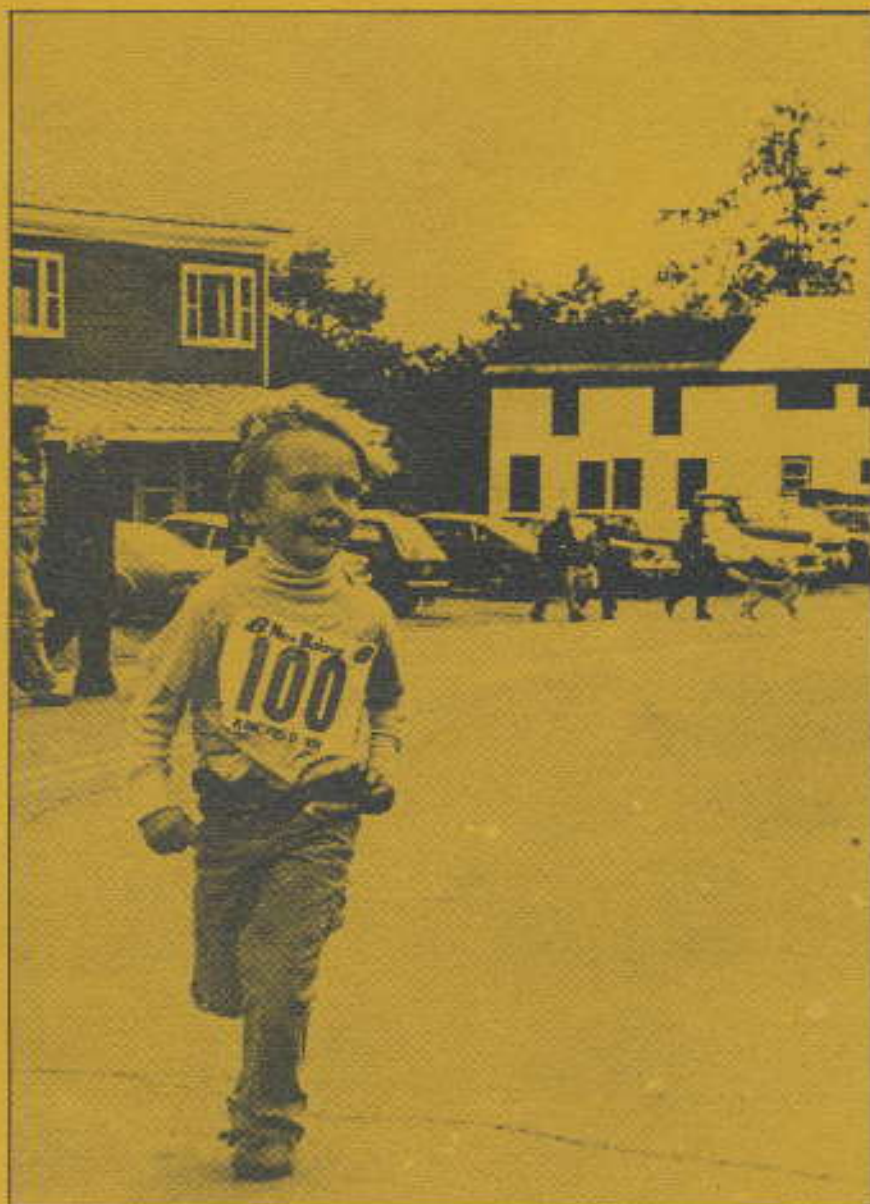


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JANUARY 1981

# MAINE Running

J  
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04107



\$1.00

# MAINE Running

P.O. BOX 259, East Holden, Maine 04429 Telephone: 843-6262

I went through all the black and white photos I have kicking around trying to find one for the January cover. It would have to be a special one for the beginning of a new year. Should I put a second picture of Ken and Robin on the cover since they were chosen by the Maine Masters as the Runners of the Year for 1980, or should I try to get a picture of Hank Pffle or Gene Coffin or Kim Beaulieu or some other deserving runner?

Then I came across this picture of three year old Forest Carey, the youngest starter in the Kingfield 10K this year. What better shot for the beginning of a brand new year of running. Forest finished 2 of the six miles in his daddy's race. I bet he goes at least three this year. And I hope all of you do too. I hope '81 is the year that we all reach those impossible goals: the three hour marathon (please), the sub-30 10K (who's gonna do that!), the 8 minute mile (that's more like it).

Crazy Deke gets things started with a BANG! for us this year with the first half of a two part article on the Rowdy Ultra. Welcome to '81; hold onto your seats!

*Bob*

Maine Running is published monthly in Bangor.

Editor: Robert Booker  
P.O. Box 259  
E. Holden, Me. 04429

Telephone: 843-6262

## The Calendar 1980

The most complete race calendar ever presented to the state of Maine's runners

## Another Long Day for Charles

The story of the second annual Rowdy Ultra

## Second Wind

## Mainely About Women

Leslie Turner's tips to wives of runners

## Letters

## At the Races

Lost Valley and the MTC Handicap Race

## Nutrition and Athletics

Dr. John Frachella's first chapter on nutrition

## Running on...

## Running Around

Sam Schuman takes us to San Francisco

**RPM** RUNNING PROGRAMS OF MAINE



# THE CALENDAR 1981

January	4	Village Cafe 10K (Portland)	Dennis Smith	772-3617	Jul
	18	Brooks Insurance 10 Mile (Portland)	Frank Morong	772-3617	
	18	January Thaw 4.5 Miler (Belgrade)	Gene Roy	465-7296	
February	1	3rd Annual Sno-Fest 5 Mile (Augusta)	Marty Thornton	623-3682	
	8	Ronald's Hair Fashion 5 Mile (Portland)	Lloyd Cook	772-3617	
	15	The Max 10 Mile Run (Portland)	Tom Peterson	772-3617	
	16	Dunfey's 4 Mile Run (Portland)	Larry Peirce	772-3617	
March	15	Kerryman Race 4 Mile (Saco)	Don Wilson	282-2274	
	15	St. Pat's Day 3 Mile	Brian Gillespie	772-2617	
	21	Riberside 5K (formerly Rollie Dyer 10K)	Larry Greer	799-4578	
April	5	3rd Annual Boston Primer 15 Mile & Race of Undisclosed Distance (Readfield)	Marty Thornton	623-3682	Aug
	12	18th Annual 3 in 1 Road Race (Lewiston)	Parks & Rec	782-0105	
	20	52nd Annual Portland Boys Club 5 Mile (Portland)	Dick Manthorne	772-3617	
	26	Elks Run for Diabetes 10K (Waterville)	Bill Johnson	873-1515	
May	2	2nd Annual Kennebec Valley YMCA 10K (Augusta)	Steve Russell	622-6391	
	3	Biddeford 15 Miler	Don Wilson	282-2274	
	3	CP Road Race 5K	Kirt Bradford	622-9351	
	9	USM Alumni 5 Mile X-C	Brian Gillespie	772-3617	
	9	Athletic Attic 10k (Bangor)	Skip Howard	947-6880	
	17	WCAN-TV 13K	Dave Silverbrand	772-3617	
	17	2nd Annual Herman 10K	Joe Auge	848-3116	
	24	Nike/Maine Coast Marathon (Kennebunk)	Dave Loranger Dick Roberge	247-5092 934-5390	
	25	Memorial Day 10K (Gorham)	Phil Cook	772-3617	
	25	Inn Race 5 Mile (Caribou)	Conrad Walton	498-3305	
	31	4th Annual Camden 10K	Bruce Booker	236-3692	
June	6	Zonta Road Race 5 Mile (Waterville)	Marj Lalime	873-5397	Sept
	7	Mainely Ladies 10K (Old Orchard Beach)	Bob Provost	284-7361	
	13-14	Bethel Inn 10K & Half Marathon	Brian Gillespie	772-3617	
	14	Thomas Park 4 Mile (New Sweden)	Conrad Walton	498-3305	
	20	Hampden 8.5	Skip Howard	947-6880	
	20	Natural Lite Half Marathon (Caribou)	Conrad Walton	498-3305	
	21	Athletic Attic/Lewiston Rec. Solstice Strut	Peter Brigham	786-2507	
	27	Tour du Lac 10 Miler (Bucksport)	Steve & Anne Norton	469-2189	

	27	2nd Annual New Directions 10K (Manchester)	Mary Herman or Nancy Bancroft	622-6136
July	4	Four on the Fourth (Bridgton)	Jerry Levine	unknown
	4	Gardiner Festival Days 5 Mile	Vern Lewis	582-5694
	4	Greater Bangor Fourth of July 5K	Bob Booker	843-6262
	5	Subaru 10K (Caribou)	Conrad Walton	498-3305
		Paul Bunyan Marathon (Bangor)	Bill Green	942-2751
	18	Muddy Rudder 5.1 Mile (Yarmouth)	John Noyes	
	18	John Fyalka Memorial 10K	Brian Gillespie	772-3617
	19	Potato Blossom 5 Mile (Ft. Fairfield)	Conrad Walton	498-3305
	25	Hancock Lobster Classic 10+ Miles	Steve Coffin	422-6888
	25	2nd Annual Manchester Mini-marathon 5.5 Mile	Bob Gasper	623-3379
	26	Breakwater 7 Mile (Pine Pt.)	Dave Galle	283-3490
August	2	Windham Rec Road Race 5.5 Mile	Larry Dyer	892-8264
	2	Blue Hill Days 10K	Barry Mills	374-2846
	8	Third Annual Kingfield 10K	Chip Carey	237-2000
	8	Lovell Road Race	Kevin McDonald	
	8	Grand Willey 10K	Steve Coffin	422-6888
	9	Lions Club/Winthrop 9&4 Milers	Bob Jolicoeur	622-9050W 395-4617H
	14	St. Mary's 3 Mile (Biddetford)	Don Wilson	282-2274
	22	Herbert Tours 4 Mile	Howie Jackson	772-3617
	22	Kennebec 10K (Madison)	Bob Hagopian	696-5548
	23	Good Sports 10 Mile	Wayne Larochelle	772-3617
	23	LeFete 10K (N. Caribou)	Conrad Walton	498-3305
	23	Hills Beach 3 Mile	Mark Lessard	1-603-749-3874
September	1	Labor Day 10K (Corham)	Mike Towle	772-3617
	1	Labor Day 5 Mile (Bangor)	Bob Booker	843-6262
	1	Labor Day 4.3 Mile (Caribou)	Conrad Walton	498-3305
	5	3rd Annual Windsor Fair Shrine Day 5 Mile	Bill McFarland	445-2433
	5	Skowhegan Log Days 10K	Bob Nicholson	
	6	3rd Annual Engine House (Auburn) 5 Mile	Jack Linnell	784-4563
	12	North Yarmouth 4 Mile	Bob & Barb Coughlin	772-3617
	13	People's Bank 10K (Portland)	Brian Gillespie	772-3617
	19	Bar Harbor 13 Miler	Dennis Jenkins	288-5885
	19	Common Ground Country Fair 10K (Litchfield)	Skip Howard	947-6880
	20	Children's Race Day	Charles Scribner	772-3617



