob Hazzard	37:01
3. Chris Bovie	27:07	117. Joan Lavin	39:33
31. Bob Jolicoeur	30:29	120. Warren Wilson	39:44
46. L. Larue-Kenniston	31:46 1st Woman	132. James McGovern	42:19

Results courtesy of Brian Brewer  
L.L. Bean, Inc. Maine Coasters

This month's newsletter courtesy of



Maine Savings Bank



-15-  
Portland's Perfect 10K - July 14, 1985

Place	Name	Age	Time	Place	Name	Age	Time
1.	Ken Botting	24	32:10	56.	Bill Pavlisko	35	39:53
2.	Steve Grygiel	27	32:18	57.	Rick Strout	46	40:04
3.	Stephen Carle	31	32:45	58.	Terry Clark	41	40:05
4.	Eric Schoening	22	33:46:26	59.	Craig Schmidt	24	40:08
5.	Ron Newbury	35	33:46:75	60.	Michael Frost	34	40:16
6.	Gordon Scannell	32	34:29	61.	Chris Ziagos	36	40:18
7.	Kevin Way	16	34:36	62.	Perley Hodgkin	42	40:19
8.	Lawson Noyes	43	34:41	63.	Danforth DeSena	30	40:21
9.	Jim Anderson	18	34:44	64.	Douglas Moody	36	40:22
10.	John Creasy	39	34:48	65.	David Trussell	42	40:28
11.	Joel Croteau	41	34:59:38	66.	Joe Cestia		40:29
12.	Guy Berthiaume	39	34:59:84	67.	Patrick Kamara	28	40:31
13.	Dick Neal	38	35:09	68.	James Robinson	18	40:33
14.	James Maddin	27	35:26	69.	Wanda Haney	19	40:43 1st Woman
15.	Mark Gagnon	21	35:38	70.	Jim Wright	35	40:46
16.	Michael Kimball	31	35:42	71.	Richard Scribner	34	40:47
17.	Donald McAllister	28	35:46	72.	Jim Getchell	30	40:51
18.	Gary Weber	39	35:57	73.	Bill Johnson	36	40:52
19.	Bob Hunt	30	35:59	74.	Norman Lafortune	26	41:07
20.	Paul Fagan	32	36:20	75.	David Canarie	28	41:09
21.	Jerry Allanach	35	36:21	76.	Roger Borduas	33	41:12
22.	Philip Coffin	29	36:22	77.	Peter Holloway	43	41:27
23.	Dick McFaul	41	36:26	78.	Patrick Reny	24	41:29
24.	Alan Quinlan	29	36:28	79.	Philip Pierce	43	41:30
25.	Jeff Huntress	22	36:42	80.	Orlando Delogu	48	41:35
26.	Phil Vezina	25	37:01	81.	Karen Dinsmore	20	41:43 Second Woman
27.	Greg Dugas	30	37:11	82.	Kirk Dwyer	31	41:44
28.	Bob Jolicoeur	48	37:18	83.	David Paul	40	41:53
29.	Paul E. Conley	22	37:20	84.	Chris Brown	22	41:55
39.	Craig Canedy	48	38:19	94.	Brian Hall	38	42:50
40.	John Lunt	25	38:20	95.	Gary Monroe	36	42:51
41.	David P. Silk	27	38:21	96.	Jerry St. Amand	42	42:52
42.	Steve Ross	30	38:22	97.	Kenneth Morlino	29	42:59
43.	Stewart Jordan	28	38:24	98.	Robert Tanski	26	43:04
44.	Don Thompson	31	38:33	99.	Donald McGilvery	33	43:06
45.	Ron Cedrone	36	38:37	100.	Richard Jewell	42	43:11
46.	Vin Skinner	27	38:46	101.	Tim Drury	30	43:31
47.	David Dowling	31	38:50	102.	Richard Robichaud	39	43:34
48.	Michael Farlow	27	38:51	103.	James Chase	53	43:35
49.	Craig Kinney	34	39:01	104.	Joe St. Hilaire	38	43:39
50.	Tom Trytek	30	39:15	105.	Rick Blanchard	27	43:45
51.	Jack Mercier	41	39:25	106.	William Sproul	27	43:51
52.	Scott Spaulding	25	39:27	107.	Michael Esposito	28	43:57
53.	Al Butler	33	39:29	108.	Rob Gallant	22	44:00
54.	Lee Nicely	45	39:30	109.	James Booth	39	44:01
55.	Thomas Carll	41	39:46	110.	John Driscoll	37	44:03



Place	Name	Age	Time
111.	Amanda Lambert	32	44:04 F
112.	Walter Smith	43	44:06
113.	Henry Wolstat	51	44:11
114.	Jennifer Rayton	19	44:17 F
115.	Larry Mead	32	44:18
116.	Gail Kinney	33	44:32 F
117.	Bob Wilson	38	44:33
118.	D.A. Roper	39	44:34
119.	Jeffrey Lunt	31	44:37
120.	Nick Kirby	36	44:39
121.	Robert Green	37	44:40
122.	Raphael DePrez	45	44:44
123.	Bob Hazzard	53	44:48
124.	Bob Daniels	32	45:10
125.	Ted Beaulieu	44	45:14
126.	Jane Dolley	37	45:23 F
127.	Gary Gifford	26	45:25
128.	Carl Fogg	37	45:29
129.	Paul D'Amboise	55	45:42
130.	John Frederick	30	45:44
131.	Beth Lunt	33	45:59 F
132.	Thomas Hebert	25	46:02
133.	Barbara Footer	33	46:03 F
134.	Dave Horne	48	46:06 F
135.	David Paduan	38	46:22
136.	Marcel Bouchard	33	46:33
137.	Jennifer Wilson	19	46:36 F
138.	Dee Coughlin	39	46:43 F
139.	Debbie Mininni	26	46:49 F
140.	Thad Dwyer	28	46:50
141.	Sandy Dunbar	47	46:51 F
142.	John Love	33	47:14
143.	Unofficial		
144.	Russ Bradley	61	47:20
145.	Marc Gilbert	23	47:21
146.	Robert Gonzales	29	47:25
147.	Warren Alpern	36	47:26
148.	Ralph Baxter	53	47:27
149.	William Ridlon	36	47:34
150.	Patty Medina	26	47:39
151.	Ned Fallon	54	47:44
152.	Mike Fahey	42	47:45
153.	Michael Carrigan	33	47:51
154.	Richard Lemieux	40	47:53
155.	Doug Brown	39	47:56
156.	Laurent Gilbert	40	48:03
157.	Robin Fagan	29	48:09 F
158.	Jane Chessie	29	48:15 F
159.	Jerie Bugbee	38	48:38 F
160.	Roger Dutton	42	48:40
161.	George Maxim	53	48:48
162.	Mike Davis	35	48:49
163.	Carole Gagline	26	48:51 F
164.	Kevin Kennedy	30	48:56
165.	Mark Dube	29	48:57

