

Maine Track Club



January 1988

Run with a friend

UPCOMING MEETINGS

**Membership Meeting
Wednesday February 10
7pm SMVTI**

Massage and Neuromuscular Therapy, how to treat yourself, others and where to go and what to look for. This presentation will be done by Jeanne Gaudette MST and an associate.

Remember to come to the MTC Banquet! January 23.

Great food, awards, and even humor this time! Find that red banquet sheet we sent you earlier and send it in. Call Sandy Wyman with any questions. 876-2391

Maine Track Club's 7th Annual Mid-Winter 10 Mile Classic Sun. Feb 14 Cape Elizabeth

Chase your Valentine to the finish line! Come race or volunteer on this new faster course. Race applications should be ready now. Call Bob Payne 655-6006.

We welcome our new MTC President **Charlie Scribaer!** The full roster of incoming officers will be listed in the Feb. newsletter.

**Renew your MTC Membership by filling out the back page form and sending in your dues right away!
January is renewal month!**

Roz Randall wins Tampa Bay Marathon!



Times photo — CHARLES LEDFORD

The thrill of victory

Rosalyn Randall enjoys her hard-earned win in Sunday's Tampa Bay Marathon. Randall rallied in the 25th mile to capture the women's division. Mike Holtcamp was the overall winner.

Randall had a harder time winning in the women's division. The Portland, Maine, native had to chase Seminole's Cathy Kalway for most of the race before surging past in the 25th mile. Randall finished at 3:21:34, 20 seconds ahead of Kalway.

Randall, 37, credited her strong finish to the stamina she has built from ultra-marathoning (50-mile races) and triathlon training. She competed in the Iron Man Triathlon in Hawaii in October.

"I just thought about my strength from bike training and from the ultra-marathons," she said. "I just said to myself, 'I should be able to get her.' "

MONDAY, DECEMBER 14, 1987
ST. PETERSBURG TIMES

Happy New Year! No great words of wisdom this month, just a reminder that this is your newsletter, and the more contributions, the merrier! Please contact me with any and all ideas you might have regarding new columns, topics for articles, and the like. Your weary editor is especially interested in such topics as marathon training in winter (in January?), the way running and training complement/aggravate the stresses of professional life, and the activities of those MTC members who live outside the greater Portland region. Regular columns about equipment and the interesting activities of individual members would also be great. Thank you to all who sent information for this month's newsletter! Finally, please remember that becoming a prime sponsor can save many postage dollars and provide some inexpensive advertising for your business.

T-SHIRTS TO AFRICA! Bruce Ellis has shipped a total of 158 shirts. Keep them coming!

Jennifer Rood
Jennifer Rood



The Maine Track Club Newsletter is compiled monthly. Circulation 400. Related material may be copied with acknowledgement. Editor: Jennifer Rood.

Cross Training by Jerry Allanach

A New Perspective on Cross Training

It seems more and more of us have adopted our G or 7 day a week regimen of running in favor of other forms of exercise, being somewhat of a controversial topic, with some linking bicycling or swimming as an art of invasion. I thought I'd stick my neck out and put in my 2¢ worth.

A little about my background should help you understand how I became involved with these covert exercises. I first began distance running in 1972 after being coerced into becoming a high school cross country recruit as a former baseball player. I just couldn't understand why these kids wanted to run around in their underwear gasping for breath, run off and on (mostly off) experiencing my first racing injury. In 1974, long before my first attempt at racing in 1980, from 1973 thru 1976 I was an avid 6 day a week runner often trying train damage continuing to train hard even when injured. In fact I essentially lost the 1976 racing season when I continued to run on a badly sprained ankle just before Boston. Injuring the ankle while training led to recurring foot injuries and other maladies but I continued running my best until August when I finally had to give up running completely for a month.

Enter serious cross training! Not wanting to lose all my conditioning, I started liking and swimming. I really missed the running but as the weeks wore on I began to enjoy the change a little. And I started running again, regaining reading somewhere about little lessons (relax, they're not competitive) that take about 45 hours to absorb so I decided to run one every other day until I was completely healed or brain dead, whichever came first. I continued to bike and swim on the off days.

As I continued my rehabilitation, a strange phenomenon surfaced. While running race day there are always 1 to 2 days a week when we feel lethargic and don't seem to get motivated, right? You know those days when you have to remind yourself that the only reason we run is because we enjoy it so much, even if we had to do this for a living we'd find another job. Well with the cross training, ever, I've felt great and I almost always seemed to feel strong.

In late Fall I was able to do a few short races and did better than I expected. During the winter I lived in this country alone, along with the pool and the lifecycles while continuing to run one, every other day, and feeling strong.

Everything I'd seen or read about cross training seemed to indicate it wouldn't help and might even hurt your racing efforts. However, all the exercises seemed to be either world class runners that added it to already crowded running schedules or my own friends who got caught up in the craze for triathlons. Being a very strong judge of athletic ability, I could tell I wasn't a world class runner. I also knew I used other sports as a substitute rather than adding to running. I had no desire to become a competitive diver or swimmer. I think this last revelation was especially important for me as it allowed me to continue to focus on my running rather than dividing my energies among multiple activities.

With these thoughts and a real curiosity, I decided to continue cross training into the 1987 racing season. The results to date:

- 1) 26 races, a personal high
- 2) 12 PR's, ranging from 1 mi. to the 1/2 marathon
- 3) Consistency of performance: 10K speed fastest to slowest is 1:1:1 and would be under a minute if you took out the best we run on; G days after a marathon
- 4) the impossible-not once, but 3 times an overall winner. Just this time I would like to publicly thank Peter Lassard, Bruce Ellis, Tom Murray, Jerry Phans, Jim Couloumbis, Dennis Lindstrom and all my other friends who always blow me away for your support in helping these wins possible by not showing up for these races.

