

Maine Track Club

APRIL 1987

Run with a friend...



UPCOMING MEETINGS

Membership Meeting: Wed. April 8 at 7pm SMVTI in South Portland

The program for the April membership meeting will feature Dr. Henry Walstadt and Dr. Jaylene Summers, psychiatrist and psychologist respectively. They will talk to us about running as therapy, successful imaging and goal setting, and how to incorporate running into a healthy life. They are both runners and enjoy a number of other outdoor activities.

Also at this meeting you will be asked whether or not you would be willing to spend about \$4 or \$5 extra per person to hire a band for the awards banquet. This would be over and above the approximately \$11 per person cost of the meal. We would possibly shorten the awards and eliminate the speaker to allow for more socializing and dancing. Come and vote!

Note this Date - May 9 !!!

Why? The Maine Track Club will be holding a yard sale at Nancy Stedman's house in Portland at 150 Coyle Street to help raise money for the club. Begin thinking of those extra things in your attic, garage, or basement which you want to contribute to the sale. Naturally, it will be a tax deductible donation for 1987 and will be a big help to the club. More information will be forthcoming as the date gets closer, but begin thinking about things to donate NOW!

In this issue don't miss:

Patrons and Sponsors
More Shoe News from Chris Stanley
News about Joan from Freeport
1987 Proposed Budget (deficit)
Race Results
Upcoming Races
Dennis Connelly's April puzzle
President Phil Pierce's Reflections
New Members
The "Pack" thoughts... and more!

Changes of address and Forwarding

Some of you may not have been getting your newsletter if you have moved. This is because the post office does not forward third class mail which we have been using since last December. This newsletter is being sent first class so it might be forwarded. If you have a new address, please let us know so that we can get the mailing label right!

SPONSORS AND PATRONS

Beginning with this month's issue, the Newsletter will accept sponsorships and patrons to help offset the costs of first class mailing and some of the other costs involved with the publication. Each month we will try to obtain a "Prime Sponsor". This sponsorship will cost \$50, and will directly offset the additional cost of first class mailing. We will devote 1/8 of the front page of the newsletter to recognition of this sponsorship. In addition, we will list both corporate and individual patrons in an appropriate location inside the newsletter. A corporate patron is asked to contribute \$25, while an individual patron is asked to contribute \$10. The patron contributions are annual gifts, while the prime sponsors are sponsoring a single month's issue. A sponsor will automatically be listed as a patron. Naturally, all such contributions are tax deductible.

PRIME SPONSOR FOR THIS ISSUE OF THE NEWSLETTER

Maine Environmental Laboratory

specializing in analysis of water, waste water, and solid wastes

198 Maine Street
Yarmouth, Maine
207-846-4673

Your company could be a prime sponsor. See back page for details.

DRAVEN NY

EDITOR'S COLUMN

This month we are trying something different. The members at the last meeting voted to have the newsletter sent first class instead of third class. This will certainly speed up the process of mailing, but at a cost. It will cost about \$50 more per month to mail by first class. In an effort to meet these costs, the executive committee decided to accept sponsorships from individuals or companies to help underwrite these additional costs. In addition, the newsletter will welcome patrons for helping to meet the costs of the newsletter. In the one day between the executive meeting and printing of this newsletter, three individual patrons and a prime sponsor stepped forward. We will be looking for new prime sponsors each month and hope that this will allow us to continue sending out the newsletter first class so that it gets to you in a timely way. This newsletter is being mailed out almost a week later than normal due to your editor being on vacation.

And speaking of that vacation, I went to Florida (mostly to visit relatives) for about 9 days and had the thrill of running every day in shorts and T-shirt -- a far cry from the previous few months of 3 layers plus hat, occasionally scarf, etc. Now that's a vacation! There were surprisingly few runners along the roads but large numbers of walkers and bikers. Most of the newer roadways and some of the older ones on the west coast of Florida have bike lanes about 6 feet wide. These were heavily used by bikers, walkers, and runners. On the east coast there were far fewer bike lanes, far more people, and far fewer folks riding, walking or running. Maybe someday Maine will build all roads with a bike lane. I'll bet the sales and use of bikes would increase substantially, fuel use would decline, heart disease would lessen, and the taxpayer's investment in the bike lane would benefit everybody. Maybe we should introduce a bill in the legislature! I'm afraid in Maine its an idea ahead of its time.

I want to take this opportunity to thank all the contributors to the newsletter for getting their copy to us on time and typed in columns 4 1/2 inches wide. It saves me a lot of time and is greatly appreciated.

TO ALL NEWSLETTER CONTRIBUTORS

With very few planned exceptions, the newsletter goes to the printer the beginning of the forth week of each month. Therefore, any contributions for the newsletter should be in the hands of the editor by the weekend preceding the forth week. This weekend is always 10 days after the monthly membership meeting, which is always the second Wednesday of each month.

RUN WITH A FRIEND

Listed below are some of the groups who do regular weekend runs. If you are interested in running with any of them, call the number indicated. If you would like to have your group listed, would like to start a group in your area or are tired of running alone, call Fred Beck at 846-3111 (H) or 846-9065 (W) and your listing will show up in the next newsletter.