Place	Name	Age	Time
166.	Florance Aliberti		48:59 F
167.	William Davenney	40	49:03
168.	William McCandles	28	49:05
169.	Marion Leschey	48	49:07 F
170.	Everett Davis	47	49:09
171.	John Coray	24	49:13
172.	Sally Hendershot	26	49:18 F
173.	Widgery Thomas	60	49:19
174.	Ed Doughty, Jr.	36	49:22
175.	Don Penta	39	49:31
176.	Kim Tarnower	28	49:46
177.	Ray Hefflefinger	58	49:48
178.	Allen Pusch	51	49:55
179.	Susan Young	36	50:22:28 F
180.	Earle Harvey	53	50:22:67
181.	Neil Cambrige	29	50:53
182.	No Number		
183.	Rod Stanley	51	51:01
184.	Elizabeth Lunt	33	51:04 F
185.	John Tripp	52	51:09
186.	Jean Thomas	49	51:12 F
187.	Dick Dudley	39	51:19
188.	Amy Weinberg	31	51:42 F
189.	Bruce Gridley	28	51:45
190.	Sandy Utterstrom	41	51:53 F
191.	Donald Johnson	54	52:15
192.	Jerry Grondin	39	52:22
193.	Susan Talbot	35	52:25 F
194.	Roberta Greenfield		52:32 F
195.	Lloyd Hatch	47	53:34
196.	James McGovern	61	54:43
197.	Joyce Goodie	52	55:05 F
198.	Jim Carroll	75	55:36
199.	Judith Davis	46	55:50 F
200.	Todd O'Brien	21	56:54
201.	Melvin Fineberg	49	57:29
202.	Dee Nicely	45	57:48 F
203.	No Number		
204.	Susan Tripp	49	58:55 F
205.	Maggie Guthrie	34	58:59 F
206.	Albert Giasson	66	59:04
207.	Janice Kenney	24	1:00:06 F
208.	Susan Davenney	36	1:00:45 F
209.	Brenda Cushman	44	1:01:25 F
210.	Ryan Paradis	11	1:13:50
211.	Joe Wildman	47	1:20:50
212.	Charles Serritella	71	Walker

## Quotable

"Even if you're on the right track, you'll get run over if you just sit there."

— Will Rogers





2-Mile  
Portland Fun Run - July 14, 1985

Place	Name	Age	Place	Name	Age
1.	Eric Larve		31.	Shannon Kenneally	24
2.	Robert C. Desrosiers		32.	Melissa Weber	
3.	Andrew Haslam		33.	John Driscoll	16
4.	Bud Ellis	26	34.	No Number	
5.	Stephen Grow		35.	Phyllis Goulet	40
6.	Keith Heldenbrand	34	36.	Dianne Whitcomb	25
7.	William Donavan		37.	Pat Monroe	
8.	Bruce Stedman		38.	Stacy Robinson	16
9.	No Number		39.	Maureen Sproul	29
10.	William Donavan, Jr.		40.	Teresa Getchell	
11.	K.R. Dolley		41.	Tammy Butler	24
12.	Bob Cushman		42.	Cynthia Lunt	26
13.	Michael Scaman		43.	Catherine Chase	52
14.	Eric Driscoll	14	44.	Nora Stetson	50
15.	Harry Kirchner		45.	Beth Barton	
16.	Danielle St. Laurent		46.	Veronica Allanach	
17.	Laurie Scaman		47.	No Number	
18.	Lisa Despres	22	48.	No Number	
19.	Jim Semons	36	49.	Benjamin Taxter	6
20.	Sandy Scott		50.	Donna Wenderoth	
21.	Jennifer Begel	25	51.	Jonathan Thomas	
22.	No Number		52.	Peter Thomas	32
23.	Ben Brown		53.	Deborah Henry	25
24.	Kelly Frazier	13	54.	Jerry Grondin	7
25.	Chris Hall	12	55.	Chris Cardillo	
26.	Robert Frazier	39	56.	Josh Blanchard	
27.	Renee Semons	11	57.	Donna Wright	
28.	Valerie Frautten		58.	R.S. Drane	52
29.	Ellen Cedrone	32	59.	Nancy Sylvester	51
30.	David Levine	14	60.	Maggie Grondin	8

PORTLAND'S PERFECT 10K - BACK COVE

Portland's Perfect 10K road race and two-mile fun run, co-sponsored by the MTC and the Athletic Attic, brought in a total of \$1,964.00 to be put toward the Back Cove Project. A field of 212 runners for the 10K, and 60 runners for the two-miler showed up. WMGX broadcasted the play-by-play action of the 10K race.

Thanks to all the many MTC members for their support by participating in the race. Thanks to the following volunteers on July 14th: Ken Hutchins, Pat Monroe, Ellen Minor, Laurie Munson, Charlie Scribner, Ted Cunningham, Joseph Isgro, Michael Hancock, Brian Alward, Joyce Cook, George Prescott, Cindy Tiff, Conrad Demers, Marie Wood, John Keller, Diane McCarthy, Dick Goodie, Dave Horne, Barbara Footer, Don Penta, the Athletic Attic people, Terry Ann Lunt and co-workers, Portland High School students, my husband, Bruce, and friends Jeanette Strickland, Donna Bordon, and Connie Persillo. Special thanks to Lloyd Cook and Charlie Sloan for their versatility that day, and to Doug Ingersoll, co-race director.