	27	James Bailey Cross-Country Race	Dave Paul	774-4089
October	3	2nd Annual Autumn Gold 20K (Ellsworth)	Bob Booker	843-6262
	3	USM Law School Alumni	Wayne Larochelle	772-3617
	4	American Cancer Society Jog(Walk)-A-Thon	Karl Vertz	623-4860
	10	Quaker Hill Challenge 10K (Unity)	Ed Raiola	
	18	Casco Bay Marathon (Portland)	John Noyes	
	25	Great Pumpkin 10k (Camp Ellis)	Preston Powell	934-5560
November	8	Rowdy Ultra 50 Miler (Brunswick)	John Noyes	
	1	2nd Annual Run For Your Life 10K (Manchester)	Bob Cumler	622-9854
	11	2nd Annual Veterans Day 13 Miler (Augusta)	Greg Nelson	582-5607
	15	Lost Valley 15K (W. Auburn)	Bill Sayres	783-3954
	22	Cape Elizabeth Turkey Trot	Jim Arbuckle	
	26	1st Consumers Gasping Cobbler 10K (Augusta)	Bob Jolicoeur	622-9050
December	5	MTC "Closed" Race		

In this calendar I've attempted to list as many races as I possibly could. If you mentioned your race to me but do not find it above I'm sorry. Write it down for me. Please, do not think of all the above dates as being hard and firm. One of the main reasons we printed this calendar is so each race director can see his or her race in relation to everyone else. I should hope that several race directors could get together and decide to change their dates in order to better serve the running community and their own ends.

There are many races not on this list, such as my favorite, the Mad Witch Mid-Marathon which always falls on a terribly hot day in the middle of August. I've been asked to print an updated version of this calendar in the June issue so that any changes made in the next few months can be reflected there in.

Here are several races I received late:

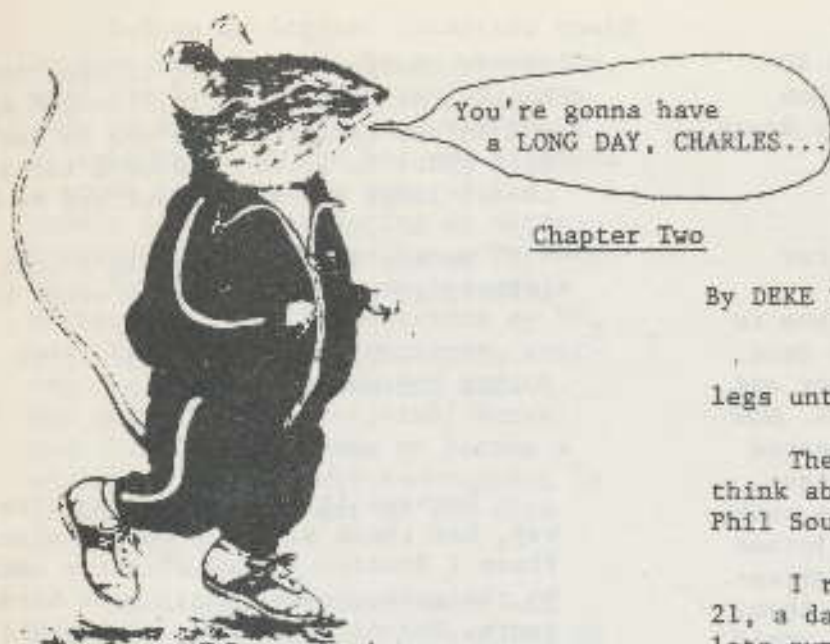
April 11	China 10k Classic	Kevin Purcell	445-2047
May 3	Androscoggin Harriers Team Championship Series - First Race (Lewiston)	Bill Sayres	783-3954
June 20	Great Cranberry Island 4 Mile	Larry Allen	942-9284
September 5	Blue Ox Co-op (Bangor)	John Frachella	884-7467

My apologies to Ann Gillespie for printing Ziggy's number on all Maine Track Club sponsored races. I didn't have the phone numbers of the new directors. Look them up!

HOLD THE PRESSES! God! I forgot my own race, the Iceburg Marathon, on March 1 in Bangor.

VERY LATE NEWS! The Rowdies are planning either a 100 miler and/or a 24 hour run on June 19 & 20. It's true ask Phil Soule!





## Chapter Two

By DEKE TALBOT © 1980

legs until spring.

The newcomers may not have wanted to think about the Rowdy, but unfortunately, Phil Soule did.

I received Phil's letter on August 21, a day rich with the fruity smells of late summer but touched with the first traces of the fall to come. In a demented, childish scrawl, he wrote:

"Dear Deke U.R.,

You've got it f---ed up. Gayton has been holding me back the last two years. Now that he is no longer a riddle, look out for the ebullient but slow Mr. Downing Towne, Charles.

See you there,

Phil U.R."

Nearly 3 months before the damn thing, and already I was getting challenged. It didn't matter that I was faster than Phil. Anything can happen over 50 miles, and would, if he got cranked up and I was out of shape.

Forget...relax...think of the other races...I tried, but it was little use. From then on, I looked at the race results to judge the condition of my probable rivals. Bill Gayton...Lawson Noyes...Gary Cochrane...Sam Butcher...the enigmatic Rock Green...I checked back issues of Maine Running for their marathon times. I built up my training and keyed for races, hoping I could beat them head-to-head if they showed up. Along with my heavier training came a growing adolescent view of competition. If you beat them, gloat and dangle it in front of their noses. If you lose, go in a corner and sulk. Fortunately, from my narrowing perspective, I was able to beat out Lawson and Gary and Bill when they came as members of

It wasn't even September yet, but my fate was already sealed.

I probably always had a desire to run the Rowdy Ultra, whether through the accident of Puritanical, masochistic genes or by reason of inappropriate toilet-training, but I hid the desire successfully from myself for 30 years. Once the spark found proper fuel, though, I was hooked. Having entered a puberty stage of my racing life, I discovered that in the experience of this form of self-abuse, once was not enough. After the initial run in 1979, I knew I would run the Rowdy Ultra again.

I may have known I was going to run, but I wasn't going to think about it until the time was at hand. I was getting some inquiries from some eastern Maine runners who had never seen a real live 50-miler before, asking about how to prepare for the thing, but they had no desire to press the subject. When I told them that marathon preparation was enough, and that they needn't even think about the Rowdy until after Casco Bay, they gladly asked no more.

The truth was, of course, that I was speaking for myself in delaying thoughts about the race until then. There was plenty of fall racing to plan for before then, and no need to keep in mind that on November 9 I would squeeze out my remaining reserves and deaden my



the Maine Rowdies to the Ellsworth 20-kilometer State championship. We then all went to the loft of the Hilltop House and had a few beers, until we were politely kicked out of the place.

It was at Ellsworth that I first found out the bifurcated nature of the Maine Rowdies. I had assumed them to be a group of derelicts until this race, where I saw Ken Flanders, Dan Barker and Danny Paul all wearing their colors. How had these well-known runners, respected in the community as well as being fast, been induced to join this crew? The orthodox explanation was that they had joined as a protest against the super-organization of the Maine Track Club. Why, then, didn't they form their own club to avoid the Rowdy stigma? Here is my theory, presented as a scenario with no names in order to protect not the innocent (there are none) but to protect me:

HE WOKE SUDDENLY, in a cold sweat. His head throbbed as he tried to move. A wave of nausea washed over him as he smelled the flat, pungent beer spilled on the floor and table.

Vaguely, through the fog, he remembered a chugalug contest with Lawson, but no more. The pressure in his skull had squeezed out his memory like toothpaste from a tube. What could he have done in the last adolescent moments, before legs and consciousness had failed him? Had he gone on a dangerous joyride? Not in his car, at least; it was parked where he had left it the afternoon before, and he found the keys where he had hidden them. Had he seduced some woman and filled her with promises? There was no evidence of any bed-companion, and the bathroom was in the same chaotic state in which he had left it. No woman, however well she might try to cover her traces, could have resisted using the bathroom to put herself together, and she could not have used it without cleaning the place up.

He sighed with relief. He was responsible enough to carry through his mistakes as well as his successes, however stiff the price may be. He was spared having to face any stigma. Even the hangover started to subside. He decided to take a shower.

Throwing the smelly clothes into hamper, he passed the full-length mirror and in the corner of his eye he saw a dark spot. He turned his head for a closer look, and was transfixed by hor

On his left buttock, in 3-inch block lettering, were tattooed the words U.R.

"OH GOD, NO!" he cried. "I'VE JOINED THE ROWDIES!"

Perhaps it didn't happen quite that way, but these slightly out-of-place Phase 1 Rowdies looked slightly embarrassed by the goings-on of their more hardened peers. Becoming a Phase 1 Rowdy did not insure that the victim would pass on to Phase 2, because the Phase 1 people did not want to be a shame to their families or a burden to their communities. They kept their scarlet U.R. tattoos out of sight. The Stage 2 people, however, enjoyed finding out how much disgust and revulsion they could stir up in the fat, dumpty, conservative, sedentary world. A brush with the law, in the eyes of a Stage 2 Rowdy, is an act which comes dangerously close to being legal. He would not rise above the line, for fear that he would be ridiculed for having a valid driver's license. If an unwary driver ventured within the range of a Stage 2 Rowdy, he was in peril of having his shiny new K-car desecrated by a plug of Day's Work tobacco juice.

