

Maine Track Club

P.O. Box 8008, Portland, Maine 04104

APRIL 1985 NEWSLETTER



OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	772-5781
Phil Pierce	- Secretary	781-3769
Bob Ayers	- Membership Chairman	799-7284

NEXT MEMBERSHIP MEETING

The next membership meeting will be held Wednesday, April 10, 1985, 7:00 p.m., at the SMVTI Auditorium. The agenda will include Dede Herlihy of Nike Shoes, Wellesley, Massachusetts, speaking on shoe design and construction. Also expected to say a few words will be Mickey Bouvier of Maine Special Olympics.

Ms. Herlihy began her career with Nike six years ago, working in their retail store in Wellesley. She and an associate later established a Women's Track and Field Promotion office to service the East Coast Nike athletes. In the summer of 1984, Ms. Herlihy was given the position of Nike Tech Representative.

Ms. Herlihy will open the evening with an Olympic tape featuring Joan Benoit, which will be followed by a presentation of Nike's new running line - training shoes, racing flats, and a selection of track and field shoes.

It should be an interesting presentation. Hope to see you all there!

NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, April 24, 1985, 7:00 p.m. at Maine Savings Bank board room on Congress Street (2nd floor). All members are welcome to attend. Material to be included in the May newsletter should be submitted at this meeting.

Portland, Maine, Press Herald
Friday, March 22, 1985

Benoit, Waitz in L'eggs lineup

NEW YORK (AP) — American Joan Benoit and Grete Waitz of Norway, who finished 1-2 in the Los Angeles Summer Olympics marathon, will compete in the L'eggs Mini Marathon June 1 in Central Park, promoters said Thursday.

Waitz, winner of the 6.2-mile (10-kilometer) race five of the past six years, holds the world record for a 10-kilometer road race — 30 minutes, 59.8 seconds — which she set in the 1980 L'eggs Mini Marathon in 1980. Benoit's best time for a 10K is 31:37, which she established in Boston in October 1983.

Portland, Maine, Press Herald, Friday, March 8, 1985

Boston Marathon on television

BRISTOL, Conn. (AP) — The Boston Marathon will be televised live on ESPN on Monday, April 15, according to a release Thursday by the cable sports network.

The 3½-hour telecast of the 89th annual Boston Marathon, which will show the start through the early finishers of the race, is scheduled to begin at 11:30 a.m. EST.

NEW MEMBERS

The three-month membership drive ends with 13 new members and/or families signing up during the month of March. The Maine Track Club extends a warm welcome to the following new members:

Name & Address	Phone	Occupation	Age/Other Interests
Carol Bailey 10 Belmeade Road Portland, ME 04101	W780-4250 H761-2554	Student Res. Assoc. USM Psych Dept.	32 - Rock climbing, hiking, T'ai Chi Ch'aun
Heidi M. Bennett 17 Deane Street Portland, ME 04102		USM Student (Junior); Athletic Attic	23
James Carroll 41 Sandy Terrace Portland, ME 04102	H774-9400	Retired; French Student	75
Bill & Connie Cooley Island Avenue Peaks Island, ME 04108	W773-3817 H766-2976	(B) Stockbroker	Bill - 50; Connie - 27
Danforth & Jennifer DeSena 16 Franklin Street S. Portland, ME 04106	W772-8663 H799-0480	(D) Self-employed Podiatrist	Both 30
Jim, Gina, Natasha & Jamie Harmon 113 Riverton Drive Portland, ME 04103	W775-1874 H797-6408	(J) Asst. Mgr, Athlete's Foot (G) Stockroom Clerk, Unifirst Corp.	(J) 25; (G) 25; (N) 4; (J) 1 - Music
Joseph Isgro 53 Deering Street Portland, ME 04101	W871-9030 H871-2351	Blood Gas Tech, SMVTI (Senior)	30 - Bicycling, skiing, back- packing, photography, yoga, some triathloning
Michael S. Reali & Jodi L. Morong 4 Silva Drive Cape Elizabeth, ME 04107	W774-1431 H767-5218	(M) Claims Adjuster (J) Claims Clerk Commercial Union Ins.	(M) 31; (J) 22 - Cross- country skiing, hiking, camping, climbing
Anthony & Mary Salvo 53 Waites Landing Road Falmouth, ME 04105	W871-2571 H781-3713	(A) Radiologist, Radiology Associates	(A) 42; (M) 40 - Photography, golf
Elizabeth Skofield P.O. Box 253 Bailey Island, ME 04003	H833-5317		25
Fredric V. Stone RFD Plummer Rd, Box 86A Raymond, ME 04071	W892-6766 H892-5833	Dir. of Admissions, St. Joseph's College	48
Sally, Dennis, Kurt & Erik Worcester 58 Middle Road Cumberland Foreside, ME 04110	W797-5490 H829-3330	(S) Secretary; (D) Salesman; (K) 8th grade; (E) 5th grade	(D) 39 - Camping, downhill skiing, track meets

Jim Carroll gets a special welcome because he was born on August 21, 1909. That makes him a young 75-year old, and probably our oldest member.

Our thanks to Jane Dolley and Bob Ayers for each sponsoring new members during March. No one in the Club was able to bring in 4 new members during the drive, however, everyone is still eligible for the year-end's "Most New Members" award. So really, our membership drive is never over. We love new members!

Our thanks also to running goods stores and others who make our membership application forms available to area runners. In March we received 2 from the YMCA,

NEW MEMBERS cont.

2 from Bailey's Sporting Goods, 3 from the Athletic Attic, and one from Olympia.

The Athletic Attic, Bailey's, Olympia and the YMCA each brought in 4 new members during the drive. The Foot Locker brought in 2 new members for a total of 18 new members coming in from membership applications specifically identified to these facilities.

The following people have renewed their memberships along with family members:

Howard & Nan Jackson - Adding son, Mark, who is a freshman at USM (Age 19).

Frank Morong

Jerie Bugbee - Adding Alvin, age 37, an Exercise Specialist.

Mike Marchetti - Adding wife, Bonita, who works at the Roma Cafe (Age 30).

We look forward to meeting all the new members soon.

SURVEY RESULTS

Thanks to Wilbur Holmes, Dr. Howard Jackson, Ted Cunningham, Bob Payne, Peter Bastow, Thomas Peterson, and Joseph Isgro for sending in responses this month to our various surveys.

Wilbur says racing helps to keep him training; Dr. Jackson says running helps him enjoy life more, and it is not ahead of food for life, but is ahead of food for enjoyment; Ted says he runs to keep alive, but his knees hurt; Bob says he runs to relieve stress and because it feels great; Peter says he looks at running as "adult play"; it has its place, but also no better therapy than a good long run!; Tom says he got a broken toe from running on soft sand and poor terrain. He also likes body-surfing on Hawaii's great waves; and Joe says running is a balancing act for him, but he enjoys the high energy level it provides.

MEDICAL BRIEFS

This article is courtesy of Ken Curtis' doctor.

Diarrhea found common in long-distance runners

For all the long-term fitness rewards of endurance running, there may be an immediate price to pay. According to a recent survey, marathon running may provoke diarrhea and other lower GI tract disturbances.

To study the prevalence of gut symptoms among runners, Emmet B. Keefe, MD, Oregon Health Sciences University in Portland, surveyed 707 participants in the 13th Annual Trail's End Marathon in Seaside, Ore. He reports in the *Western Journal of Medicine* that more than a third of the respondents noted an urge to empty their bowels both during and just after running.

Nineteen percent of the respondents reported diarrhea after running, and almost 35% said they had

a bowel movement just after a run. Diarrhea actually interrupted hard runs in 10%, and 16% had to stop for a bowel movement, according to the survey results. Diarrhea interrupted easy runs in 8%, as did bowel movements in 18%. Eleven percent of the runners experienced abdominal cramps during an easy run and 19% during a hard run, although only 1-2% reported bloody bowel movements during or after a run.

More lower GI problems reported

Many of the runners volunteered that after runs of certain lengths they had predictable lower-gut problems, which, overall, were more commonly linked to running than were upper GI tract symptoms such as heartburn, nausea, or vomiting. Younger runners, under the age of 20, were more frequently bothered by diarrhea and cramping, as were women, even though the majority of respondents were men.