Nancy Stedman



Pat's Pizza 5-Mile Run - July 20, 1985

1. Andrew Whelan	25:55	56. Cameron Bonsey	32:25
2. Jason Cakouros	26:24	57. Rick Strout	32:28
3. Rock E. Green	26:29	58. David Trussell	32:32
4. Danny Paul	26:51	59. John A. Jalbert	32:40
5. Richard Neal	28:26	60. Richard Quinby	32:42
6. Harry Nelson	28:51	61. Roger Gibson	32:49
7. Joe Bennett	28:57	62. Daniel R. Nadeau	32:52
8. David Donnelly	28:59	63. Nicky Porter	32:54 F
9. Paul Fagan	29:02	64. Mike Olayos	32:56
10. Steven Merrill	29:05	65. Edward A. Leonard	33:01
11. Dick Balentine	29:13	66. Roy Morejon	33:05
12. Mike Cirillo	29:17	67. Diane L. Fournier	33:08 F
13. Jerry Allanach	29:21	68. Ed Doughty, Jr.	33:09
14. Bob Coughlin	29:30	69. Charles Woodworth	33:10
15. Philip Coffin	29:34	70. Thad Dwyer	33:16
16. Chris Cheney	29:47	71. R.T. Grant	33:17
17. Dick McFaul	29:50	72. Michael Frost	33:18
18. Patrick A. Connell	29:55	73. Mark A. Gould	33:19
19. Muzzy Barton	29:56	74. Tim Berry	33:20
20. Bill Stafford	30:02	75. Richard Marino	33:23
21. Mike Daly	30:05	76. Scott Bowker	33:28
22. Kreg Stewart	30:09	77. Robert A. Rine	33:31
23. Paul L. Cote	30:14	78. David A. Oatley	33:32
24. Stephen Harriman	30:22	79. Matt Dahlgren	33:33
25. James H. Huebener	30:25	80. Mary Elizabeth Meehan	33:39 F
26. Charles A. Poole	30:39	81. Peter N. Connell	33:44
27. Barry Howgate	30:44	82. Kirk Dwyer	33:46
28. Steve Ross	30:48	83. Douglas W. Moody	33:49
29. Michael D. Waltz	30:50	84. John W. Braccio	33:51
30. Don Best	30:54	85. Jim DeMint	33:52
31. Steve Salter	30:56	86. Robert Cluss	33:54
32. Peter A. Cheney	31:06	87. John Greene	33:55.02
33. Frank Ferland	31:14	88. Rich Tibbetts	33:55.8
34. Ron Berry	31:15.06	89. Gordon Chamberlain	33:58
35. Arthur Tome	31:15.8	90. Jason Wilson	34:01
36. Chris Kratt	31:19	91. Rachel Veilleux	34:04 F
37. Brad Berry	31:21	92. Carol McRea	34:05.2 F
38. Courtney Creamer	31:22	93. Richard W. Bloom	34:05.7
39. Tom Allen	31:24	94. Veronica Knight	34:07 F
40. Jim Garland	31:29	95. John S. Roberts	34:10
41. Stephen Woodsum	31:34	96. Chuck Lamb	34:16
42. David Delois	31:47	97. John A. Solak	34:20
43. Richard W. Wells	31:53	98. Donald R. McGilvery	34:23.1
44. Scott Strout	31:54	99. Frank Knight	34:23.5
45. Patrick Reny	31:56	100. Perrin Peterson	34:27
46. Marc D'Amour	31:58	101. Blair C. Dwyer	34:33
47. John E. Palmer	32:01	102. Bill Tribou	34:35
48. Donald M. Graumann	32:03	103. Bill Jensen	34:38.1
49. Wanda Haney	32:04 F	104. Brian Hall	34:38.9
50. Tom Clemence	32:08	105. Walter W. Webber	34:39.9
51. Kevin T. O'Donovan	32:09	106. Bruce Fenlason	34:41
52. John Blanchard	32:13	107. Thomas McRea	34:42
53. Bill Pavlisko	32:16	108. Thaddeus Day	34:43
54. Steven Gould	32:19	109. Lance Bliss	34:44
55. Norman Lafortune	32:21	110. Jeffrey Margerison	34:46



Pat's Pizza 5-Mile Run - July 20, 1985

111. Dale Farris	34:48	166. Maureen A. Morin	36:50 F
112. Paul A. Lachance	34:50	167. Bob Garner	36:52
113. Scott Loomis	34:51	168. Chris Hayes	37:01
114. Henry Roper	34:52	169. Daniel G. Murphy	37:08
115. David Haskell	34:53	170. Richard Downs	37:10
116. Frank Forrest	35:01	171. Robert Morrison	37:12
117. Benjamin A. Soule	35:05	172. Don Caton	37:13
118. Bill Johnson	35:10	173. Rogert Dunbar	37:13.9
119. Mike Snow	35:11	174. Bob Hazzard	37:15
120. David J. Stokes	35:20.2	175. Jack Kronberg	37:17
121. Mark Ramsey	35:20	176. Neil Cohen	37:23
122. Thomas Meehan	35:22.1	177. Jeffrey A. Sloan	37:27
123. Douglas I. Hodgkin	35:22.9	178. Tim Reading	37:28
124. John Rousseau	35:28	179. George L. Cooper	37:30
125. Rosalyn Randall	35:29 F	180. Bob Daniels	37:30.6
126. Jim Chase	35:32	181. Martin E. Moore	37:31
127. Raphael P. DePrez	35:36	182. Gil Birney	37:34
128. Richard Stott	35:37	183. Dawn Edgerly	37:39 F
129. Lee Anderson	35:39	184. Cpt. Stephen Grow	37:40
130. Walter Smith	35:40	185. Jim Blanchard	37:40.9
131. Mark T. Margerum	35:41	186. Natalie Buzzell	37:52 F
132. Skip Kessler	35:42	187. Jennie Gwilym	37:55 F
133. Morris Snow	35:45	188. Russ Bradley	37:59
134. Robert C. Desrosiers	35:45	189. Thomas Gould	38:03
135. Drew Buckley	35:46	190. Bill Doyle	38:08
136. Dave Hyde	35:47	191. Bud Cherry	38:08.6
137. Jim Bishop	35:49	192. Norris Stowell	38:11
138. David Connor	35:53	193. Roger Woodward	38:12
139. Jim Gwilym	35:55	194. Stevan W. Morrow	38:13
140. Bill Fatty	35:58	195. Jan Nadeau	38:15 F
141. John J. Martinez	35:59	196. Michael L. Nadeau	38:17
142. Norman Works	35:59.7	197. George D'Alessandro	38:18
143. Jon Anderson	36:02	198. Brian P. Bicknell	38:18.7
144. Mark A. McAfee	36:02.8	199. Craig B. Nall	38:19
145. Douglas S. Wood	36:07	200. Tom Delon	38:20
146. Anne Chute	36:08 F	201. Karen Milliken	38:21
147. Robert Chute	36:10	202. Dominic Vecchione	38:22
148. Barbara Coughlin	36:14 F	203. S.M. Nall, III	38:24
149. Tia LaMarre	36:15 F	204. Dawn Darling	38:31 F
150. Nancy Lovetere	36:19 F	205. Allen L. Hersum	38:33
151. Bob Wilson	36:28	206. Mark Dube	38:41
152. Tim Riely	36:29	207. John Fossett	38:42
153. Bob Mohlin	36:29.8	208. Ron Bancroft	38:45
154. Leif Nielsen	36:30	209. Daniel Coyne	38:46
155. Deanna L. Hodgkin	36:31 F	210. Robin Fagan	38:47 F
156. Dan J. Freehling	36:32	211. Stephen W. Atwell	38:58
157. Fred Stone	36:33	212. Ralph C. Baxter, Sr.	39:03
158. Ron Labble	36:35	213. Steven A. Dyer	39:04
159. Paul Maniscalco	36:36	214. Barney Schneider	39:05
160. Neil Kerrigan	36:38	215. Carl J. Disalvatore	39:05
161. David M. Root	36:40	216. Tim Boyden	39:09
162. John McGinley	36:42	217. Ray Hefflefinger	39:10
163. Michael Paddock	36:43	218. Chip Killmeier	39:11
164. Linda Woodward	36:44 F	219. Joan Lavin	39:16 F
165. Dave Horne	36:48	220. Bert Andrews	39:21