When you consider the length of time I've been running and racing, I can only conclude that cross training made me a better overall runner in 1987.

Cross Training, continued

Now we all know losers are pro's and can't do everything. I feel cross training hurt my efforts in the marathons. I run 4 miles a day and each time I was feeling really tired. I think I guess there's just no substitute for putting in the miles for the big ones.

Would cross training help youths one lot, you can answer that question and if you elect to give it a try, there will be a lot of other variables to consider. I know a large portion of my success this year is attributable to those words of support and encouragement from a fellow member of the 2 finest running clubs in New England, the Central Maine Striders and the Maine Track Club. Everyone is certainly different and that is what makes road racing so exciting.

TREASURER'S REPORT



Richard K. Strout

Richard K. Strout
Treasurer

TREASURER'S REPORT

November 5, 1987

December 4, 1987

Funds on Deposit, November 5, 1987

\$ 8,290.44

Receipts:

Race registration fees - Kids Sake	\$ 770.00
Race Management fee - Kids Sake	\$ 589.00
Reimbursement Petty Cash - Kids Sake	\$ 100.00
Registration fees - 50 Miler	\$ 160.00
Registration fees - Cape Challenge	\$ 80.00
Membership list	\$ 1.00
John Pyznik Scholarship	\$ 200.00
Memberships	\$ 102.00
Clothing	\$ 254.00
Race Management Fee Cape Challenge	\$ 438.00
Pet's Pizza Race Management Fee	\$ 150.00
November Interest	\$ 44.66

Receipts:

-Membership	\$ 36.00
-50 Mile Race	\$ 120.00
-Reimbursement - ball horn	\$ 164.90
-Boy's Club Race Fee	\$ 200.00
-Falmouth Lions Race Fee	\$ 125.00
-December Interest	\$ 36.85

\$ 682.75
\$ 8,973.19

Disbursements:

-Jane Dolley - Safety Pins	\$ 8.93
-Cape Elizabeth Com. Services Gym	\$ 58.00
Handicap race	
-Ken Dolley - 50 miler	\$ 65.00
Bowdoin Gym	
-Coastal Silkscreen - 50 Miler	\$ 34.80
I-Shirts	
-Coastal Silkscreen - 50 miler	\$ 189.50
T-Shirts	
-Waste Management of Maine	\$ 100.00
50 Miler - Portable Toilet	
Sportline Trophy Center	\$ 96.00
50 Miles	
-Charlie Scribner - Batteries	\$ 7.74
-Phil Pierce - refreshments	\$ 17.75
-Jan Dolley - reimbursement	\$ 121.50
expenses 50 Miler	
-IAC - Maine - Handicap Race	\$ 10.00
IAC - National - Handicap Race	\$ 15.00
Jane Dolley - insurance 50 Mile	\$ 25.00
-Ted Cunningham - Expense, Pat's Pizza	\$ 14.50
Race	
-Phil Pierce - Plaques, Handicap	\$ 15.00
Race	
Mandy Stedman - Flowers, Tim Smith	\$ 33.60
Petty Cash - refreshment	\$ 20.00
Handicap Race	
-Fred Beck - November newsletter	\$ 179.65
-FM Beck, Inc. Postage - newsletter	\$ 93.19
Cape Elizabeth Com. Services	\$ 58.00
Lym - Mid-winter Classic	
-Bruce Ellis - postage	\$ 24.70
Mailing T-Shirts to Africa	

\$ 1,188.06

Funds on Deposit, December 4, 1987

\$ 7,785.13

Phil will be contributing information regarding races being held anywhere from Bangor to Boston, please let him know if you know of any.

Bob Cadene suggested that we get together with other race directors in the state so that we don't have conflicts in race dates. It was mentioned that this took place several years ago when Bob Jolicœur was Pres. of the Club.

A profile was done on Jane Dolley in Boston and New England Running.

awards to be given at the Banquet. If any of you can think of someone who is deserving of an award because of their personal running improvement or their contribution to the Club. Please see or call anyone on the Executive board.

Susan Williken is looking for any people who want to help with the Children's Running Program to please see her. There is further mention of this in the Newsletter.

Jane announced that at this time there have been over 70 people who have worked 3 races this year!!

Volunteers will be recognized at the Banquet.

Jane Dolley won the free pair of shoes donated by Brooks.

Fred Beck introduced Jennifer Wood who is the new Newsletter Editor for 1988/

Membership Meeting Notes continued

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.

BOSTON TO BANGOR

The Running Dilettante's Guide to Selected Road Races

Race of the Month: There is no race of the month in January! Only crazy people like those preparing for the Boston Marathon run in January, and only those most crazed with running race in January, signing up and showing up in near blizzard conditions.

But that is not to say that you should bang it up and rest. January is good for building your base, increasing your endurance, and strengthening yourself. Cold weather can teach you to read your body better, to sense tight muscles due to cold, and to avoid muscle pulls through too strenuous running. Yes, there are lessons of the road taught only in January, and the compleat runner must experience them.

January 17 January Thaw 1.5 Mile Road Race
12 noon from Belgrade Central School. \$3.00 entry fee.
Contact Jerry St. Amand (873-8753) (A neat little race)

February 7 Sri Chinmoy Inspiration Marathon.
Hampton Beach, N.H., 8 a.m.
Seagate Motel. \$5.00; \$7 post.
Sudheya Rosenberg (617-275-7429)
(Ask Dave Trussell about this one!)

