



# MAINE TRACK CLUB

NEXT CLUB MEETING- September 10, 1981 Thursday at 7:30 P.M.-  
Public Safety Building.

AGENDA: Ed Rice- Runner and Writer ( Bangor News- Maine Running )- to speak on a Terry Fox Memorial Run- a unified effort of Maine Running Clubs. A film on Terry Fox will also be shown. 2. Races for 1982. 3. Review of improvement in debt status. 4. Banquet- 1981.

CASCO BAY MARATHON DISTANCE RUNS- PAYSON PARK- 7:30 a.m. Sunday mornings ( ties in with the Marathon starting time.) You have two run choices- 15+ or 21+. Lets have a great club participation in this years run. Club finishers will be listed in the following newsletter. Alternate week distance runs will also take place from Bob Coughlin's house. (Sept. 5th & 19th at 7:30 a.m.) Call 773-0807 if interested. Course around the Cape- a moderate course ? Others who have group runs, please let the Newsletter know so we can share it with other club members.

RESULTS OF 1 MILE INTERVAL RUN- August 26, 1981- Wednesday night.

1. Hank Pfeifle 4:22, 2. Werner Pobatschnig 4:39, 3. Rick Garcia 4:47, 4. Barry Howgate 5:16, 5. Russ Connors 5:20, 6. Dave Paul 5:41, 7. Grace Amoroso 5:42, 8. Jeff Paul 6:39, 9. Bill Gillette 8:10. The 1 MILE INTERVAL RUN was misdated in the last newsletter as August 29th. This Run can be re-scheduled if enough runners show interest. Please come to the Sept. 10th meeting, if you want a chance to do this.

RACES - September- Try to run the races marked with a \* since they are either Maine Track Club sponsored or Club Award Races.

\*Labor Day 10K Gorham- Mike Towle 772-3617- September 1st, Readfield 10k and 2 Mile FUN RUN- September 12th, \*September Scramble 4 mile- Kim Beaulieu .(Please call Kim if you wish to help out.) \*Peoples Bank 10K 1:00 P.M. September 20th. Lewiston, \*James Bailey Cross Country Run 5 mile- Dave Paul 774 4089 September 27th- 1:00 P.M. ( Dave needs some helpers and is looking for many green shirts in this traditional Fall Classic. Get forms in early.)

NEWS- Brian Gillespie has accepted a coaching position at St. Joseph's College ( track, of course) so his talents for helping guide others will not be wasted. We will look for a quality program to evolve from his efforts, as usual. Best of Luck, Brian, at St. Joseph's and the best with your soon-to-be family addition.

HELPERS- Several people who have recently helped or directed, or both in recent races are: Larry Barker, Barry Howgate, Herb Strom, Sandy and Al Utterstrom, Dave Paul, Barb and Bob Coughlin, John Conley, Howie Jackson, Charlie Scribner, Larry Dyer, Kim Beaulieu, Don Hemphill, John Keller, Marion Leschey, Rick Strout, Dave Goodwin, Joan Welch. If we missed anyone, please let us know. If your name is not here for the month of August, let's get it in for September. Call or let a director know if you can help. The club needs members to participate in the work of races in addition to the enjoyment of running them. If we all do one a year, no one is over-used. Let us all pitch in and not let the same people be involved. It will make our club stronger and unified.

RACE RESULTS- Marathoners for the month of August. Congratulations to Katrinka Leschey, Marion Leschey, Joan Welch, and Arnie Clark for successful runs.

Also, Quality Runs have been turned in by: John Keller (Carroll Reed), Russ Connors ( Carroll Reed), Sandy Utterstrom ( North Berwick, Bowdoin 10), Dick McFaul ( Olympia,



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Yarmouth 4 miler, Bowdoin 10), Herb Strom (Paul Bunyan), Kim Beaulieu (Winthrop 9 miler, Bowdoin 10), Gene Coffin (good to see Gene back - Bowdoin 10), Werner Pobatschnig (many quality runs), Grace Amoroso (Bowdoin 10), Rick Strout (Bowdoin 10), Barb Coughlin (Bowdoin 10), Marty Donlon (Bowdoin 10), Brian Flanders Jr. (Carroll Reed), Randy Phillips (Bowdoin 10), Frank Morong (Bowdoin 10), Steve Rainsford (Bowdoin 10), Dave Silverbrand (Bowdoin 10), Merle Hartford (Ferry Village), Jim Kein (Bowdoin 10), Chris Kein (Bowdoin 10), Barry Howgate (Winthrop 9 miler, Bowdoin 10), Bob Coughlin (Winthrop 9 miler, Bowdoin 10), Angela Adams (Bowdoin 10). Please call the newsletter for your race news.