All of the marathoners surveyed were dedicated endurance runners who had been running a mean of almost 6 years, averaging about 46 miles per week. "These were not your casual weekend runners," notes Dr. Keefe, a gastroenterologist who also runs. "So for those people

with symptoms, it's a troublesome problem."

Many of the GI disturbances reported are characteristic of irritable bowel syndrome, which may occur in as many as 17% of apparently healthy individuals, Dr. Keefe says. Although gut problems associated with running might be explained by dietary factors, alterations in intestinal or colonic water, or electrolyte fluxes, he adds that people who are attracted to running are more concerned with their physical condition, more health-focused, and might therefore have a nervous gut to begin with.

"I don't think it's a case of ischemia to the bowel, as some have proposed," says Dr. Keefe. "I just don't think the muscles are stealing that much blood." The physical pounding of running may produce changes in gut motility, he says, noting that downhill running involves considerable pounding force, and seems to stimulate more complaints.

Reference

Keefe EB et al: *West J Med* 141:481-484, 1984.

MEMBER PROFILE - Widgery Thomas, Jr.

Sixty year old business broker, Widgery Thomas, Jr., of Portland is this month's featured member.

Married to Jonnie and close to his children, Jack (30), Gay (27), Peter (32), William (34), and grandson, Jonathan (5), they have a fun-filled running life today which last year featured them as the only 3-generation team in the L.L. Bean 4th of July two-mile fun run. Two-thirds of the way back, Jonathan was heard saying, "Gee Grandpa, this is fun."

Grandpa Thomas is gonna run the last half of the Boston Marathon as a training run this year to keep son, Jack, who is running his second Boston Marathon, company. Daughter, Gay, is running the first half with Jack.

How did it all start? What drove Widgery to run his first marathon in May, 1983? Why does a 60-year old business man run that much?

We find that part of the answer lies in his early background. Even at the ages of 12 to 24, Widgery enjoyed competition. He swam competitively for 12 years for the Portland Boys' Club, Butler School, Deering High School and Bowdoin College teams. In 1965, his strong interest in swimming was transformed into the chairmanship of the Portland YMCA's drive to build the new swimming pool. The pool was built and is one of the most popular facilities in the Greater Portland area today.

His success with the swimming pool drive was only one example of his leadership. In 1971 and 1972, Widgery served the YMCA as President of the Board. As Chief Executive Officer of Canal National Bank, Widgery found his days filled with business commitments and pressures. To relieve these pressures, he attempted to fit leisure and recreation into his life...he sailed, skied and played tennis, but these activities were not regularly scheduled or particularly organized.

In 1977 during his annual physical from Dr. Bill Taylor, their family physician, Widgery got the bad news: body weight - 190 lbs. plus, and too high; cholesterol reading in at 350s, and too high; plus blood pressure climbing. The combination of business pressures and lifestyle were beginning to take their toll on Widgery's health.

Being a man of decision, Widgery listened to his doctor and joined the Old Port Fitness Club in the fall of 1977. (He didn't want to run.) Unfortunately, the fitness boom was just evolving at the time and was not strong enough to sustain the Club. So when it closed in the fall of 1978, Widgery joined the Lifeline program at USM. In February, 1980, Widgery entered his first road race, the Dunfey's Early Bird 4-Miler, with a buddy from Lifeline.

Basically, however, his running was still mostly recreational and therapeutic. But then, he tragically lost his 24-year old son, Charlie, to a heart attack on February 12, 1983. The cause was coronary occlusion caused by cholesterol-clogged arteries. Ironically, Charlie was the athletic sort and played handball twice a week. Previously at UMO, Charlie had played lacrosse and soccer, and before that, had been named MVP in soccer at Tabor Academy (college prep school). Charlie was not overweight and even ran a bit, having competed in the Boys' Club and Maine National Bank road races.



MEMBER PROFILE cont.

Perhaps partly because of Charlie's sad and untimely death, Widgery became even more determined as a runner, and because of a deep-seated need to vent his frustration or find a release valve, Widgery got permission from his doctor to train and enter the 1983 Maine Coast Marathon, his first ever, which he completed at the age of 58. His time was 4:06:19. In 1984, he returned and completed the same race in 4:00:03.

This year, Widgery and a group of Maine Track Club members are meeting every morning at 6:00 a.m., at the USM gym for their daily workout, including long and short runs. (All MTC members invited.) They are following the Jeff Galloway system and doing roughly 40-50 miles weekly. In previous years, Widgery got up to 70 miles a week. He said, "This is more sensible...we'll see what happens." As a result of Danny Paul's presentation to the MTC in February, Widgery is also using "Heavy Hands" and concentrating on running more relaxed.

With a resting pulse rate in the 45-48 range, weight down to approximately 170 lbs. (going down to 160 lbs. by marathon time), and a lower cholesterol reading, Widgery says he feels much better and is enjoying more energy and stamina than ever before.

2C • MONDAY, MARCH 25, 1985 • USA TODAY

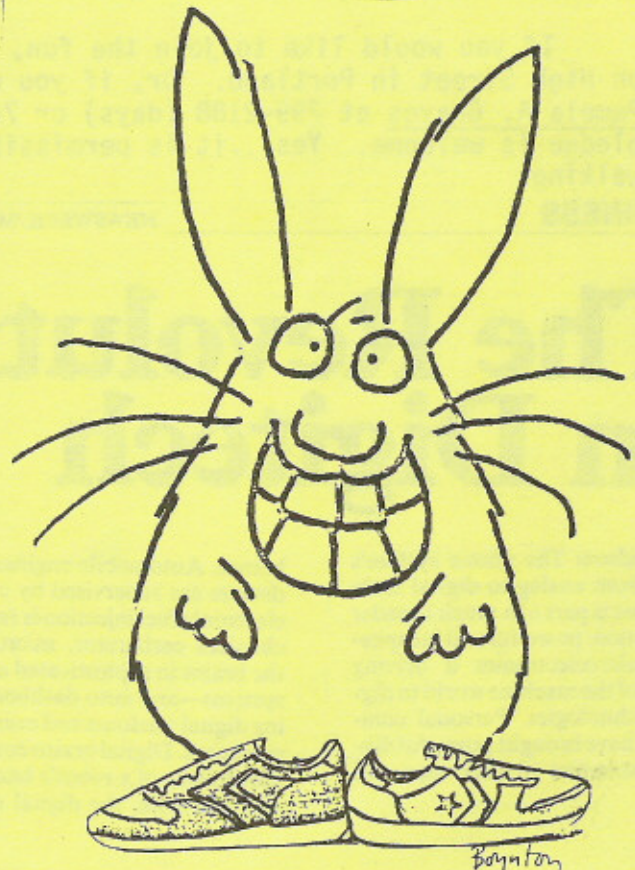
Timeout



By Lennox McLendon, AP

GOLD-MEDAL MOTHER: Sprinter Evelyn Ashford, seen here with husband Ray Washington, was named one of 1984's 10 best athletes by a panel of international sportswriters. She'll be honored today in San Remo, Italy. Ashford, who won two gold medals at the 1984 Olympic Games in Los Angeles, expects a baby in May and says she won't run any races this year. Once she returns to competition, she says she'll be shooting for a world record at 200 meters. She already holds the world record of 10.76 seconds in the 100-meter dash.

H A P P Y
E A S T E R !



PERSONAL RECORDS

PRs and other racing news will be printed in the newsletter if we hear about them. Art Quint, the Club's official record keeper, reminds us all to turn in our race times, particularly for out-of-state races you may run.

A short note to the P.O. Box is all we need. Course PRs or personal best times for the distance are both welcome. Keep us posted on your activities. Other Club members want to know.

SKIING is still in with Russ Connors, Herb Strom, and Mike Reali. They are inviting all Club members to join them the weekend after Boston to ski Mt. Washington (Snowfields and Tuckerman's Ravine). Call them for more details.

JOG BOARD

Ted Cunningham is looking for company for his Monday, Wednesday, and Friday 4 to 6 mile jogs at 4:00 to 4:30 p.m. from USM - 9-10 minute pace. He's flexible as to pace, distance and meeting times.

Call us if you want us to post your requests.