February 14 MTC's Midwinter Classic 10 Miler.
Contact Bob Payne (855-6006)
(A new, faster course!)

February 21 DeMer's Track Classic, Lewiston.
9 a.m. Bates College \$3.00, \$1 youth.
John LaFreniere, c/o
DeMer's Plate Glass Co., P.O. Box
1562, Lewiston, ME 04240
(784-5404)

And outside of the Bangor to Boston Circuit... .

January 17 Bermuda International Marathon.
P.O. Box DV 397, Devonshire,
Bermuda (809-296-2428) (GO for it!)

February 13 Birmingham Track Club's Sixth Annual Fifty Mile Run, registration by mail only. Deadline 1/30/88. c/o Rick Melanson, 2704 Vestavia Forest Terrace, Birmingham, Alabama 35216
(A nice little primer for Boston!)

If you are traveling to New York City, there are races every weekend in Central Park, put on by the NYREC. Call MTC and NYREC member Phil Pierce at 781-3768 evenings for further information.

Race Directors take note: If there is a race you would like to make 400+ members of the MTC aware of, drop me a line at Philip S. Pierce, 79 Whites Landing Road, Falmouth Foreside, Maine 04105.

Membership Meeting Notes

Dec 7, 1987 Membership Meeting

This evening's guest speaker was entertaining Tom Brunick. Tom is a footwear specialist, Director of The Athlete's Foot WearTest Center. Also he is Footwear Editor for Tennis Magazine and Runner's World. Because this evening's presentation was so interesting I am sharing a few notes for those of you who were unable to attend. The biggest changes coming into the footwear industry are going to be in the material changes. The "buzz word" will be energy return. Tom foresees running shoes being treated the way ski boots have changed, where the inside piece can be altered to conform to each individual's foot. You should view your running shoes as a piece of equipment, and should consider changing your shoes depending on the season. Different materials react differently depending on the temperature. Use a softer shoe in the winter and a harder shoe in the summer. Tom suggested wearing your shoes to the store when you buy a new pair so you can feel the difference. When you are buying new shoes there are 4 important points to remember:

1. What do you need in a shoe? This is in relation to your weight and your gait. Are you a light person who has a heavy gait?
2. Stability needs. Do you pronate?
3. Where do your shoes breakdown? Look at the soles and also see how they test on a flat surface.
4. Keep a log on how old your shoes are. He recommends changing shoes every 500 miles.

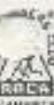
Business part of the meeting:

This evening's guests were Bob Jones and Hal Bubins. New members present were: Cherry Mandahon and Martha Lemar, Will Stackpole. WELCOME!!!!!! Rick Strout gave the Treasurer's Report. The treasurer currently has \$8,290.00. Race Directors report. Charlie Scribner: Rat Fatz did a great job on the Turkey Trot! The next event is the Feb 14th 10 miler. Bob Payne and Marie Wood are directing again. The 10 miler is being changed to a different location because of the Shore Road traffic problem. In 1988 it will begin at Cape Elizabeth High School. From there it will go out 77, to Sawyer Rd to Eastman to Spurwink to Scott Wyeth. Runners will be out mid-December. Bob Payne will be looking for help. For those of you who want to volunteer early so as to be able to run those summer races, please contact Bob Payne or Marie Wood. There may possibly be a 4 miler in January. Phil explained the Club Handicap race on Sunday, Dec 11th. Announcements on Jan 13th, everything will be in the Dec. Newsletter. Executive meeting Dec. 8th at Phil's home. Plus Phil mentioned that nominations are being taken for any

Continued on Page 3

Runners Attitudes and Demographics Survey

ROAD RUNNERS CLUB of AMERICA



FOR IMMEDIATE RELEASE

June 3, 1987

Road Runners Club of America Releases Wide-ranging Survey of Members' Attitudes and Demographics

The Road Runners Club of America (RRCA), a national organization of more than 100,000 long distance runners in over 400 chapters, has released the results of a wide ranging survey. Over 1700 members returned questionnaires for the survey conducted by former RRCA Vice President Allan Field. The purpose, according to RRCA officers, was to develop a running profile of the membership, attain demographic data for marketing use, and to determine membership attitudes toward key issues facing the sport for club officers, race directors, national officers and committee chairs to consider.

Highlights of the membership survey include:

Consumer Habits

- * 44% have household income above \$30,000, with 5% of households with \$100,000 earnings.
- * 78% purchase two or more pairs of running shoes annually while 10% buy three or more.
- * The membership chooses Nike as its favorite shoe (26%) - Tiger and New Balance were further back with about 10% each. Other companies with a significant share, Geoxomy (12%) and Brooks (11%). Reebok and Avia, which Reebok recently purchased, combined accounted for 5%.
- * 60% of RRCA members prefer tap water as a liquid replacement drink. 51 choose mineral water, while beer, juice and "energy" drinks each are the choice of 6%.
- * 78% consciously attempt to support sponsors who support running.
- * 10% are vegetarians.
- * 81% use vitamin supplements.
- * 90% own cars, 70% have two or more, and 18% plan to buy a new car in the next twelve months.
- * 42% were formerly smokers.
- * 62% eat in fast food restaurants at least once a week.
- * 80% have at least one beer a week, 40% wine, 24% mixed drinks, while 28% do not use alcohol at all.

Training

- * 40% of the members are morning runners, while 28% run in the afternoon and 32% at night.

Olympic Trials Course Preview

by Bruce Ellis

I know that a 2:17 by a 35 year old is a long shot for the U.S. Olympic team, but I'm dedicated to giving it my best effort. So every chance I get, I drive to New Jersey and run the course for the N.J. Waterfront Marathon, host of the marathon Olympic trials on April 24, 1988.