I was fascinated by the social customs and codes used by these unfortunate people, and especially by the term U.R. In letters, both Sam Butcher and Phil Soule had used the term in addressing me. Did they thus consider me a member of their perverted cult? Or was it some innocuous hen-scratch, like a Hebrew vowel-point? When I sent in my entry, I asked Sam if he would enlighten me. I didn't expect much help. Sam had been extremely vague and evasive about it when I had asked him before. The whole business was especially frustrating because part of my dual personality understood U.R. perfectly but the other part, consisting of William B. Talbot, Jr., Esq. Attorney at Law, didn't have a clue. As Crazy Deke was being as coy as Sam was



Before my logical faculties could be reduced to rubble by my obsession over the term U.R., Darren Billings came to my rescue. He had viewed us at Lake Waramaug and had now prepared a study to determine some of the bodily adaptations during an ultra-marathon. At the Orono Human Performance lab he would put me through a battery of tests to determine my  $\dot{V}O_2$  max, % body fat, air exchange, resting and maximum heart rate, etc. I was going to be quantified! Screw you, U.R.! I was going to become a series of numbers which were going to tell me just how fast to run this thing.

Bursting with confidence and curiosity, I showed up at the Lab on the Sunday morning a week before the Rowdy. Darren first asked me to blow into a tube to determine lung capacity and ability to exchange air, and he was impressed by my numbers. I didn't win the title as Katahdin Basketball Camp breath-holding champ for 2 years in a row without some native ability. Next, I moved on for a skinfold measurement for body fat. I began to slip downhill; 12% body fat. Well, Darren said, we'll put you in the tank; that is more accurate and usually registers a lower reading. Slightly reassured, I moved to the treadmill. He stuck wires to electrode patches on my chest, hooked me up to an ungainly helmet and nozzle to breathe through, and put on a noseplug. Feeling like a skin-diver with full scuba gear, I started out as the treadmill slowly geared into higher speeds. For awhile I felt in control, but as the incline of the treadmill increased, the world lost its equilibrium. The air passage began filling with saliva. The helmet began to slip to the side and my head bounced close to the ceiling. The noseplug began to loosen. Suddenly, things became desperate. I was slipping back on the treadmill, despite Darren's yells. I'm going to be sucked into the machine...I'm drowning...I've got the bends...save me, Lloyd Bridges!

Darren came to my rescue, knowing I was finished despite the fact that I for-

got the hand-signal to stop the treadmill. As soon as the machine slowed down, Darren had the results. I was disappointed again...a reading of 59.6. An innocent person might have thought that this wasn't bad, but I knew that the champions had readings in the high 70's and low 80's. I was only halfway between them and a completely untrained person. Shoot. Half a loaf just wasn't good enough for me.

It was time for me to take a dunk into the water tank, to get an accurate body-fat reading. I changed into a pair of skimpy nylon European-cut shorts that I had once bought for racing in, but rejected when I saw how fat they made my legs look. They were just the thing for the water tank, however, because they would hide no air-bubbles that would throw off the reading. Ten times I dunked into the warm tank, and blew out all the breath I could. The guy reading the results assured me that he was getting consistently steady readings with each dunking, so the results should be very accurate.

Darren did some calculations, looked around furtively, and cleared his throat. "We got a reading of 15.2%," he said. "I know the water tank usually gives us a lower reading than the skinfold test, but maybe your lung capacity gives you some extra buoyancy. Are you sure you blew all your air out?"

I was sure. Nobody tried any harder for a good reading.

Darren tried to tell me that my true body-fat reading lay somewhere between the skinfold and the water-tank measurements, but I knew which test he believed in. When he sent me the results, that big fat 15.2% jumped out and slapped me in the face.

Before the test, I had made a careful estimate that I could maintain a 7:45 per-mile pace over the distance. After testing me on the treadmill, Darren said that at this pace I was well enough within my capacity (about 60% of my maximum), to be confident of my ability, in scientific terms, to finish.



"When they tested a group of ultra-marathoners in England running in the London-to-Brighton race, they found that they used an average pace at about 60% of aerobic capacity," he explained. "Let's see..7:45 pace translates into 6:27.30 over 50 miles. Barring accident or cramp, you should do that. I'm only giving suggestions, you understand. You're free to use your own judgment."

I didn't tell Darren, but I was going to use my own judgment, and that was infused by the U.R. spirit. I had made a timid, calculating guess at my race pace, and although it had supposedly been confirmed by all the tubes and electrodes and skinfold calipers, I knew there had to be something more. I secretly admired Gary Cochrane's estimate of 7 minutes a mile which he submitted before his test, although I told Darren that this came out to a 5:50 and that Cochrane was crazy if he had any idea of approaching that. That took a lot of U.R. I was going to need some of it myself, a lot of it.

I wanted to win.

I had this vision of myself, passing the race leader at 48 miles, feeling a pang of compassion and then overwhelming joy as I passed, feeling rushes of power and then vulnerability until through tear-blurred eyes I saw the finish line and the world reaching out its arms to welcome me. I refused to scare the vision away, however unlikely it might be. I tucked it under my pillow every night.

I knew there was only one possible way to make the dream come true. I would have to stick with Lawson.

Lawson was a tough bird and deserved the utmost respect. I had finished well ahead of him at Lake Waramaug, but only because he had experimented with a too-fast pace. That experience had only strengthened him. Through the summer and fall he had whipped himself into shape, while digging a low profile. He made believe he wouldn't have any hope of defending his Rowdy title: "So Ken Remsen might be signing up? Sounds like a 5:40 will win it. I might as well get in touch with George

Gardiner and some of the other big guns down south. As long as I'm not going to win, we might as well have a quality race. What difference does it make if I finish 5th instead of 6th?"

But the day was approaching and Ken Remsen and George Gardiner were not coming. Lawson himself started to come out of hiding. Two weeks before the race he went out to Kurt Lauenstein's place and won the Vermont 50-miler in his best time of 6:15. Chew on that plug of tobacco, you guys. But might that effort have burned him out? I knew better. Only the week before the Vermont race I had clipped off a 2:40 at the Casco Bay Marathon. Now I felt as frisky as ever; the race had boosted my confidence, and I wanted my rivals to see that result, think it over, and worry a bit.

The forces were building. If the Nike Marathon in Oregon is known as the gathering of eagles, we would be coming together as a gathering of vultures, and we would collect at the Gayton residence in Topsham on the evening before the race. Here, at last, we would preen ourselves, ruffle our feathers, posture, strut, squawk and stare. We would go through the jackdaw domination-dance. The Ali-Frazier weigh-in, only in quintuplicate.

---

I put on my ski mask and stuffed a long loaf of French bread in my collar in order to look properly weird before entering the Gayton house. When I went in, all the veterans looked on patiently, as if humoring me through a stale joke, until I took off the mask and they knew who I was. Most of the faces were familiar; Sam, Bill, Lawson, Gary, Rock. As the race date approached, nearly all of the might-have-beens had dropped by the wayside, and the field was no larger than the year before. There were very few first-timers; Darren, Diane Fournier, Carlton Mendell, and my old law school professor, Orlando Delogu, were the only ones I knew about. About the only change would be in the names of the out-of-state competition. They would provide the unknown factor.

Billy Edge was coming. It didn't matter that none of us had ever seen the name in



any ultra results before (if we had, certainly we would have remembered it); nothing could have inspired more fear and fascination than the name of this South Carolinian. Once he arrived, we gathered around and focused our craziness on him until he was somewhat bewildered, perhaps not realizing that we were only trying to counteract the strong magic passed to him by the elders of his tribe.

Sam also said there was a fellow from Golden, Colorado who was flying East to join us, but he hadn't arrived yet. Colorado?

I quickly sat down to dinner with some of my more familiar rivals. We didn't have enough new recruits, so the second annual Rowdy Ultra pledge ceremony never got off the ground. I told Sam I was disappointed that my articles about ultramarathoning had not generated more newcomers. "But," Sam said, "you scared them all away."

Now the dinner-table was just raucous, as challenges and counterchallenges flew about. I taunted Phil Soule with the threat of lapping him during the race. He jumped back at me, and said he would sprint to prevent that and screw up my race in the bargain. We heard there would be some roller-skaters on the course during the race, and we vied for the privilege of body-checking them into the duck pond. With no newcomers to impress, we became downright unimpressive.

I forked up a plate of pasta and ladled on some of Bill's spaghetti sauce. With the first bite I began thinking of summer, without knowing why. Then I realized I was tasting the likeness of a heavily-encrusted barbecue grill. I looked around, and noticed that the lasagna and riggaton! pans were nearly empty, even as the whole gallon of the spaghetti sauce lay virtually untouched. Bill then admitted that he had burned the stuff, and I asked him how he had managed to get the burned taste permeated throughout the sauce. He wasn't sure, but promised me he would put this batch in the freezer for next year's race, and also would try to recreate the recipe.

I made a good dinner of it anyway, with the help of the bread and some rich German beer. As we finished, Sam exposed my ignor-

ance by asking the Big Question; would anyone explain U.R. to poor Deke? Phil saw me cringe, and looked at me funny. Then he said, "Well, he knows about it now, so there isn't any need to explain it." The perfect Zen response. Those who say, don't know; those who know, don't say. Or, like the succinct definition of jazz: If you've got to ask what it is, you ain't got it.

#### SHAMROCK MARATHON TRIP Mar 12-15

Come run in sunny Virginia Beach on one of America's flattest courses. There are still twenty-five seats free on our chartered Greyhound.

The trip leaves Bangor at 6:00 P.M. on March 12th and picks up Portland runners at 8:30.

We will arrive back in Maine on Sunday afternoon, March 15th.

I have been down to the Shamrock two years in a row. In 1978 I had a pulled quadrecap and ran my fastest marathon by 5 minutes. Last year I improved by 10 minutes. This year I hope to break 3:00 hours.

Larry Allen is passing up Boston to return to Va. Beach. Some people are going down to run in the five miler.

It's nice to come in in the top 200 when there are 4,000 running!

Clip the application from the December issue and mail it to:

Maine Running Tour  
P.O. Box 259  
E. Holden, Me. 04429

Come Join the Party!





## SECOND WIND

Announcing the 10K SERIES! Maine Running and Brian Gillespie, Chip Carey, Bruce Booker, Conrad Walton are proud to announce the 10K Series; a series of four super 10K races that will determine the best 10K racers running in the state of Maine. The Camden 10K, the Subaru 10K in Caribou, Kingfield and the People's Bank have combined to offer a series worthy of the designation: state championship. Watch for further details in future Maine Running magazines.