Yarmouth

Ken and Jane Dolley's house
Sunday AM
up to 15 miles;
Pace: about 8 min/mile
Call Jane Dolley, 846-6018

Cape Elizabeth

Cape Elizabeth High School
Saturday AM
10-12-15 miles, with options
Pace: Variable
Call Russ Connors, 799-8240

CYCLE WITH A FRIEND

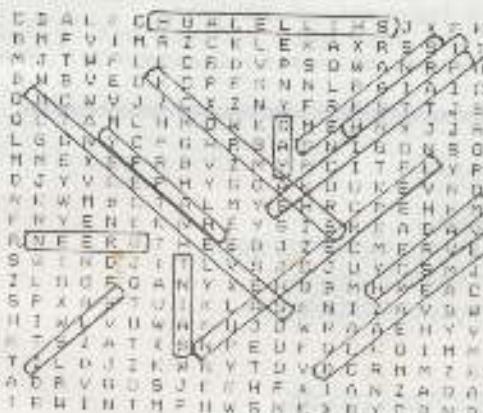
If you are interested in cycling with a group, contact Nancy Stedman at 774-4013.

Where? Portland
When? Saturday AM
Distance? 25-30 miles
Pace? moderate
Terrain? variable

Running Camps

This summer there will be several running camps in Maine and the New England area. One of these will be sponsored by the Camden area YMCA from July 13-17. It is for Junior and Senior High School age runners. For more information, contact Fred Kneedler at 207-236-3375 or 9010.

MAINE TRAIL CLUB PUZZLE - MARCH



MEMBERSHIP MEETING

March 11, 1987

Phil Pierce started the meeting by introducing new members and guests. Present this evening was Ralph Langley in the U.S. Army, now living in reprobate. Kathy Canary, Dave Canary's sister, moved from New Mexico. She works at Maine Medical.

Treasurer's Report - Rick Streat

Rick has put together a budget which has been submitted to the TAG for a grant. Maine Savings subsidized the Newsletter \$1,000 last year. It is now a new expense.

1987 Revenues \$9,000

1987 Expenses \$13,575

Projected 1987 Deficit (\$4,000)

Expenditures were discussed and Phil brought up the need for a \$10/member dues increase for 1988 which will offset the deficit. Our biggest expense is our newsletter and the annual banquet.

Average income is \$100/race with 15 races = \$1,500.

Treasurer's Report was accepted. Rick had copies for those interested.

Oakhurst Milk Run, April 12 - John Gale

Volunteers are needed for the race, a list was circulated. Also, members from the Multiple Sclerosis will be volunteering.

Boys Club, April 20 - Dave Paul, Race Director

Jane spoke on Dave's behalf. The route has been changed to follow 295 and then to take the Franklin Arterial Exit. Volunteers have been asked to sign up or call Dave. Chute, finish line, and traffic personnel are needed.

Bob Jarrett has spoken with Sports-East and they will be the new race sponsor for the Bowdoin 10-miler.

Bill Green, WCGH - 10K "For Kid's Sake" a race to be scheduled in October. Will be meeting with Charlie to discuss the race.

November 15 - Ultra 50-miler - A blurb will be put in the Ultra running magazine.

Don Miligrover - Mainiacs. Half-marathon, in Bangor. He is trying to find others to form a team. The race will be held on March 28th.

Mt. Washington Race applications are out; sign up soon - they have limited enrollment, filled to capacity in three weeks last year.

John Gale wants to put together a team for the Mt. Washington Race - must designate the team now.

Bruce Ellis is encouraging team participation - teams should be put together 2-3 weeks before the race.

Maine Coast Marathon, Seagroast - Maine Track Team won the title last year - let's do it again. Bruce suggested filling in the applications as a team just in case others have done the same. Get together with others you know who are running.

Wednesday, March 18th, Race Directors Meeting, 7:00 Blueberry Cove, Yarmouth. Discuss computers, problems, ideas, etc. Jane Dolley's here.

Executive Meeting, March 25th at Nancy Stedman's.

March 20 - 7:00, Brooks Johnson - Topic, developing endurance, speedwork, expert and writer for different running magazines. A piece has been submitted to Maggie Soule, our Publicity chairperson, which will be sent to area newspapers. Please submit your questionnaire to her if you haven't already,

Running Clinic through new routes, emphasizing running efficiently, enjoying running more. Will start in May. Two tapes tonight which will tie into the talk on March 30 (Thank you, Joan Benoit Samuelson, Jane Dolley).

Fred

1) Deadline for the newsletter - 2nd weekend following the meeting.

2) A lot of people have not yet received their newsletter. The delivery has been erratic. Third class mail is handled differently by every post office. Solution - Possibly bring up the deadline and mail out the newsletter earlier.

Also it has been brought up selling ads in the newsletter, therefore generating money so we can offset the cost of First Class postage.

Possibly raise money through fund-raisers - dance, yard sale. There will be further discussion as to how to raise money to enhance our newsletter budget.

Fred would like to see the membership get their newsletter on time.

A motion was made by Ken Dolley, and passed, suggesting to send it First Class and the next board meeting will discuss fund-raising and include a discussion on dues increase and propose a solution.

Dennis

152 renewals so far, plus 50 new members. We will be doing a phone calling renewal membership drive. This worked well last year.

Tom Norton

2-4 weeks lag time from ordering and receiving clothing. Please come to a meeting to pick up your order. Tom takes orders every meeting, too.

Nancy

Phil spoke on Nancy's behalf regarding the Annual Banquet.

2 Bass	John	\$750
3 Drums		\$600 and up
4 Guitars		Most bands
5 Saxophone		\$300 for a DJ

There are several questions, based on the fact that the Club has always subsidized the banquet \$1-2/person. The question is, do you mind paying your way? It could come out to around \$9/couple and total \$10/person = \$30/couple for a band.