The trip is facilitated by the fact that my mother-in-law lives 50 miles north in Connecticut. A weekend visit to her allows me to cruise down early on a Saturday morning to tour the course.

The start/finish is at Liberty State Park on a couch grassy field. Access is very easy via the N.J. Turnpike. The course is entirely run on city streets. The first and last 10K are the same. The route winds through Jersey City, Hoboken, Weehawken and North Bergen.

The first 4 miles is flat and goes through a very run down area then some residential and commercial sections. The first hill comes at 4. It's steep, then levels off but continues to rise gradually to 6 miles. It then descends through most of mile 7. The course flattens again and has some long straightaways through Hoboken's business district.

The toughest part of the course starts with an uphill at 10½ that goes for about a mile and gets steeper and steeper. Miles 12 to 15 contain many small rolling hills with short inclines and declines. From 15 to 19 is one straight stretch of road through North Bergen's commercial district. This section has some long, gradual inclines with equal gradual declines. At 19 starts a downhill which leads back to the first 10K and that 4 to 6 mile uphill which is now the 20 to 22 downhill. The final 4 miles is the same flat stretch as the start. The finish is a ½ mile stretch on that open field mentioned before.

Roughly is a gentle description of the scenery. It's all city. I don't know where they got the word "waterfront". You catch glimpses of the Hudson River on only 3 short occasions. But what the heck, I'm only going to see black pavement 4' in front of my face anyway.

The event should be top notch. There will be an accompanying 5 mile race and a 1 mile walk. I've already received correspondence promising a fun filled weekend with many events. Something for everyone. I like the aspect of coordination the trials with an established race so that numbers of all abilities can take part in the festivities.

A list of qualifiers ranked me 35th out of 58 as of October 27. This was my second time doing the course as a training run. I ran 2:52 and had only 3 close calls with traffic this time. You'd think those cars would get out of my way!

If anyone is interested in going, it's about 325 miles from Portland. The address for information is:

New Jersey Waterfront Marathon
Hoboken Financial Center
Place 2, 10th Floor
Jersey City, N.J. 07302
201-432-5530

Whether you can attend or not, I'll be with me every step of the way.

UPCOMING RACES

Maine Races

January Thaw: Jan. 17, Noon. 4.5 miles. Belgrade Central School, Belgrade. Contact: Gene Roy, Central Maine Striders, 465-7296.

Wild Katahdin Trust Snow Run: Feb. 6, 11 a.m. 4.8 miles. Katahdin High School, Sherman Station. Contact: 365-4216.

Mid-Winter Classic: Feb. 14, 10 miles. Cape Elizabeth High School. Contact: Maine Track Club, P.O. Box 8000,

Portland, Me. 04101.

Portland Press Herald 1/6/88

Marathons

Los Angeles Marathon: March 6. Contact: Los Angeles Marathon, P.O. Box 67750, Los Angeles, Calif. 90067. (213) 679-1988.

Boston Marathon: April 18. Hopkinton. Contact: Boston Athletic Association, 17 Main St., Boston, Mass. 01748. (617) 437-2672. Runners must qualify.

NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Sponsor/ Interests</u>
Niki L. Norman 124 Pleasant St. #E Portland, ME 04101	B775-3557 H761-7019	Customer Service Boise Cascade	34
Terry A. Fralick 363 Main Street Cumberland, ME 04021	B799-2221 H829-3933	Broker/Owner Caldwell Bankers	41 Triathlons, tennis, buddhism
Dominic Adams Pleasant Avenue Peaks Island, ME 04100	H766-2739	Carpentry	30 Bicycle racing hiking, outdoor activities
Richard & Lynn Vail 93 Springwood Road So. Portland, ME 04106		NETST Hygienist, LL Bean	44 37
Richard C. Sandler 10 Locksley Road Cape Elizabeth, ME 04107	B775-4100 H767-0662	LSM-Advertising	40
Adam Hamilton Elm Street So. Portland, ME 04106		Student	14 Mike Towle
Stephanie Wood Pilgrim Place So. Portland, ME 04106		Student	Mike Towle
J. P. Lavoie 89 Simmons Road So. Portland, ME 04106	B797-9466 H799-8730	Sales Rep. Holmes Dist.	32 Wilbur Holmes
Martin L. Weiss R2, Box 7390 Winthrop, ME 04364	B395-4400 H395-4400	Computer Programmer	30 Golf, X-country ski
Hal & Eileen Rubin Rim 3 Cedar Circle Scarborough, ME 04074	B775-3536 B871-0111 H883-5984	Underwriter RN Student	43, 42, 9 Orienteering, Hiking, canoe, camping, X-C skiing, theater
Robert W. Jones 9 Stagecoach Windham, ME 04062	H892-4570	Student	Phil Pierce Soccer, skiing

Houston, the Bayou City

by Bruce Ellis

Body, I thought ya'll might like to hear a little about our Texas experience and the Houston Marathon. It was quite a unique trip and exciting for Nancy and I because we had never been anywhere near that part of the country before. The Wayne Track Club was well represented with 2 MTC members as my teammate James Haggerty made the trip. Also quite noticeable on the sidelines were 2 green and yellow sweatshirts worn by our faithful companions Nancy and Georgianne.

Nancy and I have a good friend in Houston named Fred Smith. He was my college roommate and best man. Seeing him was the main reason for choosing Houston over other invitations to Phoenix and Miami. Our trip was all expenses paid. Well, so far they haven't caught up to me about reimbursing them for Nancy's plane ticket. Keep it a secret, huh? The invitation came only 3 weeks prior to the race. This entered me as I considered myself an after thought and didn't give me proper "finishing time". We decided to make it a 5 day mini vacation and do a little touring to see the countryside.