Pat's Pizza 5-Mile Run - July 20, 1985

221. Osmond Bonsey	39:33	276. Eric Markola	42:42
222. Arthur Magnuson	39:34	277. Greg Harris	42:44
223. Jim Johnston	39:40	278. Carole Gaglione	42:48 F
224. Gay Thomas	39:44 F	279. Arnott Walter	42:58
225. John Boddy	39:45	280. Robert Evans	43:05
226. Kevin Duff	39:47	281. Steven Eurard	43:09
227. Kathy Sweeney	39:47 F	282. James Atwell	43:16
228. Leon Gorman	39:50	283. Roxane Snyder	43:19 F
229. Earle Harvey	39:50	284. Mildred Bloom	43:21 F
230. Carol Wehr	39:52 F	285. Jim Pease	43:31
231. Stephen W. Dorey	39:53	286. Betsy Parker	43:56 F
232. Lewis Pusci	39:54	287. Rona Granholm	44:02 F
233. Chris Gill	39:55	288. Carlene Anderson	44:03 F
234. Pat Peterson	39:56	289. B. Kelly	44:09
235. Christine Mellor	39:57 F	290. Tom Aieto	44:13
236. Elizabeth Colesworthy	39:58 F	291. Arthur Granholm	44:15
237. E.W. Barnhart	39:59	292. Martin Margulis	44:16
238. Robert Tanner	40:01	293. Larry Banon	44:20
239. Roberta Greenfield	40:05 F	294. Marsha Bourgault	44:22 F
240. Widgery Thomas, Jr.	40:09	295. Paul Dionne	44:27
241. Meg May	40:11 F	296. Cheryl Bennett	44:28 F
242. No Number	40:14	297. Cookie Simmons	44:35 F
243. Sandee Prescott	40:15 F	298. Don Atkinson	44:36
244. David R. Meagher	40:19	299. Julie Cobb	44:44 F
245. Lucy Tanner	40:24 F	300. Sarah Berry	44:48 F
246. Charles G. Curtin	40:25	301. Lori Anderson	45:04 F
247. Bill Whitten	40:28	302. Hal Sawyer	45:09
248. Peggy Maniscalco	40:30 F	303. Kathleen Blanchard	45:24 F
249. Richard Cavanaugh	40:32	304. Martha Cutts	45:31 F
250. Vanessa White	40:34 F	305. Rick Fisher	45:40
251. Carol L. Solak	40:35 F	306. Chris Neagle	45:43
252. Jerry Harkavy	40:37	307. Steven Cutts	45:49
253. Robert Strout	40:46	308. Mark J. Cronin	45:50
254. Roger Codere	40:47	309. Amy Fuller	45:53 F
255. John D. Caruso	40:55	310. Pam Mangan	45:55 F
256. Paul R. Slocumb	40:57	311. Judy Conwell	46:05 F
257. Yvette Knight	41:50 F	312. Amy Anderson	46:06 F
258. Roy E. Yarbrough	41:51	313. Diane Vercoe	46:12 F
259. John Ouillet	41:52	314. John Kelly	46:13
260. Julie Carbin	41:53 F	315. Marion Shriver	46:22 F
261. Kim Tarnower	41:55 F	316. Myles Hart	46:23
262. Betsy Smith	42:00 F	317. Philip Kyle	46:26
263. Dennis W. Gervais	42:02	318. Kathie Kyle	46:29 F
264. Steve Putnam	42:03	319. Sara M. Sloan	46:30 F
265. Harry Giddinge	42:03	320. Kristine Monroe	46:35 F
266. Carol Mills	42:04 F	321. Moira Michaud	46:35 F
267. Monica Knight	42:05 F	322. Margaret Guthrie	46:36 F
268. Dave Marston	42:07	323. MacGregor Pierce	46:38
269. Ben Berry	42:10	324. Amy Miller	46:51 F
270. Denise R. Allen	42:14 F	325. Beth Miller	46:52 F
271. Don Northrup	42:17	326. Albert Giasson	46:58
272. Diane Hanscom	42:19 F	327. Paul P. Johnson	47:01
273. Stephen L. Smith	42:27	328. Steve Hughes	47:04
274. Greg Hughes	42:30	329. Kathryn Kiely	47:05 F
275. Paul Peters	42:40	330. Dianne Keene	47:12 F



# Pat's Pizza 5-Mile Run - July 20, 1985

331. Josephine Cornyn	47:26 F	349. Lloyd Holmes	50:28
332. Jennifer Drew	47:56 F	350. Judith Golding	50:29 F
333. Charlew G. Drew	48:21	351. Regina Hart	50:50 F
334. Aileen Knox	48:33 F	352. Nikki Manganello	50:51 F
335. Lilly Vaill	48:55 F	353. Cathy Platt	50:55 F
336. Carolyn Read	49:03 F	354. Ed Manganello	51:06
337. Bob Curtin	49:09	355. Elizabeth Galley	51:25 F
338. Lynne Barker	49:11 F	356. Carol Chandler	51:34 F
339. Kerri Hughes	49:42	357. Deborah Spinazolo	52:09 F
340. Jeff Ortis	49:44	358. Jeff Platt	52:16
341. Bethany Beausang	49:45 F	359. Nancy A. Sampson	52:21 F
342. Rachel LeBrun	49:47 F	360. Ruth Hefflefinger	53:29 F
343. Joann Johnson	49:48 F	361. Jan Beckwermert	53:34 F
344. Leanne Dansreau	50:00 F	362. W.E. Lazette, Jr.	53:37
345. Janre Ckours	50:02 F	363. Heidi D. Jackson	F
346. Peter J. Gould	50:08	364. Susan Morejon	F
347. Carol Wooten	50:13 F	365. Linda Horstmann	F
348. Frank C. Long	50:25	366. Philip Markola	
		367. Shari Stone	F

Wesley Rothermel, race director, in cooperation with the Maine Track Club.