A note in the next newsletter discussing options based on costs, and we will be voting at the next membership meeting. If you care, please come to the next meeting to vote.

Don Fenta

Has results from Demers, in the newsletter. A congratulatory letter to Wendy Delan from Phil Pierce for her outstanding performance at the Demers in the 1500. She set a new record.

TAG grant will be in today. Fortunately all the data had been done previously on getting a computer. Phil passed out free reflectors.

Jane Dolley is a candidate for the nomination of Vice President for the Eastern Region for the RRCA.

May 3 - There will be a pre-NIKE race in Biddeford, a half-Marathon.

Susan Milliken

THE RUNNER'S EDGE

A Contemporary Running Column by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends on how you approach it. How far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword.

Training

The Boston Primer is an important race. It is low key - no tee shirts or other frills - just a tough tenacious course which lets you know what kind of shape you are in. It comes exactly one month prior to the Boston Marathon.

If you have trained hard all winter long, it will show on this course. If you have not trained hard, it will show even more because this course is loaded with hills and the cumulative effect can be devastating. Minutes rather than seconds are easily lost on this course.

The runners who run this course year after year are just that - runners. There are no joggers who take on this course; just the serious runner who is measuring himself in one of the more important training runs of the year.

Study the results of this race if it is available in the MTC Newsletter. Look it over. See Steve McGrath and Harry Fifield's times. You can easily see who has done their homework over the winter and who has not. New entries such as Don Penta do not count because the first time around on this course is pure shell-shock. No first-timer can be totally prepared for this course. It is just too much. However, the first-rimer such as Don can now be counted among the serious runners, and he will be back next year with the lessons learned from this year's run.

Many, if not most of the runners in this year's field will be at Boston, all of them fine-tuning for the next 30 days. You will note that Bob Coughlin, Bob Lalonde, and Russ Connors did well and thus can be expected to be very competitive at Boston. They are due for good strong runs at Boston, under 3 hours, and I wish them well. I will be, as the Boston Primer suggests, not too far behind. . .

And now, for the more scientific side of running, you will find below an interesting item taken from the Veterans Administration's Research and Development Newsletter, February 1987:

Running vs. Joint Disease

Little information is available regarding the long-term effects of running, if any, on the musculoskeletal system. But a recent small-scale study by investigators at the Gainesville, Florida VA Medical Center, and the Department of Medicine of the University of Florida at Gainesville, of 17 male runners vs. 18 male non-runners, all from 56 to 60 years of age, may shed at least some light on the subject. The runners, (mean weight 161 pounds), of whom 53% were marathoners, had run an average of 28 miles a week for 12 years. Among these runners, pain and swelling of hips, knees, ankles and feet, and other musculoskeletal complaints were comparable to those of the non-runners (mean weight of 171 pounds). Radiologic examinations (for osteophytes, cartilage thickness and grade of degeneration) were without notable differences between the two groups, and there was no increased prevalence of osteoarthritis among the runners. The observations suggest, therefore, that within the limits of the study, long-duration, high-mileage running need not be associated with premature degenerative joint disease in the lower extremities. An expanded article covering this study can be found in Vol. 255, No. 9, of JAMA, March 7, 1986, pages 1152-1154.

Proposed 1987 Budget

The following budget has been developed by Rick Strout, treasurer, and approved by the executive committee for submission to the membership. You will be asked to discuss and approve or modify the budget at the April membership meeting.

Income

Memberships	\$ 4000
Banquet	1800
Scholarships	300
Clothing	1000
Progressive dinners	600
Road races	3900
Miscellaneous	100
Interest	300
Total	\$ 12,000

Expenses

Clothing	\$ 1500
Scholarships	950
Progressive dinners	300
Monthly newsletter	4050
Annual banquet	3000
Printing	1000
Postage	800
Races	2400
Film	250
Speakers	600
Insurance	625
Memberships	300
Race management course	500
Total	\$ 16,275

Deficit \$ 4275.00

Note: The executive committee is working on a variety of solutions to make up the deficit and will discuss some of these at the next meeting.

Attention all Canoers

Are you looking to get those cobwebs off your canoe early this year? Well I've got just the solution and you'll have the time of your life doing it, too. A group of MTC members are heading north to the annual Kenduskeag Canoe Race. This unique race features some of the best canoeists and kayakers in these and other parts; and then there are those who are just out for a rip-roaring good time besides getting a work-out and lots of fresh air.

You can enter your store-bought or homemade canoe or kayak in the individual, 2-man, or multi-team categories. Here are some details, but if you want more call me at 774-4013.

Date: Saturday April 18

Time: 9:30 AM

Where: Kenduskeag Village (near Bangor)

Distance: 16.5 miles

some rapids, mostly flatwater.

Cost: \$8.00/person

includes all you can eat on race day at breakfast.

Nancy Stedman

Editor's note: The following comments were extracted from an article in *The Barrier* written by Steve Rice called "Racing in Inclement Weather". With Spring approaching, it may be dated, but should be of interest to those who ran and raced through the winter.

Training and racing in the north central part of the country poses problems for runners at all levels. Snow and sub-zero temperatures are a way of life from early November through March, and wet, sloppy springs can be followed by June-through-mid-September extremes in the 80-90 degree range.

The advantage of this situation is that coaches and athletes, faced with a variety of weather conditions, are forced to find effective ways of dealing with them.