I sincerely hope I don't insult any native Texans out there but we weren't terribly impressed. That place is that. I mean F-U-A-T! The first couple of days we drove 300 miles west to San Antonio and were impressed by seeing the Alamo and the much advertised river walk. The river walk is a system of sidewalks with shops and restaurants on 2 levels bordering the canal like San Antonio River. Much like pictures we've seen of Florence, Italy. It was unique and picturesque and set a quaint and mellow atmosphere for the downtown area. The Mexican influence is everywhere with many stucco design buildings, clay tile roofs, etc.

The drive to and from San Antonio was mostly highway. Again the topography was open and flat. Very different from what we're used to and simply lacking the personality of our mountains, forests and coastline. Some of the small towns we drove through were very unique, they were somewhat run down signs of poverty everywhere, but very picturesque in their own way. The look was 1930's depression era. A perceptive eye would have to look through the run down nature of these small towns to see the look captured by many a magazine photographer showing the Americana look of these simple towns.

Another day we toured through a national forest north of Houston and then to a state park for a run through the trails. The forest was actually depressing. There was litter everywhere. I mean that emphatically. It was incredible. I couldn't imagine driving through the White Mountains or Acadia and seeing that much trash. But at least we got to see some trees, a rarity in Houston. And yes I got lost on my run in the state park. I got into a swampy area (it really is the Bayou City). A little deeper and I could have done a good Humphrey Bogart.

Houston itself is incredible. Sixty miles in size from north to south and completely developed. There were very few parks and green areas. The downtown area is new, modern and contains mostly offices. There were no apartments or living quarters. The older sections were a bit run down with signs of the current economic strain the area is going through. The marathon course is city-wide touring runners through all aspects of Houston. It goes through new and old Houston, the Mexican section, Rice University, some impressive suburban areas and several commercial districts.

It's a complete tour of the city.

The marathon itself is very well organized and proudly sponsored by the Texaco oil company. The exposition was one of the best we've ever seen. Not quite a Boston or Marine Corp but it contained a good variety of displays, vendors and health booths. We shopped at many bargains and came home with much more than we took. The pace itself was well run with very little hitch. Volunteering was impressive with several good "generals" in charge of key factors and each doing a very good job with their assignments. Most noteworthy along the course is the "people". This is the encouragement offered by the locals to help runners complete the course. People carried flags, Mexican mariachi dancers to belly dancers to loudspeakers with recordings of cheering throngs to a priest suspended over the road in a telephone truck carrying a basket blessing the runners.

Curiously notable to me was that all the traffic control volunteers wore yellow vest. Some of these people were wearing green clothing under their vest. Whenever I saw this color combination it made me think of my club colors and I almost started looking for some familiar faces.

Everything about the race was festive. These people are really into it. It's as if they live for this one day all year and go wild when it finally comes. Teams are very proud. The pasta party was big, entertaining and definitely worthwhile. We were lucky to be seated with Frank Rozanich from Seattle, the great ultra-marathoner. I talked to him about our 50 miler and promised to send him a MTC tee shirt. The race had many foreign runners. They pretty much outnumbered the Americans in the elite category. The weather for the race was horrendous, 38 degrees and very windy. The weather hindered post race festivities although we were sheltered by a large stone type building. Everyone just wanted to get back to the hotel for a hot shower. We all trekked down to Pro's Bar for a visit with Boston's Tom Leonard formerly of the Eliot Lounge and soon to return to Boston. He was glad to see the Maine Track Club tee shirts. Nancy and Georgianne obliged by purchasing Pro's tee shirts.

In retrospect, although we weren't terribly impressed with the Texas countryside, we were genuinely impressed by the Houston Marathon. I finished 33rd in 2:26. I was happy with that. James ran 3:28, another consistent performance by my pal. I was bundled in wool and polypropylene. But the "Big Galoot" insisted on going it with just a singlet. Next stop for us is the Wharf Festival Half Marathon in Mendocino, California about 3 hours north of San Francisco on March 29th. We'll be visiting another friend on another mini vacation. I hope to meet club member David Hoefflinger. I've already written to him and told him to look for the green and gold.

(Ed. note: This is a review of last year's race which is coming up again on Jan. 17.)

Runners Attitudes from page 5

* Weekly mileage of MHC members is moderate, with only 1% running over 50 miles per week, while a quarter of the membership runs 21 to 40 miles and 30% run 21-30 miles.

* 88% run predominantly on the roads, which makes sense for a road running club member, while 10% train on the grass or in parks.

Races

* Taking part in races is important as 82% race during the year, with 42% running more than 10 races a year.

* Favorite distance is the 10K, with 5 miles next in line and ten miles third. Running on the track was the least favorite racing pastime.

* 67% of those responding have run a marathon and 74% plan to run one in the future.

* Only 8% of the membership have competed in a triathlon and 63% have no intention of doing so in the future.

* The preferred size of races members take part in, 151-3000 (63%), 10% prefer races with less than 100, while 4% have as their favorite size race the 5000 plus variety.

* Given 10 choices, the 6 most important criteria members picked in choosing a race to enter, in order of preference:

a) distance

b) personal schedule

c) course accuracy

d) safety (traffic, aid stations, etc.)

e) the course itself

Awards were 10th on the list, t-shirts 11th and invited or elite athletes 12th out of the 10 categories.

Miscellaneous

* 33% of those responding are females, 66% are 40 or over and 80% are college educated.