CARROLL REED- 3 Mile- RACE RESULTS- John Keller 14:29, Brian Flanders 15:34, Dick McFaul 15:41, Russ Connors 16:04, Mike Towle 16:49, Warren Dean 17:01, George Nason 17:03, Ray Cooper 17:25, Richard Clonan 17:51, Rick Strout 18:31, Mike Worden 18:35, Dave Paul 18:48, Lloyd Cook 18:55, Arnold Frechette 19:11, Pam Trombly 22:02, Bill Gillette 26:58.

PROFILES- Steve Woodsum- Age 25- Lives in Portland and is a Medical Technologist. Steve runs 25-35 miles a week at a 6-6:15 race pace, and does 7-7:30 training runs. He runs between 10-15 races a year, and his reasons for running are for good health and personal satisfaction. He also tries to beat his last years time in repeat races. Steve would like to qualify and run Boston. He ran a 3:22 in his first marathon (Nike). Steve ran the Heartbreak Hill Run and found it to involve a lot of people, but still a lot of fun. He usually runs from the Rainbow Mall area around 5:30, and tries to run 10 miles or more on Saturdays. Steve's number is 797-3035.

Doug Driesen- Lives in Standish (642-4380) and is manager of the Maine Mall Cinema. He runs 30-40 miles a week, and his runs (training) go from 4-13 miles. Doug runs to stay in shape, and looks for improvement in his times. Steve is currently trying to lower his race time from 7 to 6:50 or better. He usually runs mornings between 8a.m. and 10 a.m., and does a long run Thursday. Doug recently ran his first marathon in the Spring, Nike, and at 25 years of age, he has plenty of time to accomplish his goals.

Dave Paul- Age 36- Dave is a technician for New England TELEPHONE and has been involved in running in all areas for a number of years. A co-founder of our club, Dave runs 30-40 miles a week and also does intervals. He is improving steadily from a lay-off and is keeping his son Jeff in training, also. Dave ran quality runs in the April Amble-23:58, Charlestown, WEST Virginia 15 miler -1:51. He directs the James Bailey Cross Country Race which has been a highly rated race because of his professional method of organization. Good luck in all areas in the future. Dave's phone number- 774-4089.

Dick Manthorne- Age 39- Dick is our Treasurer with a firmness of purpose (paying off our bills), which is also reflected in his running, as he improves steadily. He runs in Cape Elizabeth and is a Soils Engineer by profession. Dick runs from 35-40 miles a week and is a frequent visitor at interval sessions. Dick's son is a standout runner in his age group. Dick has had quality runs in the Maine National, Great Pumpkin, and April Amble. He does his weekly training in the afternoon, usually between 5-10P.M., and weekends at 4-6P.M. He looks to running a marathon under 7 minute pace. Dick has given a lot of time to the Club in his officer position, and continues to do well in reaching personal goals. Great job.

NEXT NEWSLETTER COMMITTEE MEETING- September 24th 6:00 P.M. Bob's house.

NEXT REGULAR SCHEDULED CLUB MEETING- October 8th at 7:30 P.M.- Portland Public Safety Building.

Call us for the news- Committee- Kim Beaulieu 675-3341, Marion Leschey 799-3813, John Conley 799-6378, John Darling 773-3262, Charlie Scribner 772-5781, Bob Coughlin 773-0807, Barry Howgate 773-6947.



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NEXT CLUB MEETING- October 8, 1981 Thursday at 7:30 P.M.- Public Safety Building.

AGENDA-1. Marathon and Interval panel discussion which will probably include Hank Pfeifle, Gene Coffin, Kim Beaulieu, Brian Gillespie, Werner Pobatschnig and others. Bring along your questions and/or input for everyone to share. It is going to be informal and informative, so if you are running your first or second Marathon or thinking about running one, this should help. 2. Race schedule for next year. If you have any feelings on the proposed race schedule, this meeting is your final shot.