Sean Hartnett, assistant cross country and track coach at the University of Wisconsin-Eau Claire, has been training, racing and coaching in Wisconsin for about half of his thirty years. Hartnett worked with some of the present distance runners in the nation at the University of Wisconsin in Madison, and in 1985 he coached the Eau Claire team to a fourth-place finish in the NAIA National Meet.

Hartnett says he feels the weather plays a vital role in the progression of a competitive runner in this region.

"Training in 0-degree weather takes on about a third of the total distance," he said. This means a ten-mile run in 0-degrees is roughly equal to thirteen miles under more normal conditions. Below about 40-degrees, Hartnett said, the body takes energy just to stay warm.

"I've told coaches in California that a kid was a 4:18 high school miler, and they figure that equates to about 4:12 out there, just because they're used to training in good weather all the time."

The most important weather consideration, of course, comes at race time, when adverse conditions can cause trouble both mentally and physically.

For cold extremes, Hartnett said he swears by the use of oil.

"From around +0 degrees to freezing, olive oil. Below that, Vaseline," he said. "I won the best-costume contest at [a local mid-winter 10K] for wearing only a t-shirt and shorts. I was coated with Vaseline."

The areas he stresses to get covered include the arms, shoulders, neck and upper legs; these parts most susceptible to tightness in the course of a cold-weather race.

Hartnett said his main concern with the use of tights is that sweat or water can cling to the leg, and some forward extension may be restricted.

Calling the use of oil an "old trick" in cross country racing, Coach Kirk Elies said he felt some tights were restrictive, and others not. In any case, he said, when you have skin that gets wet, and it's cold, you can have a problem.

"It's more wind than anything else. If you have little wind, you can wear little clothing and get away with it. The more you encounter any high-stress conditions, the more you have to be wary of oxygen debt early in the race. The main situation you encounter is hypothermia on stormy, rainy days. You just have to know yourself."

TEASEREE'S REPORT

March 5, 1987

Checkbook Balance - February 5, 1987	\$6,019.81
Receipts:	
*Mid winter classic - reimbursement expense	\$ 84.00
*Mid winter classic	\$ 362.00
*Membership	\$1,549.00
*Interest	\$ 26.15
	\$2,141.15
Disbursements:	
*TAC-Insurance mid winter classic	\$ 25.00
*Check charges	\$ 19.18
*Dale Bend Printing 500 bumper stickers	\$ 220.00
1000 membership cards	\$ 60.00
*Coastal Silkscreener 11 Kelly windbreaks	\$ 480.59
7 Kelly hooded snowsuits	\$ 107.00
*Olympia sport center awards	
mid winter classic	\$ 84.00
*Maine running - flyers	\$ 20.00
mid winter classic	
*SNVT - HNB building	
frostbite "4"	\$ 60.00
mid winter classic	\$ 100.00
Eileen Parro	\$ 50.00
Richard Ashley	\$ 40.00
*Dennis Connolly - postage	\$ 25.67
*Charles Scribner - batteries - clock	\$ 12.47
*Phil Pierce - reimbursement expense	\$ 46.45
*Nichel's - Deposit 1987 banquet	\$ 200.00
	\$1,549.19
Checkbook balance March 5, 1987	\$6,611.77
Baxter Blvd Running Path	\$ 917.91

MAINE TRACK CLUB 1987 RACE SCHEDULE

Date	Race	Distance
Apr 12	Oakhurst Milk Run	4
Apr 20	Boy's Club	5
June 7	Officer Friendly	Fun Run
July 12	Mark Hoffmaster	5
July 19	Pat's Pizza	5
Aug 16	Good Sports	10
Sept 13	Cape Challenge	13.1
Oct 4	WCSH	6.2
Nov 1	Falmouth Lions	6.2
Nov 22	Turkey Trot	6.2
Dec 5	Club Fun Run	?
	Rowdy Ultra	50

S. Hartnett
Richard E. Street
Treasurer

EQUIPMENT ROUNDUP

by Chris Stanley

It's springtime, and not only are the runners hitting the streets, but they're heading for the shoe stores as well. Spring is the season that running shoe sales take off, so naturally every manufacturer is making their best effort to make you buy their shoes this year.

Most companies are offering you new shoes to choose from, with the seemingly best lines coming from Nike, Reebok, Brooks, Tiger and Avia. Nike will be spending around 7 million dollars promoting their new Air line (which includes their new running shoes, fitness, basketball, etc.). The jewel of their line is the new Nike Air Max, which is a very impressive shoe. Many of the new Nike shoes can be found in the local shoe shops.

Reebok is just growing and growing. Someone mentioned that Reebok was a 3 million dollar company in 1978, while in 1986 they were worth around 300 million dollars. They recently bought-out Rockport and (just a while ago) Avia, adding a big chunk of talent to Reebok's already impressive R&D department. This spring Reebok will be pushing their Performance Series of shoes (which, like the Nike line, is not limited to running shoes). The new shoes out are the DL6000, the DL5000, the GL1600 and the GL1400, all of which will supplement the shoes Reebok already has on the market. The DL series are more control-oriented than the GL shoes, while the GL shoes are designed for the beginning runner.

I could go on talking about the new shoes, but there is someone who does it a lot better and with more detail and accuracy. I'm speaking of the April issue of Runner's World, which contains their 17th annual Shoe Survey. Their surveys should be mandatory reading for every runner, as along with the lists of shoes there are very informative articles. I found out that The Athlete's Foot in the Maine Mall will be giving away free copies of this Shoe Survey around the first week of April. As quantities are limited, only customers who try on any running shoe and ask for the free supplement will be given one. I try not to mention specific running shoe stores in this column, but, as I said, the Survey should be mandatory reading for everyone, and free copies should incite some reading. One word of warning, though: this Survey lists only the new shoes for '87, even though there are many good shoes currently on the market. Also, of the 40 or so shoes that are listed, only around 25% of them are currently available in the stores. Many of the shoes won't be out until late spring, and many of the models will never make it to Maine at all.