FAMILY CRISIS SHELTER WALKATHON

Help support the Family Crisis Shelter by participating in their annual Walkathon, May 11th at 1:00 p.m., at Fort Allen Park (Eastern Promenade) in Portland. Distance: 5 miles.

If you would like to join the fun, pick up a sponsor sheet from Better Scents on High Street in Portland. Or, if you would just like to sponsor a walker, call Pamela A. Graves at 799-2188 (days) or 767-5578 (evenings). Large or small, your pledge is welcome. Yes...it is permissible to jog through the course instead of walking!

BUSINESS

NEWSWEEK/MARCH 18, 1985

The Revolution In Digitech

Sneakers: The phone system's shift from analog to digital technologies is part of a much broader revolution: powerful and inexpensive microelectronics is driving much of the machine world to digital technologies. Personal computers have brought powerful digital computers to desk tops and

homes. Automobile engines and emissions devices are supervised by computer chips, electronic fuel injection is replacing the mechanical carburetor, microprocessors are the brains in sophisticated antiskid braking systems—and auto dashboards are sprouting digital readouts and even small computer screens. Digital brains control the precise movements of a robot's hand. In the world of hi-fi music, the digital compact disc is



Jogging by the numbers: Tracking calories, stride and speed

rivaling the familiar phonograph record, an analog technology. Digital television is making its debut. The clock and watch industry has been radically transformed by digitech, and appliances like dishwashers and clothes washers and dryers, once timed by electric or spring-wound clocks, are now timed by tiny digital electronic chips. Even the humble running shoe is going digital: Adidas is bringing out a shoe with an on-board computer chip so joggers can keep track of their stride, speed and calorie consumption.

KIDNEY FOUNDATION

Sam Beal, Executive Director of the Kidney Foundation, is teaming up with Business Equipment Unlimited and the Maine Track Club to host a 10K and fun run fund raiser on October 6, 1985.

The location and course will be approximately the same as the Athletic Attic course in the Back Cove area. The Maine Track Club will receive its usual fee for conducting this event. Anyone interested in being Race Director for this important event should contact Charlie Scribner or Bob Jolicoeur. Traffic guides, water stations, registration, and race results volunteers are also needed.

More to come on this one at meetings and in future issues of the newsletter.

CLUB DISCOUNTS

Contrary to the report at last month's meeting, Olympia Sports has not discontinued our members' discounts on running shoes. Brenda Cushman's experience is being investigated by Ken Flanders, the store's manager at the Maine Mall, who expressed concern about what happened. More to come.

CLOTHING UPDATE

Club uniforms are available by calling Clothing Chairman, Sandy Utterstrom, at 799-8593 (home) or 780-2483 (work).

Sandy has the following items in stock:

Size	Item	Price	Quantity
X-Large	Sweatshirts	13.75 ea.	2
	Izko All-Mesh Top	8.75 ea.	2
	S/S Sport Shirt	8.50 ea.	1
	Windbreaker	10.00 ea.	1
Large	Sweatshirts	13.75 ea.	2
	Izko All-Mesh Top	8.75 ea.	3
	S/S Sport Shirt	8.50 ea.	1
	Unisex Top	11.00 ea.	4
	Unisex Shorts	11.00 ea.	3
	Women's Dolfin Top	4.50 ea.	1
	Dolfin Men's Shorts	10.00 ea.	1
	T-Shirt	5.25 ea.	2
Medium	Sweatshirts	13.75 ea.	4
	Izko All-Mesh Top	8.75 ea.	4
	Unisex Top	11.00 ea.	3
	Unisex Shorts	11.00 ea.	3
	Women's BR Top	6.50 ea.	1
	Men's BR Top	6.50 ea.	1
	T-Shirts	5.25 ea.	5
Small	Sweatshirt	13.75 ea.	1
	Izko All-Mesh Top	8.75 ea.	5
	S/S Sport Shirt	8.50 ea.	2
	Unisex Shorts	11.00 ea.	4
	Dolfin Top	4.50 ea.	10
	T-Shirts	5.25 ea.	2
	T-Shirt Tank Top	4.00 ea.	1
X-Small	Dolfin Top	4.50 ea.	1
	Patches	3.00 ea.	37

CLOTHING UPDATE cont.

Sandy will special order, but prefers to get a sufficient size order to help spread the cost of the screen and set-up.

HELP WANTED

There are never too many volunteers for Maine Track Club road races. If you are available and want to join in the fun, call Dave Paul to help him with the April 15 Boys' Club 5-Miler. 600 runners are expected to run this popular race.

John Keller would also be pleased with a large turn-out of volunteers for the May 12 Bob Rice Memorial Race.

Dave's telephone number is 797-4242 (home), and John can be reached at 657-3966 (home). All volunteers are welcome.

Rick Strout is looking for a Co-Director for the Stroh's Run for Liberty II. Rick said he'd like someone willing to move up to Race Director next year. Please call Rick if interested in this showcase road race.

GROUP TRAINING RUNS

Many groups have formed for medium to long training runs on a regular basis:

8:00 a.m. Saturday at SMVTI for 13 to 20+ miles. Showers followed by breakfast at several local favorite restaurants. A great way to start your weekend. Up to 20 runners have been spotted.

7:00 a.m. Sunday at Payson Park (Eastern Promenade) for 15 to 21 miles. Water sometimes available depending on the crowd. Showers available at YMCA for \$2 or \$3. Small group so far.

6:00 a.m. daily (except Sundays) at USM Gym. This group is using the Jeff Galloway training method. Hills on Tuesdays, long runs on alternate Saturdays, intervals. Free showers if you bring own towel. 5 to 10 people joining in. More are welcome.

5:30 p.m. Wednesdays at Expo Track (Portland) - Shortly after the Boston Marathon, Club members will be doing group intervals at the Expo Track every Wednesday evening. In the spring, these tend to be "fun intervals," but by summer, they become a bit more serious. Join in early and see your race times come down.

RECIPES

We've had nuerous requests for healthy food recipes. Russ Connors would like pancake recipes, for example. Bob Coughlin likes Priscilla's cookies. Please send in your recipes. We'll print them for all members to enjoy.

PENN RELAYS

Virginia Connors (Club member), Michelle Hallett of Mars Hills, and Paul Plissey of Presque Isle will be representing Boston College at the Penn Relays on April 27th. Ken Dolley, who ran the relays 28 years ago, said runners are selected from the best on the basis of qualifying times. Results for you in next month's newsletter.

PREVIEW ON BOOK REVIEW

Dick McFaul, MD reminded me after the last newsletter that he had already done a book review on Henry Solomon's book, The Exercise Myth. I checked back and found it in the November, 1984 Newsletter, and an excellent review it was. Apologies, Dick...I should have remembered.

To give me another chance, Dick has agreed to do his next book review on THE RUNNER by Eric Newsholme and Tony Leech. The book is scientific and technical and has just been published. You may wish to wait for Dick's review, but if not, it can be ordered by mail for \$12.95 plus \$1.50 postage and package from Fitness Books, P.O. Box 382, Roosevelt, NJ 08555. In any event, we've selected one or two sample items to whet your appetite for the book:

On Energy

"After many good meals and plenty of rest the energy reserves are safely stored away, triglyceride in adipose tissue and glycogen in liver and muscle. But now we wish to run a marathon and both reserves must be tapped to provide the fuels to enable us to run the 26 $\frac{1}{4}$ miles"....The book tells you how to do it.

On Lactic Acid

"The importance of protons is emphasized by the simple fact that we have enough muscle glycogen and a sufficient capacity of anaerobic glycolysis to produce a massive quantity of protons - sufficient to kill ourselves in less than one minute. Fortunately fatigue prevents us from committing suicide."

We are all looking forward to your book review, Dick.

Bob Jolicoeur

The over-specialized cheetah
running at 70 m.p.h.

At this speed, the Cheetah would complete the marathon with a PB of under 23 minutes. (Photo courtesy John Dominis/Life Magazine © 1977 Time, Inc.)

TREASURER'S REPORT - March 31, 1985

Balance 2/28/85	\$2,636.32
Receipts	2,532.50
Expenses	<400.10>
*Balance 3/31/85	\$4,768.72

*Includes Baxter Boulevard Path - \$3,255

Copies of a complete Treasurer's Report will be distributed at the next membership meeting.

