

Maine Track Club

February/March 1989

Run with a friend...



UPCOMING MEETING

Wed. March 8, 7pm SMVTI

Jewett Machine Tool Auditorium.

Program: "Training for a Marathon"

Four experienced Maine Track Club marathoners will discuss proper preparation for a marathon. Topics include: how to build a mileage base, alternating hard and easy runs, proper rest, etc. If you are planning to run your first marathon, or want to improve your marathon performance, join us. We will also be voting on the MTC 1989 proposed budget (which is printed inside this newsletter).

Wed. April 12, 7pm SMVTI

Program to be announced.

MTC Training Run "Train with a Friend"

Saturday, Feb. 25	7am	12 mile loop
	8am	6 mile loop
	8:15	4 mile loop
	9:00	Continental breakfast

Location: Bill Stuart's house, 92 Elsmere Ave, So. Portland (off Cottage Rd; near SMVTI) Come run with old and new friends. Limited shower facilities. Call Bill (799-5961) for details.

Trophy Recycling

Bob Cushman will be in charge of recycling trophies. If anyone has trophies they would like to donate, please bring them to meetings or contact Bob 797-3476. They will be used for non-sponsored events.

Charlie Wants Color Slides

Charlie Scribner wants color slides taken at some races... If you are interested in covering a certain race, call him. 772-5781

Proposed Amendment

to the Maine Track Club By Laws

At the Feb 8th meeting the following motion was made: To amend Article V of the By Laws of the Maine Track Club to expand the Board of Directors to include the Immediate Past President and three members elected annually at large. They shall have voting power and provide guidance and direction to the leadership of the club. A quorum of 6 members shall be required for a vote at executive meetings. The motion was tabled pending notification of all members. The vote will take place at the March membership meeting.

Sue Davenny

TAC Application Enclosed

In this issue is your TAC application. The Athletics Congress requires a current TAC number to participate in TAC sanctioned events. In Maine these include the Demers Track Meet at Bates this month (2/26), and the developmental meets at Bowdoin and Scarborough this summer. Most major marathons (Boston, N.Y., Marine Corps and Twin Cities, etc) require you to have a TAC#. Your fee is used in part to support TAC activities in the state of Maine.

Thank You Banquet Committee!

The banquet was a tremendous success and a special thanks goes to the organizers:

Susan Davenny, Nancy Stedman, Sandy Utterstrom, Nina Stoddard-photographer, Julie Grant- calligraphy, Bill Stuart and Tom's of Maine.

Banquet Photos

Award winners may order 8x10 black and white prints of banquet photos by contacting Nina Stoddard at 799-6954 before February 24. Portland Photography will charge \$6 plus tax for each print. Some photos will appear in the next newsletter.

Welcome to our largest MTC newsletter in years! This double issue is just following the trends set by many of the other athletic magazines at this time of year, and I was just plain old too busy designing my other magazines to get the Feb issue out on time.

Now is the time of year to start building a strong mileage base—although the weather is the biggest test of your motivation! There are some great races in Maine this winter that help the motivation factor. Just getting out and seeing your warm weather friends again is rewarding, and the races seem more like fun runs as we dress like marshmallows and let go of ideal race pace to tread lightly over slushy roads. At the MTC 10 miler last weekend I had 3-4 layers of snowsuit on every part of my body... but I was pleased just to finish! It was the first winter of my life I have been in shape enough to run 10 miles!

Some motivation ideas to get you back on your training schedule:

Buy a video tape of some great runner teaching his best secret hints. Look in the runners mags advertisements. My husband Clint watches his track technique tape over and over.

Read books. Jeff Galloway wrote our favorite running book, and it's filled with excellent technique tips and practical advice. Perfect for those cold winter evenings in front of the wood stove.

Visualize your spring goals. Relax totally, close your eyes, and pretend you are watching a movie of your goals actually happening right now. Rehearse these over and over, and it will be a lot easier to get out the door today with a clear perspective of why you are running in 10 below weather...

Hire a coach. John DeHart of RENT-A-COACH, and Andy Palmer, are working with a number of club members to set up training schedules for optimal performance. It is an investment, but if you want to run your very best season ever and are willing to go 100%, this may be the best motivation.

Go swimming, ride a wind trainer, life cycle or lift weights on the coldest days.

Have fun and see you at the races!

Deb Merrill

Joan Benoit Samuelson was the fastest Mainer at the New York City Marathon in November, but she had lots of competition from around the state.

Benoit, 31, of Freeport, was the third women finisher with a time of 2:32:40.

Lance Gullani, 29, of Brunswick, placed 130th overall in a field of more than 22,000 finishers. Gullani's time was 2:37:53.

Also from Maine were: Gary Allen, 31, Cranberry Isle, 2:42:52; Dale Dorr, 40, Brunswick, 2:58:46; Peter Whitney, 27, Kennebunk, 3:07:55; Marjorie Adams, 38, Cumberland, 3:21:17; Thomas Frederick, 29, Windham, 3:23:01; Joe Richards, 45, Windham, 3:28:10; Randy Jordan, 39, South Portland, 3:28:38; Peter Murphy, 23, Portland, 3:33:18; Terry Rowden, 40, Cutler, 3:39:54; Andrew Patterson, 31, Cutler,

Lamey-Wellehan's

Typo Error in Store Discount- Last fall we reported that Lamey-Wellehan's offered a 15% discount. That should have been a 10% discount, like most of the other stores. The official press release reads:

Lamey-Wellehan's Now A Supporter of the Maine Track Club

Lamey-Wellehan Shoes, with five stores in Maine, is now offering MTC members a 10% discount off of the retail price of all non-sale training and racing shoes. This discount is good on both in-stock and special orders, but the shoes must be for that member's personal use only. Note that the discount can not be used on any shoe other than a training or racing shoe, nor can that shoe be on sale or otherwise reduced.

To get your discount, just show your MTC membership card (they may ask for additional ID). Don Stowell, athletic buyer for Lamey-Wellehan's, said that L-W has made a strong commitment to stock a wide selection of athletic footwear, especially in their Maine Mall and Auburn Mall stores.

Notice to Newsletter Contributors

For the MTC Newsletter, please send contributions to Deb Merrill, 47 Middle Street, Portland, ME 04101. Questions? Call 774-0502 Please type your columns single spaced and 4 1/2 inches wide (we will reduce them to 3 1/2 inches).

RACE RESULTS

3:41:52; Jonathon Goldberg, 32, Bethel, 3:52:41; Mark Seamans, 31, Bath, 3:55:25; and Rebecca Snow, 35, South Thomaston, 3:59:07.

Also, Phyllis Pelletier, 35, Saco, 4:04:56; Robert Wyman, 51, Brunswick, 4:06:17; Malcolm Gauld, 34, Bath, 4:09:57; Paul Marcolini, 35, Bethel, 4:15:41; Lynn Palmer, 30, Bethel, 4:22:19; Gary Fessler, 43, Bangor, 4:22:28; Sanford Blitz, 51, Hudson, 4:31:20; Linda Monmaney, 40, Old Orchard Beach, 4:32:52; Margaret Braatz, 35, Camden, 4:39:00; Michelle Monmaney Foley, 36, Old Orchard, 5:07:07; Linda Crawford, 41, Hallowell, 5:19:45; Nancy L. Frederick, 38, Windham, 5:31:22; Sukanya Csenge, 37, Topsham, 5:53:54; and Polly Goodyear, 44, Brunswick, 6:25:38.