RACES- October- 3rd-Second Annual Autumn Gold State Championship 20 K-10A.M.-Bob Booker. A great run in Ellsworth. There will be club and individual awards- try to make it. Contact Bob Booker for help in getting overnight accommodations. 3rd-USM Law School Alumni, 4th- Jaycees Foliage Footrace 5 miles- Al Godfrey 622-7734, 4th- Lisbon Fun Run 5.4mi. 2p.m.- 10th- Blue Ox Co-Op- 5 mi.- 10 A.M. John Frachella 884-7467, 10th Quaker Hill Challenge 10K- Unity College, 11th-Yankee Running Club and Gray Park Rec- 4 mi.-2P.M.- Gray-New Gloucester High School- Guy Berthiaume, 11th- Third Annual Fall Foliage Foot Race- Marty Lyons 244-3713 at Southwest Harbor, 11th Lincoln Fall Classic-5K- 3P.M. Mike Salvato, 12th Sixth Annual Columbus Day- 1mi, 3 mi, 6 mi- 11:30, 12 Noon, 1 P.M.- K.C. Hall So. Broadway, So. Port.- Roger Legere 799-7928, 18th Casco Bay Marathon-John Noyes-Union Mutual, 25th Great Pumpkin 10K & 1.5 Race at Camp Ellis. This is the last club championship point race. Everyone should be there- even if you walk it. Let's take the state club championship trophy again.

PROPOSED RACE SCHEDULE 1982- Village Cafe 10K, Brooks Insurance 10 mi., Atlantic Federal Savings 5 mi, Max 10mi., Washington's Birthday 3 mi., Portland Boys Club 5 mi., WGAN TV 4mi., Memorial Day 10K, John Fyalka 10K, Carroll Reed 3 mi., Good Sports 10mi., Labor Day 10K, Peoples Bank 10K, Children's Fun Runs, Bailey Cross-Country 5mi. (Children's Fun Runs- which was to be held this Fall- will be re-scheduled sometime in the Spring) Comments or additions from members, will be appreciated.

NEWS- Maine Running Magazine is offering a special rate for the MTC, \$12.50 for new subscriptions and \$10.00 for renewals. Let us all support our only magazine. Merle Hartford deserves a great deal of credit for his organizing efforts in making our Racquet Club Party a huge success. Thank you from the Club. Dave & Jeff Paul recently won the Father-Son award at the Munjoy Hill 4 miler. Charlie Scribner won the award for the 200lb. category in the Police Five Miler. Congratulations Charlie! Larry & Cheri Dyer recently had a good run. Brian St. Pierre did well in the Munjoy Hill Race. Let's all get together before the Autumn Gold & Casco Bay for a club picture. (More at the Meeting)

RACE DIRECTORS this past month. Dave Paul, Mike Towle, Kim Beaulieu, & Rick Strout.

HELPERS- Jean Thomas, the Utterstroms, the Coughlins, Barry Howgate, Charlie Scribner, Dave Paul, Brian Gillespie, Marion Leschey, Alice Smith, Lloyd Cook, John Conley, Randy Phillips, John Keller and others. Please help us by giving us your name at the club meetings if we have neglected to mention your name.

PROFILES- John Conley-34-799-6378. John works as a personnel-safety director and has recently joined the growing corp of runners. He works very hard and was recently part of a group doing long runs from Payson Park. John is really interested in gaining info on running and shows a lot of enthusiasm for our sport. He has also been a very supportive club member and has volunteered his help at races and on committees. John runs for weight and stress control and hopes to do a good marathon soon. He runs in the So. Portland-



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NEXT CLUB MEETING- November 12th, 1981 at 7:30 P.M.- Public Safety Building.

AGENDA: 1. Election of officers. 2. Selection of race directors for 1982. 3. Review of role of members as far as responsibilities as helpers. 4. Review of Banquet set-up. 5. Suggestions for agenda for future meetings. 6. DUBE TRAVEL-BERMUDA FILM.

RACES- NOVEMBER- Nov. 8th- Foot Race-Semper Five- Gene Coffin, Nov. 8th- Second Annual Veterans Day  $\frac{1}{2}$  Marathon, Nov. 15th Rowdy Ultra, Nov. 15th Lost Valley 15K, Nov. 22nd- Cape Elizabeth Turkey Trot, Nov. 26th- Gasping Gobbler 10K.