## Whalen, Haney Pat's Pizza 5-mile winners

**YARMOUTH** — Andrew Whalen from Portland pulled away from the pack of four at the two-mile mark and took the Pat's Pizza 5-miler Saturday morning with a time of 25:55. The 24-year-old Whalen outdistanced 366 runners, including

second place finisher Jason Cakouros, from Woolwich, by 29 seconds.

Rock Green from Portland ended up third at 26:29 with Danny Paul from Cumberland finishing fourth at 26:51.

**Wanda Haney** took the women's division with a time of 32:04. The 19-year-old from South Portland outdistanced second place finisher Nicky Porter by 50 seconds. Diane Fournier, from Topsham, finished third in 33:08.

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### ROAD RACING

**Bix Biederbecke Race**  
at Devonport, Iowa 7/27  
(7 miles)

1. Mark Curp, New Balance, 32:56;  
2. Bill Rodgers, Puma, 32:58; 3. Phil  
Coppess, New Balance, 33:33; 4. Ed  
Sheehan, unattached, 33:43; 4. Joseph  
Kipsang, unattached, 33:57. Women —  
1. Joan Benoit, Freeport, Maine, 37:49;  
2. Kelley Cathy, unattached, 38:41.

### Cram lowers world record

**OSLO, Norway (AP)** — Steve Cram of Britain lowered the world record for the mile by more than a full second with a time of 3 minutes, 46.31 seconds in the final event of the IAAF Mobil Grand Prix Bislett Games track and field meet Saturday night. Countryman Sebastian Coe held the old record of 3:47.33 set in Brussels Aug. 28, 1981.

Jose-Luis Gonzales of Spain was runner-up in 3:47.79 in the third world record race at Oslo's super-fast Bislett Stadium within an hour.



□ **Hot-weather runners** can have both very high temperatures and very low temperatures at the same time. Marathoners who are sick after a race may have oral temperatures an average of 5.5 degrees lower than rectal temperatures... in one case, an 11-degree difference (94° oral, 106° rectal). When a runner is ill after a race, it's very important to check rectal temperatures to look for heatstroke.

Physician and Sports Medicine, 4530 W. 77 St., Minneapolis 55435, monthly, \$34/yr.

Portland, Maine, Press Herald, Friday, July 19, 1985

### Portland to host '86 Road Runners

**PORTLAND (AP)** — With a plug from Olympic gold medalist Joan Benoit Samuelson, Portland has been selected as host city for the 1986 convention of the Road Runners Club of America.

The national organization will meet in Maine's largest city May 16-18.

"Maine is a wonderful place to run in May, and Portland is going to knock their running socks off," said Robert J. Jolicœur, president of the Maine Track Club.

RRCA President Harold Tinsley of Huntsville, Ala., said Maine's bid got a boost at this year's Atlanta convention, where Samuelson put in a plug for her hometown club in a speech accepting the organization's Road Runner of the Year award.



## RACE RESULTS cont.

## Oyster Festival 10K (Damariscotta)

July 13, 1985

2. Dennis McWhorter ?  
 ? Jane Dolley 44:48 5th Woman

## 7th Casco Country Run (4 Miles)

July 27, 1985 - 252 Finishers

1. Erich Reed 20:42  
 2. Eric Schoening 21:29  
 3. Lawson Noyes 22:07  
 19. Frank Ferland 24:27  
 35. Paul Alpert 26:15  
 39. Nancy Laferriere 26:23 1st Woman  
 100. Don Penta 30:10

## Maine Lobster Festival 10K

Rockland - August 4, 1985

1. Joseph Dowling 30:50 Wheelchair  
 2. Jon Rummier 32:07  
 3. Paul Cole 33:27 Wheelchair  
 4. Bill Hine 33:32  
 5. George Towle 33:58

## Pa's Promenade Prance - July 19, 1985

1. Doug Ingersoll 14:44  
 2. Rock Green 14:47  
 3. Stephen Grygiel 14:53  
 8. Peter Dube 15:24  
 20. John Eldredge 16:03  
 43. Kathy Tracey 17:05 1st Woman  
 47. Bob Payne 17:22  
 55. Kim Moody 17:45  
 57. Vin Skinner 17:51  
 61. Mike Mosley 18:05  
 64. Danforth DeSena 18:14  
 71. Phil Pierce 18:29  
 76. Dave Paul 18:59  
 79. David Canarie 19:08

- ? Bob Jolicoeur 37:52  
 ? Anne Marie Davee 38:34 1st Woman  
 ? Lise Schaff 40:44 2nd Woman  
 ? Carol McRae 41:15 3rd Woman  
 ? Joan Lavin 47:49 PR for distance

## Bike Races

## Gorham 10 Mile Time Trials - June 19, 1985

1. Dick Brink 22:22 15. Sharon Harkins 28:09 1st Woman  
 2. Greg DiBiase 23:15 19. Marie Wood 29:29  
 3. Mark Etscovitz 24:41 21. Nancy Stedman 30:20

## 1985 Appleton Biathlon 15 Mile Bike &amp; 5 Mile Run - June 9, 1985

1. John Halee/Neil Amalfitano 1:03:29 33. Marsha Ciglio 1:17:43 1st Woman  
 2. Larry Poulin/Chris Bovie 1:03:44 70. Sharon Cayer/Pat Titcomb 1:27:09  
 3. Tom Healy/Ted Brown 1:05:11 77. Nancy Stedman 1:29:26  
 30. Gordon Chamberlain 1:17:04

\*\*\*\*\*

## Ice Cream That's Super Healthy? Nice Cream!

&lt; (From Body Bulletin, July 1985)

We eat a lot of ice cream in this country. If you put the 1.8 billion half gallons we consumed in 1984 side by side, you would have a line long enough to wrap around the earth eight times!!! That's a lot of ice cream.

But, it is also a lot of fat, unfortunately. Federal standards require that ice cream be at least 10% butterfat even to be called ice cream. The American Heart Association wants us to keep our total fat consumption to 30% of total calories or less.