• The Maine Track Club's regular monthly meeting will not be held this week because of the club's annual banquet Saturday. The banquet begins at 5:30 p.m. at Michel's Restaurant in Westbrook. Olympian Bruce Bickford will be the guest speaker. The public is

TREASURER'S REPORT

Funds on Deposit December 5, 1989

\$ 6,109.59

Receipts:

*Memberships	\$ 150.00	
*Clothing	\$ 589.50	
*Equipment Rental		
Westbrook Rotary	\$ 15.00	
*Bowdoin & Back 10 miles	\$ 400.00	
*Turkey Trot	\$ 726.00	
*Banquet	\$ 330.00	
*Interest	\$ 36.34	\$ 2,246.84
		\$ 8,356.43

Disbursements:

*Dale Rand Printing	\$ 16.80	
320 copies		
*Deb Merrill	\$ 246.45	
Newsletter		
*Sue Davenney		
Expenses Pot Luck Supper	\$ 94.99	
*Ruth Hefflefinger - postage	\$ 174.25	
*Dale Rand Printing	\$ 146.48	\$ 678.97
Membership cards, flyers		
10 mile Mid Winter Classic		

Funds on Deposit January 6, 1989

\$ 7,677.46

Proposed 1989 Budget

Income	1988 Budget	1988 Actual	Variance	1989 Budget
Lawn Sale	\$ 1,000	-0-	(\$ 1,000)	\$ 1,000
Patron Donations	\$ 1,000	\$ 204	(\$ 796)	\$ 500
Memberships	\$ 4,500	\$ 3,814	(\$ 686)	\$ 4,000
Scholarships	\$ 200	\$ 200	- 0 -	\$ 200
Clothing	\$ 1,500	\$ 1,157	(\$ 343)	\$ 1,500
Road Races	\$ 7,000	\$15,805	\$ 8,805	\$15,000
Interest	\$ 400	\$ 435	\$ 35	\$ 550
Miscellaneous	\$ 500	\$ 169	(\$ 331)	\$ 500
Annual Banquet	\$ 1,776	\$ 1,776	- 0 -	\$ 1,600
Course Certification	-0-	\$ 194	194	\$ 250
	\$17,876	\$23,754		\$25,100

Expenses	1988 Budget	1988 Actual	Variance	1989 Budget
Clothing	\$ 2,200	\$ 1,013	(\$ 1,187)	\$ 1,300
Scholarships	\$ 650	\$ 650	- 0 -	\$ 650
Potluck Supper	\$ 250	\$ 320	70	\$ 350
Newsletter	\$ 2,300	\$ 1,435	(\$ 865)	\$ 1,500
Printing	\$ 900	\$ 500	(\$ 400)	\$ 900
Postage	\$ 1,300	\$ 1,506	206	\$ 1,600
Road Races	\$ 2,500	\$11,805	\$ 9,305	\$12,000
Film	\$ 100	\$ 28	(\$ 72)	\$ 100
Speakers	\$ 600	\$ 150	(\$ 450)	\$ 600
Insurance	\$ 300	\$ 120	(\$ 180)	\$ 200
Membership RRCA	\$ 300	\$ 251	(\$ 49)	\$ 250
Conventions	\$ 300	\$ 702	\$ 402	\$ 800
Equipment	\$ -0-	\$ 1,781	\$ 1,781	\$ 1,000
Miscellaneous	\$ 1,700	\$ 182	(\$ 1,518)	\$ 500
Annual Banquet	\$ 3,468	\$ 3,468	-0-	\$ 3,200
Maine Running Hall of Fame		\$ 150	\$ 150	\$ 150
	\$16,868	\$24,061		\$25,100
Profit (Loss)	\$ 1,008	(\$ 307)		-0-

The budget was not approved at the February meeting because the full membership did not have the opportunity to review it before the meeting. Please take a few minutes to review the above budget and plan to attend the March meeting when we will vote to approve it. If you have questions and cannot attend, feel free to call me (home 829-3216, (business 761-8523))

Richard K. Strout
Treasurer

The MTC Handicap Race

Finishers

BOB CUSHMAN
BOB LAUX
WARREN FOYE
DICK McFALL
WARREN WILSON
PAUL GERUBE
WAYNE NEWLAND
TOM ALLEN
CARL MENDALL
RUTH HEFFLEFINGER
STEVE MOWBRAN
ROGER SMITH
SANDY UTTERSTROM

Helpers

Ken Dalbey
Steve Woodson
Russ Connors
Bill Stuart
Ray Hefflefinger

Sara
Hobson

On Running



Maine Sunday Telegram, January 15, 1989

Runners devising own Hall

The Maine Running Hall of Fame — that's right, Running Hall of Fame — is ready to accept nominations for admission in 1989.

"We want to recognize outstanding Maine runners who have competed regionally, nationally or internationally, and those coaches, race directors, track officials and runners who have made a significant contribution to running in Maine," said Bob Payne, one of the nine members of the running community who will be selecting the candidates for the Hall.

The Hall will admit three to five runners each year, Payne said. Those selected will be honored at an annual banquet. A plaque, photograph, a list of each individual's accomplishments and other mementos will be placed in the Hall. The location for the Hall is as yet undecided, but Payne said the committee is actively seeking a site.

The Hall of Fame selection committee is comprised of Payne, Joe Dahl of Houlton; Red Dean of Farmington; Danny Paul of Cumberland; Ed Rice of Brewer; Diane Fournier of Topsham; Wendy Sayres of Readfield; Jerry Saint Amand, president of the Central Maine Striders; and Ken Dolley, past president of the Maine Track Club. The committee members will serve terms of one, two or three years.

Ed Rice said he became involved in the Running Hall of Fame because he was discouraged by the Maine Sports Hall of Fame's repeated rejection of Maine runner Ralph Thomas.

Thomas, now 53, set a national age group record in 1975 when he placed 44th at the Boston Marathon in two hours, 23 minutes and 30 seconds at age 39. Thomas set more than 25 course records in races throughout New England after picking up running when he was 33.

"He is a person of national caliber, clearly a legend," Rice said. "He was the quintessential Maine runner. He'd drive down to Massachusetts — this was when there weren't that many races in Maine

Maine Track Club picks Dean, Perkins as runners of year

Warren "Red" Dean and Sally Perkins were named Maine Runners of the Year by the Maine Track Club Saturday.

Dean, of Farmington, who is undefeated in Maine in the over-50 age group, celebrated his 52nd year with a string of personal records, including a 4-minute, 51-second mile, and 57:47 for 10 miles.

Perkins, a cross country coach in Kennebunk, won seven races around the state, including the Great Pumpkin 10-K, the Forest Avenue Mile and Bridgton's Four on the Fourth.

Dan Dearing and Ruth Hall were named Maine Track Club Runners of the Year. Dearing won the Bowdoin and Back 10-mile race. Hall won the Kingfield Cup for her performance at the Kingfield 10-K and Uphill Climb.

Bruce Ellis was honored for finishing 29th in the 1988 Men's Olympic Trials Marathon.

Frank Ferland was named Comeback Runner of the Year. Joel Titcomb and Suzanne Spencer were named Triathletes of the Year. Dave Crawford and Rosalyn Randall, who competed in the 1988 Ironman Triathlon in Hawaii, were named Ironmen of the year. Crawford was the first Maine finisher, with a time of 10:09:25.

The track club gave a special commendation to Jim Carroll. Carroll, 78, finished the Oakhurst Milk Run 4-mile race in 37:54.

Will Stackpole and Sandy Utterstrom were named the club's Outstanding Race Directors. Amy Patterson received the Maine Track

Club Scholarship, and Mike Lyons was awarded the John Fyalka Scholarship. Dan Berube was named the Youth Runner of the Year. Robert Jones and Lori Towle were named High School Runners of the Year.

Central Maine Striders president Jerry Saint Amand, Maine Running and Outing publisher Chuck Morris, and Maine Sunday Telegram columnist Sara Hobson were honored for Outstanding Contribution to Running in Maine.

Ted Cunningham received the John Fyalka Award for Contributions to the Maine Track Club.