* 38% of MHC members are also TAC members.

* 84% think the efforts of the MHC are important in running, 67% say the same for TAC.

Volunteers!

FOR KIDS SAKE RUN

October 15, 1987

Anderson, Brenda
Bernard, David
Brown, Jeff
Cedrone, Son
Cook, Joyce
Dunphy, Roy
Frost, Mike
Harkavy, Rebecca
Hoag, Bonnie
Hogerty, Georgianna
Hogle, Dee
Johnson, Don
Lejoie, Dick
McGovern, Jerry
Morrill, Dennis
Nickerson, Susan
Page, Dave
Porter, Tim
Reali, Mike
Smith, Roger
Stoddard, Vickie
Strout, Ann
Strout, Scott
Thomas, Jean
Uitterstrom, Sandy
Williams, Brin

Baraccio, John
Blanchard, Al
Bown, Steve
Honley, John
Dolley, Ken
Brickson, Patty
Gale, John
Heffelfinger, Ray
Hoag, Charles
Hogerty, Jamie
Jackson, Howard
LeLiere, Jim
Marino, Richard
Morang, Frank
Nelson, Harry
O'Brien, Michael
Pettingill, Jayann
Prescott, Sandra
Scribner, Charlie
Stoddard, Dorothy
Ston, Herb
Strout, Laurie
Strout, Steve
Toulouse, Jim
Webber, Walter
Wood, Maire

Thank You Volunteers!



VOLUNTEERS
MTC 50-Miler November 15

Many thanks to the following volunteers who helped out at the 50 miler. These are brave and hearty souls, who endured a long and bitter cold day, (but we did have fun!!). The ones marked with an * stayed for the duration - from 7am to 7pm. - and they deserve a SPECIAL thank-you.

Peter Bastow
Russ Bradley
Barbara Coughlin
Jane Dolley *
Bill Davenny
Susan Davenny
Rob Leeskey
Bambi Lovett
Bill Lovett
John Lavin
Joan Lavin
Deb Merrill

Clint Merrili
Terry McGovern
Don Penta *
Rick Strout *
Maggie Soule
Charlie Scribner *
Jean Thomas *
Widgery Thomas
Sandy Uitterstrom *
Marie Wood
Walter Webber *

KEN DOLLEY - DIRECTOR

1987 VOLUNTEERS
** CONGRATULATIONS **
Members Who Have Worked At Least 3 Events
(As of November 15, 1987)
Carlene Anderson *
Bob Antoniou
Cheryl Bascomb
Peter Bastow
Pat Buckley *
Al Butler *
Ron Cedrone *
Kim Coleillo
Lloyd Cook *
Joyce Cook *
Barbara Coughlin *
David Crawford *
Ted Cunningham *
Conrad Demers *
Ken Dolley *
Jane Dolley *
Bill Davenny *
Susan Davenny *
Frank Ferland
Mike Frost *
John Gale *
Mel Fineberg *
Warren Foye
Robertia Greenfield *
Ken Hutchins
Ray Heffelfinger *
Ruth Heffelfinger
Howie Jackson *
Dick Lejoie
Rob Leeskey *
John Lavin *
Joan Lavin *
Joan Lee
John Mattor
Terry McGovern
Susan Milliken *
Brian Milliken *
Tom McMillian *
Dennis Morrill
Harry Nelson
Tom Norton *
Misay Norton *
Bob Payne *
Phil Pierce *
Don Penta *
Sandy Prescott *
Mike Reali *
Jody Reali
Dale Rines *
Charlie Scribner *
Rick Scribner *
Charlie Serritella
Rodger Smith
Maggie Soule *
Bruce Stedman
Nancy Stedman *
Dorothy Stoddard
Herb Strom *
Rick Strout
Jean Thomas *
Widgery Thomas
George Towle
Mike Towle *
Sandy Uitterstrom
John Watson *
Walter Webber
Bob Wilson
Marie Wood *
Sandy Wyman *
Sue Yandell

* worked more than 3 events

RACE RESULTS

19th Annual Cape Elizabeth Turkey Trot
10 K - 81 Finishers - 22 November '87

Top Men:

1 Stan Blackford	29:41 (CR)
2 Greg Hale	32:16
3 Ken Flanders	33:03
4 David Donnelly	33:16
5 Bill Hoch	33:47

Top Women:

19 Rose Prest	36:57
21 Rachel Veilleux	37:27
29 Debbie Jensen (MTC)	38:18
35 Wanda Haney (MTC)	38:39
47 Deb Merrill (MTC)	41:43

Other MTC Finishers:

6 Joel Titcomb	34:15
7 Jim Toulouse	34:27
8 John Eldredge	35:40
9 Bob Coughlin	35:46
16 Brian Milliken	36:27 PR
18 Frank Ferland	36:52
20 Russ Connors	37:03
26 John Lunt	37:56
27 Tom Allen	38:05
28 Ron Deprez	38:18
30 Dave Smith	38:21
33 Steve Woodsum	38:32
37 Phil Pierce	38:59
39 Bob Jolicoeur	39:08
40 Clint Merrill	40:20
41 Peter Bastow	40:32
43 David Brink	40:40
45 John Braccio	41:28
50 Cheryl MacMahon	42:02*
51 Dale Rines	42:35
52 Hubert Strom	44:01
53 Katherine Laskey	44:09*
54 Jane Colley	44:45*
55 Frank Morong	44:45
55 Nancy Stedman	45:55* PR
56 Pat Titcomb	45:52*
57 Cindy Vokey	47:22*
69 Gordon Chamberlain	47:28
72 Jean Thomas	50:02*
73 Don Penta	51:07
74 Deborah Borduas	51:13*
75 Dorothy Stoddard	51:37*