Larry Allen has proposed and I have accepted a method by which Maine Running can choose and award the Maine Runner of the Year. His method would give a numerical value to each runner's performance according to the book "Computerized Training Programs for Runners". Each runner would submit their best Marathon, 10K, middle-distance (15K, Half Marathon or 20K), any other distance (as long as it is a whole number i.e. 2 mile, 3K) times and Maine Running would print the top ten male, female and master results on a monthly basis. Naturally all times must be run in the year 1981 but, it makes no difference where you run. Residence will be up to the judgement of Larry. Here is an example of how the system works. (point values are not actual)

	Marathon	10k	Middle	Other	Total points
Hiram Schwartz	3:02 (532)	36:14 (544)	1:24 (530)	4:52 (520)	2126
			$\frac{1}{2}$ Marathon	Mile	

Once you have met all four criteria let me know.

The Androscoggin Harriers gave out their bowls at the Turkey Trot. The winning team in the "A" Division this year was the Maine Track Club. Winners in the overall participation bracket was Marathon Sports R.C.

It might interest you to know that the Gasping Gobbler Road Race and the Fun Run produced gross receipts of \$756.80 on Thanksgiving Day. Checks were cut for one half that amount and sent to each of the two organizations - the Capitol Joggers and the United Way of Kennebec Valley.

Bob Jolicoeur  
1st Consumers Savings Bank

The following awards were presented at the Maine Track Club banquet:

TROPHY OF THE YEAR - Ray Hruby	MOST IMPROVED OPEN - Ken Botting & Marj Adam
SMOKER OF THE YEAR - Steve Rainsford	MOST IMPROVED 30-39 - Ron Burton & Grace Amoroso
BAND-AID OF YEAR - Peter Holloway & Arnie Frchette	MOST IMPROVED 40 & over - Russ Connors, Frank Monong, Joan Welch
BIKER OF YEAR - Herb Strom	MOST IMPROVED HIGH SCHOOL - Chris Kein & Rick Garcia
END OF PACK AWARD - Joyce Cook	HIGH SCHOOL RUNNER OF YEAR - Scott Mannette & Virginia Connors
GHOST OF THE YEAR - Sheila Colby	JOHN FYALKA AWARD - Bob & Barb Coughlin
COMEBACK OF YEAR - Mike Towle	MAINE TRACK CLUB AWARD - Ken Flanders, Hank Pfifle, and Andy Palmer
OUTSTANDING ACHIEVEMENT - Bob Booker "Maine Running Magazine"	PEE WEE RUNNER OF YEAR - Dave Manthorne
APPRECIATION AWARD - Vern Putney & Tony Cremo	YOUTH RUNNER OF YEAR - Tom LaRose
OUTSTANDING PARTICIPATION - Roger Dutton, Doug Moreshead	MALE RUNNER OF YEAR - Gene Coffin
OUTSTANDING ACHIEVEMENT - Bill Gillette & Jean Thomas	FEMALE RUNNER OF YEAR - Kim Beaulieu
OUTSTANDING CONTRIBUTION - Ray Cooper	



Thirty-eight year old Dave Cunio of Hancock started jogging twenty-two months ago. He just completed the Marine Corps Marathon in 2:51:25. He doesn't jog any more!

#### HAWTHORNE RUNNER MAY BE MARATHON COMPETITOR

ANTRIM, N.H. - Hawthorne College completed its first varsity season in cross-country this fall and discovered a new running standout in the person of James L. Boynton of Ellsworth, Maine. Boynton, who previously ran for Ellsworth High School under the guidance of Coach Steve Coffin won all of his tri-meet races. A freshman majoring in aviation at Hawthorne, he began his season by placing third in the Mayflower Conference Championship at New England College, with a time of 29 minutes and 47 seconds for the 5.3 mile course. From that point on he has been undefeated in seasonal meets, also winning two other key races, the Digital 3.1 mile road race at Merrimack, N.H. in 16:44 and the Knights of Columbus Road Race in Windham, N.H. with a winning time of 35:34 for a distance of 6.2 miles in what was described as an uphill course. He is currently in training for the Boston Marathon.

Robert J. Steiner  
Nathiel Hawthorne College News Service

#### TIPS FROM BOB

by Bob Jolicoeur

GIVE IT TIME: Establish a solid base to build upon. Smart runners seldom come down with disabling injuries. They increase mileage and distances slowly. I've been running 10 years in February - never ran a marathon until last year. 3:49 in Feb. 1979; 3:07 in Oct. 1980. Never been seriously injured.

#### EIGHT RULES FOR AN ATHLETIC SUPPORTER

#### MAINLY ABOUT WOMEN

by Leslie Turner - THE BETTER HALF

1. Don't listen every day to the dreaded "workout monologue", where the runner in question details his every step for the entire eight-mile workout.
2. Don't let yourself be dragged into every sports shop he sees to check out the new shoes and the latest magazines (of which there seems to be an infinite number.)
3. Never wash his favorite socks along with your own laundry so that he has his clean peds for a race.
4. Avoid riding over the course the day before the race with him, minimizing every hill in his mind (even though you can see its a 50 degree slope for three miles.)
5. Do not hold his sweatgear, kiss him or wish him luck. It'll only get you a sweaty arm before he finishes and salty lips after.
6. Never meet him at every 3 miles on the course to smile, shout encouragement, or take photos.
7. Don't wait for him patiently at the finish (sometimes even after everyone you know older than twelve has finished.)
8. Avoid saying, "It's okay, you tried.", and blame his failure on the weather (a classic) or sunspots or on the fact that King Tut's tomb was unearthed on this day 40 years ago and he's a Capricorn.

To follow these rules will get you late Saturday morning sleep and a certain peace of mind. To violate them means that you're as crazy as me to encourage this madness known as road racing and, more importantly, that you must love him.

Leslie Turner is from New Portland, Maine.



A Note From  
**Running Times**

11-13-80

Dear Bob:

I'd like to ask a couple favors, if possible. First, I noticed in the October issue of Maine Running that you are working on an annual schedule for Maine. If there are any races scheduled for February or March, I would like to include them in the RT Calendar, but our magazine's deadlines occur before that issue will probably be out. Could you send any dates that you have for these months (February races I need by December 1; March races by January 1). Our yearly calendar deadline schedule is also enclosed.

Second, I received no reply to the questionnaire I sent to the "P.O. Box 726, Saco" address for the Nike-Maine Coast Marathon. Do you have any details on this race or know who I should contact? I'm enclosing another questionnaire just in case.

By the way, I received your questionnaire for the Iceberg Marathon (good name!) in plenty of time. Thanks for the help. And I'm glad to hear you're bringing another group of "Mainelacs" down to Shamrock. I'll be covering Shamrock again for RT, so I hope to see you there.

You're doing a great job with Maine Running. I enjoy reading each issue. See ya.

*Pick*

12908 Ocoquan Road • Woodbridge, VA 22192 • (703) 550-7799 • (703) 491-2044

# Letters

Dear Bob,

Yes, I simply can not live etc. etc. It was a choice between you & "Runner's World". I think your magazine has more to offer me. I like seeing more articles and am looking forward to John Frachella's series. Concerning your race directors article I think the important thing to stress in warm weather is safety. Extra water, medical or para-medical people, following vehicle with water and ice in case of heat stroke, just plain exhorting the runners to pay attention to their bodies.

Any how keep on running and writing and please send me "Maine Running".

Jim Neal  
Kenduskeag



Dear Bob,

I am writing this because as a Maine runner who is not an actual resident of Maine anymore I think it is time to talk about these so called Maine Runner of the Year awards.

I think that the Maine Runner of the Year should be a resident of Maine and the best runner in the state and I was very happy to hear Kenny Flanders got up after being presented the award and saying he didn't deserve it this year. (accent on this year because there have been many years he did). In my eyes the selection is obvious and I thought it was obvious last year but the people that present these awards are into nostalgia and popularity rather than actual performances. There are many good runners in Maine but at the moment there is only one male runner in Maine who is consistently competitive in both in-state and out of state races and I think you would have to say



he is a national caliber runner. Why is it we can't just give the awards to the person that ran the best of the year and forget the crap?

My vote goes to Hank. And I'm sure that most of the people who compete against him will agree. And we all should consider ourselves lucky to have a class person like Ken who is not afraid to say what he feels.

Congratulations Hank. You are the Maine Runner of the Year.

Andy Palmer

## At The Races

### LOST VALLEY 15K

W. Auburn

Nov 15th

### MAINE TRACK CLUB 10K HANDICAP RUN

Gorham

Dec 6th

#### FLETCHER WINS LOST VALLEY 15K RACE

Auburn's Ralph Fletcher, runner-up last year, took the roses in last Saturday's tenth annual 15 kilometer road race, held over the hilly West Auburn course. Fletcher's time of 50:46, although improved for the third straight year, still failed to beat the record of 49:51 set by Ken Flanders in 1978. The women's record, held by Joan Benoit, also remained intact as Benoit did not compete this year. Pam Fessenden of Bates College led the female finishers in 64:27. Second overall was Tom Clarke of Exeter, N.H., who pressed Fletcher hard until fading in the late going. Cool, breezy weather provided excellent running conditions for the 54 starters, all of whom completed the course. Serving as finish timers and judges were Carl Geiger, Peter Marczak, and Joe Grube, with Don Stowell and Peter Brigham of the Athletic Attic split timers. Organization of the event was directed by Donna Day of the Auburn Parks and Recreation Department, co-sponsors of the race along with the Androscoggin Running Club. Officer Turmene of the Auburn Police Department provided traffic control, while the Greens, Parisiene, and Hooper families of West Auburn manned water stations on the course.

William G. Sayres

#### ALICE SMITH IN FIRST RACE VICTORY

Apparently Andy Palmer and Gene Coffin didn't have things their way in the Maine Track Club's first handicap run. Each club member sent in their best time for 10K and club officials awarded or docked time accordingly. Since Alice had never run in a race before she was allowed to start running fifteen minutes before the gun went off. Andy followed thirty-eight minutes later and the rest of the club members left the starting line somewhere in between.

