
MEMBER PROFILE - New Club President - Bob Jolicoeur



On November 14, 1984, the members elected Bob Jolicoeur as the Club's new president. Being a president isn't anything new to Bob. He was president of a \$67 million bank in Connecticut at the age of 37, and the \$100 million 1st Consumers Savings Bank of Augusta for four years before its merger with Maine Savings Bank. And a little closer to home, he served as president of the Maine Road Ramblers, the 135-member Augusta-based running club, in 1982.

Bob loves running and has been known to run as many as 36 races and up to seven marathons in one year. At the age of 47, he's probably past his peak, but he managed to set a PR by 38 seconds on his 6th Brunswick Run to the Coast and Back 10-Miler this summer, clocking a 60:50. In 6 years of marathon running, he has completed 28 out of 29 starts.

It all started quite innocently after about 16 years of no physical activity, during which time he was busy building a career, going to evening school for BS and MBA degrees, and preparing for the CPA examination. He was also extremely busy during that time in civic and community affairs, leaving no time for physical fitness activities and just barely enough time to raise a family of four children with Priscilla.

"All this was fine," said Bob, "but my health was deteriorating." Then one day in 1971, he took a new job in a savings bank in New Britain, Connecticut, and made up his mind to get back into shape. "I weighed 167 lbs., smoked a pack a day, and couldn't run 8 laps around the basketball court at the New Britain YMCA. That's when I realized I was physically in sad shape."

Bob didn't give up smoking right away...in fact, it happened after about five years of jogging and running, and only after he started doing road races. He wondered if the racing would be easier if he didn't smoke. Now, in almost 14 years of running and 9 years of competitive racing, Bob is one of the few people who can say that he's never been sidelined by a running injury. In fact, he's been so healthy that he hasn't missed a day of work for illness since he graduated from Bentley College in 1957. No one is saying it will last forever, but Bob admits, "I'm one of the lucky ones".

If anyone cares, his latest vital statistics are as follows:

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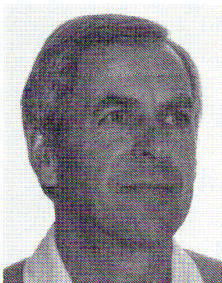
MEMBER PROFILE CONT.

Cholesterol	213	Blood Pressure	104/70
HDL	58	Pulse	42
Ratio (above counts)	3.7	Height	5'7"
Glucose	82	Weight	145
Uric Acid	5.1	Hair	Thinning

(See August, 1984 newsletter for recommended counts.)



JolicoeurRobert 12 1984



Robert J. Jolicoeur
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Dear Members and Friends:

The first 10 years of the Maine Track Club's life showed us what wonders can be accomplished by a group of volunteers with common purpose and interest. These accomplishments have been documented exceedingly well in this 10th Anniversary Booklet by authors Sandra Wyman and husband Ambrose Berry. The history of the Club is certainly interesting reading.

Personally I deeply value the memories of all the friends Priscilla and I made during our four years (1983-1986) of heavy activity in the leadership of the Club. My involvement included serving as Road Race Volunteer, Race Organizer and Director (1st Stroh's Run for Liberty in 1984), Vice President, President, Newsletter Editor (several years), TAC Race Course Certifier and finally as Co-Chairman, with Priscilla, of the 1986 RRCA National Convention. These were years of satisfaction for us and real significant progress by the Club. For a brief shining moment we were recognized as one of the country's outstanding clubs.

Indeed the Club's membership and leadership during those years always seemed to be ready for new ideas and eager to do bold and exciting new things. Support and participation was broad-based and superb. There is not enough space in this letter to recognize everyone by name, but we can all be proud of this Club's accomplishments in its first 10 years.

Wishing you many happy years in the Maine Track Club and many good miles on the roads.

Robert J. Jolicoeur
President, 1985

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