This month's newsletter courtesy of



Maine Savings Bank

April 1985

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Copy for Fees File

MEMBERSHIP RENEWAL

The deadline for membership renewal has passed. We regret that 27 former members had to be dropped from the roster. If anyone complains, please tell them we'll be glad to reinstate them anytime. Our policy is to send our extra newsletters to new members until they run out.

BACK COVE RUNNING PATH

Resurfacing of the Path is tentatively scheduled to start May 1st, and will take about 10 days to complete. Donations can be made to: MTC-Back Cove Running Path, and sent to MTC Treasurer, Rick Strout, at 22 Hillcrest Drive, Cumberland, Maine 04021 or to the Club's P.O. Box 8008.

In March, contributions were received from: William Devanny, William Webster, Thomas Pierce, Carlton Lane, Lloyd B. Wolf, D.M.D., Ted Cunningham, Tony Owen, M.D., and Bob Jolicoeur.

ARTICLE ON MAINE

The April issue of Boston Running News has a back page article on "The Maine Winter," by Alice M. Lueders, a current resident of Needham, Massachusetts. She is a 1983 graduate of Bates College.

TITLES - NOTICE TO ALL MEN AND WOMEN OF LETTERS

The Club's new roster of members will be out in a week or so. Doctors, attorneys, CPAs, and others may elect to be listed in the roster with your letters. Just advise us by telephone at 775-0065 daytime, or through the P.O. Box 8008 address. We'll be glad to accommodate.

COURSE MEASUREMENTS

Maine National Bank has inquired about course certification for their race. We've quoted them our standard fee for certifying non-Maine Track Club courses. \$5 goes to the Club for rental of the Clain-Jones devise; the remainder is split among two or three volunteer members. Our hope is to train 5 or 6 interested Club members on course measurement rules and procedures.

The fee quoted for courses 10 miles or less are as follows:

- Calibrated, measured and marked - \$75
- Full certification by NRDC/TAC - \$150

The reason for these fees is to limit the demand to serious parties only, to assure accurate quality work and to compensate the few Club members who must give-up their valuable weekend time to get the job done. Many of these members have families and other obligations on weekends, thus creating a major sacrifice.

Anyone interested in participating in this important activity should contact Charlie Scribner or Bob Jolicoeur, who each has a Clain-Jones devise. Jane Dolley has the third unit owned by the Club.

A special note of thanks to Phil Pierce from the newsletter production team. Phil not only gets the minutes to us on a timely basis, but they're always in great shape. We appreciate your conscientiousness, Phil. Keep up the good work!

MINUTES OF THE MAINE TRACK CLUB

MARCH 13, 1985

President Bob Jolicoeur called the meeting to order at 7:07 p.m., in the Nichols Room of Maine Savings Bank.

Guests included Dave Horn, Jim Carroll, Nan Jolicoeur and friends, Donna and Carol, Chris Bovie, Todd McGraw, and Doug Ingersoll. New members introducing themselves included Gary Monroe, Mike Reali, Frank Ferland, and Russ Bradley.

Vice President Jane Dolley then introduced the speaker for the evening, Philip Pierce. Dr. Pierce is a member of the Maine Track Club and a national organization of Running Psychologists. The topic addressed was "The Psychology of Running," and is summarized as follows:

There has been a relatively recent explosion in research in the area of running and exercise, with over 1200 studies having been completed within the past five years. There is obviously much interest in obtaining factual information about the various aspects of running from a physiological, psychological, and sociological perspective.

Depression - In general, the literature suggests that running does seem to ameliorate mild and moderate depression, but not severe depression.

Anxiety - State anxiety can often be dissipated by running, whereas trait anxiety is less affected by running. It was also noted that running can, in some cases, cause mild depression and anxiety, and the relationship of depression and anxiety to running behavior is often complex.

Major mental illnesses do not appear to be significantly impacted upon by running or other forms of exercise. However, running is being used as a therapeutic adjunct for anxiety and tension reduction, for depression, loneliness, alcoholism, mild obesity, and with hyperactive children.

It was observed that running can be conceptualized as a form of self-medication: frequency (times per week), duration (how long), and intensity (how hard). Also discussed were the biochemical changes that occur in the brain as a result of running. However, peripheral versus central nervous system effects have yet to be systemically and fully evaluated, and research in the area of brain-body chemistry continues.

Running Addiction - This phenomenon is usually classified as a positive addiction (Glasser, 1976), unlike that of alcoholism or heroin (negative addictions). However, it was noted that running could become a negative addiction if it reaches the point of controlling one's life to the extent that no choices are allowed, i.e.: 1) adversely affecting home and job, 2) running in spite of serious injury, 3) causing the break-up of a marriage and/or family, etc.

Runner's High and "Peak Experiences" - Real phenomena, but difficult to study scientifically. Runner's high seemed to occur more frequently in the less experienced runner, and during training runs rather than road races. The experience was usually unexpected, exceedingly pleasant, and lasted a significant period of time.

Anorexia Nervosa - This topic elicited considerable discussion. Dr. Pierce stated that running is often used as a treatment modality for this disorder. There is no question that the disorder is becoming more frequent; rather the question is, "What

MINUTES cont.

is the evidence as it pertains to runners?" Further data needs to be collected on this matter.

Physiological and Psychological Effects - Dr. Pierce briefly covered physiological changes occurring as a result of running (mood, brain chemistry, body fat, weight, energy level), and suggested that there was a possibility, however remote, that running might be a factor delaying or inhibiting precursors to Alzheimer's Disease, an increasingly common dementing illness.

Changes in self-perception, body image, self-concept, and self-esteem were mentioned. Patterns of socializing and living could also be modified by running, including habits of eating, drinking, smoking, sleeping, reading, as well as the development of new, other close relationships.

Cognitive behavior strategies were discussed, including associative and dissociative thought processes occurring while running, right and left hemisphere functioning, and the maintenance of a balanced life-style integrating running smoothly with marriage, family, work, personal relationships, and other aspects of living the good life.

Following the presentation, Dr. Pierce answered several questions. Next month, Dede Herlihy will discuss Nike shoes.

Led by Charlie Scribner, the business portion of the meeting followed the lecture, with the following being reported:

- Barbara Footer - The Maine Milk Run III is on line and more volunteers are needed.
- Warren Wilson and Charlie Scribner - There may be some changes in the Casco Bay Marathon, possibly moving it from October 13th at 12:00 noon, to September 1st at 6:00 a.m.
- Dave Paul - The Portland Boys' Club race is on line and needs more volunteers.
- Doug Ingersoll (Athletic Attic) - Asked the MTC to support/assist this year's Portland Perfect 10K, with proceeds going to support the Back Bay Running Path. Moved by Charlie Scribner to support the Athletic Attic road race with all proceeds to go toward the Back Bay Path; seconded by Russ Bradley. Considerable discussion ensued relative to the distance. Consensus was reached that there should be both a 10K and a Fun Run to draw-in Lifeline members, walkers, joggers and other supporters. The motion as above carried unanimously.
- Phil Pierce - The Falmouth Little League Benefit Races are to be held on May 5; everything is on line and flyers will be available around April 1st.
- John Keller - The Bob Rice Memorial Race is to be held May 12th in Cape Elizabeth.
- Ron Cedrone - Training runs are being held on Sunday mornings at Payson Park (Eastern Promenade) at 7:00 a.m. Saturday running groups are continuing at SMVTI, 8:00 a.m.
- Rick Strout, Treasurer - At January 31, 1985, \$2,304 was on hand; at February 28, 1985, \$2,636 was on hand. The fund raising effort for the running path on Back Bay is proceeding exceedingly well. Ground breaking is scheduled for May 1, 1985.
- Bob Jolicoeur - 1) Liability coverage for the Maine Track Club is now in force. 2) The Maine Track Club is a finalist for the 1986 Road Runners Club of America Annual Convention. There is now only one other club in the running. Bob will be flying to Atlanta after all. (Nice going, Bob!) 3) The State of Maine Highway Project to modify and expand Tukey's Bridge to include a pathway and bridge for runners/walkers on the Back Bay side of the bridge was discussed. Project to be completed during 1987.
- Sandy Utterstrom - The "interior" problems (no linings!) of the recently received Dolphin running shorts were discussed. Assorted comments were made in clarifying the membership's rejection of these shorts, and some members suggested purchasing Bill Rodgers' running shorts; green on gold, or gold on green might be nice.