Second place finisher, nine-year-old Scott Manthorne, was the only one to start at the gun, everyone else left at least a minute later. Check the results in the "Pack" to see just how much of a lead each runner had or gave up. If you subtract the handicap from the finishing time you see how fast each individual ran the 10k.

I wasn't present for the race, but it must have been awesome for the twenty-four club members who ended up behind Andy's 30:19 pace to see him go past. Imagine yourself pushing your 8 minute pace late in the race when a giant goes by at 5 minute pace. I'd probably have to stop with cramps from laughing.

A very neat idea, that I hope catches on here in eastern Maine.

Bob Booker



# Nutrition and Athletics

by John Frachella

Dear Fellow Readers and Runners,

I've recently enrolled in a graduate program in Human Nutrition at U.M.O. and as a term paper for one of my courses I did a literature search on "Nutrition and Athletics". Bob Booker has agreed to print parts of my paper in 4 or 5 Maine Running installments because some of you may find this information interesting and maybe even important. Please excuse the dryness of the scientific approach but that's how they like it in college! For a list of my references, call or write:

Dr. John Frachella  
Box 128B  
Hudson, Me. 04449

947-0341 ext. 227 or  
884-7407

---

In any given physical activity it is the muscles that are going to do the work defined by the brain with fuel pumped to each by the heart to the liver and lungs - but this system is only as efficient as its least efficient organ. For most of us, sedentary or athletic, who have a full complement of efficiently operating major organs, what limits our athletic performance is the quantity and quality of our muscles. Specifically, what is important in considering muscles is a) the total maximum oxygen uptake of the body, b) the rate and amount of blood flow through muscles and c) the quantity and quality of mitochondrial activity within muscle cells. Each of these issues will be discussed in detail:

## BODY OXYGEN UPTAKE, MUSCLE CAPILLARY BEDS, AND MUSCLE CELL METABOLISM

It has been found that when physical conditioning is sustained over a period of years, there is a large increase in maximum oxygen uptake ( $VO_{2\max}$ ) manifested by a) an increase in cardiac output (32%), and b) an increase in muscle capillary density. This means that with increased

physical conditioning the heart itself pumps more oxygen to the muscles. It also means that with increased physical conditioning there is an increase in the number of capillary beds normally found in muscles. As conditioning continues, the capillary beds increase in number giving the muscles more oxygen and more fuel than they would have if the body were not exercising. Individuals who have been training as athletes for many years have been found to have 60% more capillary density within given conditioned muscles than sedentary individuals with whom they were compared.

It also has been found that physical conditioning elicits an increase in the volume of the mitochondria in muscle cells and this is paralleled by an enhancement in mitochondrial oxydative enzyme activity. Mitochondria are the power plants of the cell and for our purposes here we can think of them as cellular organelles that burn fuel (glucose and fatty acids), with the help of certain enzymes, in order to produce energy (ATP). If exercise enhances mitochondrial volume and mitochondrial enzyme activity in muscle cells, then exercise enhances the ability of that muscle to burn fuel for energy.

For the serious competitive athlete, until recently, there has been almost no application of the available knowledge of human nutrition to the field of physical fitness: the amount of useful information provided by basic nutritional studies has been limited at best. But with the discovery of the direct relationship of blood fats to the development of cardiovascular disease, there has been an increase in the number of research projects directed at discovering how food and the products of metabolism react in the blood and in the cells during strenuous physical activity. Today, thanks to the interest of sports physiologists, physicians and nutritionists who have taken an interest in human energy research, we have plenty of informative literature about diet guidance and practical feeding hints for athletes.

It is both interesting and most important at this time to note that a search of the relevant literature states clearly: the basic nutritional needs of the athlete do not vary from the basic nutritional needs



of sedentary individuals except in quantity. The effect of any nutritional deficiency is more marked in the athlete, and in terms of the athlete's performance it is more important for him to adhere to a good basic diet. But again, the basic diet recommended for the athlete is the same as that recommended for the sedentary person with the exception that the athlete must eat more calories from the same food groups.

#### MUSCLE FUEL

After eating a nutritionally balanced meal of carbohydrates, protein, and fat, the muscles are left with two primary nutrients for fuel: glucose and fatty acids. Glucose and fatty acids are burned in the mitochondria to produce the final muscle fuel - ATP. Molecules of ATP can fuel muscular activity for a matter of 5 or 10 seconds then more ATP must be regenerated from more food. The reason for this is that muscles do not store any appreciable amount of ATP within their cells.

The mitochondria in muscles can generate ATP from both fats and carbohydrates, but fat is the primary energy source for muscles doing light work (over a long period of time) when an individual is not likely to be breathless. Carbohydrates are the primary energy source for muscles working hard (over a long or short period of time) when the body is making an effort to ration a limited supply of oxygen.

Oxidation in the mitochondria of carbohydrate and fat yield different amounts of energy: oxydized carbohydrate yields 5 kilocalories of energy per liter of oxygen consumed; oxydized fat yields 4.7 kilocalories.

Since the consumption of oxygen and its transport to muscle is a major limiting factor during exercise, more energy is gained from the oxidation of carbohydrate than from the oxidation of fat, which makes carbohydrate the energy source most useful when oxygen is scarce.

#### FUEL STORAGE

It should be noted here that fat is stored as fatty acids plus glycerol in the body in areas outside of the muscle, and fatty acid fuel must be transported from these areas to the muscle, which takes time. This is acceptable for a submaximal athletic effort, but in situations requiring above 70% maximum effort and in anaerobic conditions, the body switches over to using carbohydrates as fuel.

Most of the body's carbohydrates are stored as glycogen, a large molecule synthesized in the cytoplasm of cells and composed of many glucose molecules linked together. Glycogen can serve as an immediate source of muscle energy and that is why glycogen will always be used in a maximum work effort even when the supply of fatty acids is very large. When the body glycogen store has been depleted and a maximum effort is still being maintained, various characteristics of muscle operation indicate that muscles do not function nearly as well without, as they do with glycogen.

\*\*\*\*\*

Next month Dr. Frachella discusses the 6 major components of the athletes diet: water, fats, carbohydrates, proteins, vitamins, and minerals. Don't miss it!

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# RUNNING ON...

by Skip Howard

What makes a successful running club? Strong competition as a team against other clubs, in races? Money? Expertise and availability in directing and/or assisting in road races? Social interaction? Clout in the fitness arena in the community?

Not-so-weighty questions, but they were hinted at during the business portion of the Central Maine Striders banquet on Sunday, December seventh evening at the Ramada Inn. For those of you who eagerly awaiting the 13th: unfortunately, the revised date did not reach everyone.

The Desert Dancers of Bangor, a beledi-dancing troupe provided an excellent warmup to the meal, and the preceding open swim and sauna were a nice touch, though someone foolishly shortened the pool as this aquatic adventurer unaware of the hasty reconstruction, swam a less-than-olympian race with nine-year-old Heidi.

Most improved strider for 1980 was Gene Roy, with strider of the year honors going to Mike Gaige. There would appear to be several knotty issues facing the CMS membership; though dues were settled, (there is still lively debate about that, even) other matters under consideration, according to president Deke Talbot, include: member participation in road races and an updated membership list indicating dues-paid status. According to Deke, the \$6.00 dues pays for postage for monthly newsletters, RRCA membership and the remainder toward the annual December meeting.

Amid the bubblub over dues and race participation, there has developed a faction in the Bangor area wishing to develop its own club. Among its members, Mark Violette feels that "the Striders club is too large; too spread out" with the Waterville and Bangor area members virtually strangers. Stressing that the move to create a "closer-knit group" is not an act of reprisal against the Striders, Mark and others see simply "a vacuum that needs to be filled". Many are taking a wait-and-see attitude, as life goes on...

\*\*\*\*\*

Ever wonder what makes you feel so good after a run? Ever hear of endorphins? According to John Frachella, endorphins are neuro-

transmitters similar to morphine in their ability to alleviate pain. Recent research indicates that endorphins may elevate your mood, having a powerfully positive affect on you. In short, endorphins are nerve impulses that make you feel very, very good, and are stimulated by continuous periods of exercise. Which is why runners have been singled out, again reinforcing the theory of positive addiction.



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## MAINE Running

Maine Running is published monthly in Bangor. The deadline for printed material is the 15th of the month. Race directors can submit applications as late as the 21st. Send \$15.00 and 600 applications to the address on the title page.



(A regular column in which the author—a runner who almost makes up in persistence and dedication what he lacks in talent—describes some noteworthy runs in noteworthy locales. The aim is twofold: first, that these descriptions may prove useful to those actually travelling to the cities covered, and, second, the accounts may hold some interest even to non-travellers who enjoy imagining a variety of running experiences.)

### San Francisco and Golden Gate Park

San Francisco is a very important place in my own personal life as a runner. After an undistinguished career in high school cross country, I succumbed to the popular illusion that fitness was somehow contradictory to the life of the intellect, whatever that may be, and quit. It was during my career in graduate school, and when I had my first college teaching job, beginning in 1965, in San Francisco, that I came back. I have been back to northern California several times in the intervening 15 years, and had the opportunity to reacquaint myself with some of the areas in which I took those first, very tentative, shuffling steps back towards running.

I did most of my running, in those days, around Lake Merced, an area which I would recommend to any visiting runner who finds him or herself in the southwestern quadrant of the city. A very pleasant, moderately rolling  $3\frac{1}{2}$  mile run begins in the parking lot at the intersection of Brotherhood Way and Lake Merced Blvd., bears continually to the left on a wide dirt path around the lake itself and a municipal golf course, past the S. F. Zoo, returning to the same parking lot. It was on this path that I trained for my first race, the now infamous "Bay to Breakers." When I ran this event, in 1967, I was astonished at the number of runners who participated. There must have been nearly 300 who ran the 8.9 miles from downtown to and through Golden Gate Park and out along the ocean. Today, of course, in excess of 20,000 participate in this annual convocation of runners, running caterpillar teams, supermen, nudists, and every other conceivable inhabitant of a pair of Nikes.