Other awards included:

- First marathons: Bob Hazzard, Loren Lathrop, Susan Davenny, Maureen Sproul, Lloyd LaFountain and John Hayes.

- Most improved, open division: Peter Hall, Kim Konieczny.

- Outstanding open runner: Wanda Haney.

- Most improved 30-39: Paul Merrill, Maureen Sproul.

- Outstanding 30-39: Nancy Stedman, George Towle.

- Most improved 40-49: Ron Deprez and Jeri Schroeder.

- Outstanding 40-49: Jim Toulouse and Jane Dolley.

- Outstanding 50-59: Bob Payne.

- Most improved 60-69: Widgery Thomas.

- Outstanding 60-69: Carlton Mendell.

- Outstanding over 70: John Woods.

— Sara Hobson

— and he'd run one race on Saturday, sleep in his Volkswagen and drive to another race the next day, and then come back and work all week as a chicken farmer."

While the Sports Hall of Fame has admitted runners — including marathoners Joan Benoit Samuelson and Andrew Sockalexis — Saint Amand said that represents

only token recognition of a sport that encompasses "young and old, male and female, people from every walk of life."

The committee is welcoming nominations from the public. The names of the nominees, as well as biographical information detailing their accomplishments, should be submitted by Feb. 1 to Ken Dolley

By George Another Marathon

by Bruce Ellis

Actually it was St. George in Utah. Site of a unique and beautiful intermountain marathon. St. George is located in the south western corner of Utah not far from the Grand Canyon, Zion and Bryce National Parks. Las Vegas is not very far. St. George is famous for being the home of Red Sox pitcher Bruce Hearst.

The race was October 1st and we just happened to be in the area while on our cross country trip. I had read about the marathon in Runner's World magazine. It sounded good. I wasn't in marathon shape. But I knew I could last 26 miles. The entry blank said that in 1987, 6 men had broken 2:20 with the winner running 2:15. So I expected good competition and didn't think I would place all that high.

I was able to contact the race director. He offered us 2 nights in a motel and a free entry. The hospitality and friendliness was outstanding. The race was a big deal for the town. 1700 runners mostly from Utah, Arizona and Nevada were there. The night before the race was a party and a liquidation social. This was a different twist from the usual pasta party. Juices, energy drinks and carbonated water was served.

The race started at 6:45 Saturday morning. It was a point to point run along a lonely, 2 lane highway which was totally closed to traffic. They bussed us out to the start beginning at 4:30 in the morning(yawn). It was warm in St. George that early. So I boarded the bus with just a T-shirt over my singlet. But the start was 5,300' altitude. It was dark and only 32°. But there were about 15 oil can bon fires to warm us until race time.

The race started in darkness literally in the middle of nowhere. I got to the 16 mile mark before the sun got high and hot. Until then we ran in darkness then early morning haze. We barely passed any houses and only 1 very small village. The course was run through desert landscape, red rock canyons and unique sandstone formations. The course is very similar in topography to Sugarloaf. It was downhill and level at the start, steady uphill from 8½ to 11 miles, then downhill again sometimes very steep and fast to the finish at 2,700' altitude in St. George.

The attention to detail was impressive. Little things like placing plywood over cattle guards on the road. The crowds were sparse on the course but grew as we arrived in town at the 24 mile mark. I finished 2nd in 2:26:04 about 4 minutes behind the winner. Dole was a sponsor. So the post race festivities were fun. All the fruit and yogurt you could eat and a pizza party with live music. A spendid time was had by all.

I believe there's no such thing as an easy marathon course. But I think St. George is a fast course. Some of those downhills were so steep it was impossible to hold back. I may remember this in 1992 if I need a little help qualifying for the olympic trials. A trip to St. George could be combined with visits to the nearby national parks or even Las Vegas.

Whatever the future holds, I'll maintain fond memories of our time in southern Utah and our experience with our new friends at the St. George Marathon.

MEMBER PROFILE

By John Woods

Ruth Hefflefinger

"Member Profiles" will try to show the backbone of MTC; the people who make it possible for MTC to be not just an excellent social club, but also a highly professional race management organization and a public service. A public service in that it encourages participation by all in outdoor athletics and supports, with its expertise, numerous local charities. Less than 10% (which is very high) of our total membership makes all this possible.

Our first victim is

Ruth Hefflefinger.

Ruth is our Membership Chair. She reorganized and updated the lists, which she now maintains on a current basis. She developed and took over a method of sorting, stamping, and mailing the Newsletter, making the Editor's job less burdensome.

In her four years with MTC Ruth has worked at innumerable races doing "whatever I am told to do", which includes registration, traffic control, water stops, and finish line. She has helped organize functions and has contributed refreshments at meetings.

Ruth started running about ten years ago with the U. of Maine "Lifeline" program. She now runs four or five days a week, 20 - 25 miles, mostly with a MTC group at 6 AM. She competes in about 6 races a year.

She works in the off-campus instruction program at U. of Maine in Portland. She and Ray have three sons, David, Bob, and Carl who live in San Francisco, Granberry, Texas, and Amherst, N.H. There are two grandchildren.

Ruth will become a "grown-up" this March and predictions are that she will absolutely devastate the 60+ age group.

1989 RRCA Eastern Regional Half Marathon Championship

The Anheuser-Busch Colonial Half Marathon, Sunday, Feb. 26 1989 has been granted the Eastern Regional Championship designation by Jane Dolley, RRCA Eastern Director.

Williamsburg, Virginia 1pm
Call Rick Platt (804) 229-7375

A Gourmet Tour On Portland's Orient Express

We all know how important carbo loading is to serious athletes... Sandra Wyman and Ambrose Berry obviously spent many long evenings doing research on this article. Hope they can still run!

A GOURMET TOUR ON PORTLAND'S ORIENT EXPRESS

For all you carbohydrate fiends out there, here's a "rundown" on some of the local oriental cuisine. For \$25.00, two people can dine well (including alcohol if desired). All of these establishments accept credit cards, and offer take-out service. Chopsticks and no MSG may be requested at all locations. We kept to a standard order of cashew chicken and a combination vegetable dish so that true differences could be evaluated. All aboard!!

STOP #1- HUSHANG- the ol' stand-by
This is one of the first and best Chinese restaurants in Portland, opened by the Nguyen brothers. This eatery was also cash-only until the feds caught up with the brother's income tax evasion practices. Despite the financial fray, the restaurant remains reliable with one brother overseeing the functions and the other serving out his sentence in a prison south of here. The portions here are good and the service dependable and prompt (this is where you go if you're in a hurry). The cashew chicken is not too spicy and an ample portion. The cashews were somewhat tired but performed well. Buddah's delight features a wealth of vegetables in several varieties- an attractive and wholesome dish. At Hushang, you may ask for brown rice in place of white rice.

It should be mentioned that we dined at Hushang II on Brown St.. The original owner is there and is not associated with the Hushang on Exchange St..

STOP# 2- THAI GARDEN- the upstart

Located at One City Center.
Location, location, aspiration (this is where you go if you want upscale oriental cuisine). Thai food is more tropical in temperament and artistic in presentation. The closest match to cashew chicken is Chicken Pineapple, a chicken-onion-snow pea-carrot-mushroom-scallion-pineapple- and, yes!-cashew combo served in a pineapple boat. The vegetable mix is obtained by ordering a tofu with vegetable variety entree. Only white rice is available. One colorful feature on the menu allows a diner to make any protein choice and then complement it with a red, green, or yellow curry.

Again, this restaurant is a family affair; the mother cooks while the sons wait on tables. Service was lax the evening we dined there.