CONGRATULATIONS to members for a highly successful Casco Bay Marathon. They are : Gene Coffin 2:30, Werner Pobatschnig 2:32, Brian Kuprewicz 2:34, James Babb 2:40, Gregory Parlin 2:46, Dick McFaul 2:48, Bob Coughlin 2:49, Russ Connors 2:52, Arnie Clark 2:54, Kim Beaulieu 2:54, Hubert Strom 2:56, Steve Woodsum 2:56, Mark Simpson 2:59, Bob Payne 3:00, Frank Morong 3:05, Ken Curtis 3:05, Marty Donlon 3:10, George Nason 3:11, Ray Cooper 3:11, Joe Lovejoy 3:15, Arthur Chapman 3:18, Arnold Adams 3:18, Roger Dutton 3:18, Wes Rothermel 3:19, Barb Coughlin 3:22, John Conley 3:33, Dave Trussell 3:35, Beth Pfeifle 3:37, John Gale 3:38, John Shaw 3:40, Jane Dolley 3:41, Pete Halloway 3:48, Ed Krolicki 3:50, Bob MacLaughlin 3:58, Chris Clouthier 3:58, Jeanne McDonald 3:41, Sandy Utterstrom 3:59, Rick Strout 4:13, Al Utterstrom 4:25, Dave Harris 4:47.

NEWS- Steve Moriarty recently won the U.S.M. Law School Race. He set a new course record. Great job! Rick Garcia recently turned in a great performance for his school. Congratulations! Maine Track Club wins team award at the Great Pumpkin. The 1st four members were judged as a team- ours were Jamie and RICK Gildard, Werner Pobatschnig, and Bob Coughlin. A case of beer was won by the group and one Rowdy was overheard to say "It's a years supply for them." We could turn that around and say giving them a case is like giving a cup of water to a fish. A great article on one of our club members- Russ Connors- was recently in the Evening Express. It is nice to see something written in the sports section that children as well as adults can use as a model. A well deserved tribute!

TERRY FOX CANCER RUN- Organizational Meeting- Nov. 17th at 7:00 P.M. at the Public Safety Building. The following people have signed up- Dave Paul, Herb Strom, Rick Strout, Chris Clouthier, Charlie Scribner, Ken Curtis, Kim Beaulieu, Marty Donlon, Grace Amoroso, Joan Welch, Bob Coughlin. Any interested members may also attend. Please do not forget, as Ed Rice will be bringing members of other clubs with him to set-up these fund raising races.

ROWDY ULTRA- Nov. 15th- This is a fun run, not a race. Runners are asked to bring a casserole or some food contribution for the post-race activities at Bowdoin. Let us give it a try! I am told it is easier than running a marathon since it is the completion and not the time that is important. If you set a pace of 1 $\frac{1}{2}$ -2 minutes slower than your marathon pace, make several stops for water, food, change of clothes etc., it makes it a very different type of running event. See Bob Coughlin or call, if you want to have a registration form. It's a great way to end the running season!

CAR POOLING- Call people you normally see at races, to attend outside runs, to save on gas and provide company. A good meeting point is at the Maine Mall.





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HELPERS- Univ. of Maine Law School Race-Barry Howgate, Al Utterstrom, Sheila Colby, Brian St.Pierre, Roland Morin, George Nason, John Conley, Dave Harris, John Gale, John Darling, Judy Howgate, Jeff Paul, Dave Paul, Charlie Scribner.

James Bailey Cross-Country Race- MA, John, Jeff, Mel Paul, Ed Crockett, Valerie Ingalls, Dennis Morrill, Dick Costello (U.S.M. A.D.), Gerry Gorman ( U.S.M. Wom. Coach), Mike Towle, John Conley, Roger and Kim Beaulieu, Virginia and Russ Connors, Charlie Scribner, Rick Garcia, Mike Colerick, Ken Curtis, Brian St.Pierre, Bob Payne, John Gale, Dick Manthorne, Merle Hartford, Peter Holloway, Larry Greer, and Pam Twombly.

THANK YOU- Dick McFaul- for providing his office copying machine to copy our newsletter. Jean Thomas- providing our address stickers for the newsletter. Anne Gillespie- for all her work in getting our race forms drawn, newsletters stamped, etc. Our program committee for keeping costs down. Brian St.Pierre, Charlie Scribner, Brian Gillespie, Bob Coughlin, Dave Paul, and Rick Strout.

CONGRATULATIONS!! Brian and Anne Gillespie on their recent family addition-JASON. N.Y.C.Marathoners- Jean Thomas 3:57, Steve Rainsford 3:18, Pat Trombly 3:40.