There are many ways to get informed about the footwear that is all so important to your athletic habit. You can read about the different shoes, try them on and ask questions. By going to Expositions you can ask your questions directly to the shoe companies. There is a very good expo in Boston held along with the Boston Marathon, and there may be an expo this year in Maine as well. With luck, there will be one held at the U.N.C. the day before the Maine Coast Marathon. By getting involved, you can make running a safer sport.

TALKING WITH THE PACK

By Jodi Reali

This month's newsletter talking with the pack question is "How did you cope with your running injury and was there any special way mentally or physically that you dealt with the fact that you couldn't run?"

Alan Leethers - "I recently had a rib injury which prevented me from running for three weeks. It didn't really bother me too much not being able to run. I did however ride a stationary bicycle to get some exercise. I also found that I started gaining unwanted weight."

Joan Lavin - "I play with knee injuries quite often and I find that when I'm held up from running I enjoy the break. I do ride a stationary bicycle and cross-country ski to maintain myself. But I find the bicycle very boring and I start getting a little chubby."

Barbara Footer - "Last summer I had a stress fracture and couldn't run for 6 weeks. I really enjoyed the change from running as I started swimming, hiking and walking."

Dick LaJoie - "When I was held up from running I always kept the thought in mind that eventually I would start running again. I did a lot of stretching and lifted weights as this seemed to help."

Don Cedrone - "When I couldn't run because of a torn ligament in my ankle I felt like a caged tiger. I was irritable and grouchy. I had no release valve for pressure. Therefore started going to double physical therapy sessions. When I started running I ran very slow, but in my mind this was better than not running at all, speed didn't matter."

I thought this question may help any of those runners out there who are suffering from an injury or who are prone to injuries.

Thank you for your answers.

UPCOMING RACES

RACES IN MAINE

- April 4 5th ANNUAL 25K CHAMPIONSHIP FUN. It's different! Try a race where speed and weight could bring you into the winners circle! 11 a.m. from Rockland High School
- April 12 THE FRANK SABASTERNSKI POLAR BEAR RUN 1 P.M. from Bowdoin College-Brunswick #3 Reasonably flat 10K course. Contact Lynn Ruddy Bowdoin College
- April 12 1987 OAKHURST MILK RUN 10 a.m. SMVTI in S. Portland \$5 Pre/ \$6 Post t-shirts first 150. Contact MAINE TRACK CLUB P.O. 8000 Portland Maine 04104.
- April 29 BAR MARATHON
- April 29 58th ANNUAL PORTLAND BOY'S CLUB 5 MILER.
- April 25 11th ANNUAL APRIL AMBLE 4 MILER 12:00 noon, Westbrook College, Stevens Ave, Portland Maine 04103 Race Limited to 500 - NO EXCEPTIONS - \$5 entry fee.

A NOTE FROM THE DIRECTORS CHAIR

I would just like to say thank you to all the people who came to the race directors meeting which was held at Jane's house. It was good to see some new faces. I am a little sorry that more of the older directors did not come, because of the knowledge of race direction which they know is great, and should be passed on to others in the club.

Portland Press Herald 3/25/87 Racing, maternity beckon Benoit

*Olympic champ
plans to run Boston*

BOSTON (AP) — Olympic gold medalist Joan Benoit Samuelson will seek her third victory in the Boston Marathon while looking ahead to another role as mother later in the year.

Samuelson is expecting her first child in October, race sponsors said Tuesday.

"I'm obviously excited about our baby and returning to marathoning a year and a half after surgery in 1985," Samuelson said in a statement released by John Hancock Financial Services. This year marks the second of John Hancock's 10-year, \$10 million contract to sponsor the world's oldest annual marathon.

Samuelson will join the John Hancock Running and Fitness Clinic staff leading into the 91st Boston Marathon on April 20, said spokesman David F. D'Alessandro.

"After careful consideration, we decided that I should attempt Boston this year," Samuelson said of her discussions

with her husband, Scott. "I feel very competitive and my only concern is the weather. If it's a very hot, humid day, I will have to make adjustments. But even if the weather conditions are not ideal, I'll do



Benoit

my best in hopes of qualifying for the Olympic Trials next year."

Samuelson previously won Boston in 1979 and 1983, when she set the race record of 2:22:43. That was also a world best until Ingrid Kristiansen of Norway lowered it at the 1985 London Marathon to 2:21:06.

Samuelson pointed to Kristiansen's success as a pregnant runner in her reasons for running while pregnant.

"Other marathoners have competed during the early stages of pregnancy, including Ingrid when she won the Houston Marathon a few years ago," Samuelson said of the 1986 women's winner at Boston.

Next month, Samuelson will be competing against former women's champions Lisa Larsen Weidenbach and Jacqueline Gareau of Canada along with Olympic medalist Rosa Mota of Portugal, Lorraine Moller of New Zealand and Patti Catalano.

The men's field will include defending champion Robert de Castella.