## Nice Cream

- 1½ cups low-fat cottage cheese  
 ½ cup pureed fruit (cherries, bananas, peaches)  
 10 packs Equal (granular NutraSweet)  
 2 teaspoons vanilla  
 1½ cups water

In a blender or processor, combine cottage cheese, fruit, Equal and vanilla. Blend until uniform in color. Continue to blend while slowly adding water. Process mixture in an ice-cream maker according to directions, and serve immediately.

July 15, 1985 □ Boardroom Reports

□ **Butter consumption** is linked to early death, according to recent research. For every 2.2 pounds of butter eaten each year, risk of death in the 45-64 age range increases by about 2%. *Alternative:* Switch to margarine made from liquid corn oil or other *polyunsaturated* liquid oils. *Best to avoid:* Those made with hydrogenated oil.

Research results presented to the American Heart Association by Dr. Hugo Kesteloot, professor of cardiology, St. Raphael University Hospital, Belgium.



## RACE RESULTS -ODDS & ENDS

Peter Dube ran a 16:00 5K on Hayward Field in Eugene, Oregon. Peter saw Mary Decker Slaney in fast action out there and was apparently inspired!

Clam Festival, July 20, 1985 (See race results elsewhere.)

Dick Brink participated in the Yarmouth Clam Festival 5-mile bike race on July 20th. No word on results but we're sure he did well, as usual.

Pat's Pizza was sponsor of the Yarmouth Clam Festival road race again this year. The race netted approximately \$536 (last estimate) for the Maine Track Club. Wesley Rothermel, race director, expressed his appreciation to all helpers from the Club.

A new rule has evolved, however; that is, no more chewing gum in the chute. Seems Gary Monroe, who did a great job, got a little gummed-up at one point. When a results page was completed, he held it between his teeth so he could work on the next page. Only problem was that when the sheet was removed from his teeth, the gum came with it...it stretched all the way to the results table, etc.

Deering Oaks Track & Field Events - July 28, 1985 - Wanda Haney won the women's open mile in 5:22. Fran Brennan came in second in the master's 400 in 64.4.

Jane Dolley ran a 6:21 miler and then joined her friends from the Maine Track Club to help George Towle with the events. George sends his thanks to Jane, Charlie Scribner, Bob Cushman, Al Utterstrom, Barbara & Bob Coughlin, Sandy Wyman, Ken Dolley, Mike Towle, John Gale, Bill Davenney, Jean Thomas & Barb Footer.

### Western States 100 Miler

Tough break for Kim this year. Kim Moody was lead woman at the 77th mile and adding distance between her and the second woman when she unfortunately took a wrong turn. The course was marked for a horse race held two weeks before, only they neglected to take the ribbons down. So when Kim found both roads at the fork marked with the same yellow ribbons, she followed last year's course which had been changed.

Lost was a \$3,000 first prize plus many other benefits. Kim was down in the dumps for a while, but like a true Maine Track Club member, she said, "Wait 'til next year!"

### Maine Event Triathlon - July 28, 1985

Seen at the Triathlon were Kim Moody, Bob Jolicoeur, Marie Wood (bicycling), Russ Bradley, and Gordon Chamberlain (did very well). See results below.

Bob and Marie (not noted below) teamed-up with another fellow Maine Savings employee to finish 108th out of 200 entries.

Road Racing	
Maine Event Triathlon	
Championship class	
1. Flying Maniac Express, 2:27.49	
2. Cycle Mama, 2:28.07	
3. Pepsi Four, 2:32.05	
Men under 35	
1. Out to Lunch Bunch, 2:35.00	
2. Reckless Abandonment, 2:36.58	
3. Tri Power Express, 2:37.24	
4. The Solonoids, 2:38.50	
Women under 35	
1. The Flamingos, 3:11.58	
2. Radio Blastoff, 3:11.70	

Masters men	
1. Performance Motors, 2:40.26	
2. Internationals, 2:44.19	
3. Elenic Alpha I's, 2:47.31	
Masters women	
1. Rainbow Bicycles, 3:15.52	
2. Suffer Jels, 3:20.26	
3. Nancy & Cruisers, 3:25.39	
Men's 2-person	
1. Draft Busters, 2:41.28	
2. Nor 40, 2:42.06	
3. Team Snorada, 2:42.06	
4. Taring/Anderson, 2:51.02	
Women 2-person	
1. Ladies Fierce, 3:00.02	
Mixed 2-person	
1. Animals, 3:01.18	
2. PM's Partners, 3:02.03	
3. Cute Force, 3:49.34	

Husband-Wife	
1. Who's Chasing Whom, 2:55.59	
2. China Neckers, 3:07.12	
3. Love 40, 3:12.45	
Mixed 4-persons	
1. NRT Mixed Express, 2:40.28	
2. Maniac Express II, 2:41.25	
3. Tri Power, 2:51.12	
Recreational	
1. Enfield Lions, 2:55.59	
2. The Wildmen, 2:56.09	
3. 4 of A Kind, 2:58.54	
4. The Big A, 3:02.01	
Corporate	
1. Monroe Dairy Maddogs, 2:44.22	
2. Allied Container, 2:51.10	
3. Watts Up, 2:51.44	
4. Int. Paper No. 1, 2:53.11	

Junior	
1. Jean's Drywall, 3:13.36	
2. Swampmen, 3:17.25	
3. The Wrecking Crew, 3:52.05	
Individual men	
1. Barry Fifield, 2:52.02	
2. Rudy Sroka, 2:54.39	
3. Ken Wiseman, 2:55.20	
4. Mark Danyla, 3:01.36	
Individual women	
1. Becky Lougee, 3:33.01	
2. Tricia Engen, 3:34.20	
Masters individual men	
1. Jim Hoffmeister, 2:58.59	
2. Gordon Chamberlain, 3:09.14	
3. Robert Pfeiffer, 3:12.35	