The meeting adjourned at 8:50 p.m. - Phil Pierce, Secretary

UPCOMING RACES - MAINE



- April 6 - Championship 15-Miler - Union to Rockland, 11:00 a.m. from Rockland High. Contact Susan Schmitke at 594-2958 (Pen Bay Pacers).
- April 14 - Fort Kent 5-Miler - From University of Maine-Fort Kent at 1:00 p.m. Contact Frank Murphy (Aroostook Musterds).
- April 14 - Frank Sabasteanski Memorial Polar Bear Run - Bowdoin College, 12:00 noon, 10K. Fee - \$2. Registration 10:30-11:45 a.m. near the Polar Bear.
- April 15 - Portland Boys' Club 5-Miler - 12:00 noon from the Boys' Club in Portland. Fee - \$5. Contact Dave Paul (Maine Track Club).
- April 20 - Moosabec Rotary - 3.3 miles by the sea. 1:00 p.m. in Jonesport. Fee - \$5. Contact Dave Alley at 497-2843.
- April 20 - Spring Run Off - 10:00 a.m. from UMPI in Presque Isle - 5K. Contact Dave Maxcy (Aroostook Musterds).
- April 27 - April Amble - 4 miles at Westbrook College, 12:00 noon. Fee - \$4. Contact Bob Hodgdon at Westbrook College, Portland, ME 04103.
- April 27 - China 10K Classic and 1-mile Fun Run. Fun Run at 10:15 a.m. (\$4); 10K (\$7) at China Elementary School, China, ME. Contact David Comeau at 968-2511.
- April 27 - Gold Bar Run - 10:00 a.m. in Gorham. Contact USM, Dept. of Military Science at 780-5255. 6K distance (3.72 miles).
- April 27 - Aroostook Trust Classic - 11:00 a.m. from Gouldville School in Presque Isle - 5 miles. Contact Dave Rand (Aroostook Musterds).
- April 28 - Project Graduation - 3-mile race to benefit Gorham Senior High School Chemical-Free Graduation Party. 12:00 noon at Gorham High School. Contact Ken Curtis at 839-3201 evenings.
- May 5 - Falmouth Little League Benefit Races (3 races) - Legion Field, Falmouth. Contact Phil Pierce (Maine Track Club assisted).
- May 5 - Terry Fox 5K - 1:00 p.m. from the Caribou Recreational Center. Contact Conrad Walton (Aroostook Musterds).
- May 5 - Downeast Dogtrot - 11:00 a.m. - 3 miles with dog on leash, followed by 9-10 mile Fun Run at Beauchamp Point, Rockport, ME (Gribbel's house). Contact Margaret Emerson at 236-2597
- May 11 - Lions 5K - 10:00 a.m. from the Boy & Book Park in Houlton. Contact Aroostook Musterds.
- May 11 - Bangor 5-Miler - 8:30 a.m. at the Athletic Attic, Bangor Mall. Fee - \$4 (pre-reg); \$5 race day. Call Athletic Attic at 947-6880 for info.
- May 12 - Bob Rice Memorial 4-miler - 10:00 a.m. from Cape Elizabeth High School. Contact John Keller (Maine Track Club).
- May 12 - Mother's Day Road Race - Women's race. Contact Skyward at 594-9508. (Pen Bay Pacers).
- May 18 - 10,000 Meters KVYMCA - 10:00 a.m. at Hodgkins Junior High School, Augusta. Fee - \$5. Contact Steve Russell at 622-6391.
- May 19 - Terry Fox 4-miler - 10:00 a.m. at USM Gym, Falmouth Street, Portland. Fee - \$5. For info, call 775-5809 (Maine Track Club and American Cancer Society). Sanctioned by RRCA.
- May 19 - Volksmarsch - 11K (6.8 miles) at Congin Elementary School gym, corner of Bridge and Cumberland Streets in Westbrook, ME. Start anytime between 8:00 a.m. and 1:00 p.m. - must complete by 4:00 p.m. Contact Dave Muzzy at 854-5424. Free.
- May 19 - Special Olympics Benefit Races - 5 miles (11:00 a.m.), and 2 miles (10:00 a.m.) at Saco Defense, Inc., North Street, Saco, ME. Fee - \$4 pre, and \$6 race day, each race. Contact Kathy Eon at Saco Defense.
- May 26 - Maine Coast Marathon - 7:00 a.m., Kennebunk, ME. Contact MSRC at 284-8401 or 934-5390.

UPCOMING RACES - OUT-OF-STATE AND COUNTRY

- April 14 - New Hampshire CPA Society 1040 Road Race - 10K at 1:00 p.m., Manchester, NH. Contact Bob Healy at (603) 622-1999.
- April 14 - Red Shoe Barn 5-Mile Road Race - 1:00 p.m., Dover, NH. For info, call (603) 742-1893.
- April 15 - BAA Marathon - Noon - Hopkinton, MA. (We have a bunch from the MTC going.)
- April 21 - Boston Milk Run - 10K. Contact John McGrath, Box 252, Boston, MA 02113, or call (617) 969-0358.
- April 25 - Great Wall Run in China - International 5K and 10K run in Jinan. Contact Bob Jolicoeur for entry form. Only \$2,345 from New York - package deal.
- May 5 - Apple Blossom 5-Miler - 9:00 a.m., Londonderry, NH. Contact Mike Beeman at (603) 432-4117.
- May 11 - Paris City Marathon - 6:00 p.m. Contact Marathon de Paris, 10 Boulevard Murat, 75016 Paris, France. Telephone: 1-6517482 or Telex 630287F. Deadline - April 14, 1985.
- May 12 - Labatt's National Capital Marathon - Contact Bob Jolicoeur for application form.
- May 18 - Freihofer's Albany Run for Women - 10K USA Championship plus 5K; 10:00 a.m. and 11:30 a.m., respectively. Fee - \$6 pre-reg only. Contact Bob Jolicoeur for application form.
- May 19 - Star Trek II 10K - 10:30 a.m., Conway, NH. Fee - \$8. For info, contact Dr. David Sporcic, Box 286, Albany, NH 03818, or call (603) 447-6727.

Dizzy

The Fitness Whizzies

Ever get dizzy when you stand up quickly? Surprise: It could be a sign of fitness.

When you rise, gravity pools blood in your legs and blood pressure may fall. Blood flow to the brain can slow down enough to give you the dizzy whizzies. Soon, however, the heart rate climbs, returning blood pressure to normal.

Anyone can get a little lightheaded, but fitness may increase the odds, say sports physiologists at Pennsylvania State University. They tested a group of students before and after a



sort of aerobics boot camp: seven weeks of running, swimming and aerobic dance.

As expected, conditioning lowered blood pressure and resting heart rates. But the fit undergrads, tilted upright after lying down on a lab table, did much worse on the dizzy test than they

had before: Heart rate shot up and blood pressure dropped. Whoa!

Why this happens is still a mystery. One possibility, say the researchers, is that fit people's leg veins may hold more of the blood that gravity sends down. Or the receptors that regulate blood pressure may be less

sensitive in fit people, so blood pressure doesn't jump up as quickly as it does in the unfit.

Luckily, the fitness dizzies disappear in a few minutes, with no harm done, as blood pressure rises.

If it doesn't, you may find yourself safely lying down again. Says researcher Jim Pawelczyk, "The body has a very nice adaptive mechanism. When you pass out, you fall down."

—Paul Dussault

“It's not how old you are but how you are old.”

—Marie Dressler

Thanks to Tammy Butler (Al's wife) for sharing this article with us.

RACE RESULTS

The Kerryman Pub Road Race was great fun with over 300 finishers. Hot spinach soup was served free to all runners and the Pub was busy after the race selling green beer to all the Irish-blooded runners and spectators...an amazing number of Irish around on St. Patrick's Day! Members completing the race are underlined.