STOP #3- THU HONG- the critic's darling
Located on upper Exchange St. in Old Port. We couldn't pass up the opportunity to dine here (this is where you go to check out critic controversy). In spite of the light patronage on the night of our visit, the service was poor. The atmosphere we also found to be lacking with a local top 40 station playing background music. The cashews were present and fresh, but the chicken appeared to have arrived several weeks earlier. The portion was comparable to Hushang. Several entrees qualified for the vegetable combo- the waitress could give no guidance here, so we opted for a tofu-with-vegetable-mix. As with the Thai Garden, one may select a protein and pair it with any number of veggie side dishes. On the vegetable dish, only three varieties, with only one fresh, were excavated from several slabs of tofu. On the positive side, no MSG is used in any entree, chopsticks arrive automatically, and brown rice can be substituted. For your meal, three levels of heat may be served: mild, hot, and five alarm.

STOP #4- THE PANDA GARDEN- a diamond in the rough

Located on Brighton Ave. opposite Pine Tree Shopping Center.
Still one of Portland's best kept secrets, The Panda Garden appeals to both the taste buds and the pocketbook. We arrived on a Saturday evening early and found a packed dining room. A subsequent lunch visit encountered the same (this is where to have lunch when you want a B-A-R-G-A-I-N!). The atmosphere is certainly authentic- our American waiter spoke fluent Chinese to the Chinese waiters! The portions are large, the ingredients are succulent, and the plates are attractively presented. The cashew chicken and the vegetable entrees were the best of any of the other reviewed restaurants. Brown rice will appear on request. Outstanding service- these people really want your business. If you like Chinese food, you'll love this place!

Your Restaurant Critics,

Sandra Wyman
&
Ambrose Berry

• The Brunswick Sunday Runs begin today at 9 a.m. at the Brunswick Junior High School. A group of Brunswick runners are inviting area runners to join them for informal runs of 4, 6 and 8 miles every Sunday morning. The non-competitive runs follow the same course, with the shorter distances returning to the school sooner.

"If enough people turn out, everyone will have someone running their pace and distance," said runner John LeRoy.

Runners will meet at the school parking lot at Columbia Avenue and Barrows Street. For further information, contact LeRoy at 725-8680.

NEW MEMBERS

Name & Address	Phone	Occupation	Age
Michael Clark 70 Dorset Street Portland, ME 04102	H761-9573 W871-1111	Appraiser Maine Savings Bank	35
Patricia Eltman 41 Cottage Road South Portland, ME 04106	H799-5036		
Michael Goodwin 149 Gray Road Falmouth, ME 04105	H797-4827 W780-5120	Loan Coordinator USM Financial Aid	25
Andrew & Erin MacLean 119 State Street #3 Portland, ME 04101	H761-9582 W926-2424-E	Student, UM Law Mgr.Editor, Seacoast Life	26 26
Cathy McGuire Staples Point Road Freeport, ME 04032	H865-1410 W780-4430	Researcher USM	
Peter & Carol Seavor 5 Stratton Place Portland, ME 04101	H772-3439 W892-6766-C	Consultant Educator, St.Joseph's Col.	51 51

Bob Payne Turns 50!

The following is a poem written for Bob by C.H. Tripp, for his birthday in July.

Oh what will you do when your Jogging is through
And cyclings a thing of the past
You could go to strolling, or maybe to bowling
Or you could just sit there on your hassack

Now Jogging is smart and its good for the heart
People think you are quite a bright fella
When on a skunk you did step, then continued on home
Barbara said you can stay in the cellar!

Now running at night, can cause quite a fright
And your conditioning will be of no use
All at once you collide and on the ground you reside
Well my God Man, you can't move a moose!

A room full of trophies is really quite keen
But how can you run with those sneaks size "13"
Your collection of tee shirts, and sweats is real large
With many more races, you'll fill the garage.

In the late 1800's a man in Webbs Mills
Was always out running, or digging through hills
But there is one bad rumor, one which we must squelch
You are not the Grandson of old "Edgar Welch."

Well the dogs nip your heel, some say where's the appeal
Man those Jogging outfits are quite nifty
You may laugh at it now, but soon you'll slow down
When at last your old body turns "fifty".

MTC 1988 Volunteers

The following are volunteers who got T-Shirts at the Banquet, and the number of races they worked. Many thanks to all of them!

Russ Bradley 5	David Paul
Ted Cunningham 7	Bob Payne 4
Barbara Coughlin 3	Don Penta 8
Brenda Cushman 4	John Pierce 3
Bill Davenny 8	Phil Pierce 3
Susan Davenny 8	Rae Pierce 3
Jane Dolley 4	John Rasmussen 3
Ken Dolley 6	Dale Rines 4
Mel Fineberg 4	Charlie Scribner 4 tons
Warren Foye 4	Bruce Stedman 3
Michael Frost 3	Nancy Stedman 3
Barbara Frost 3	Dorothy Stoddard 4
Kimberly Frost 3	Herb Strom 3
Lindsey Frost 3	Rick Strout 3
Ray Hefflefinger 6	William Stuart 3
Ruth Hefflefinger 6	Jean Thomas 8
Georgianna Hogerty 3	Cindy Tiffit 3
James Hogarty 3	Jim Toulouse 3
Marla Keefe 3	Walter Webber 6
Rob Laskey 3	Carol Weeks 3
Kathi Labrecque 4	Sumner Weeks 3
John Lavin 6	Al Utterstrom 3
Joan Lavin 4	Sandy Utterstrom 5
Bambi Lovett 4	Sick Lajoie 3
Bill Lovett 3	
Terry McGovern 5	
Carlton Mendell 3	

RACE RESULTS

By Don Penta

11th Annual Great Pumpkin 10K - 10/30/88
Camp Ellis, Saco, Me - 380 Finishers

Top Finishers:

1 Paul Gorman	32	29:06
15 Larry Olsen	41	32:15
31 Sally Perkins	25	33:54*
48 Warren Dean	52	35:36
221 Vivian Godin	45	43:44*
289 Christa Curtis	57	46:58*

MTC Finishers:

13 Dan Dearing	27	31:53
20 Mike Lyons 1st,18&-	17	32:54
21 Jim Toulouse 2nd,40-44	40	32:58
41 Dick Mulhern	35	35:08
47 Malcolm Kidd	32	35:27
51 Bob Coughlin 1st,45-49	49	35:50
53 Harry Nelson	34	35:58
58 Joel Titcomb	29	36:21
61 Bob Payne 2nd,50-59	50	36:28
64 Robert Jones 3rd,18&- PR	16	36:36
70 Wanda Haney 3rd,19-29 PR	22	36:50*
74 Ronald Deprez	44	37:05
77 George Liming	37	37:24
92 Frank Ferland	39	37:59
108 Will Stackpole	30	38:32
112 Dick McFaul	44	38:36
114 Les Berry	40	38:38
116 Peter Bastow	52	38:45
120 Philip Pierce	47	38:50
122 Christopher McDonald	24	38:56
123 John Gale PR	32	38:57
127 Rick Strout	50	39:05
131 Bob Hazzard	56	39:12
137 Lloyd LaFountain	26	39:18
146 Michael Cowell	51	39:41
147 Clint Merrill	40	39:43
148 Dick Lajoie	48	40:01
149 Carol Weeks 2nd,35-39	39	40:02*
153 George Prescott	40	40:10
155 Maidli Townsend 2nd,30-34	34	40:14*
161 Cheryl MacMahon	25	40:43*
167 Deb Merrill	32	41:10*
171 David Trussell	46	41:21
177 Dale Rines	36	41:39
179 Joan Lee	34	41:52*
180 Harley Lee	35	41:54
181 Stephen DiPalma	33	41:55
183 Richard E. Littlefield	40	42:01
188 Alburn Butler	35	42:16
192 Cindy Vokey	30	42:20*
208 Dick Scribner	37	42:57
210 Maureen Sproul	32	43:00*
213 Craig Robinson	42	43:07
214 Neil Martin	45	43:10
239 Carlton Mendell 2nd,60&+	67	44:37
240 Jeri Schroeder 1st,40-44	41	44:37*
255 Bob Perkins	45	45:28
273 Patty Titcomb	30	46:10*
276 Paul D'Amboise	58	46:27
284 Rick O'Brien	42	46:47
312 John Woods 3rd,60&+	70	48:43
327 Everett Moulton	42	50:03
334 Jean Thomas	52	50:31*
338 Bill Davenny	43	51:00
355 Warren Foye	40	53:25
359 Richard Robinov	28	53:40
362 Mel Fineberg	53	53:52
377 Donald Penta	42	57:42