# UPCOMING RACES - MAINE

- August 10- Our Lady of Sebago Summer Fling - 7K road race at 8:30 a.m. Our Lady of Sebago, Rte. 114, north of Sebago Village (next to Richard's Dairy Queen). Contact Tom Norton at 929-5548.
- August 10- Kittery Recreation Dept. 6.8 Miles - 9:00 a.m., Fort Foster Park. Call 439-3800.
- August 10- Bert 'N I Road Race - 5 mile and 1 mile fun run at 9:00 a.m., from East Vassalboro Library on Rte. 32. Contact Bill Seekins at 873-5458.
- August 10- Schoodic Point 15K Road Race - 8:30 a.m., at Schoodic Point parking lot. TAC certified. Limit - 200 runners. Contact Winter Harbor Chamber, c/o Al Groth, P.O. Box 8, Winter Harbor, ME 04693.
- August 11- Winthrop Lions Club - 15K and 4 mile races at 8:30 a.m., at Winthrop High School. Contact Robert Hodgkins, 64 High Street, Winthrop, ME 04364, or call 377-2053.
- August 11- Macker'll Run Road Race - 10K and 5K, 10:00 a.m. Contact D. Cross at the Waldo County YMCA at 338-4598.
- August 17- Blueberry Festival 10K - 9:10 a.m., at Kineowatha Park Lodge in Wilton, ME. Contact Bill Yates, Box 525, Wilton, ME 04294, or call 645-4623.
- August 18- \*The Good Sports 10 Miler - 8:00 a.m., at Bowdoin Track. Contact Rob Jarratt at The Good Sports, 3 Pleasant Street, Brunswick, ME 04011, or call 729-9949.
- August 24- Highland Lake Fun Run - 11.2 miles at 10:00 a.m., from the Wyman's lakefront home. Grills and free beer provided. All MTC members and guests welcome. Helpers for the run appreciated. RSVP by August 17th to facilitate planning: Donald Wyman, 95 Percy Hawkes Road, RFD, Westbrook, ME 04092, or call 892-8247, or call Sandy Wyman (see MTC roster).
- August 24- Wells Beach 10K - 8:00 a.m., Church Street. Contact Stacy Sand, Town Hall, Wells, ME 04090, or call 646-5826.
- August 24- Blue Hill Mountain Challenge - 10K - New England. 10:00 a.m., from Blue Hill Fairgrounds. Off-road trails. Contact Northern Bay Athletic Club, Box 344, Blue Hill, ME 04614.
- August 24- Northeast Harbor Road Race 1985 - 5 miles at 9:30 a.m., from the Northeast Harbor Fire Station. Contact P.O. Box 981, Northeast Harbor, ME 04662, or call 276-5323.
- August 24- Levant 5K Countryside Road Race - 8:00 a.m., in the village. Contact Jeanne Spaulding at 884-8330.
- August 24- Kennebec 10,000 - 9:00 a.m., from Madison High School. Contact Bob Hagopian, 16 Hagopian Ct., Madison, ME 04950, or call 696-3088.
- August 24- Last Rowdy Ultimate 24-Hour Run - 9:30 a.m., from Bowdoin Track. Contact Bill Gayton at 729-3817.
- August 25- The Sugarloaf Marathon - Contact Sugarloaf Marathon '85, Chip Carey, Kingfield, ME 04947, or call 265-2273.
- August 25- Walter Marsh 15K - Well, ME at 8:00 a.m. Contact Wells Recreation Commission, Box 389, Wells, ME, or call 646-5826.
- August 25- Maine Women's Classic - 10K at 8:00 a.m., from Gardiner Sportsman's Club. 5-year age groups. Same course as Maine Event Triathlon. Contact Linda Larue-Kenniston at 685-9412.
- August 31- Parsonsfield Bicentennial Committee Road Race - 4 miler at 10:00 a.m., from Parsonsfield Seminary, Rte. 160, North Parsonsfield, ME 04047. Contact Paul Howe at 793-2004 or 793-4413 (evenings).

\*URGENT - Help needed for this race. Call Charlie Scribner at 772-5781(H).



# UPCOMING RACES - MAINE cont.

- August 31- Bath Elks Labor Day Classic - 5 mile race at 8:45 a.m.; 2 mile fun run at 8:00 a.m. Commercial Street (behind Elks Club). Contact Bath Elks Road Race, 44 Front Street, Bath, ME 04530.
- Sept. 2 - Brodie's Labor Day 10K - 9:00 a.m., from the restaurant, Tontine Mall, Brunswick, ME 04011.
- Sept. 2 - Bangor Labor Day Road Race - 9:00 a.m., from the Paul Bunyan statue, Main Street, Bangor.
- Sept. 7 - Jonesport 5 Miler & 1 mile fun run - 11:00 a.m. Contact Dave Alley at 497-2843.
- Sept. 8 - Cape Challenge Half-Marathon - 9:00 a.m., from SMVTI, South Portland. Contact Cape Challenge, c/o MTC, P.O. Box 8008, Portland, ME 04104.
- Sept. 14 - Epstein's of Maine Five Aces Road Race - 5K at 9:00 a.m., from Pendleton Grade School, Brewer. Contact Epstein's at 527 South Maine Street, Brewer, ME 04412.
- Sept. 14 - Great Lewiston Mill Festival - 5 mile race at 10:00 a.m., and 1 mile fun run at 11:15 a.m. Downtown Lewiston on Lisbon Street between Ash and Main Streets. Contact Lewiston-Auburn Jaycees, 112 Field Avenue, Auburn, ME 04210.
- Sept. 15 - Sentinel 10K Classic - 9:00 a.m., at Castonguay Square, Waterville, ME. Contact Jerry Saint Amand at 873-6753.
- Sept. 15 - YMCA Cardiac Run - 5K at 11:00 a.m., from the Bangor Motor Inn. Contact Bangor YMCA Cardiac Run, 127 Hammond Street, Bangor, ME 04401, or call 942-6313.
- Sept. 28 - Old Mill Pub 10K - 9:30 a.m., from Downtown Skowhegan. Flyers available soon.
- Sept. 28 - Kingfield 10K Weekend - Contact Chip Carey, Kingfield, ME 04947, or call 235-2100 or 264-2273.
- Sept. 29 - James Bailey X-Country Run - 5 miles at 1:00 p.m., from Hill Gymnasium, University of Maine-Gorham. Contact David E. Paul or Lloyd Cook at 641 Allen Avenue, Portland, or call 797-4242 or 797-3725.