Buy the Case, Inc./Perrier
15K Road Race - March 17, 1985

STAR, short for St. Thomas Association of Road Runners, was host for this race run by Widgery Thomas who completed it in 1:29:45. 75 runners completed this course with hills so massive and steep that it has "switchbacks" (like Montgomery Street in San Francisco). Widgery ran it with Dan Lourie from Bar Harbor whom he met at the starting line.

Memorial Park 10K
Needham, MA - March 24, 1985

Men:

- | | |
|-----------------------------------|-------|
| 1. Paul Plissey, Boston College | 30:58 |
| 2. Peter Loomis, Needham | 31:15 |
| 3. Stanley Bickford, Northeastern | 31:15 |
| 4. Bill Roach, Unattached | 31:20 |
| 5. Jonathan Waldron, Unattached | 31:38 |

Women:

- | | |
|----------------------------------|-------|
| 1. Christene Crawley, Wellesley | 37:38 |
| 2. Denise Harlow, Portland, ME | 37:58 |
| 3. Carol Schultz, Boston College | 38:39 |

Thanks to Don Penta for sending in this great result from the Boston Globe. Congratulations to Denise for taking 2nd place among the women. Her time was just 40 seconds off the course record set by Patti Catalano.

The Price Chopperthon 30K
Albany, NY - March 24, 1985

Sandy and Al Utterstrom, and Barb and Mason Smith went to Albany for this fun weekend. The race started in Schenectady, and ended in the Empire State Plaza in Albany.

Sandy was the only member to do the race. She did not have a good race. Al and Mason ran the last part of the race with her. Her time was 3:10.

The Hudson Mohawk Road Runners Club is a large club and they did a great job putting on this race. Even though Sandy didn't have a good race, she said, "We'd all love to go back again."

While there, they visited with Jim Moore and family. Jim will be running Boston. (He'll be staying at the Midtown Motor Inn.)

Road racing

Kerryman Public Road Race

- 4 miles, March 17
1. Hank Pfeiffer, 18:30; 2. E. Andy Kimball, 18:54; 3. Andy Palmer, 19:01; 4. Bob Winn, 19:09; 5. Stu Hagan, 19:20; 6. Rick Garcia, 19:26; 7. Gene Coffin, 19:54; 8. Brian Flanders, 19:55; 9. John Godin, 19:57; 10. Lance Goffian, 20:03; 11. Tim E. Swope, 20:23; 12. George Bokus, 20:29; 13. Rob Scouline, 20:35; 14. James M. Kimball, 20:41; 15. John Holles, 20:53; 16. Kim Wetthauer, 20:55; 17. Chris Klein, 21:00; 18. Kevin Lyons, 21:04; 19. Sophules Cofsis, 21:04; 20. Thomas Bennett, 21:05; 21. Barry Field, 21:06; 22. Peter Grant, 21:14; 23. Lawson Hayes, 21:14; 24. Ole Amundson, 21:25; 25. John McFadden, 21:27; 26. Bob Hartley, 21:28; 27. Joel Cruteau, 21:26; 28. Brian Ledner, 21:32; 29. James Madden, 21:44; 30. Frank Brome, 21:47; 31. Dean Warren, 21:53; 32. Jeff Dyer, 21:54; 33. Michael Lally, 21:59; 34. Guy Berthoume, 22:07; 35. Tom Thi-beau, 22:08; 36. Mike Kimball, 22:09; 37. Kevin Way, 22:11; 38. Joel Tilcomb, 22:19; 39. Riepuell, 22:25; 40. Joe Ben-nert, 22:27; 41. Bob Doughlin, 22:30; 42. John Long, 22:37; 43. Kent MacDonald, 22:37; 44. Mike Gendron, 22:43; 45. Steve Fox, 22:43; 46. Perry Seagraves, 22:46; 47. Guy Lindwall, 22:46; 48. Kim Maddy, 22:52; 49. Steve Douglas, 23:02; 50. Doug Darby, 23:04; 51. Dave Smith, 23:04; 52. Thurmon Reynolds, 23:07; 53. David Gillingham, 23:08; 54. Russ Connor, 23:08; 55. Joan Westphal, 23:12; 56. Mike Galt, 23:14; 57. Richard Neal, 23:15; 58. Josh Fitzgerald, 23:18; 59. Brian Corcoran, 23:19; 60. Gregory Boston, 23:27; 61. Roland Houslin, 23:27; 62. Guy Martin, 23:28; 63. Howard Chadbourne, 23:30; 64. Bob Ingerowski, 23:34; 65. Michael Vitale, 23:36; 66. Mike Berrier, 23:36; 67. Barry Sargent, 23:37; 68. James Harrison, 23:38; 69. Daniel Harlow, 23:39; 70. Greg Dugan, 23:41; 71. George Limingo, 23:43; 72. Carol Leffman, 23:45; 73. Scott Brown, 23:48; 74. Shirley J. Scott, 24:00; 75. Kathy Tracy, 24:03; 76. Paul Bourget, 24:05; 77. Albert Pi-querri, 24:07; 78. Herb Sliem, 24:08; 79. Michael Cook, 24:08; 80. Chuck Masale, 24:10; 81. Greg Thayer, 24:20; 82. Bill Fenderson, 24:22; 83. Katharine Sebert, 24:26; 84. James Cox Jr., 24:27; 85. Carl Comstock, 24:32; 86. Rob Joliveau, 24:36; 87. Jack Marcler, 24:43; 88. Jim Kain, 24:46; 89. Steve Dowling, 24:47; 90. Nathan Martin, 24:47; 91. Eric Lopez, 24:48; 92. Gary Salomons, 24:48; 93. Cheryl Bascom, 24:49; 94. Thomas Caron, 24:51; 95. Mitchell Merrow, 24:53; 96. Steve Ross, 24:53; 97. Tim Swope, 24:54; 98. Larry White, 24:54; 99. David Stearns, 24:55; 100. Barry Woods, 24:56; 101. Eric Ellis, 24:57; 102. Greg Ge-phart, 24:59; 103. Russell Nappa, 25:00; 104. Ken Frikell, 25:04; 105. Bob Wight, 25:06; 106. Brad Goodale, 25:07; 107. Carl J. LeBlanc, 25:11; 108. Perley Hodgkin, 25:14; 109. Valerie Hodgkin, 25:16; 110. Arthur Sloan, 25:19; 111. Don Bessey, 25:21; 112. Chip Savage, 25:22; 113. Larry Frank, 25:24; 114. DeWaine Wallace, 25:25; 115. Stanole, 25:26; 116. Rick Strout, 25:28; 117. Patrick Kain, 25:32; 118. Bruce Pooler, 25:37; 119. 25:40; 120. Cheryl, 25:41; 121. James Garland, 25:42; 122. Walter Perrin, 25:44; 123. Gordon Chamberlain, 25:44; 124. Heidi Bagnall, 25:50; 125. Phil Richardson, 25:54; 126. Thad Dwyer, 25:56; 127. Patrick Ray, 26:00; 128. Ron McCall, 26:01; 129. Elizabeth Jarkowski, 26:03; 130. Sandra Wyman, 26:06; 131. Richard Whistler, 26:09; 132. John Parker, 26:11; 133. Patrick Howe, 26:13; 134. Cliff Knight, 26:17; 135. William Lockhart, 26:22; 136. John Murchie, 26:24; 137. Jeff Frederick, 26:25; 138. Gilbert Cole, 26:26; 139. Paul Cassy, 26:26; 140. David Houser, 26:27; 141. Bob Cushman, 26:27; 142. Eric Larkin, 26:29; 143. Rob Jordan, 26:31; 144. Tom Conley, 26:32; 145. Greg Shulee, 26:33; 146. Paul Page, 26:34; 147. Tracey Pooler, 26:35; 148. Henry Weisat, 26:37; 149. Vivian Godin, 26:38; 150. Kurt A. Jones, 26:40; 151. Don Roberto, 26:42; 152. Jason Bradley, 26:43; 153. Barb Coughlin, 26:44; 154. Richard A. Godin, 26:47; 155. B. Lefebvre, 26:50; 156. Mousie Christie, 26:52; 157. John Armist, 26:56; 158. Mike L'Ecuyer, 26:58; 159. David Kina, 27:01; 160. Crala Poulin, 27:03; 161. Frank Morano, 27:04; 162. James Hober-ty, 27:05; 163. David Grant, 27:10; 164. Don McGilvery, 27:11; 165. Bob Tanaki, 27:12; 166. Dennis Morrill, 27:13; 167. Drew Buckley, 27:13; 168. Sumner Ruy-brecht, 27:15; 169. Brad Hoskai, 27:19; 170. Frank Hemphill, 27:21; 171. Dwyer Blair, 27:22; 172. Steve Crockett, 27:23; 173. Greg Thompson, 27:25; 174. Dan O'Shea, 27:32; 175. Rick Griffin, 27:35; 176. Townsend, 27:36; 177. Tom Bole, 27:41; 178. Susan Woshburn, 27:44; 179. Norman LaFortune, 27:48; 180. Tom Girard, 27:51; 181. David Boehmy, 27:53; 182. Neal Workman, 27:55; 183. Allen Hargrave, 27:57; 184. Rob Kelly, 27:59; 185. Donald Perry, 28:00; 186. Lee Desco-reux, 28:03; 187. Kate Colley, 28:10; 188. Rick O'Brien, 28:11; 189. John Smith, 28:15; 190. Walter Smith, 28:16; 191. John Langham, 28:17; 192. Michael Hodgkins, 28:17; 193. Rene Goupil, 28:18; 194. Joy Eon, 28:19; 195. Tom Hebert, 28:21; 196. Frances Gray, 28:33; 197. Robert Con-very, 28:35; 198. Paul Dombos, 28:37; 199. Steve Guay, 28:39; 200. Mary Kine, 28:46.

