

NEW MEMBERS

Seven new members have been added to the Club since the last newsletter. They are as follows: Joan Benoit was presented an honorary lifetime membership by President Connors Wednesday, August 29th at her induction in the Maine Sports Hall of Fame. 20 members from the Maine Track Club were present for the occasion.

BenoitJoan 09 1984 NR

CONRATULATIONS

Congratulations to Joan Benoit and Scott Samuelson for tying the knot Saturday, September 29th. May they have many fast, little runners.

N*R 10 1984

Benoit to keep running through pregnancy

Joan Benoit Samuelson at a Glance



AGE: 32

RESIDENCE: Freeport

CAREER HIGHLIGHTS: Won Boston Marathon in 1979 and 1983; won women's Olympic Marathon Trials on May 12, 1984; captured gold medal in first women's Olympic Marathon in Los Angeles, Aug. 5, 1984; posted best marathon time (2:21:21) in winning 1985 Chicago Marathon.

PERSONAL: Husband — Scott Samuelson; daughter — Abigail.

09 1989

BIRTH ANNOUNCEMENT

Congratulations to MTC Honorary Member Joan Benoit Samuelson and her family, husband Scott and daughter Abby on the birth of Anders Clark Samuelson. He was born on January 28th in Portland.

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Maine Track Club's Interview with Joan Samuelson

by Michael A. Musca – bakofpak@gte.net - January 2000

1. Congratulations on being selected as Sports Illustrated's "Maine Sports Person of the Century" and the Portland Press-Herald's "Maine Sports Moment of the Century" (1984 Olympic marathon victory). Have the 'millennium' questions and requests for information tapered off since the beginning of the new year?

There weren't too many interviews, mostly selections based on polls. Running is what I love to do. If people take pleasure in it, that's great. Many of the people on the Maine lists have been role models for me, so it was great reading the lists.

2. Thinking back twelve or sixteen years ago.... did you envision yourself as being competitive in the open class in the year 2000?

No, I wasn't thinking that far ahead. I was just finishing college and thinking about what was ahead in the immediate future. As I said, running is what I love to do and I'm happy that it's gone on for as long as it has.

3. One of my favorite running books is "Running Tide". The book has such a Maine flavor. How has your decision to stay here and raise your family in Maine affected your longevity in the sport?

You need to be happy in your training environment and this is where I feel most comfortable. Before the LA Olympics, everyone told me I needed to train in the heat, humidity, high ozone and pollution. But I knew that I felt most comfortable training here at home.

4. Runners love their heroes. We also tend to fabricate stories that sometime reach legendary status. A few of the "Joanie" stories I've heard: Is it true that you were running 200 mile weeks at your peak? On your long runs, have you asked numerous partners to pace you for each segment of the run? Any good ones you've heard?

Believe about half, or quarter, of what you hear. No, I've never done a 200 mile week. The story about the long run pacing was just an idea that never happened. I don't really hear these stories but I'm sure they're out there.

5. How do you remain so seemingly healthy & injury free? Do you take time off for injuries or just run through the injuries?

I have aches and pains just like everyone else. I tend to back off when they happen. I also give lots of credit to Deb Merrill for her great massage work.

6. Do you stretch regularly as a part of your training program?

No, I don't stretch. But I also don't encourage other runners to follow my example. It just comes down to a lack of time issue.

7. Do you use a treadmill for training?

I own one but haven't turned it on this year. I use the treadmill maybe twice a year, when the weather is really bad. I just like to run outdoors.

8. What is your favorite workout?

Probably 'ladders' on the track at the Bowdoin field house. I also like long runs when I have someone to do them with.

9. Do you still keep a detailed daily training log? (I read a few pages from your training log in Boston's Nike Town and was amazed at the detail entry for each run).

I haven't kept a written training log since 1985. They're just too time consuming.

10. Readiness. Every runner knows when he/she is 'ready to race'. For some it's a certain workout that clicks. Others look for a time split on a long run. Still others know they're ready when their favorite jeans are a loose fit. When do you know that you're ready to race?

I know I'm ready when I can run certain loops at benchmark times. I know I'm there. There are lots of variables, though. Injuries, tapering, peaking, staying healthy, the flu – I haven't had the flu this year. That worries me.

11. Your best races seem to have been on U.S. soil. Is there any particular reason for this?

Sure. I like to be totally familiar with my surroundings. Otherwise it takes away focus from the race. That's why I trained in Maine for the Olympics and other races. I've had some good races in other countries but they were mostly English speaking: New Zealand, England. There was a good race in Norway, too. I've never raced well in Japan and I had a terrible race in France – but that was due to appendicitis.

Good luck to Joanie at the Olympic Trials in February!



National Track & Field Hall of Fame

By Jesse Colamaria

Congratulations to Joan Benoit Samuelson, who was honored by USA Track and Field when they inducted her into the National Track and Field Hall of Fame during a December 3rd ceremony held at the Tiger Woods Center on the Nike World Campus in Oregon. Other inductees into the Hall of Fame in 2004 include Jackie Joyner-Kersey, Michael Johnson, Michael Conley, Jack Davis, Otis Davis, Gerry Lindgren, John Penel, Dr. Evie Dennis and Stan Huntsmen.

A native of Cape Elizabeth, Benoit Samuelson is one of the most accomplished runners in the world. A four-time All American at Bowdoin College ('79,) she gained international attention by winning the first-ever women's Olympic marathon at the 1984 Olympics in Los Angeles. She went on to capture two Boston Marathon titles while still in college, and she was the recipient of the prestigious Jesse Owens Award in 1984 as well as the Sullivan Award in 1985, which recognizes the top U.S. amateur athlete.

In a press release from USA Track and Field, Benoit Samuelson said, "It never really crossed my mind that I'd be elected to the Hall of Fame." She went on to say, "Running is just what I do every day, and it's something I'm very passionate about."

Please join all of us in Maine Track Club by honoring the extraordinary running career of Joan Benoit Samuelson!





Bowdoin President Barry Mills, Joan Benoit Samuelson '79, and Libby Barney '03, at the Magee Track rededication.

Bowdoin and Nike Honor Joan Benoit Samuelson

SpotlightStory posted October 17, 2005

Benoit Samuelson, winner of the 1984 inaugural Olympic women's marathon and two-time winner of the Boston Marathon, had graduated from Bowdoin in 1979. So for Barney, Samuelson was -- and is -- more than just a hero: "She is our hero. Bowdoin's own."

Barney met up once again with her hero Saturday, October 15, 2005, when Bowdoin rededicated its outdoor track in honor of Samuelson during Homecoming Weekend. The outdoor track, named for legendary Bowdoin track and field director John Joseph Magee, was rededicated through the generosity of Nike, Inc., whose \$300,000 gift funded recent upgrades to the facility.

For the complete story of this event see the Bowdoin College web site.

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