



Maine Track Club

Herman

NEXT MEETING - FEBRUARY 8
YMCA, Forest Avenue.
& 7:30 pm

Agenda:

- 1) Welcome and introduction to YMCA
- 2) Waxing X-country skis. Tom Bennett, Down East Ski Club.

RACES - come snow or come shine

Feb 5th, MIDWINTER CLASSIC
SMVTI, High noon. Tough
hilly course! MTC Sponsor.
Bob Payne, Director.

Feb 19th - Kiwanis 5 Miler,
Westbrook Rec Center. 1 PM
Arnie Clark, Director.

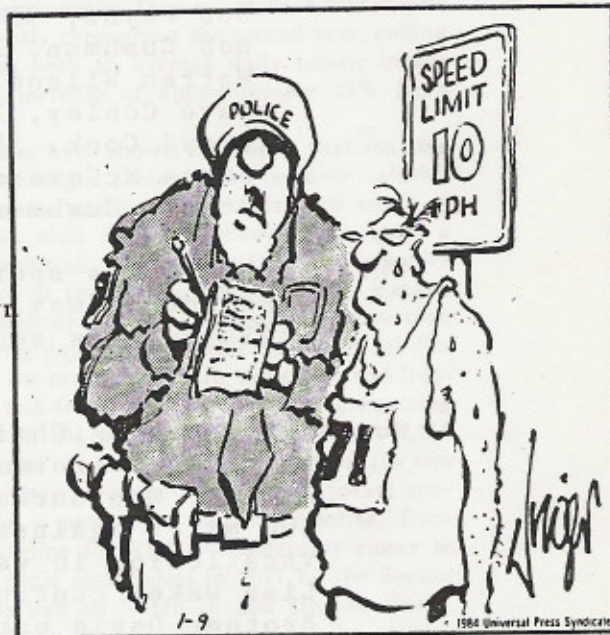
Feb 26th, PLEASANT MTN TRIATHLON, March of Dimes,
Call 772-2878 for information.

March 11th - 1st Annual "WINGED FOOT" 5 Miler,
Sponsored by The Athlete's Foot", Maine Mall
SMVTI, 1 PM starting time. See Entry form!

March 18th - Kerrymens Pub 4 Miler, 12 Noon start
Main Street (Rte 1), Saco. Marathon Sports,
Jim Swan, director. For info - 499-2476.

CONGRATULATIONS TO VIRGINIA CONNORS!! Running for
Boston College x-country team, she was voted
Rookie of the Year. By years end, Virginia
ran fourth on the eight member team. Good luck
on the track! The first place in the 5000 M
Darmonth race may be a sign of things to come.

REMEMBER!!! Renewal payment must be received this
month if your newsletter is to continue in March.
Send your \$12 renewal fee to Dave Trussell, MTC
Treasurer, 176 Ocean House Road, Cape Elizabeth
04107.



RACE RESULTS:

3rd - Dick McFaul, 29:49
4th- Joel Titcomb, 30:18
6th- Bob Coughlin, 30:32
Bob Payne, 33:46
Bob Cushman, 36:28
Warren Wilson, 36:58
Dave Conley, 37:50
Lloyd Cook, 38:17
James McGovern, 43:58
Brenda Cushman, 48:40

HELPERS:

Rick, Steve and Scott Strout
Art Quint
John Gale
John McGovern
Matt Nee
Charlie Scribner
John Conley
Bob Jolicouer
Al and Sandy Utterstrom
Margaret Soule
Harry Nelson

The chickadee has spotted Dennis Smith pounding the pavement out Gorham-way. Our cosmopolitan Mason Smith (not related) was seen jogging in Morocco.

Our highschoolers, Chris Kein and Jeff Pomroy continue to turn in solid performances in the indoor track meets. Yikes! Another Manthorne to watch. LeeAnn finished 3rd in the two miler against Portland. Father getting nervous - vacationing in warm weather running double workouts! Lisa Wakem continues to dominate girl's distance events. Brother David participated in the winning Distance Medley Relay.

CLOTHES AND MORE CLOTHES!! Before any members travels to to local sports store for running attire, check with Sandy Utterstrom for bargains on MTC gear. Shorts, singlets, and some sweatshirts available in all sizes. MTC patches (bright and fancy!) can be purchased for \$3.