Portland, Maine, Press Herald, Wednesday, March 20,

RACE RESULTS cont.

Boston Primer - 15 Miles

Readfield, ME - March 24, 1985

1. Bob Winn	26	1:19:45
2. Lance Guliani	26	1:23:12
3. Barry Fifield	28	1:27:52
*4. Paul Merrill	30	1:28:31
5. Ronald Johnstone	32	1:29:51
6. Thomas Bennett	27	1:30:48
7. Bob Coughlin	46	1:31:44
8. Rick Lane	38	1:34:53
9. Mike Simoneau	37	1:34:57
10. Greg Nelson	37	1:35:08
11. Michael Lolly	30	1:35:24
12. David Barker	31	1:37:15
13. Doug Ludewig	45	1:37:55
14. Robert Payne	46	1:38:37
15. Don Reimer	37	1:39:35
16. Garry Leonard	28	1:40:21
17. Bob Jolicoeur	48	1:40:48
18. Don Best	29	1:41:00
19. Linda L. Keniston	31 F	1:41:01
20. Mike Daly	40	1:43:00
21. Jeffrey Preble	31	1:43:36
22. Martin Schiff	46	1:44:04
23. David Delois	37	1:44:46
24. Mert Dearnley	36	1:45:15
25. Brian Schacter	40	1:46:21
26. Joseph Washburn	40	1:46:30
27. Dale Dorr	37	1:46:31
28. James Hagerty	30	1:46:46
29. Mark Seamans	27	1:47:49
30. Af Marple	37	1:48:27
31. Stan Sheldon	38	1:48:30
32. Carlton Mendell	63	1:48:37
33. Dan Kelly	27	1:49:07
34. Richard Morrison	26	1:49:18
35. Jerry Casey	29	1:49:26
36. Eric Ellis	32	1:50:06
37. John Schwerdel	39	1:50:16

38. Greg Durgin	35	1:50:56
39. Joseph Isgro	30	1:51:01
40. Joanne Cole	29 F	1:51:31
41. Sandra Wyman	28 F	1:51:31
42. Dick Cummings	47	1:52:21
43. Philip Pierce	43	1:52:26
44. John Edmondson	44	1:52:52
45. John Leeming	28	1:53:05
46. Don Wismer	38	1:53:32
47. Ray Quimby	34	1:54:45
48. John Cole	43	1:54:53
49. Russell Martin	35	1:55:07
50. Kim Vandermeulen	34	1:55:28
51. Paul Dall	43	1:55:59
52. Peter Tozier	28	1:56:11
53. Kimberly LaVoie	32	1:58:13
54. Jane Dolley	36 F	1:58:17
55. Art Greif	33	2:00:00
56. Ed Atlee	45	2:01:29
57. Nelson Mathews	28	2:03:44
58. Louise Dunlap	44 F	2:05:12
59. Allan Toubman	37	2:06:18
60. Carol Linker	41 F	2:08:15
61. Jerry St. Amand	41	2:09:42
62. Bill Mathews	25	2:13:13
63. Jerri Bushey	40 F	2:14:07
64. David Capella	36	2:14:21
65. Irv Faunce	39	2:16:11
66. William Tozier	57	2:17:01
67. Georgiana Hogerty	30 F	2:17:08
68. Byron Bennett	64	2:28:07

Thanks to Margie Force of the Maine Road Ramblers for these results.

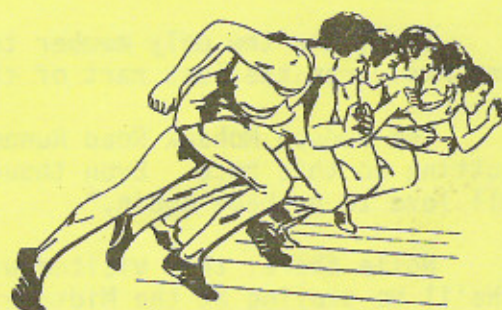
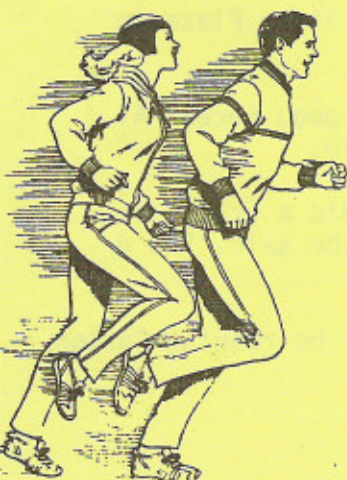
*We understand Paul Merrill is training for the Ironman Triathlon in Hawaii. He can be seen training regularly at the YMCA swimming pool.

THE RUNNER: APRIL 1985

EATING

No one runs well when constipated. A high-fiber diet will generally move through the body in 18 to 24 hours. The typical American diet takes three to five days. This means that Wednesday's steak may still be inside you during Sunday's workout.

William Simpson, a nutritional consultant based in Pennsylvania,



RACE RESULTS cont.

Bangor Lite Beer ½ Marathon March 30, 1985 - 178 Finishers

Bob Cushman 1:37:51
Gary Monroe 1:40:00
Bill Devanny 1:41:21
Widgery Thomas 1:52:45
Brenda Cushman 2:16:17
Joan Lavin Unknown

Thanks to Maggie Soule for helping out at the turn-around point. We understand unofficially that the winning time was 1:07. Bob Cushman, Widgery Thomas, and Bill Devanny teamed up with two other guys and took the "Old Bucks" team trophy.

Sorry for the sketchy information, but this is all we have on this one.