Shaws Thanksgiving Day 4 Miler - 11/24/88
Portland, Me - Sunny, 40° F - 314 Finishers

Top Finishers:

1 Lois Brommer	24	22:21* CR
10 Joan Lavin (MTC)	40	26:40*
36 Jean Thomas (MTC)	52	31:26*
1 Sam Pelletier	31	19:38
14 Joel Croteau	44	22:13
19 Bob Payne (MTC)	50	22:30

Other MTC Women:

2 Wanda Haney 2nd,open	22	22:32
4 Ruth Hall 1st,30-34	30	24:11
8 Deb Merrill 3rd,30-34	32	25:50
7 Maidli Townsend 2nd,30-34	34	25:45
11 Jane Dolley 2nd,40-44	40	26:40
13 Maureen Sproul	32	27:08
14 Patti Locke	25	27:40
16 Cindy Tiffit	34	28:04
17 Lori Towle 1st,18&-	15	28:27
18 Jeri Lynn Schroeder	41	28:37
19 Pat Titcomb	31	28:49
21 Jill Dolby 2nd,18&-	16	29:25
25 Marla Keefe 1st, 35-39	35	30:21
35 Sandy Utterstrom 1st,45-49	45	31:26
47 Carrie Wood	26	32:58
65 Jennifer Pierce	20	36:30
73 Donna Moulton	39	40:26
74 Sara Hobson	28	42:23

Other MTC Men:

7 Peter Hall 3rd,19-29	27	21:20
15 Joel Titcomb	30	22:22
16 Richard Mulhern 2nd,35-39	35	22:24
20 Bob Coughlin 1st,45-49	49	22:42
22 Robert Jones 2nd,18&-	16	22:46
26 Ronald Deprez 2nd,40-44	44	23:06
34 Joe Richards 2nd,45-49	45	23:29
59 Dave Smith 3rd,45-49	47	24:26
61 Peter Bastow 2nd,50-59	52	24:31
62 Phil Pierce	47	24:32
65 Rick Strout	50	24:42
72 Dick Lajoie	48	25:13
80 Clint Merrill	40	25:34
92 David Houser	38	26:03
98 Dale Rines	36	26:15
101 Norman Locke	29	26:22
110 Paul Alpert	53	26:41
113 Fred Beck	55	26:49
115 Neil Martin	45	26:51
132 Richard Scribner	37	27:54
133 Herb Strom	59	27:59
135 Rob Laskey	25	28:08
137 Richard Deans	42	28:16
153 Bob Perkins	45	28:56
154 Russ Bradley 2nd,60&+	65	29:01
156 Dave Conley	48	29:09
165 Rick O'Brien	42	29:41
171 Greg Rogers	23	30:01
176 Richard Lemieux	43	30:22
185 Richard Manthorne	46	30:46
195 Everett Moulton	42	31:35
199 Robert Cushman	51	31:56
200 Warren Wilson	55	32:03
210 Mel Fineberg	53	33:44
213 Don Penta	42	33:53
219 Bill Lovett	47	34:39
222 Raymond Neveu	50	35:28
230 Rod Stanley	55	37:00

RACE RESULTS

First Kiwanis Peaks Island Race - 8/13/88
5 Miles - Peaks Island, Portland - 207 Fin.

Top Finishers:

1 Bob Winn	25:03
28 Rhonda Prime	32:15*

MTC Finishers:

9 John Eldredge	29:24
14 Ron Cedrone	38 30:15
16 Joe Richards	44 30:24
21 Robert Jones	15 31:08
24 George Liming	37 31:39
27 Philip Pierce	46 32:14
29 Lee Allen	33 32:36
35 Bob Jolicoeur	51 33:22
36 John Gale	32 33:27
49 Dale Rines	36 35:03
54 Dick Lajoie	48 35:33
55 Joan Lavin 1,40-49	40 35:41*
64 Greg Rogers	23 36:21
80 Maureen Sproul 3,30-39	32 37:33*
90 Loren Lathrop	39 38:07
101 Richard Stott	43 38:53
103 Barbara Coughlin	45 38:55*
105 Phil Tinkham	41 38:59
107 Rick O'Brien	41 39:13
125 Sandy Utterstrom	44 40:28*
137 Marla Keefe	34 41:02*
139 Robert Wyman	51 41:15
144 John Woods	70 41:48
145 Fran Brennan	51 42:06
157 Jean Thomas	52 43:31*
166 Fred Stone	52 44:44
190 Richard Robinov	28 50:55
194 Ruth Hefflefinger	59 52:06*
199 Jennifer Pierce	20 54:49*

Great Osprey Ocean Run 10K - 115 Fin.
Freeport, Me - 20 November '88

Top Finishers:

1 Jeff Bickart	35:10
2 Denis Weeks	35:27
3 David Dickson	35:45
4 Joan Samuelson (Hon. MTC)	36:49*
31 Carol Weeks (MTC)	41:28*
44 Mary James	44:02*

Other MTC Finishers:

18 Joe Richards	39:25
27 Peter Bastow	40:34
32 Brian Mercer	41:43
34 Roy Morejon	42:17
55 Neil Martin	44:47
65 Richard Scribner	46:53
75 Rick O'Brien	47:44
96 Fran Brennan	52:38
98 Warren Wilson	52:48
104 Tammy Prince	55:21*

Notes:

Mike Lyons ran in the Warren Bishop Memorial 5K, held in Hampden, 11/26/88. He finished second to Brent Leighton by thirteen seconds in 15:51 in a field of 102 finishers. Congrat's Mike!

Katherine Christie participated in the CMS Season's Greetings 5.5 Miler - held in Madison on 12/3/88. She finished third overall and was the first master finisher in 43:53. Congratulations Kathy!

20th Annual Turkey Trot 10K - 134 Fin.
Cape Elizabeth, Me - 20 November '88

Top Finishers:

1 David Weatherbie	20 32:38
5 Ken Houle	41 34:43
9 Bob Payne (MTC)	50 36:42
16 Rose Morrison	26 38:12*
63 Jeri Schroeder (MTC)	41 46:38*
77 Jane Rasmussen (MTC)	52 48:45*

Other MTC Finishers:

4 Peter Hall 3rd,17-29	27 34:36
8 Steven McGrath	33 36:15
13 Bob Coughlin 2nd,40-49	49 37:41
15 Robert Jones 1st,16&-	16 38:12
17 Joel Titcomb	29 38:15
18 Christopher McDonald	24 38:20
19 Ronald Deprez	44 38:31
23 Ruth Hall 1st,30-39	30 38:59*
24 Dick McFaul	44 39:03
26 Russ Connors 2nd,50-59	56 39:21
28 Frank Ferland	40 39:49
29 Mike Towle	40 40:17
30 Michael Cowell 3rd,50-59	51 40:27
32 Steve Woodsum	33 40:47
35 Rick Strout	50 41:05
43 Cheryl MacMahon 3rd,17-29	25 42:26*
46 Dale Rines	36 43:02
47 Virginia Connors Holmes	24 43:21*
48 Deb Merrill 2nd,30-39	32 43:37*
61 Eric Ellis	35 46:02
69 Rich Robinov	28 47:25
70 Frank Morong	55 47:42
73 Pat Titcomb 3rd,30-39	31 48:12*
75 Dave Conley	49 48:40
82 Robert Wyman	51 49:38
88 Michele Jordan	22 50:47*
90 Sandy Utterstrom 3rd,40-49	44 51:08*
93 Richard Lemieux	43 51:52
94 Jean Thomas 2nd,50-59	52 52:22*
95 Widgery Thomas 1st,60&+	64 52:52
104 Martin Weiss	31 56:39
109 James Carroll 3rd,60&+	79 1:03:48