EXPLANATION FAMILY MEMBERSHIP- These renewals refer only to people who have paid full membership fee. Family members of current club members may now join for \$20.00

(7:30 P.M.)

NEXT TENTATIVE SCHEDULED MEETING- Dec. 10th, Thursday- Public Safety Building ( This will be discussed at our Nov. 12th meeting).

NEXT NEWSLETTER MEETING- Nov. 30th- 6 P.M.- Bob's house.

Please call the newsletter committee for news, gripes, suggestions, etc.  
Kim Beaulieu 675-3341, Marion Leschey 799-3813, John Conley 799-6378, John Darling 773-3262, Charlie Scribner 772-5781, Bob Coughlin 773-0807, Barry Howgate 773-6947.



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NEXT CLUB MEETING- December 9th, 1981- Wednesday at 7:30 P.M.- Public Safety Building. Note change of date. Meeting is open to the public.

AGENDA- 1. Review Banquet set-up on Dec. 13th. 2. Review handi-cap race on Dec. 13th. 3. Discuss use of club funds for 1982. 4. Help in AAU team fund raiser. (Youth) 5. Gore-tex clothing through Rodger's factory. 6. Winter club runs? 7. Panel-Tips on Cold Weather Running.

UPCOMING RACES- December 13th- MTC Handi-cap at 1 P.M. ( \$2.00 entry fee ), Check flyer enclosed on St. Joseph's race, January 3rd- Village Cafe 10K, January 17th-Brooks Insurance 10 mile.

OUTSTANDING ACHIEVEMENTS- Virginia Connors- State Champ, Rick Garcia- 2nd in State Championship, David Manthorne- 1st- Junior AAU and 2nd in Regionals, Kim Beaulieu- 1st- ROWDY 100 miler, 1st- 50 miler ( records in both ), 1st-Nike-Coast Marathon plus running cross-country with U.S.M. team. ( Along with others who attended the post Turkey Trot awards - she was the superior candidate for Female Runner of the Year ), John Keller- 2:30 Foxboro Marathon and great finish in Championship 10k, Mark Hoffmaster- 2:48 Foxboro Marathon, Hank Pfeifle and Jamie Gildard show quality whenever they run, Warner Pobatschnig continues to be the iron-man of running - improving each run, Roger Dutton, Herb Strom, and Bob Coughlin finished their first 50 miler under the worst weather conditions. Congratulations to all.

Maine Track Club wins both the 1981 Maine A Team Championship and the 1981 Maine Club Participation Championship. Congratulations to all of you for your work in putting on quality races and participation. This is what our club is all about.

Terry Fox Memorial Run- May 2nd is the tentative date and our club is expected to show full support as far as participation. Let's bring friends, relatives etc. and ask for donations, as there will be a collection box available for further contributions. This is one of the only charity races MTC is asked to support as a club, so let us show we are willing to put everyone on the line. Wear MTC clothing and have a good time while contributing to the American Cancer Society fund drive. Some of you will be asked to officiate. LOST- the name of the person offering a digital clock for this race. If anyone knows who it is, please call Bob Coughlin.

Banquet & Renewals- Reservations for banquet Dec. 13th, club membership renewals, and handi-cap data will end Dec. 10th, so if you are planning in participating in any of the above- DON'T DELAY. There are no free meals this year for members, so the \$7.50 is for you and \$7.50 is for each additional guest. The banquet committee worked hard to make this enjoyable and economical. We hope you can make it.

Join in the Christmas Spirit- Jingle Bells Run in Boston- Dec. 23rd- 7 P.M. at Boston College stadium. Entry fee of \$4.00 must be sent immediately to Jingle Bell Run & Bill Rodgers Running Center, 372 Chestnut Hill Ave., Boston, Mass. 02146. You will receive a ticket to enter the race and admit you to refreshments afterwards. The run consists of jogging and caroling in Boston. Wear jingle bells and Santa costumes. Prize for the best costume is a weekend trip. Anyone interested call Kim Beaulieu 675-3341 or Charlie-772-5781

HELPERS- Falmouth -Lions Race. Jean Thomas, Bob Payne, Steve Rainsford, Randy Phillips, Phil Dube, Charlie Scribner, Joyce Cook, Brian Gillespie.