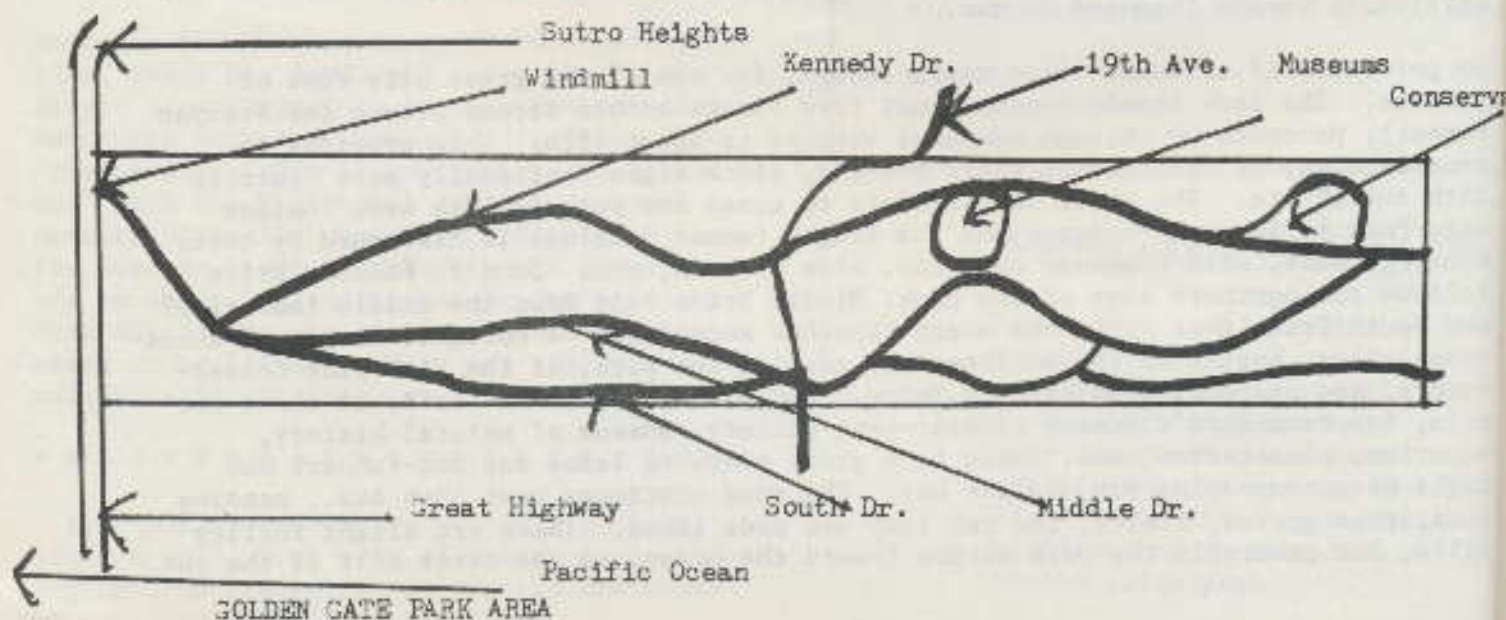
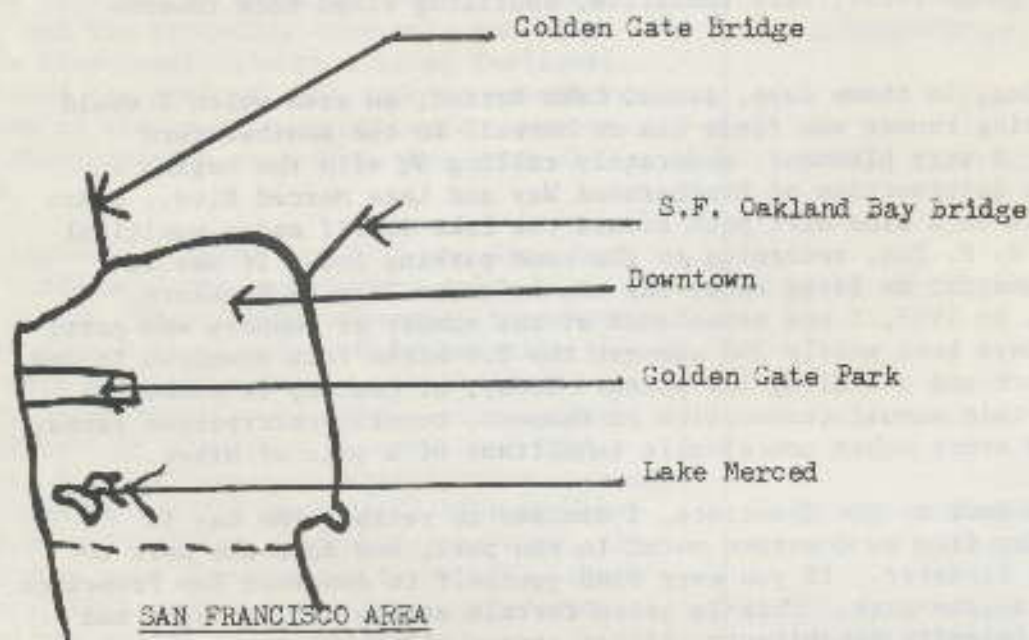
On my most recent trip back to San Francisco, I decided to retrace the Bay to Breakers course, running from my downtown motel to the park, and down the park to the beach. This was a disaster. If you ever find yourself in downtown San Francisco do not try to run out to the park. This is urban terrain at its worst: ugly and depressing housing, unfriendly inhabitants, litter strewn sidewalks, even an unfriendly German Shepherd or two.

Do get yourself to Golden Gate Park, though, for one of the great city runs of America. The park itself begins about five blocks before Second Avenue (at Stanyan Street), proceeds up through numbered avenues to about 48th. This provides an excellent way of determining where you are, since signs continually note "exit to 25th Ave.," etc. The major thoroughfare to cross the park is 19th Ave. Golden Gate Park is long and skinny, and its length (about 3 miles) is traversed by three winding roads, with numerous cut-offs, side streets, etc. John F. Kennedy Drive follows the northern edge of the park, Middle Drive runs down the middle (surprise) and South Drive goes along the south (another surprise). A delightful run, of about seven miles, begins at the northeastern edge of the park, at the Victorian Conservatory, and proceeds down Kennedy Drive. You will pass, on the left, at about one mile, San Francisco's museum cluster—art gallery, museum of natural history, aquarium, planetarium, etc. This is a great place to leave any non-runners who might be accompanying you, by the way. The road continues past 19th Ave., passing eucalyptus groves, fields, and two tiny man made lakes. There are slight rolling hills, but generally the park slopes toward the ocean, so the first half of the run



is downhill. One emerges from the park on the appropriately named "Great Highway," a broad thoroughfare next to the Pacific Ocean and San Francisco's main beach area. A turn to the left leads to three or four miles more of oceanside running, merging steeply uphill for half a mile to the famous Cliff House, then on, through a series of parks to the Presidio military base and Golden Gate Bridge. I would recommend running up to Cliff House, where the Bay to Breakers finishes, by the way, for the splendid view back down the ocean shore to the south, past the park. From the Cliff House area, (called Sutro Heights) there is a splendid ocean panorama, with the beach to the south, the "seal rocks" (not to mention Hawaii and Japan) to the west, and Sutro Cliffs to the north and east. My last run in San Francisco turned around at Sutro Heights, retraced my path down the Great Highway, and meandered back through the southern area of the park, following a runner for a mile here, a half mile there, taking in the cosmopolitan atmosphere of a great park in the heart of what is perhaps America's most sophisticated city.

Golden Gate Park is filled with runners, of all shapes, sorts, and sizes. It is also filled with roller skaters, tourists, policemen on horseback, and just about every variation of the human species one could hope to see. It is a delight, and it can be seen fully just by running around!







## "THE PACK"

LOST VALLEY 15K ROAD RACE  
W. Auburn

Nov 15th

1.	Ralph Fletcher	50:46
2.	Tom Clarke	51:04
3.	Jerry Crossmet	52:51
4.	Marty Levenson	53:28
5.	Greg Parlin	53:42
6.	Tom Pelletier	54:48
7.	Dick McFaul	55:15
8.	Gino Valeriani	55:27
9.	Bill Hine	55:31
10.	Dave Jefferson	55:33
11.	Kirk Jackson	55:36
12.	Bob Coughlin	55:38
13.	Todd McGraw	56:33
14.	Chase Pray	57:20
15.	Paul Hudson	57:39
16.	George Bockus	57:42
17.	Joe Bean	58:07
18.	Doug Ludwig	58:31
19.	Geoff Bushlaw	58:32
20.	George Zeller	58:44
21.	George Liming	58:58
22.	Warren Dean	59:30
23.	Jim Keogh	60:12
24.	Tom Swan	60:35
25.	Bill Sayres	60:38
26.	Herb Stross	60:51
27.	Mike Bismarck	61:02
28.	John Howe	62:38
29.	Wesley Rothamel	62:48
30.	Bill Yates	62:50
31.	Dave Quinn	63:44
32.	Clayton Cook	64:04
33.	Ed Morin	64:15
34.	Pam Fossenden*	64:27
35.	Pauline Vashon*	64:43
36.	Tom Flynn	65:37
37.	Tony Lapore	66:09
38.	Evelyn King*	66:47
39.	Dave Hixson	67:04
40.	Wendy Sayres*	67:08
41.	Ray Bryant	67:22
42.	Faye Gagnon*	67:25
43.	Don Asselin	67:47
44.	George Hume	68:06
45.	Robert Caron	68:12
46.	Dave Cogan	68:15
47.	Gehrig Johnson	69:17
48.	Elizabeth Maikle-John*	70:06
49.	Phil Harmon	70:37
50.	Paul D'Amboise	70:42
51.	Roger Putnam	73:04
52.	Dave Landry	73:52
53.	Joe Bennett	73:16
54.	Patricia Luce*	74:48

Results courtesy of Bill Sayres  
Race Director

CROSS-COUNTRY CHAMPIONSHIP  
Searboro

Nov 23rd

The following teams and individuals qualified for the nationals at Searboro on Nov 23rd. I did not have any information on the CPAC qualifiers. I hope I'm right!

Girls 13-14

Lakers Track Club second led by...

7. Rebecca Bryer Bar Harbor
16. Karen Thomas Mt. Desert
19. Kristine Kane, Lincolnville Ctr
19. Patty Clapper, Bucksport
34. Susy Chaplin, Bar Harbor

Girls 15-16

Lakers Track Club first led by...