1988 Westbrook Kiwanis 5 Miler - 34 Fin.
Westbrook, Me - 27 November '88

Top Finishers:

1 Roland J. Thibault Open	27:33
3 John Noyes 40-49	29:30
7 Bob Jolicoeur 50-59 (MTC)	31:15
11 Andrea Elder Open	32:00*
33 Sandy Utterstrom 40-49 (MTC)	38:38*
34 Jean Thomas 50-59 (MTC)	39:24*

Other MTC Finishers:

2 Robert Jones 2,Open	29:19
5 Frank Ferland 2,40-49	29:51
12 Dick Lajoie 3,40-49	32:03
13 Deb Merrill 1,30-39	32:18*
17 Dale Rines	33:10
21 Eric Ellis	34:37
22 Richard Scribner	34:50
25 Warren Foye	36:28
26 Jill Dolby	36:45*

RACE RESULTS

Bar Harbor 13 Miler - 223 Finishers
Bar Harbor, Me - 17 September '88

Top Finishers:

1 Mike Gaige	1:12:20
2 Stephen Podgajny	1:15:56
3 Jay Paul Jenkins	1:16:02
48 Kim Nolan	1:28:55*
57 Ruth Hall (MTC)	1:30:34*

Other MTC Finishers (overall):

8 Peter Hall	1:17:57
23 George Liming	1:23:14
85 William Shuttleworth	1:35:41
93 Carlton Mendell	1:36:15
147 Richard Robinov	1:46:23

Veterans Memorial 4.5 Miler - 62 Fin.
Wiscasset, Me - 6 November '88

Open & Division Leaders:

1 Bruce Ellis (MTC)	36	24:39
2 Steve Shea	18	25:14
3 Rodney Furr	24	25:56
4 Warren Dean	52	26:02
7 Joe Meehan	42	27:28
9 Diane Lounder	26	28:54*
17 Dick Cummings	51	29:57
22 Deb Merrill (MTC)	32	30:34*
30 Jane Rau	38	31:36*
41 Nancy Lovetere (MTC)	44	34:22*

Other MTC Finishers:

5 Steve McGrath 1,30-34	33	26:14
11 Roy Morejon 1,45-49	45	29:24
18 Dick Lajoie 2,45-49	48	30:03
23 Clint Merrill	40	30:36
29 Dale Rines	36	31:16
31 Nancy Ellis 2,35-39	35	31:43*
54 Warren Wilson	55	38:33

10th Annual "January Thaw" Race - 85 Fin.
Belgrade, Me - 4.5 M - 1/22/89

Open & Division Leaders:

1 Todd McGraw	23	22:33
2 Peter Lessard	26	22:42
3 Bruce Ellis (MTC)	36	23:56
13 Doug Ludewig	49	26:08
19 Deborah Potter	24	27:04*
34 Jane Rau	39	30:09*
36 Nancy Ellis (MTC)	35	30:15*
37 Dick Cummings	51	30:33
47 Carlton Mendell (MTC)	67	31:57

Other MTC Finishers:

22 Phil Pierce 2,45-49	47	27:50
44 Clint Merrill	40	31:33
52 Deb Merrill 1,30-34	32	32:34*
64 Bob Cushman	51	35:38
65 Warren Wilson	55	35:40

• Portland's Carlton Mendell finished third in the 65-69 age group at the Marine Corps Marathon Nov. 6 in Washington D.C. Mendell, 67, finished in 3 hours, 28 minutes and 21 seconds.

Jean Thomas, 52, also of Portland, placed 14th among women 50 to 54 with a time of 4:13:26. Other Maine runners were:

William G. Bristol, 3:03:16; Susan F. Davenny, 4:32:36; William C. Davenny, 3:38:02; Orlando E. Delogu, 3:38:59; Todd S. Degross, 3:51:59; Darrell W. Farris, 4:37:19; Warren E. Foye, 4:18:49; Ernest C. Henderson, 3:32:37; Christopher F. Hilton, 3:55:53; Lloyd T. LaFountain III, 3:32:38; Loren B. Lathrop, 4:38:06; Barry J. MacDonald, 4:03:47; Andrew B. MacLean, 3:15:15; David A. Orsmond, 3:20:13; Stanley G. Pride, 4:52:06; Donald E. Sanborn, 4:22:24; Ellen R. Spring, 4:13:36; Larry E. Taylor, 3:10:11; and Sandra Utterstrom, 4:14:08.

Portland's Carlton Mendell, 67, finished second in the 60-plus age group at the Philadelphia Marathon Nov. 20 with a time of 3:31:02. It was Mendell's 67th marathon — and his second 26.2-mile race in two weeks. "I have done them a week apart," he said. The secret, Mendell says, is being light on your feet.

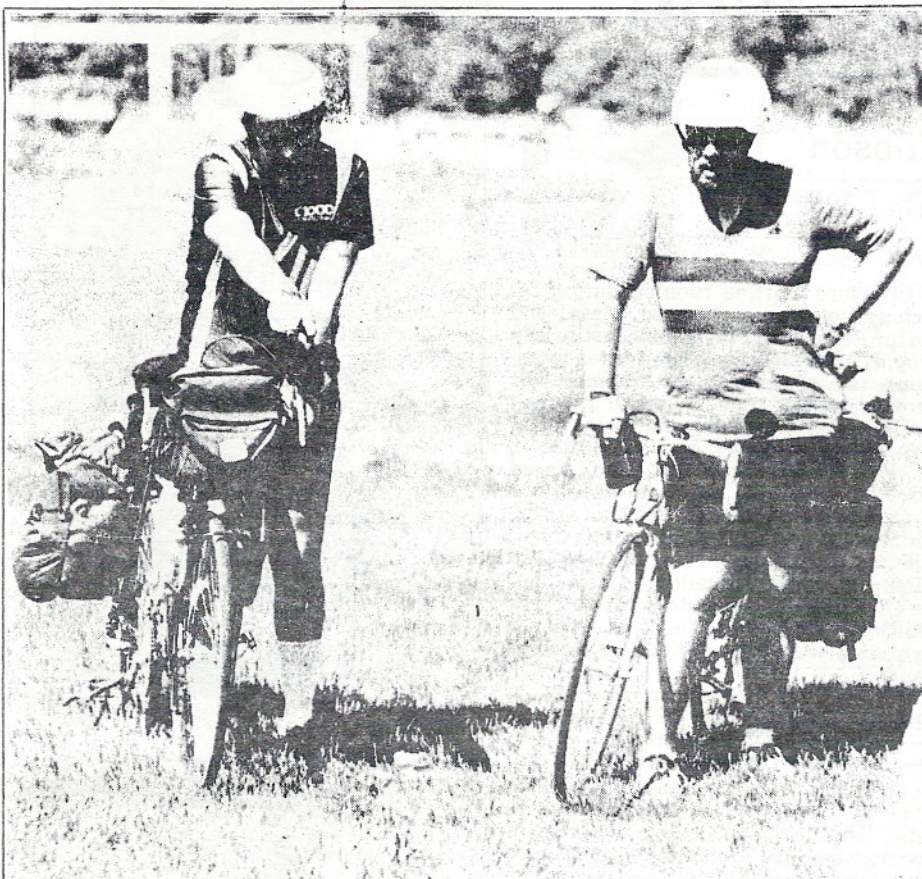
1/189 TRACK

Dartmouth Relays

at Hanover, N.H.
(Race distances in meters)