Maine Milk Run III - 5 Miles March 31, 1985

1. Bob Winn	24:49	41. Jeff Arsenault	30:15	81. John Jalbert	32:21
2. Stuart Hogan	24:55	42. Joel Russ	30:18	82. Terry Clark	32:24 F
3. Rick Garcia	25:14	43. Joseph Meehan	30:19	83. Roger Berle	32:25
4. Myron Whipkey	25:53	44. Phil Vezina, Jr.	30:25	84. Charles Woodworth	32:30
5. Brian Flanders	26:27	45. Brian Milliken	30:28	85. Alan Leathers	32:32
6. Danny Paul	26:34	46. Russ Connors	30:33	86. Kevin Shute	32:33
7. Kim Wetlaufer	26:45	47. Ray Johnson	30:34	87. Herb Strom	32:39
8. Erick Reed	26:49	48. Howard Chadbourne	30:40	88. Paul Cole	32:44*
9. John Hallee	26:56	49. Tom Allen	30:42	89. Rachel Veilleux	32:47 F
10. Gordon Scannell	26:57	50. Eric Ellis	30:43	90. Donna Hubert	32:48 F
11. George Towle	27:16	51. Bob Ingerowski	30:45	91. Patrick Roy	32:49
12. Dave Robert	27:28	52. Larry Linner	30:51	92. Heidi Bennett	32:50 F
13. John Tarling	27:39	53. Ethan Minton	30:52	93. Brian Brackett	32:51
14. Kevin McDonald	27:58	54. Anne Marie Davee	30:57 F	94. Eric Lagios	32:52
15. Stephen Brown	28:09	55. Andre Hudson	30:58	95. Ellen Chandler	32:53 F
16. Danny Smith	28:10	56. Les Berry	30:59	96. Rick Strout	33:01
17. Paul Merrill	28:14	57. Dennis Dunton	31:00	97. Melora Coggeshall	33:03 F
18. Frank Brume	28:17	58. Bill Philips	31:03	98. Steven Carleton	33:09*
19. Joseph Bennett	28:21	59. Wanda Haney	31:07 F	99. Gary LeMons	33:15
20. John Eldridge	28:25	60. Shawn Jeffrey	31:09	100. Bill Pavlisko	33:18
21. Harry Nelson	28:26	61. Paul Cote	31:13	101. D.A. Roper	33:22
22. Guy Berthiaume	28:27	62. George Waterhouse	31:16	102. Brian Hall	33:29
23. Barry Webber	28:31	63. Alburn Butler	31:18	103. Greg Shute	33:29
24. Douglas Ludewig	28:36	64. Frank Ferland	31:20	104. Paul Page	33:31
25. Bob Coughlin	28:58	65. Dick Lajoie	31:21	105. John Patrizi	33:36
26. Dana Bartlett	29:08	66. John Taxter	31:24	106. Peter Maietta	33:46
27. Dick McFaul	29:13	67. David Dowling	31:30	107. Peter Hollway	33:51
28. Douglas Darby	29:15	68. Thomas Carl	31:32	108. Paul Alpert	33:52
29. Stephen Fluet	29:19	69. Willard Fenderson	31:33	109. Barney Morrill	33:58
30. David Smith	29:20	70. John Holton	31:34	110. Peter Connell	34:00
31. John Long	29:24	71. Robert White, Jr.	31:41	111. Terry Dailey	34:01
32. Muzzy Barton	29:50	72. James Cox	31:43	112. Philip Pierce	34:03
33. Kimberly Moody	29:56 F	73. Bob Jolicoeur	31:45	113. Carleton Mendall	34:07
34. JoAnna Green	29:57 F	74. Denise Harlow	31:47 F	114. Ricahrd Jewell	34:10
35. Richard Neal	30:03	75. Martin Schiff	31:50	115. Michael Hayes	34:11
36. Guy Martin	30:06	76. Mardi Reed	31:56	116. Dave Grant	34:14
37. Bob Poirier	30:07	77. Joseph Isgro	31:58	117. Thomas McKinney	34:18
38. Ron Cedrone	30:07	78. David Trussell	32:03	118. Norman Lafurtune	34:26
39. Peter Bastow	30:10	79. Michael Reali	32:04	119. Wayne Fordham	34:30
40. Tom Getchell	30:13	80. Gary Salamon	32:11	120. Ken Gaecklein	34:37

RACE RESULTS cont.

Maine Milk Run 5-Miler cont.

121. Gordon Chamberlain	34:48	161. Natalie Buzzell	37:13 F	201. Beth Lunt	40:44 F
122. Tia LaMarre	34:52 F	162. Jean Smith	37:17 F	202. Lisa Nicholson	40:52 F
123. Rober Hills	34:53	163. Amanda Lambert	37:20 F	203. William Thomas	40:58
124. Jason Keefer	34:54	164. John Driscoll	37:21	204. David Mosley	41:03
125. James Boote	35:11	165. Ralph Baxter	37:46	205. Robert Friedrich	41:12
126. William Bayreutner	35:15	166. Stephen Crockett	37:48	206. David Sporcic	41:23
127. Scott Segal	35:15	167. S.M. Hall	37:50	207. Janice Kenney	41:26 F
128. Dale Rines	35:16	168. John Love	37:51	208. Jennifer Lawson	41:49 F
129. Rex Nelson	35:24	169. Warren Alpern	37:52	209. Martin McKenna	41:53
130. James Oliver	35:30	170. Doug Brown	37:52	210. John Berry	42:26
131. Peter Vachon	35:32	171. Mike Feener	37:59	211. Joseph Montimurro	42:28
132. Michael O'Brien	35:33	172. William Whitten	38:03	212. Howard Jackson	42:36
133. Bob Tansk	35:36	173. William Chase	38:11	213. Greg Crocker	42:44
134. Charlie Hutchins	35:37	174. Charlotte Hartwell	38:16 F	214. Susan Friedrich	42:47 F
135. Thomas Hart	35:38	175. Charles Baker	38:25	215. Sherry Lampron	42:58 F
136. Stephen Grow	35:39	176. William Bennett	38:31	216. Diana Hanscom	42:59 F
137. Rick O'Brien	35:44	177. Daniel Robbins	38:45	217. Jim MacKenzie	43:01
138. Jerry Saint Amand	35:44	178. Joseph Croteau	38:46	218. High Zwicker	43:14
139. Steven Maddock	35:51	179. Glenn Clavet	38:56	219. David Horne	43:46
140. Gary Monroe	36:01	180. George Cilfoil	38:57	220. Rodney Stanley	43:49
141. Paul Marcinuk	36:03	181. Lloyd Hatch	38:58	221. Maggie Soule	43:52 F
142. Dwain Simpson	36:08	182. Frank Martin	38:59	222. Rod Redstone	44:10
143. Donald McGilvery	36:12	183. Kim Schroeter	39:04	223. Paul Worth	44:47
144. Steven Winter	36:17	184. Gerry Lambert	39:06	224. Suzanne Greenleaf	45:10 F
145. Thomas Hall	36:21	185. Russell Bradley	39:11	225. Eileen Lowell	45:10 F
146. Thomas Poirier	36:34	186. Richard Lemieux	39:15	226. Brenda Cushman	45:27 F
147. William Elgee	36:39	187. Bruce Hadley	39:20	227. Dan Pierce	45:48
148. Fran Brennan	36:41	188. Chris Kiger	39:22	228. Norman White	46:02
149. Philip Bartlett	36:43	189. Patrick Bernier	39:23	229. Carol Wooten	46:48 F
150. Steve Collins	36:47	190. Patricia Rulman	39:30 F	230. Marie Corbin	47:32 F
151. Yvonne Jurkowski	36:48 F	191. Nancy Stedman	39:38 F	231. Unknown	47:33
152. James Legere	36:49	192. Ralph Hughes	39:43	232. E. Paul Kelly	47:57
153. Helen Curhan	36:52 F	193. Karen Wood	39:46 F	233. Louise Boisvert	48:00 F
154. Tim Boyden	36:54	194. Bob Perkins	39:49	234. K. Provencher	48:02 F
155. Sean Boggs	37:00	195. Kathryn Perry	39:52 F	235. Sally Whitther	48:15 F
156. Robert Convery	37:00	196. Claire Edwards	39:57 F	236. Pat Caple	48:44 F
157. Frank Mello	37:01	197. Larry Zellevs	40:07	237. Ryan Paradis	48:49
158. Edward Kelly	37:09	198. Leni Weintraub	40:17	238. Judith Golding	49:31 F
159. Donald Penta	37:11	199. Bill Keefer	40:17	239. Jeff Johnson	51:51
160. Paul D'Amboise	37:12	200. Jerry Harkany	40:18	240. Joe Wildman	57:26
				241. Charles Serritella	72:08

Our congratulations to Kim Moody for winning first overall female, Russ Connors for taking first in the 50 and over age group, and Paul Merrill for being the first MTC finisher.

TAX STATUS

Good news...the Maine Track Club is now an official section 501(c)(3) organization. See copy of March 4, 1984, RRCA letter on page 20 of this newsletter for details. We call your attention to the second paragraph regarding unreimbursed expenses, which may apply to officers, race directors, chairmen of committees, etc.