1. Michelle Hallett, Mars Hill
2. Cindy Carey, Bar Harbor
11. Beth Newlan, Brooks
15. Maria Wiland, Bar Harbor
23. Karla Watt, Farmington

Girls 17-18

Lakers Track Club first led by...

3. Jeannette Malone, Bath
6. Rose Frost, Bridgewater
11. Sally Perkins, Kennebunk
13. Debbie Noble, Cape Elizabeth
14. Sonja McLaughlin, Seasidefield

Boys 10 and under

Greater Portland Athletic Club second led by...

5. Dave Manchorne
11. Robert Sprague
33. Andy Culpovich
37. Pat Kain
40. Cameron Paulin

Boys 11-12

Greater Portland Athletic Club first led by...

2. Finn Kelly, Groton, Mass.
24. Paul Rinducci
34. Justin Daley
54. Art Drisko
63. David Snow

Boys 13-14

Greater Portland Athletic Club first led by...

3. Mr. Kain, Westbrook
19. Kyle Rankin
37. Erich Reed
44. Eric Connolly
43. Joe Slowinski

Boys 15-16

Lakers Track Club first led by...

10. Mike England, Searsport
13. Paul Plissey, Presque Isle
17. Jeff Crocker, Seasidefield
19. Greg Everett, Hancock
24. Chris Everett, Hancock

Boys 17-18

Lakers Track Club first led by...

1. Greg Hale, Madawaska
5. Peter Swanson, Trenton
6. Steve Kozlovich, Millinocket
19. Fergus Kenny, Bangor
22. Matt Isham, Bethel

Other qualifiers for the nationals were...

3. Doug MacDonald, Waterville 11-12
7. Adam Berlew, Brookville 13-14

Results courtesy of Frank Glynn  
President  
LTC

\*\*\*\*\*

1ST CONSUMERS GASPIRO GORBLER  
THANKSGIVING DAY ROAD RACE  
Augusta 10K Nov 27th

1.	Gerry Clepper	32:18
2.	Ralph Fletcher	32:31
3.	Tom Ball	34:25
4.	Dave Carlson	34:33
5.	Jerry Crossmet	34:38
6.	John Mathieu	34:46
7.	George Towle	34:52
8.	Ralph Thomas	35:07
9.	Lloyd Fortin	35:13
10.	Paul Vailleur	35:16
11.	Phil Stuart	35:24
12.	Mickey Lackey	35:29
13.	Don Calk	35:30
14.	Peter Lessard	35:36



15. Deke Talbot	36:28	111. Dirk Christner	45:09	5. Andren Russell	8:54
16. Gene Ray	36:28	112. Lisa Dodge*	45:15	6. Bill Thornton	9:05
17. Gary Cochran	36:36	113. Richard Cook	45:18	7. Mike LeBlanc	9:06
18. Mark D'Flynn	37:00	114. Stephen Merrill	45:23	8. Mike Osbourne	9:15
19. John Kelsey	37:04	115. Mike Ryan	45:22	9. Mike Vail	9:22
20. Al Pierca	37:07	116. Dick Spiner	45:45	10. Greg Harwood	9:27
21. Carroll Caron	37:29	117. John Shaw	45:52	11. Paul Auger	9:28
22. Doug Crabb	37:43	118. Don Reis	45:53	12. Denny McNeil	9:35
23. Jon Clapper	37:44	119. Katie Donovan*	46:02	13. Melinda Allen*	9:39
24. Joe Schroeder	38:02	120. James Nicot	46:06	14. Don Abrams	9:41
25. Mike Perry	38:03	121. Joseph Kozak	46:12	15. Kendall Osbourne	9:41
26. Karl Kraft	38:04	122. Don Pruitt	46:24	16. Jeff Cooper	9:42
27. Harry Hunt	38:10	123. Gehrig Johnson	46:26	17. Russell Dunn*	9:53
28. Stephen Cox	38:13	124. Leonard Brennan	46:30	18. Harry Dunn	9:55
29. Marc Jeton	38:23	125. Peter Minnehan	46:31	19. Tim Hickey	9:59
30. Anthony Lepore	38:23	126. Mike Roettler	46:31	20. Don Stresser	10:02
31. Kyle Rankin	38:27	127. Phillip Groce	46:34	21. Laura McNetah*	10:08
32. Ian Hamilton	38:30	128. Mark Heath	46:42	22. Mike Auger	10:21
33. John Leeming	38:35	129. Paul D'Amboise	46:43	23. Jeffrey Moore	10:25
34. Peter Bastow	38:40	130. Leon Mowsey	46:46	24. Tim Pierce	10:39
35. Unknown	38:53	131. Richard Abramson	46:52	25. Brian Drisko	10:39
36. Dean Rasmussen	39:00	132. Scott Sanford	46:57	26. Sheila Robertson*	10:42
37. Warren Dean	39:13	133. Tim Lohel	46:59	27. Happy Dunn	10:44
38. Bill Yates	39:24	134. Richard Wagner	47:05	28. Richard Schade	10:51
39. Gary Grady	39:25	135. David Spooner	47:07	29. Anne Marie Pernice*	10:57
40. Kevin White	39:34	136. Dick Spellman	47:24	30. Nan Jolicœur*	10:58
41. Gary Weber	39:50	137. James Ippulito	47:34	31. Carol Jowdry*	10:59
42. Richard Fallon	40:00	138. James Sanders	47:38	32. Bryan Toppin	11:01
43. MC Alest, M.D.	40:03	139. Denise Neesler*	47:43	33. Joseph Gus Mathieu	11:02
44. Mike Cook	40:11	140. David Greenley	47:43	34. Sam Rimes	11:03
45. James Robertson	40:16	141. Walter McKee	47:47	35. Brenda Lucas*	11:09
46. Charlie Frail	40:23	142. David Christie	47:50	36. Peter Spooner	11:11
47. Ron Gifford	40:27	143. Jack Harland	47:57	37. Carole Howell*	11:13
48. Bill Sylvester	40:30	144. Mel Coffin	48:02	38. J.J. Jeonings	11:15
49. Scott Crosby	40:32	145. Paul Fingar	48:09	39. Theresa Malinowski*	11:17
50. Mike Simoneau	40:35	146. Dale Cushman	48:10	40. James Moore III	11:18
51. Ed Raiolo	40:38	147. Anne Celler*	48:14	41. Karen Baldauski*	11:18
52. Bruce Barr	40:42	148. Clough Toppin	48:15	42. Jennifer Higgins**	11:22
53. Vernard Lewis	40:53	149. Charles Morris	48:45	43. John Spooner	11:24
54. James Engle	40:54	150. Jarry Cinnamon	49:10	44. Jane Auger*	11:25
55. Brian Elwell	41:01	151. Ronald Shaw	49:12	45. Tim Seavey	11:32
56. Dave Stresser	41:01	152. Pete Kallher	49:14	46. Arnold Stebbins	11:33
57. Don Cornelio	41:03	153. Byron Bennett	49:18	47. Unknown	11:36
58. Dan Rankin	41:05	154. Mike O'Conner	49:24	48. Susan Shinn-Smith*	11:39
59. Ron Paquette	41:10	155. Patricia Luce	49:46	49. Unknown	11:49
60. C. Leon Cook	41:18	156. Paul Dumais	49:58	50. Mike Black	11:54
61. Ray Quimby	41:27	157. David Minahan	49:59	51. Sarah Yates*	11:56
62. Bob Peterson	41:39	158. David Ladau	50:05	52. Jane Lepora*	11:57
63. Robert Jolicœur	41:44	159. Dan Bailey	50:06	53. Kristy Higgins**	11:58
64. Rick Strout	41:45	160. Richard Bole	50:21	54. Hony Fallon*	11:59
65. Richard Higgins	41:46	161. Barbara Godfrey*	50:22	55. Jane Dean*	12:00
66. Alfred Kistler	41:49	162. Mike Wing	50:30	56. Cynthia Murray-Reinevald**	12:04
67. James Barr	41:53	163. Pam Hennepsey*	50:37	57. Janice Bastow*	12:04
68. Jeffrey Preble	41:56	164. Gail Schade*	51:15	58. Marjorie Lalime*	12:08
69. John Coleman	41:59	165. Lucien Lessard*	51:34	59. Jan Michael*	12:13
70. Bill Johnson	42:00	166. Russell Martin	51:39	60. Cherrie Stuart*	12:33
71. Ray Giglio	42:02	167. Celeste Perkins*	51:43	61. Paul Jenkins	12:35
72. Steve Russell	42:07	168. John Libby	51:51	62. Barney Boynton	12:36
73. Dick Sabina	42:18	169. Steve Greenlaw	52:08	63. John Osbourne	12:43
74. Roland St. Pierre	42:24	170. Jo Ann Scaples*	52:30	64. Shirley Boynton*	12:55
75. David Tiesmann	42:26	171. Anna Laliberry*	52:34	65. Jeannie Pernice*	13:01
76. Jerry Allansch	42:27	172. Ellen Waldner*	52:43	66. Joanna Pernice*	13:02
77. Doug MacDonald	42:29	173. Tom Kellay	52:53	67. Phyllis Dale*	13:16
78. Dick MacDonald	42:30	174. Richard Ball	53:01	68. Marilyn Day*	13:16
79. Unknown	42:42	175. James Chick	53:11	69. Laurie Cooper*	13:41
80. Leo Williams	42:46	176. William Tozier	53:13	70. Robert Rice	14:19
81. Gary Barrett	42:47	177. John E. McAleer	53:46	71. Lillian Abbot*	14:30
82. Robert Nicholson	42:51	178. Donna Donald*	54:29	72. Unknown	15:11
83. Burr Richardson	42:57	179. Colby Bent	54:55	73. Sara Hanna*	15:11
84. Tim Dean	43:10	180. Charles Clapper	54:58	74. Jennifer Hanna*	16:02
85. Mike Pelkey	43:14	181. Bonnie Sawa*	55:00	75. Maggie Anderson*	16:56
86. Ray Cooper	43:21	182. Frederick Greenlaw	55:03	76. Lynn Weaver*	16:56
87. Gary O'Leary	43:23	183. Jan Bent*	55:15	77. Lisa Weaver*	16:56
88. Charles Francis	43:24	184. Peter Croes	55:15	78. Peggy Hall*	16:56
89. Marsha Giglio*	43:31	185. Pam Moore*	56:24	79. Sandra Dunn*	17:08
90. Robert S. Croswell	43:39	186. Libby Clappison*	56:24	80. Hardie Brown	17:08+
91. Robert Nicholson	43:49	187. David Hutchins	56:30		
92. Thomas Gaggert	43:51	188. Kachi Richardson*	56:30		
93. Ralph Good	43:59	189. Rachel King*	57:22		
94. John Schwarzer	44:00	190. Mark Gerardi	59:21		
95. Mary Jane Day*	44:02	191. Paula Couger*	59:24		
96. Robert Day	44:21	192. Dianne Grove*	60:31		
97. Richard Morris	44:29	193. Carol Linker*	60:31		
98. Roger Putnam	44:29	194. Mike Levey	63:27		
99. Dave O'Gan	44:36	195. Justine Crosby	64:15		
100. Ken Shepard	44:36	196. Norma Nicot*	70:51		
101. Unknown	44:38				
102. Dean Crocker	44:39				
103. Don Brewer	44:41				
104. Ron Dewey	44:42				
105. Mick St. Laurent	44:45				
106. James Noon, Jr.	44:48				
107. Brian Perkins	44:50				
108. Jim Fallon	44:57				
109. Bruce Joy	44:56				
110. Malcolm Lyons	45:02				