Men
Master's 55 — Ages 30-34: 1. Dom St. Jean, Sherbrooke TFC, 6:31; 2. Claude Gagnon, Sherbrooke TFC, 6:36; 3. Robert Parizo, unattached, 7:24; 4. Ken Castro, Avanti Sport TC, 7:33; 35-39: 1. Neil Steinberg, Bruin Spike Shoe Club, 6:33; 2. David Larson, unattached, 7:23; 40-44: 1. Roger Pierce, unattached, 6:38; 2. Frank Mussek, Dartmouth Faculty Elite, 7:35; 3. Clint Merrill, unattached, 7:60; 45-49: 1. John Whelan, Cape Cod AC, 7:57; 2. Frank Manfred, unattached, 8:60; 50-54: 1. Clifford Pauling, Central Park TC, 7:67; 55-59: 1. Bob Keegan, Philadelphia Masters, 7:44; 2. Bill Wright, unattached, 7:45; 3. Cass Curtis, unattached, 8:00; 60-64: 1. Ross Mitchell, Mitchell Track Club, 7:68; 2. Ned Curran, unattached, 8:4.
Master's 55 hurdles — 30-34: 1. Bob Parizo, unattached, 7:7; 2. Bruce Stearns, Worcester St., 8:3; 35-39: 1. Bill Clark, unattached, 8:4; 40-44: 1. John Buckley, unattached, 10:7.
Master's 200 — 30-34: 1. Claude Gagnon, Sherbrooke, 23:97; 2. Ken Castro, Avanti Sport, 25:91; 3. Dom St. Jean, Sherbrooke, 26:23; 35-39: 1. Neil Steinberg, Bruin Spike, 23:62; 2. Pirshing Reed, Cambridge, 25:35; 45-49: 1. Peter Feldman, McLean Hospital, 26:33; 2. John Whelan, Cape Cod, 27:01; 50-54: 1. Clifford Pauling, Central Park, 26:70; 2. David Galligan, Irish American, 29:29; 3. Larry Patz, Granite State, 31:48; 55-59: 1. Bob Keegan, Philadelphia, 27:36; 60-64: 1. Mieczyslaw Plisz, unattached, 32:95; 65-69: 1. Angelo Oliver, BAA, 32:87.
Developmental open 400 — 1. Jamie Wyeth, 49:7; 2. Carlo Fleury 50:6; 3. Ron Garon 52:7; 4. Jose Tavares 52:9; 5. Mike Mooney 53.2.
Master's 400 — 30-34: 1. Wayne Darr, McLean Hospital, 55:8; 35-39: 1. David Larson, unattached, 57:9; 2. John Sigouin, Merrimack Valley, 1:01:7; 3. David Herrington, Capital, 1:02:6; 40-44: 1. Robert Trigo, Naturemost, 56:6; 2. Mike Hollander, McLean Hospital, 57:1; 3. Clint Merrill, unattached, 57:2; 45-49: 1. Chuck Leussler, BAA, 1:05:3; 50-54: 1. Clifford Pauling, Central Park, 58:9; 2. David Galligan, Irish American, 1:02:8; 55-59: 1. Cass Curtis, unattached, 1:06:8; 2. Larry Patz, Granite State, 1:08:6; 3. Jack Nyhan, unattached, 1:09:9.
Developmental open 500 — 1. Tracy Jackson, Dawson, 1:04:89; 2. Daniel Dionne, Sherbrooke, 1:06:36; 3. Beau Frefel, LC Zurich, 1:07:02; 4. Duane Robidoux, Avanti Sport, 1:08:66.
Women
Master's 55 — 40-44: 1. Skipper Clark, unattached, 7:91; 2. Ardinette Tucker, unattached, 8:31; 3. Karen Jackson, unattached, 9:1; 45-49: 1. Barbara Stewart, New York Masters, 8:64; 2. Jutta Riegel, Sherbrooke TFC, 9:01; 60-64: 1. Patricia Peterson, Syracuse Chargers, 9:2.
Master's 55 hurdles — 45-49: 1. Barbara Stewart, New York Masters, 11:6; 60-64: 1. Patricia Peterson, Syracuse Chargers, 13:7.
Master's 200 — 40-44: 1. Ardinette Tucker, unattached, 31:58; 2. Karen Jackson, unattached, 34:15; 3. Sandy Miller, Greater Boston, 34:92; 45-49: 1. Marlene Sachs, unattached, 32:73; 60-64: 1. Patricia Peterson, Syracuse, 35:3.
Developmental open 200 — 1. Lisa Rogowicz, S. Conn. St., 26:33; 2. Julie Cayer, Sherbrooke, 26:36; 3. Tanya Baskin, Holy Cross, 27:05; 4. Susan Daley, Holy Cross, 27:28; 5. Sara Pieri, Dartmouth, 27:45.
Developmental open 800 — 1. J. Harkes, E. Ottawa, 2:19:65; 2. Marina Gustaf, Westchester Puma, 2:19:74; 3. Tenny Livingston, Holy Cross, 2:20:66; 4. Kristin Kraeger, Holy Cross, 2:21:25; 5. Jean Reilly, Holy Cross, 2:21:47.
Open master's 1,500 — 1. Mary Olenick, unattached, 5:07:16; 2. Judy Anker, Westchester Puma TC, 5:12:83; 3. Ann Schmidt, Boston AA, 5:16:18; 4. Linda Upton, Boston AA, 5:16:76; 5. Liz Szawolski, Boston AA, 6:20:0.

Cyclists follow the Lewis and Clark Trail



Mason Smith and Al Utterstrom of Maine view the Jesse James gravesite.

Courier Photo

"It is exactly 290 miles from St. Charles, Missouri to here," commented Mason Smith, 55, of Cape Elizabeth, Maine, as he pulled up to the Commercial Bank parking lot to take a break. Smith, and a companion, Al Utterstrom, 47, of Falmouth, Maine, are following the Lewis and Clark trail on their bikes.

The trip started last Saturday in St. Charles, as the two head to Omaha, Nebraska, where the first leg of their journey will end — at least for this year.

"We could have taken eight weeks off work and done the whole thing, or do it in two week segments," said Smith. They plan to pick up next year in Omaha, where they will leave off after two weeks of cycling this year, and proceed for two more weeks next summer.

Then the following year, they will pick up where they leave off, and begin again, and continue this each year until they have completed the trail.

Smith, who is married, is a photographer and journalist by trade. He writes about regional history and was particularly interested in the lore surrounding Jesse James, and stated he wanted to ride through the area Jesse was known for. Though they didn't stop at the home, located just outside of Kearney, they took time out to view Jesse's grave site. They also stopped and visited the grave of a Confederate soldier in Higginsville, Missouri, who had been the subject of one of his books.

Utterstrom is a transportation manager for a trucking firm that transports mail. He is married and has two children — a girl 21, and a boy 23.

The longest day the two encountered was a 76 mile trek. About 50 miles was completed during a thunderstorm, they said. On that day, a couple from just outside of Boonville invited them to their house and fixed what was described as a "wonderful meal!"

Both cyclists were thankful to Missouri motorists, who they describe as being very courteous.

"Just before we got into town down on the flats (92 Highway east of town), about ten cars backed up behind us and waited for us to cross the bridge," Smith said. "Where we come from, they would have just raced by."

"We haven't had any problems in Missouri in almost 300 miles. The hospitality has been great, with people offering us food and water."

The Maine Road Ramblers running club is merging with the Central Maine Striders, beginning today.

Club presidents Russ Martin and Jerry Saint Amand said the two clubs were duplicating a number of services for runners in Central Maine, and membership in the Ramblers has declined over the past few years.

"We decided we'd be stronger if we merged," Martin said Friday.