RACE RESULTS

9th Annual "Boston Primer" - 52 Finishers
15 Miles - Readfield, Me - 22 March '87

Top Men:

1 Bob Winn	28	1:22:13
2 Lance Giuliani	28	1:24:15
3 Steve McGrath (MTC)	32	1:29:44
4 Barry Fifield (MTC)	30	1:30:32
5 Thomas Bennett	29	1:32:59

Top Women:

25 Kelly Bennett	23	1:47:57
36 Nancy Lagin	37	1:51:55

Top Master:

7 Bob Coughlin (MTC)	48	1:36:44
----------------------	----	---------

Other MTC Finishers:

9 Alan Quinlan	31	1:37:10
11 Bob Jolicœur	50	1:39:34
16 Russ Connors	54	1:40:51
18 Philip Pierce	45	1:41:51
39 Carlton Mendell	65	1:52:52
41 Herb Strom	57	1:54:20
44 Patricia Titecomb	29	2:05:22*
46 Don Penta	40	2:12:44
47 Georgianna Hogerty	32	2:13:35*
48 James Hogerty	32	2:13:37

Congratulations:

Patricia Titecomb, 3rd open*
Georgianna Hogerty, 1st (30-39)*
Bob Jolicœur, 1st (50+)

Maine Lobster Festival 10K - 166 Finishers
Rockland, Maine - 3 August 1986

Open:

1 James Newett	28	32:04
26 Anne-Marie Davee	30	37:59*

Masters:

12 Al Spreul, III	48	36:07
90 Carlene Spreul	47	44:17*

Wheelchair:

3 Joe Dowling	44	33:16
---------------	----	-------

MTC Finishers:

8 Peter Hall	24	34:57
23 Jim Geary	26	37:47
33 Ruth Hall	28	38:41*
58 Peter Vachon	28	40:55
61 Walter Webber	56	41:13
74 Joan Lavin	38	42:30*
114 Cliff Fletcher	50	47:15
165 John Levin	42	50:22

Maine National Bank will not be sponsoring their 5 mile road race in downtown Portland this June as in past years. They cite change of ownership and priorities as reasons for the end of this sponsorship. It's not known at this writing whether any other sponsor will be found to continue this race.

8th Annual "January Thaw" - 6.5 Miles
Belgrade, Maine - 25 January 1987

23 Finishers

Open:

1 Chris Bevins	36	24:29
19 Donna Jean Pohlsman	36	36:15*

Masters:

3 Doug Ludwig	47	26:24
22 Leona Clapper	56	41:11*

MTC Finishers:

12 Jerry Allanach	37	31:06
13 Carlton Mendell	65	31:07

9th Snofest 5 Miler - 59 Finishers
Augusta, Maine - 8 February 1987

Open:

1 Chris Bevins	37	27:43
32 Nancy Lagin	37	34:44*

Masters:

4 Michael Cameron	41	29:02
-------------------	----	-------

30 Carlton Mendell	65	36:33
48 Ed Lopes	35	41:23
51 Georgianna Hogerty	32	42:25*

Noteworthy:

Bob Jolicœur, newly 50, has not let his advancing years take their toll. He recently ran 3:12:55 at the Los Angeles Marathon (7:21 pace) and plans to break 3:00 at Boston in April. Also, in warming up for Boston Bob ran 1:25:49 in a very cold, windy half marathon at New Bedford. He was only about 7 minutes behind Joan Samuelson who placed eighth in the women's division. At that same half marathon were Carlton Mendell, James Hogerty, and Ralph Duquette from the MTC.

At the Killarney 10K in Waterville on March 15 Jerry Allanach placed 5th in 35:56, Phil Pierce placed 28th in 39:31, and Don McGilvery placed 55th in 43:19. The winners were Stu Bogan in 32:44 and Rose Prest in 37:31.



8th Annual Top O'The Mornin' 4 Miler
 Kerrymen's Pub, Saco - 15 March '87
 206 Finishers

Top Men:

1 Stan Smith	20	19:39
2 Lance Gulliani	28	19:45
3 Rick Garcia	22	19:52
4 Michael Turner	20	19:55
5 George Bochus	20	20:04

Top Women:

25 Christine Snow	21	21:58
50 Wanda Haney (MTC)	20	23:45
54 Joan Westphal	27	23:51
73 Pamela Moulton	25	25:19
92 Joan Lee (MTC)	32	26:08

Top Masters:

17 Guy Martin	40	21:29
100 Vivian Godin	43	26:59*

Other MTC Finishers:

13 Jim Toulouse	38	21:12
20 Joel Titcomb	28	21:39
23 Barry Pifield	30	21:55
28 Robert Hoover	32	22:09
31 Michael Towle	38	22:31
36 David Smith	45	23:02
58 Greg Dugas	31	24:26
69 Dick LaJoie	46	25:08
70 Peter Bastow	50	25:09
71 Eric R. Ellis	34	25:13
79 William Shuttleworth	39	25:34
81 Tim Smith	29	25:36
85 Tom Norton	34	25:51
86 David Houser	36	25:53
90 Gordon Chamberlain	48	26:01
97 Bob Quentin	28	26:40
102 Jane Dolley	38	27:05*
105 Dale Rines	34	27:17
109 Walter Smith	48	27:31
116 Don Penta	40	27:54
118 Nancy Stedman	35	28:04*
119 P. W. Stoops	29	28:05
125 Patty Titcomb	29	28:40*
131 Rick O'Brien	40	28:58
135 Dave Horne	49	29:27
145 Raymond Labonte	26	30:25
146 Russ Bradley	63	30:39
151 Bob Perkins	44	30:56
170 Rebecca Harkavy	14	32:05*
172 Maggie Soule	45	32:16*
173 Claire Edwards	31	32:49*
180 Jan Beckwermert	30	33:22*
194 James Carroll	77	36:19
206 Joe Wildman	48	n. t.