OFFICERS- 1981-1982- Pres. Bob Coughlin 773-0807, Vice-Pres. Marion Leschey 772-0740, Secretary-Grace Amoroso 967-3430, Treasurer-Richard Manthorne 799-6193.

RACE COMM. Brian Gillespie 772-3617, David Paul 774-4089, Charlie Scribner 772-5781. Call these people if questions arise on race directing. Charlie will have race supplies.





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PROFILES- Ray Cooper- Age 39. Ray has been running since April Of 1979 and has shown remarkable improvement. He runs 40-55 miles a week and increases to 70 for marathons. Ray is running for health, but like most of us, has caught the competitive fever. ( It's great for a rash of P.R.'s.) He lives in Wilton and runs mostly in the Farmington area. Ray works at a Community Action Agency. He has also run P.R.'s in most races this year. Some of his better races are Bowdoin 10 miler 65:18, Casco Bay Marathon 3:11:36, MTC Race 38:50 (Kingfield) and Northern Lights 5 miler-30:29. Ray works hard at his training and it has paid off. Continued success!

Roger Dutton- Age 38-772-9885. Roger lives in Portland and runs 60-100 miles a week. He recently completed the Rowdy Ultra 50 mile race in his first attempt, in miserable weather. Roger radiates the running addiction in his talk and personal drive. He is a pharmaceutical representative and runs many quality races including the Casco Bay, Bermuda, and Nike-Maine Coast Marathons. Roger runs mostly in the P.M. and generally around the Portland area. He ran a 10K in Arizona and went 3 miles off course. Roger ended up doing the last mile 4 times. His sense of humor and general attitude make him a great running companion.

Martin Donlon-Age 30- 775-3609. Marty is a social worker for the Spurwink School and lives in Portland. I have trained with Marty and he does his homework. He runs 45 plus miles weekly and is looking for a sub 3 hour marathon. Marty has run very well this year and the Fyalka 10k in 38:23, Bowdoin 10 miler-64:25, and Casco Bay Marathon 3:23 attest to that. He likes running different courses and x-country and is a good partner to depend on, especially on dismal training days.

Hank Pfeifle-Age 30-985-7525. Hank is an industrial engineer for Nike in Saco and lives in Kennebunk. He has been running extremely well since coming off a serious injury. Hank is very down-to-earth and approachable by anyone wishing to talk running. His easy-going nature belies a highly competitive racing style. Hank recently placed 2nd in the Marine Corp Marathon and won the AAU Cross Country Championship and Kingfield 10K (27:29) against quality fields. He has volunteered himself for a recent panel discussion on marathoning and continues to be a valuable resource for all our club members. The Dartmouth Indoor Relays (5,000 m.) was done in 14:11-whew! Hank is married with 3 children and his wife recently completed the Casco Bay Marathon with help from her coach. We see many more successes ahead for him both locally and nationally.

Russ Connors-Age 49-799-8240. Russ lives in Cape Elizabeth and works as a repair technician for New England Telephone Co. He has the kind of enthusiasm that rubs off on everyone he comes in contact with. Russ just completed a 2:52 Casco Bay Marathon and that is after being skeptical of even starting the race, a few weeks earlier. I remember being with him on a training run on the Casco Bay course and his shooting off ahead after about 15 miles " just to test the old legs." His philosophy seems to be that aches and pains can be beaten down by sheer determination- which Russ has in abundance. Russ runs around Cape Elizabeth on roads and along the beach. He notes that he lives in an area where there were six runners within 2 miles who were entered in the Boston Marathon. I think this is just another indication of how contagious Russ's feelings are toward running.

Herb Strom-Age 51-799-7705. Herb is a certified medical rep. and is a prime example of what I have heard others described as an "avid runner". His enthusiasm, courage, stamina, etc. keeps him performing at a superior level. Herb runs 50 plus weekly and has been seen doing intervals. He runs most races and wants to break 6 min. in a 10K and be first over 50 in the Casco Bay Marathon. I have learned that his goals usually turn into achievements, so watch out all of you in the over 50 group. Herb had great times in the Nike-Coast Marathon '81 and the Great Pumpkin 10K. He is one you usually do not have to ask twice to do a training run and he does his share at helping also. A great asset to our club!

NEXT CLUB MEETING- Jan. 14th Thurs. 7:30 P.M. Public Safety Bldg.

NEXT NEWSLETTER MEETING- Jan. 6th Wed. 6:30P.M. at Bob's.