The Ramblers, founded in 1978 by Cliff Fletcher, had about 80 members. The Striders, founded in 1975 by Rick Krause, have more than 250 members.

Q What are some good winter foods with lots of vitamins for bad-weather training?



A When the fresh summer produce is unavailable, keep in mind that frozen foods are an appropriate alternative since freezing retains most of the nutritional value. Broccoli, spinach, collards, carrots, winter squash and other dark, colorful vegetables are good choices year round, either fresh or from the freezer. Popular nutrient-dense winter meals include hearty bean, split pea or lentil soups, chili, and pastas with tomato sauces. For fruits, enjoy oranges and bananas.

NANCY CLARK, MS, RD, nutrition counselor at Sports Medicine Brookline, is author of "The Athlete's Kitchen."

Boston Globe 1/2/89

Crawford rises above survival in triathlon

In 1986, Dave Crawford survived Hawaii's Ironman Triathlon. In 1988, he conquered it.

Crawford, 39, of Cumberland, finished the 1986 race in 12 hours and 28 minutes, suffering salt depletion and muscle cramps along the route. This past October, he became the first Mainer across the finish line at the Bud Light World Championship Ironman Triathlon, posting a time of 10:09:25.

Crawford completed the 2.4-mile ocean swim in 64 minutes, the 112-mile bicycle race in 5 hours, 11 minutes, and the 26.2-mile marathon run in 3:47.

Crawford trains 12 to 14 hours per week before a triathlon, but came down with a bad case of shin splints and didn't run for three weeks in August. When he hit the roads again, his longest run before the Ironman was only 14 miles.

"I had a strong swim and a good bike ride, but I was at risk in the marathon," Crawford said. "I had to pick a pace that I could hold for the whole marathon, and fortunately I picked the right pace."

"My legs went dead at 23 miles and I went into a survival shuffle — that's where the lack of training showed. If you want to do more than just survive in this race, getting in enough training is critical."

Crawford's one thought as he cycled through black lava fields under the midday sun was, "It's incredible that I ever finished this in '86."

Highlights of the 1988 Ironman World Championships will be broadcast on ABC's Wide World of Sports on Saturday, Feb. 25. Take a look at the faces of the finishers, Crawford says. Every one of them will be sporting a huge grin.

"You feel like you've been a part of something special, however absurd it may be," he said. "It doesn't matter where you finish, it's a major feat and it's exhilarating."

Most of the entrants come a week or two early to acclimate to the 90-plus degree heat. Each morning, the athletes gather at the start, pairing up for training runs and swapping training tips.

"There is great camaraderie," Crawford said. "You don't just participate in the race, you participate in the atmosphere. There's a tension that builds every day until the race. By the time you get to the awards dinner, you're having a pretty darn good time. It's a lot of fun."

Sara
Hobson

On Running



Crawford starting running during his high school days in Bedford, Mass., and ran for Rensselaer Polytechnic Institute in Troy, N.Y. He has completed three marathons, two of them in the Ironman. His pure marathon time — when he isn't running after swimming and biking 144.4 miles — is 2:45, set in a 1979 race in Lowell, Mass., where Crawford placed 23rd.

Crawford won the 1988 Tin Man Triathlon Sept. 10 in Camden, swimming a half mile in Megunticook Lake, cycling 26.3 miles and running 6.6 miles in 1:58:47. For his efforts, he was named the Maine Track Club's 1988 Ironman of the Year, an honor he shared with fellow triathlete Rosalyn Randall.

Crawford's 1988 Ironman time — which was fast enough to have won the first two Ironman competitions — placed him 15th out of 157 finishers aged 35 to 39.

Crawford joins the masters division when he celebrates his 40th birthday in June. "I haven't been looking forward to it, but now that it's forced upon me I'll see what I can do in my new age group," he said.

Crawford said he hopes to return to Hawaii for the 1989 race, "One, if I can afford it, two, if I'm not injured, and three, if I can get away from Sportingwoods."

Sportingwoods is the year-old company Crawford formed with Scott Samuelson. Sportingwoods, 85 India St. in Portland, markets the Sportingtreet, a spiral coat tree designed for athletic gear, and hardwood lockers for executives who keep athletic gear in the office.

A new running magazine, The Maine Harrier, published its first issue this month. The Harrier joins Chuck Morris' Maine Running & Outing in providing race information, results, training advice and profiles on Maine runners.

The Harrier is published by Paul



Staff photo by David MacDonald

Dave Crawford hopes to return to Hawaii's Ironman Triathlon next year.

Arsenault, 22, a senior at the University of Southern Maine and distance running coach at Brunswick High School. Arsenault got his start at Boston Running News, now New England Runner.

• Joan Benoit Samuelson will be the honorary chairman for the 8th Annual Terry Fox Run on April 30 in Bangor, said race director Ed Rice.

MTC Membership Discounts

Here is a list of area sporting goods stores that have agreed to give MTC members discounts on running shoes and running clothing. Please note that most have asked that members show their club ID card when requesting discounts.

Olympia Sports Center, Maine Mall

10% on shoes only

Joe Jones, 265 Western Ave, South Portland

10% on shoes, 20% on clothing (non-sale items)

The Shed, 315 Marginal Way, Portland

10% on shoes and clothing

The Athlete's Foot, Maine Mall

10% on shoes only

Sports East, Topsham Mall

10% on shoes and clothing

Guidi Graphics, 675 Forest Ave, Portland

(they sell and produce T-shirts and have some running clothing) 10% on clothing

Swim Skin, Maine Mall

10% on shoes and clothing

Foot Locker, Maine Mall

10% on shoes and clothing

Lamey-Wellehan, Maine Mall, Auburn Mall

10% on running shoes (non-sale)

Nike Store, Freeport

15% on running shoes and running clothing

Thank You 1989 MTC Newsletter Sponsors

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Cindy Smith

Dick Lemieux

Prime Sponsors

Corporate Patron

We need Newsletter Sponsors!

Become an patron and get fame and recognition for your support and generosity by having your name in the above box! Feel guilty about not volunteering for enough races? This donation will put you in good graces and we especially need help now that postal rates have gone up...

To be an individual patron, send \$10 to the Maine Track Club, Box 8008, Portland, ME 04104. To Become a corporate patron, your donation of \$25 should be sent to the same address. Please note on the check that it is a patron's contribution to the newsletter. And MANY thanks!

To be a Prime sponsor, contact Deb Merrill (W) 774-0502 (H) 207-729-6498. The sponsorship is \$50 and includes recognition and any message you may have in a box on the front page. Your support will be noted by all who pick up and glance at the front page- about 400 newsletters are mailed out each month.

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

1989 Officers and Committee Chairpersons

Herb Strom	President	799-7705	Ruth Hefflefinger	Membership	797-4625
Bill Stuart	Vice-President	799-5961	Charlie Scribner	Past President	772-5781
Susan Davenny	Secretary	772-1787	Melvin Fineberg	Clothing	774-8868
Rick Strout	Treasurer	829-3216	Don Penta	Statistician	892-4526
Charlie Scribner	Race Committee	772-5781	Nina Stoddard	Photography	799-6954
Deb Merrill	Newsletter	729-6498	Bob & Brenda Cushman	Refreshments	

P.O.Box 8008, Portland, Maine 04104

Run with a friend...

Maine Track Club is a non-profit organization

MAINE TRACK CLUB MEMBERSHIP FORM

___ Individual (\$12.00) ___ Family (\$15.00) ___ Student (\$5.00)
(18 yrs. old maximum)

LAST NAME _____, TODAY'S DATE ____/____/____

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

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____
EMPLOYER _____, OCCUPATION _____, PHONE _____

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

OTHER INTERESTS: _____

YOUR SPONSOR (IF ANY): _____

Maine Track Club

P.O. Box 8008
Portland, Maine
04104



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