Results courtesy of Bob Jolicœur  
Race Director

1.4 Mile Fun Run

1. Kay Dinwiddie*	8:42
2. Eric Dunn	8:49
3. Jeffrey Mathieu	8:50
4. John Nichols	8:51

MAINE TRACE CLUB 10,000 METER  
HANDICAP RUN  
Gorham Dec 5th

1. Alice Smith*	41:31	+15
2. Scott Manthorne	49:04	0
3. Bert Cleavon	49:18	-9
4. Julie Sylvia*	50:08	-5
5. Roger Dorton	50:10	-7.5
6. Mason Smith	50:28	-1
7. Ed Sullivan	50:33	-3
8. Dick Manthorne	50:39	-1
9. Peter Holloway	51:16	-11
10. Dave Manthorne	51:31	-8.5
11. Steve Matnaford	51:46	-17



12.	Dick McPaul	51:51 -17
13.	Rick Strout	51:53 -11
14.	Jeff Smith	52:03 -14
15.	Tom LaRose	52:03 -14.5
16.	Dave Paul	52:12 -7.5
17.	Frank Morong	52:14 -13
18.	Mike Towle	52:17 -17
19.	Will Leachey	52:18 -8.5
20.	Virginia Connors*	52:19 -12.5
21.	Christine Wetters*	52:20 -10.5
22.	Bob Coughlin	52:21 -17
23.	Doug Driessen	52:35 -9
24.	Joan Welch*	52:55 -7.5
25.	John Beatty	53:07 -16
26.	Brian Flanders Jr.	53:13 -19
27.	Harvey Rohde	53:17 -16
28.	Andy Palmer	53:19 -23
29.	Mike Molodtsov	53:20 -11
30.	Ray Cooper	53:25 -13
31.	Barb Coughlin*	53:29 -10
32.	Dennis Smith	53:34 -20
33.	Mark Hoffmaster	54:00 -19
34.	Earl Bergeron	54:02 -9
35.	Bryan Bettney	54:15 -18
36.	Marion Leachey*	54:22 -5
37.	Dave Silverbrand	54:24 -14
38.	Barb Strow	54:27 -15
39.	Greg Parlin	54:31 -19
40.	Gene Coffin	54:32 -22
41.	Don Burton	54:41 -15
42.	Red Dean	54:48 -17
43.	Larry Dyer	54:58 -11
44.	Larry Barker	55:14 -12
45.	Al Uccerstrom	55:21 -6.5
46.	Dick Joseph	55:29 -7.5
47.	Herb Sandler	55:38 -3
48.	George Mason	55:53 -15
49.	Jim Kein	56:14 -17
50.	Doug Moreshead	56:25 -13
51.	Kevin Kein	56:44 -14
52.	Dr. Howie Jackson	56:47 -6.5

Results courtesy of Brian Gillespie  
Race Director

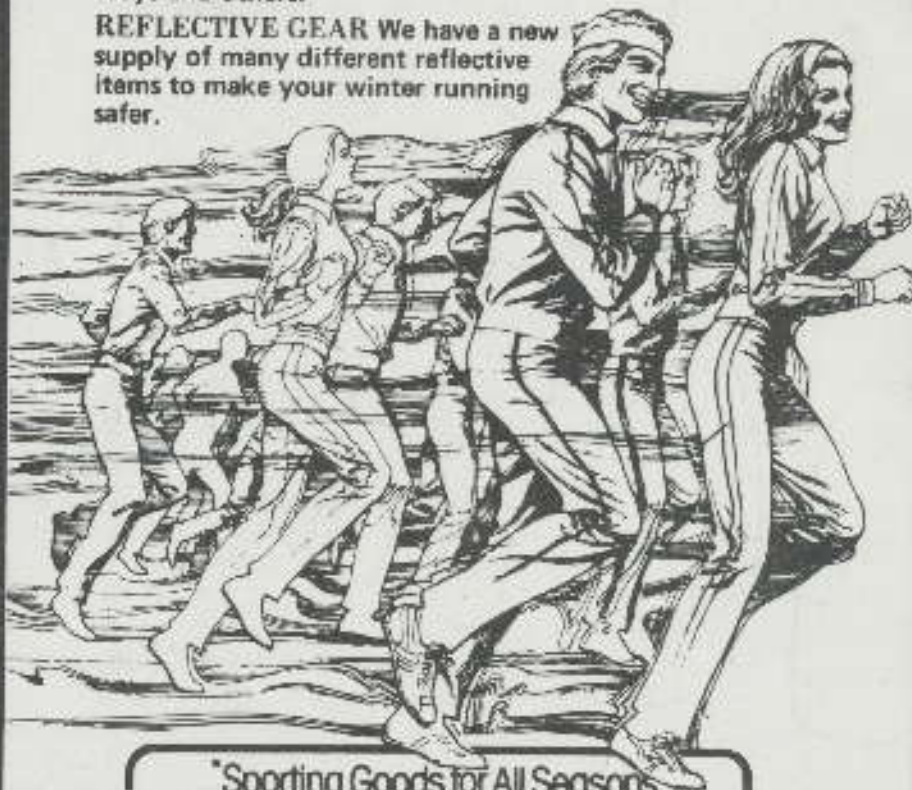
STATE AAU CHAMPIONSHIPS, MARCH  
8, 1981 AT UMO FROM 1-5 P. M.

Happy New Year

# Warm -up to our Warm-ups

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# THE ICEBERG CONTEST

A MARATHON FOR MADMEN AND POLAR BEARS

Sunday, March 1st, 1981, at 11:00 A.M.

Formerly "The Marathon by Phidippides"  
(Name changed for obvious reasons)

Last year's race: 10 degrees (at highest), 25 M.P.H. wind throughout  
Near 70 started; 47 survived. Winning time: Don Winant 2:41:49

First 200 SASE recieved will be mailed an entry blank. THIS IS NOT A RACE FOR A NOVICE  
EXPERIENCED MARATHONERS WITH SEVERAL WINTERS OF TRAINING OUTDOORS ONLY, SHOULD APPLY!

The race director reserves the right to bar entry to anyone without stating reasons why

THE ICEBERG MARATHON, MARCH 1, 1981, Holiday Health and Raquetball Club, Odlin Rd., Bar  
Address all correspondence to: The Iceberg Marathon, P.O. Box 259, E. Holden, Me.  
04429 or call Bob Booker, Race Director at 843-6262





## 5 MILE ROAD RACE

DATE: Sunday Feb. 1, 1981

TIME: 12 Noon

PLACE: Augusta Civic Center, Augusta, Maine. Locker rooms, showers and refreshments will be available. Splits will be at 1 and 3 miles. Wheel-measured.

REGISTRATION: Starts at 10:30 a.m. Entry fee \$1.50 plus Sno-Fest Ticket (\$1). Sno-Fest Ticket entitles holder to attend other Sno-Fest events (Jan. 24-Feb. 8) and to a chance for the Grand Prizes to be drawn on Feb. 13. Ticket may be purchased at registration desk.

## AWARDS:

MALE

1st 10 Places  
 13 & under: 1st.  
 14-18: 1st.  
 19-29: 1st, 2nd.  
 30-39: 1st, 2nd, 3rd.  
 40-49: 1st, 2nd.  
 50 & over: 1st.

FEMALE

1st 3 Places.  
 15 & under: 1st.  
 16-29: 1st.  
 30-39: 1st.  
 40 & over: 1st.

INFORMATION: Call Marty Thornton at 623-3682 (after 6 p.m.) or Greg Nelson at 582-5607.

SPONSORS: Pine State Road Ramblers (formerly Capitol Joggers).

## REGISTRATION

## 3rd Annual SNO-FEST 5 MILE ROAD RACE

In consideration of this entry being accepted, I for myself, my heirs and assigns hereby waive and release any and all rights and claims or damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Your SIGNATURE: \_\_\_\_\_ Mail to: Greg Nelson  
138 Maine Ave.Parent's SIGNATURE: \_\_\_\_\_ Gardiner, ME  
(for runners under 18) 04345

If you want Sno-Fest ticket prior to Feb. 1 enclose self-addressed stamped envelope (S.A.S.E.). Pre-registration ends Jan. 28.

A NOVICE  
 APPLY!

Reasons why

n Rd., Ban  
 en, Me.  
 843-6262



### Is Your Collection Complete?

Make sure you have all issues of Maine Running. If you missed reading of the Rowdie Ultra or Bermuda, you mustn't have the March and April issues.

Did you read of Norman's first race or Ed Rices's trip to Boston? How about Lake Waramaug? If not get the May, June, and July issues and catch up.

Send \$1.00 each to:

Maine Running  
P.O. Box 259  
E. Holden, Me.  
04429

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1/2 page is \$17

a full interior page goes for a mere \$32

while the inside covers (front and back) sell for \$50.



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E. Holden, Me. 04429

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\*\*\*\*\*  
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Address: \_\_\_\_\_

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Check the calendar inside for the AA 10K  
and the Solstice Strut

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