## UPCOMING RACES - OUTSIDE MAINE

- August 17- Budweiser Kings 10K - Manchester, NH at 9:00 a.m. North Little League Park Fitness Resources, RFD 3, Box 198, Concord, NH 03301.
- August 18- Falmouth Road Race - 7 miles, Falmouth, MA. Contact John Carroll, Jr., P.O. Box 732, Falmouth, MA 02541, or call (617) 540-4417.
- August 24- Kiwanis Charity Classic - 6.2 miles. Bandstand, Exeter, NH, 5:30 p.m. Contact Box 1030, Exeter, NH 03833.
- August 31- Franconia Scramble 10K - Franconia, NH. Bill Briggs, Franconia, NH 03580. Tel: (603) 823-8421.
- Sept. 2 - New Haven 20K Road Race - 8:30 a.m. Contact New Haven Road Race Inc., P.O. Box 1893C, New Haven, CT 06508, or call (203) 281-1060.
- Sept. 7 - Glendi '81 - 5 mile race, Springfield, MA. 11:00 a.m. A Greek celebration. Contact Walter H. Childs, Sr., TAC, P.O. Box 1484, Springfield, MA 01101, or call (413) 566-3145.
- Sept. 21 - Six Mile Run (10,000 meters) - 5:00 p.m., Newton, MA. Defending champions Greg Meyer & Joan Benoit. Contact Gary Deangelis, 492 Waltham St., W. Newton, MA 02165, or call (617) 969-5906.
- Sept. 22 - Le Marathon International de Montreal - Contact COMIM, Case Postale 1570, Succursale B, Montreal, Quebec, Canada H3B 3L2.
- Sept. 22 - Dixville Notch - 12 mile race and marathon. Marathon starts in Errol, NH at 10:00 a.m. 12 mile race starts at Dixville Notch at 11:00 a.m. Both races finish in Colebrook, NH. Contact Rick Tillotson at (603) 255-3191.



# UPCOMING RACES - OUTSIDE MAINE cont.

- Sept. 22 - Clarence DeMar Marathon - 8:00 a.m., Keene, NH. Certified course. All runners report at 5:30 a.m. at the Spaulding Gymnasium, Keene State College. Deadline for registration is September 4, 1985. Contact Clarence DeMar Marathon, Box 168, Gilsum, NH 03448.
- Nov. 3 - Marine Corps Marathon - 9:00 a.m., Washington, DC. Contact Marine Corps Marathon, P.O. Box 188, Quantico, VA 22134, or call (703) 640-2225.
- Nov. 24 - Boston Peace Marathon - Features international parties throughout the week in different locations in Boston and International Peace Breakfast. Route: Concord, Lincoln, Lexington, Arlington, Cambridge, Boston. Joan Benoit is listed as Honorary President of the Worldwide Running Club for Peace (sponsor). Write Boston Peace Marathon, Box 60, Boston, MA 02130 for info.

## Montreal Express

Last fall, MSRC invited us to join them on their trip to Montreal for the marathon. They are doing it again, according to their August newsletter. If interested, call Bruce Brunelle at 284-5645 or Dick Roberge at 934-5390.

## Washington, DC

Sandy Utterstrom has a supply of applications for the Marine Corps Marathon. A group of MTC members will be staying at the Stouffer Concourse Hotel/Capital City. Rates are only \$48 per night. Call Sandy for forms.

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Portland, Maine, Evening Express, Thursday, August 1, 1985

# Boston Marathon turns down Sunday plan

BOSTON (AP) — The Boston Marathon will continue to be run on the Monday holiday of Patriots Day despite a proposal from Boston's mayor to hold the race on Sunday, say officials of the Boston Athletic Association, which sponsors the annual race.

The BAA, in a letter dated Tuesday to officials of the eight communities along the 26-mile, 386-yard route, also said there was no foundation for speculation the BAA would reimburse those communities for marathon expenses.

A study of the marathon commissioned by Mayor Raymond L. Flynn suggested holding the race on the Sunday of the Patriots Day weekend in April to try to attract national television and get more commercial sponsors. It also suggested that the BAA break tradition and begin offering prize money to the top finishers.

"The Boston Marathon is not to become a commercial enterprise," the BAA said in its letter.

Patriots Day normally is observed on a Monday. The BAA said it will hold the race "on that day in April designated by the Massachusetts Legislature as Patriots Day... whatever the day or the date of the celebration of this holiday."

Flynn, who has run in the marathon, had suggested the BAA offer \$292,500 in prize money to attract top runners to the race.

The BAA has agreed to offer prize money, but in the letter written by its president, Francis L. Swift, said it would be useless to place a figure on prizes until a prize schedule is developed and money raised.

The Boston Herald today said it was told by an unidentified source that BAA officials are considering offering at least \$100,000 in prizes.

The letter said that "Expectations raised among public officials that the costs and expenses of the cities and towns are to be covered by the BAA are without foundation."

"I reiterate that it is our intention to make some ar-

rangement that will be beneficial to the municipalities and other organizations which have been so cooperative and supportive of this event."

Flynn, representatives of the communities along the race route and some BAA members met in Boston Wednesday night.

"The cities and towns along the marathon route are pretty much unanimous in feeling that the BAA has to take some steps to improve the quality of the fields in the BAA," Flynn told The Boston Globe before the meeting.

"You cannot have these world-class runners deciding not to run in Boston and expect to have a world-class event."

"As a result, we want to see that there be some changes, and the BAA and the Boston Marathon should make some changes as well."

Flynn was quoted as saying in an interview with WBZ-TV Wednesday night that "The BAA doesn't own the Boston Marathon. It's a people's marathon. It belongs to the people."

The marathon starts in Hopkinton and ends in Boston

☐ Intensive exercise is no better than low-level exercise for preventing recurrence of myocardial infarction. *Important:* People at risk *should* exercise, but not strenuously.

*Lancet*, 34 Beacon St., Boston 02106, weekly, \$68/yr.

## Tufts 10 takes over for 'Bonne' this fall

By Neil Singelats  
Globe Staff

The Bonne Bell 10K has run out of gas — but not out of town.

Boston's annual women-only Columbus Day road race will now be called the Tufts 10. The popular 10-kilometer race has been renamed for its new sponsor, the Tufts Health Plan and its member hospitals. Tufts has agreed to provide a \$95,000 budget for the race.

The future of the national championship race for women had been in doubt since Jess Bell's financially strapped company decided to drop its sponsorship. Under Tufts' sponsorship, the race will offer \$15,000 in prize money.

Also, efforts will be made to

lure world-class runners. "Boston has always been a special place for me to run," Olympic marathon gold medalist Joan Benoit said yesterday. "I've run some of my best races here."

Benoit has good reason, indeed, to recall her Bonne Bell experiences — she's the only woman to ever win the event twice, in 1978 and 1983.

Since its start in 1977, the 8-year-old event has grown to become the city's second favorite race: in recent years, it has drawn more than 8,000 competitors and 60,000 spectators.

Applications for the Tufts 10, to be held Oct. 14, will be available beginning Aug. 1. Send a self-addressed, stamped envelope to Conventures Inc., 45 Newbury St., Boston 02116.