Benjamin's 10 K Road Race - 297 Fin.
Bangor, Me - 25 October '87

1 Todd McGraw	22	30:43
2 Bruce Bridgeman	27	31:10
3 Dan Dearing	26	31:34
4 Dennis Karamitros	28	31:39
6 Kim Wettsaufer	30	31:52
8 Peter Lessard (MTC)	25	32:14
14 Paul Cole (WC)	32	33:41
17 Rick Lane	40	33:48
35 Warren Dean	51	36:09
46 Kelly Bennett	23	37:13*
62 Wanda Haney (MTC)	21	38:36*
65 John Mathieu (MTC)	29	38:44
73 David Wilson (MTC)	21	39:06
81 Wm. Shuttleworth (MTC)	40	39:43
88 Don McGilvery (MTC)	36	40:05
103 Bill Green (MTC)	34	41:39
192 Kathy Christie (MTC)	43	46:46*

Stonington Six 10 K - 44 Finishers
Stonington, Me - 4 July '87

1 Chris Jones	24	33:33
2 Dan Bergland	21	34:11
3 Robert Bergland	19	34:34
4 Harold Hatch	47	34:38
13 Wm. Shuttleworth (MTC)	39	39:51
18 Susan Hawkins	25	42:23*
21 Andrea Hatch	43	43:20*

9th Annual "Bert N'I" 5 Miler - 37 Fin.
East Vassalboro, Me - 1 August '87

1 Peter Lessard (MTC)	25	26:24
2 John Hallee	22	27:55
3 Jerry Allanach (MTC)	37	29:55
6 Fred Judkins	43	30:59
9 Mimi Mattson	33	32:42*
10 Dick Cummings	50	33:01
23 Susan Martin	25	37:04*

Northeast Harbor 5 Miler - 122 Fin.
15 August '87

1 Andy Palmer	33	25:26
2 Tim Donovan	33	25:27
3 Daniel Quinn	28	26:21
4 Jim Kimball	19	26:39
9 Virginia Connors (MTC)	22	29:00*
10 W. H. Janeway	44	29:04
29 Robin Emery-Rappa	40	31:45*

Bar Harbor 13 Miler - 147 Finishers
Bar Harbor, Me - 19 September '87

1 Joel Sumnerall	1:11:02
2 Lance Giuliani	1:13:54
3 Rick Lane (M)	1:16:55
23 H. Claire Muham	1:25:08*
43 Summer Weeks (MTC)	1:29:29
45 Carol Weeks (MTC)	1:29:59*
58 Diane Fournier (M)	1:33:51*

Fieldcrest Foot Race 10 K - 18 Fin.
Waldoboro, Me - 20 September '87

1 Robert Hillgrove	20	31:51
2 Larry Deans	31	33:22
3 Tom Thibeau	29	33:54
4 Ray Johnson	39	35:55
5 Joe Meehan	40	36:52
10 Summer Weeks (MTC)	38	40:33
11 Dick Cummings	50	40:35
12 Carol Weeks (MTC)	38	40:43*

2nd Annual Dyer Memorial 5 K - 66 Fin.
Winslow, Me - 18 October '87

1 Peter Lessard (MTC)	25	16:03
2 Gordon Hartwell	29	16:54
3 Rick Lane	40	17:08
18 Dick Cummings	50	19:30
20 Wendy Nosea	15	19:53*

MORE RACE RESULTS

Maine Track Club Fun Run - 4.2 Miles
Cape Elizabeth, Me - 6 December '87

Pos.	Name	Predicted Time
1.	Michael Willeford	46:00
2.	Melissa Miorchi	46:00
3.	Julie Grant	45:00
4.	David Boddy	40:00
5.	Warren Wilson	42:15
6.	Georgianna Hogerty	42:03
7.	Wilbur Holmes	45:11
8.	Clint Merrill	33:41
9.	Kevin Moriarity	35:00
10.	Warren Poye	36:06
11.	Dave Conley	37:30
12.	Nancy Ellis	33:45
13.	John Lunt	30:55
14.	Dale Rines	34:27
15.	Brian Milliken	29:55
16.	Summer Weeks	30:53
17.	Bruce Ellis	26:00
18.	Al Butler	32:00
19.	Bob Cushman	36:30
20.	David Smith	31:00
21.	Patty Titcomb	37:00
22.	Jean Thomas	38:21
23.	Bill Davenny	33:29
24.	Carol Weeks	32:29
25.	Will Stackpole	32:45
26.	Mike Reali	32:00
27.	Sandy Utterstrom	36:13
28.	Jane Dolley	36:50
29.	Mel Fineberg	41:58
30.	Rick Strout	33:17
31.	Jeff Merrill	34:34
32.	Buzz Bradley	37:34
33.	Joel Titcomb	27:30
34.	Rodger Smith	34:41
35.	Don Penta	37:21
36.	Robert Jones	28:30

TAC X-C Developmental Meets:

Kristen Berube (MTC), 11 & 12*,
Maranacook - 10/18/87, 1st, 10:48
Kennebunk - 11/1/87, 1st, 11:04

Maine Track Club 50 Miler - 11/15/87
Brunswick, Maine

1	Bryant Burgoon	37	6:34:24
2	Paul Merrill (MTC)	33	6:36:13
3	Phil Pierce (MTC)	46	6:51:05
4	Joe Milligan	52	7:23:59
5	Rosalyn Randall (MTC)	37	7:26:18*
6	Lee Dickey	34	7:27:05
7	Carlton Mendell (MTC)	56	8:09:31
8	Roger Clark	50	8:14:26
9	Ron Faquette	46	8:30:12
10	Tom McMillen (MTC)	41	8:37:32
11	Raul Bergman	57	8:54:39
12	Egor Egan	30	9:05:42
13	John Inga's	55	10:16:33