MTC Improvements, Part II --
 Kerrymen's Pub 4 Miler (18 Participants,
 11 Faster & 7 Slower in '87)

	'86	'87	-Dif.	-%Dif.
Peter W. Stoops	30:32	28:05	2:27	8.02
Jim Toulouse	22:57	21:12	1:45	7.63
Rick O'Brien	31:12	28:58	2:14	7.16
Eric R. Ellis	27:07	25:13	1:54	7.00
Dave Horne	31:14	29:27	1:47	5.71
Tom Norton	26:46	25:51	0:55	3.43
Jane Dolley	27:51	27:05	0:46	2.75
Wanda Haney	24:25	23:45	0:40	2.75
on Penta	26:41	27:54	0:47	2.73
Dave Smith	23:08	23:02	0:06	0.43
Greg Dugas	24:32	24:26	0:06	0.41

Age Divisions - MTC:

Wanda Haney, 2nd, Open
Rebecca Harkavy, 1st, 14-18
Joan Lee, 1st, 30-39
Jane Dolley, 2nd, 30-39
Maggie Soule, 2nd, 40-49
Jim Toulouse, 2nd, 30-39
Barry Pifield, 3rd, 30-39
Peter Bastow, 2nd, 50+

This year's Kerrymen's Pub race was very successful with an increase of 12 participants over last year's field. Although the men's open record wasn't broken and only four men completed the relatively flat course in under twenty minutes, 54 participants finished in under twenty-four minutes, which indicates that the overall quality was very deep. Talented collegiate star Christine Snow, an Old Orchard Beach native, shattered her own course record by forty-six seconds. Thirty-seven eager MTC'ers participated, including one gentleman under an assumed name.

There was some delicious homemade vegetable soup following the race. Age group leaders were treated to generous servings of pizza. Race t-shirts were provided to the first two hundred who registered.

MAINE TRACK CLUB PUZZLE - APRIL

J	D	X	E	I	Y	Z	M	H	J	G	O	F	R	A	L	W	U	B	P
B	J	F	I	A	R	A	D	R	A	B	F	O	E	V	I	H	V	X	F
S	E	I	I	D	M	F	I	Y	K	L	O	F	O	T	E	N	Z	S	
Z	B	E	P	K	S	I	E	A	R	O	E	D	X	X	Q	T	V	W	O
M	A	Y	N	Y	J	E	U	N	K	O	R	B	I	G	E	W	Z	N	
V	Z	H	F	S	C	R	Z	M	E	N	Y	G	N	I	R	F	S	G	
Z	O	N	W	M	W	U	E	L	F	U	J	X	Q	R	V	O	T	T	
J	U	D	P	G	D	E	A	O	L	L	U	R	S	D	N	C	L	I	H
J	F	L	N	A	G	G	W	D	H	U	C	K	S	R	B	R	M	O	K
Y	H	Z	B	E	E	X	C	D	M	W	J	N	B	T	E	X	J	N	N
T	U	F	L	E	M	B	A	N	Z	E	O	B	L	P	S	W	U	M	Y
I	M	L	L	G	A	E	G	O	K	R	U	Y	E	M	U	O	F	F	
A	D	H	U	B	I	R	F	M	G	S	X	L	W	O	T	W	O	H	
C	M	I	I	R	P	A	N	J	Y	E	Q	X	U	O	G	A	S	S	
B	O	F	N	E	U	J	I	W	U	D	O	V	U	C	N	Y	Y	D	
B	G	C	I	J	Z	R	U	Z	K	S	A	J	D	A	U	O	U	Z	
I	M	N	T	C	B	R	Y	I	U	D	R	Z	C	Y	E	M	U	Y	
R	N	L	C	R	U	N	H	Y	F	S	K	U	O	H	L	A	C	U	
U	R	T	I	S	I	J	S	R	O	T	C	E	R	I	D	E	S	D	
B	R	I	H	M	F	A	K	I	Y	W	O	P	S	R	J	K	O	B	

WORD LIST

- SPRING ✓
- CLUB ✓
- APRIL ✓
- WESTBROOK ✓
- SHOWERS ✓
- COLLEGE ✓
- BRING ✓
- AMBLE ✓
- MAY ✓
- RAVE ✓
- FLOWERS ✓
- DIRECTORS ✓
- DAKHLIRST ✓
- BARBARA ✓
- MILK✓
- FOOTER ✓
- RUN ✓
- JOHN ✓
- BOYS ✓
- GALE ✓

NEW MEMBERS

Since our last newsletter was published the following 10 new members have joined the Track Club:

NAME & ADDRESS	PHONE	OCCUPATION	AGE/SPONSOR/ INTERESTS
Albert Aston Jr. & Diane Aston 55 Allen Ave. Ext. Falmouth, Me. 04105	(B) 775-4730 (H) 797-3405	Computer Consultant Homemaker	46 32
Paul Berube Jr. Carol Berube and Family P.O. Box 491 W. Kennebunk, Me. 04094	(B) 871-8495 (B) 871-8495 (H) 985-7071	Post Office/Clerk Post Office/Clerk	56 34
Kathy Canarie 139 Spring Street Portland, Me. 04101	(H) 774-1930	RN (Maine Med. Ctr.)	28 Long Distance Biking, Swimming and Nautilus.
Peter Carleton Box #20A, Rt. #201 Topsham, Me. 04086	(B) 845-4761 (H) 725-7055	Salesclerk (L.L. Bean)	??/The Athlete's Foot
William Fretz & Fam. Maine Street Kennebunkport, Me. 04046	(B) 967-4757 (H) 967-4757	Jeweler	39 Photography
Ralph J. Langley Jr. 15C School Street Freeport, Me. 04032	(B) 883-4101 (H) 685-6623	Soldier (U.S. Army)	26/Maj. Robert Antoniuc Wallyball, Sports
Karen Larkin c/o Glover P.O. Box 318 Hollis Center, Me. 04042	(H) 247-5295 (B) 772-9360	Student (Bonny Eagle) (Thom McAnn/Sales)	18 Computers
Stephen Rabasca P.O. Box #1361 Portland, Me. 04104	(B) 775-5401 (H) 775-0898	Engineer (E.C. Jordan Co.)	30
Kenny Winegadner RFD #3, Box #390 Rankin Road Gorham, Me. 04038	(H) 929-6413	Student (Bonny Eagle Jr.H.)	14 Track and Boy Scouts
Sue Yandell R.R. #4, Box #481 Gorham, Me. 04038	(B) 761-2200 (H) 839-6624	Psych./RN (Jackson Brook)	43/AI Butler Theatre, Movies, and Sailing

1987 NEWSLETTER PATRONS

Corporate

Maine Environmental Laboratory

Individual

Charles Scribner

Mrs. Richard V. Whyte

Ken & Jane Dolley

Clint Merrill & Deb Hewson

For those of you who were fortunate enough to hear Brooks Johnson's talk on Sunday night, March 30, at SMVII, and for those who missed the talk, the following blurb will be of interest.



BROOKS JOHNSON
Director of Track

Brooks Johnson, now in his eighth season as Director of Track and Field at Stanford, continues to add to his already impressive list of accolades.

Johnson, the first black head coach in Stanford athletic history, won the U.S. women's track coach for the 1980 Olympic Games in Los Angeles.

The 52 year old Johnson has already logged time as the 1976 U.S. Olympic sprint coach, as the international circuit is rolling out of the ordinary for him.

Early in 1983, Johnson was named 1982's Coach of the Year by Runner's World Magazine. He has led the Stanford women's cross country team to four con-

secutive conference championships and has been named the conference's Coach of the Year each season (1982-83). Johnson also guided his men's cross country team to its first-ever Pac-10 Championship last season and was awarded Pac-10 Coach of the Year honors as well.

Formerly the track and field coach at Santa Fe Community College in Gainesville, Florida, Johnson has been highly regarded for his national and international coaching background. Besides his assistantship at the Montreal Olympic Games, he served as head coach of the U.S. National Teams on several occasions.

Johnson's expertise in coaching women has been demonstrated for the past five years at Stanford. In that same span, the women's cross country team has placed third in the nation in 1981 and second in 1982, '83 and '84 while winning four straight conference titles. In 1983, the Cardinal missed winning the regional championship by a scant three points.

Under his tutelage, numerous All-Americans and several NCAA champions have been produced. Seventeen of his athletes have become Olympic team members and he has produced many world record holders in his long coaching career.

Johnson twice coached the U.S. National indoor team which toured Germany and Russia in 1969 and hosted the U.S.S.R. in 1973. He was named head coach of the U.S. Pan American team in 1971 and directed the Americans when they visited Europe and Africa in 1973. He also piloted the U.S. Women's National team in both 1969 and 1973.

A 1956 graduate of Tufts University in Medford, Massachusetts, Johnson was captain and All-American on the track team. While at Tufts, he was the NCAA record holder for the indoor 60-yard dash.

He gained international recognition for the first time in 1960 when he established the indoor world record for the 60-yard dash. Johnson later represented the U.S. National team on a tour of Europe and Africa in 1961. He was also a member of the 1963 U.S. Pan American team that won a gold medal in the 440-yard dash.

This month's newsletter deserves a credit line for ImageSet Associates, Computer Publishing and Design. They generously donated their Xerox machine, Macintosh computers and office to help get this newsletter out.

Officers and Committee Chairpersons



Phil Pierce	President	781-3769	Tom Norton	Clothing	929-5548
Cheryl Bascomb	Vice President	929-8259	Nancy Stedman	Social	774-4013
Susan Milliken	Secretary	781-2321	Maggie Soule	Publicity	846-3631
Rick Strout	Treasurer	892-3216	Don Penta	Statistician	892-4526
Charles Scribner	Race Committee	772-5781	Cheryl Bascomb	Programs	929-8259
Fred Beck	Newsletter	846-3111	Brian Milliken	Refreshments	781-2321
Dennis Connelly	Membership	797-2007	John Gale	Course Certific.	775-5017
Jane Dolley	Past President	846-6018	Frank Ferland	Photography	829-3390

Maine Track Club is a non-profit organization.

P.O. Box 8008, Portland, Maine 04104
Run with a friend...



MAINE TRACK CLUB MEMBERSHIP FORM

Individual (\$12.00)

Family (\$15.00)

Student (\$5.00)

(18 yrs. old maximum)

LAST NAME _____

TODAY'S DATE ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____
SCHOOL _____, YEAR OF GRADUATION _____

OTHER INTERESTS: _____

YOUR SPONSOR (IF ANY): _____

Maine Track Club

P.O. Box 8008
Portland, Maine
04104



E 022

Bill & Susan Devenny
14 Woodvale Street
Portland,
Me. 04102

First Class Mail