For TAC applications write to John Sinclair, 155 Pine Street, Lewiston, Me 04240. One must be a TAC member to run in BAA Marathon in April as well as other quality races.

Next Newsletter Meeting: Tuesday, Feb. 28th, Dr. McFaul'd office, 6 PM 7 Bramhall Street, Park behind building. This time coffee!

Those who 'eat and run' may lead healthier lives

Weight control is often thought of as a trial of self-denial. However, a two-year study of middle-aged runners shows that it is not only possible to eat more while weighing less, but it also seems healthier to eat more—as long as you keep on exercising.

According to Peter D. Wood, DSc, professor of medicine (research) and deputy director of the Stanford (Calif) University Heart Disease Prevention Program, it is known that very active persons eat a greater amount of food than their more sedentary cohorts. In addition, it has been shown that many active persons decrease their proportion of body fat and improve their lipoprotein status. Low-density lipoprotein (LDL) cholesterol and very-low-density lipoprotein (VLDL) cholesterol levels drop sharply, and high-density lipoprotein (HDL) cholesterol levels increase markedly.

The new data again confirm these findings, but also show something else: The active persons studied ate different foods—more complex carbohydrates, fiber, vitamins, and micronutrients and less (as a proportion of total intake) fat.

The Stanford study involved 14 middle-aged, previously sedentary men who embarked on a running program and stayed with it for at least two years (34 other men started the program but didn't last that long). Wood told the Seventh Western Hemisphere Nutritional Congress held recently in Miami Beach. He noted that each of the runners recruited into the program was encouraged to do so for physical conditioning, not weight loss. No runner was given instructions about the type or quantity of food to eat and none attempted a dieting program during the two years.

The men, aged 36 to 54 years, were typical of sedentary men when they began the program (mean percent body fat by hydrostatic weight, 21.6%). They were asked to run as much as they were able. Gradually, they built up their running mileage during

the first year and maintained an average 12 miles a week during the second year.

Along the way, several interesting things happened. From detailed questioning and from diaries kept by the participants, Wood and co-workers learned that the joggers increased their average caloric intake from 2,380 calories/day at the start of the trials to 2,775/day at six months. They maintained that caloric level consistently throughout the second year, ending the two years with an average daily caloric intake of 2,747, an increase of approximately 15% from baseline.

Other studies have shown, of course, that inactive and often overweight persons take in fewer calories than do slimmer, more active people. One study of 1,400 English civil servants showed just such a negative correlation. But notable in the increase in caloric intake in the Stanford study was a marked shift to carbohydrates. At the beginning, the men averaged 230 g/day carbohydrates (920 calories). Six months into the program—again, as determined from questioning and from diaries—they were consuming an average of 304 g/day of carbohydrates (1,216 calories), a level they maintained throughout the two years. Thus, they increased their carbohydrate consumption (as a proportion of total calories) from 38.6% at baseline to 43.8%—considerably closer to the dietary goals established in 1977 by the Senate Select Committee on Nutrition and Human Needs. (That committee recommended that fats be proportionately decreased and carbohydrates proportionately increased in the typical American diet.)

Wood told JAMA MEDICAL NEWS that part of the reason for the increase in carbohydrate intake could of course be accounted for by the runners' exposure to running "lore" and magazine articles touting the virtues of carbohydrate "loading." But, he added, since such environmental factors were not measured, their influence on the runners' changed eating habits must remain speculative. He also said that it appeared that the runners drank more soft drinks and ate more of such foods as bread and pizza after running—but again, that was not measured since this was not designed primarily as a weight-loss trial.

Furthermore, while the joggers were increasing their caloric intake, they were also becoming progressively leaner. Their percentage of body fat dropped from a baseline mean of 21.6% to 20% at six months and to 18% at two years.

It is likely that the calories expended by running accounted for only a part of this weight loss/control phenomenon, Wood told JAMA MEDICAL NEWS. On the face of it, running only 12 miles per week would not be a great enough caloric expenditure to counterbalance the extra calories the runners were eating. But it appears that people who take up exercise programs also become more active in other circumstances, for example, climbing stairs instead of using elevators. Wood added that there is a growing body of literature suggesting that the increased metabolic rate of an exercise enthusiast continues for many hours after a specific activity is stopped. That, too, might account for some of the weight loss/control phenomenon.

—by MILAN KORCOK