Out of State Races:

Kristen Berube:

Merrimac, Ma, Lions 2 Miler -
10/25/87 - 12:17

Jane Dolley:

Hancock, N.H., "Run For Honey" 5K -
8/30/87 - 4th, Open - 22:17
Chubb Life 5K - Concord, N.H. -
9/20/87 - 1st, 30 - 39. 21:19
Falling Leaves 5K - Utica, N.Y. -
N.Y. RRCA Championship - 9/27/87 -
21:20 - 1st, 35 - 39

Ralph Duquette:

Six 3'Mile 10K - Newton, Ma
9/20/87 - 15th, Open - 32:00
Jim Witt 5 Miler - Lowell, Ma -
10/4/87 - 9th, Open - 25:13

Marianne Gagne:

N.Y.C. Marathon - 11/1/87 - 19,001st
5:09:31 - 1st Marathon

Bob Jolicosur:

Cape Cod Marathon - 11/15/87 - 98th
3:02:36

Nina Stoddard:

Merrimac Lions 2 Miler - 10/25/87 -
14:27

Robert Wyman:

Jim Witt 5 Miler - Lowell, Ma -
10/4/87 - 174th - 36:40
Merrimac Lions 5 Miler - 10/25/87 -
35:48
N.Y.C. Marathon - 11/1/87 - 19,003rd
5:09:32 - 1st Marathon

LETTER TO MAINE TRACK CLUB MEMBERS

Ken Dolley, race director for the 50 Miler on November 15th, wanted to share this letter with the members. It is from one of the entrants in the race, who finished this Ultra, his first, in 7:27:05.

November 18, 1987

Dear Ken and Jane:

Just a note to express my thanks and appreciation for the way you and your staff of volunteers ran the 50 miler last Sunday. Being my first ultra, the personal experience will always be a special memory, and everyone's help and assistance will ensure that it is a positive one. I can't think of a recommendation to improve the event over the way it was handled. Please extend my thanks to all involved. Best wishes to everyone for a happy and healthy holiday season.

Lee Dickey

P.S. I hope Egor finished ok. His presence was a motivating force.

10th Annual Great Pumpkin 10 K - 345 Pin.
Camp Ellis, Saco, Maine - 1 November '87

Top Finishers --
See November/December Newsletter

WTC Finishers'		
25 Peter Lessard	25	32:34
38 Peter Hall	26	34:10
46 Barry Eifield	30	34:26
66 Bob Coughlin	48	35:53
70 John D. Mathieu	30	36:05
79 Ronald Cedrone	38	36:38
90 Russell Connors	55	37:24
96 Frank Ferland	39	37:38
97 Alburn Butler	33	37:39
111 Debbie Jensen	28	38:17*
118 Summer Weeks	38	38:40
124 George Prescott	39	38:47
126 Michael Bealli	33	38:52
131 Ruth Hall	29	39:05*
132 Donald McGilvrey	36	39:08
133 Jim Geary	27	39:11
135 Bob Jolicœur	50	39:32
139 Carol Weeks	38	39:38*
162 Ed Lopes	36	41:08
164 William Davenny	42	41:16
168 Harley Lee	34	41:25
172 John A. Gale	31	41:38
179 Dale Rines	35	42:02
181 Bill Skerritt	28	42:13
182 Norman Locke	23	42:17
184 Cheryl MacMahon	24	42:22*
185 Carlton Mendell	66	42:23
186 Lloyd LaPountain	25	42:23
193 Jennifer Rood	26	42:45*
194 Joan M. Levin	39	42:49*
196 Wanda Haney	21	43:09*
201 Michael Frost	37	43:14
226 David Hutchinson	48	45:18
231 Warren Foye	39	45:38
240 Joan Barles Lee	33	46:02*
261 Nancy Stedman	36	47:37*
262 Rob Laskey	24	47:40
275 Russ Bradley	63	48:07
296 Susan Davenny	39	50:37*
297 Don Penta	41	50:39
300 Marla Keefe	36	50:53*
305 Marie T. Wood	34	51:46*
324 Diana Laskey	27	54:11*
331 Brenda Cushman	46	57:00*
338 Deborah Bordues	38	58:54*

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To become a prime sponsor of this newsletter, please contact Jennifer Rood V:(603)431-0666 H: (207)439-3519. The sponsorship is \$50 and includes recognition and any message you may have on 1/8 of the front page. At this time we are only looking for one sponsor each month. We mail out approximately 450 newsletters each month. Your generosity and support will be noted by all who pick up and glance at the front page.



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Fred Beck	Newsletter	846-3111	Brian Milliken	Refreshments	781-2321
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Ruth Heffelfinger	Membership	797-4625	Frank Ferland	Photography	829-3390
Jane Dolley	Past President	846-6018			

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

Maine Track Club is a non-profit organization



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Individual (\$12.00)

Family (\$15.00)

Student (\$5.00)

(18 yrs. old maximum)

LAST NAME _____

TODAY'S DATE ____ / ____ / ____

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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. ____ / ____ / ____

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EMPLOYER _____, OCCUPATION _____, PHONE _____

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SCHOOL _____, YEAR OF GRADUATION _____

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Maine Track Club

P.O. Box 8008
Portland, Maine
04104



Bill and Susan Daverny
24 Woodvale Street
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