



# Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

## APRIL, 1986 NEWSLETTER AND CONVENTION PROGRESS REPORT NO. 5

### OFFICERS

Jane Dolley	President	846-6018
Phil Pierce	Vice President & Chairman,	
	Program Committee	782-3760
Rick Strout	Treasurer	829-3216
Maggie Soule	Secretary	846-3631
Charles Scribner	Race Comm. Chairman	772-5781
Ted Cunninbham	Chairman, Membership	
	Committee	648-9516
Bob Jolicoeur	Chairman, Newsletter	
	Committee	799-4127

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Your attention is called to the fact that in the interests of keeping everyone up-to-date and greater efficiency, this Newsletter contains a progress report on the RRCA Convention.

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### ADVANCE PLANNING - UPCOMING MEETINGS

On April 23, at 7:00 PM, there will be a meeting at MSB in the Executive Dining Room to discuss progress on the Lobster Bake being held in conjunction with the RRCA Convention. Lobster Bake volunteers who cannot attend should call Priscilla Jolicoeur at 799-4127.

On May 14, a meeting of all convention volunteers will be held at SMVTI Machine Tool Auditorium at 7:00 Pm. We would like to see all who have volunteered to help out with the various activities of the convention. Hopefully, we will be able to tie up loose ends in these last two days before convention; if there is anyone out there who has not yet volunteered to lend a hand and would now like to, please come forward!

Mark your calendar now for the June 11 meeting/spaghetti feed at SMVTI. Bring your family. This feed is designed to recognize and reward all club members who volunteered and worked the convention. More on this later.





## NEW MEMBERS

We welcome the following new members of the Maine Track Club:

<u>Name and Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Edd Cabral 13 Lawrence Ave. Portland, ME 04103	774-4581(B) 774-2502(H)	Supervisor	42; All sports, ing Sponsor: B. Davenny
Jonathan Cooper 62 Gray Street Portland, ME 04102	775-0265	Self-Employed violin maker and restorer	36
Joseph DiDonato 58 Bonnybriar Rd S. Portland, ME 04106	799-0074(B) 799-0234(H)	Treas/Mgr. S. Portland Municipal Credit Union	63; Golf Sponsor: Athletic Attic
Cindy Ingalls 5904 51st St. Court West Tacoma, Washington	565-2090(H)		Community Work Son David, 2 yrs.
George L. Liming 33 Christy Road Portland, ME 04103	774-9801(B) 878-2737(H)	Proj. Manager Ram Management	35 Sponsor: JB
Tom Norton RFD #3, Box 72 Gorham, ME 04038	780-7722(B) 929-5548(H)	Appls. Analyst Unionmutual	33; Hunting, fishing Racquetball Sponsor: J. Dolley
Sally Paterson 198 Capisic St. Portland, ME 04102	780-4420(B) 772-9510(H)	Grad Student Homemaker	44
Dale Rines RFD #4, Box 60 Gorham, ME 04038	854-2481(B)	Sales Engineer Ag. Engineers, Inc.	34

Please note that in last month's newsletter, we neglected to mention that new members Norman and Patti Locke were sponsored by Al Butler and Michael Reali.

## CHANGES TO THE MEMBERSHIP ROSTER

For those of us who like to keep current, listed below are some changes to the membership roster:

Les Berry's address should be RFD 4, Box 469, Gorham, ME 04038

Jerry Bugbee's new address is 15 Fessenden St., #3, Portland, ME 04102

Al Butler has added his wife Tammy for a family membership

Robert L. Caron has moved to California and the new address is The Fuller-Jeffrey Group, 5301 Madison Avenue, #204, Sacramento, CA 95841

Gordon Chamberlain's new address is P. O. Box 791, Bath, ME 04530

The Christie family have added Robert, age 15, and Maggie, age 14, to the membership.

Barbara Coughlin has a new address, 126 Hillside Ave., S. Portland, ME 04106; the telephone number is 799-0463

John Eldredge is adding his wife, Arabella, to the membership.

Barbara Footer has a new address, 126 Hillside Ave., S. Portland, ME 04106



## MEMBERSHIP ROSTER (Continued)

Rosemary Ginn's correct address is P. O. Box 66, Raymond, ME 04071  
Eric & Kathy Hertz have a new address, 26 Orland Str., Portland, ME 04103  
Peter Holloway's address is 180 Harriet St., S. Portland, ME 04106  
Norman LeClerc is adding his son, Todd, to the membership.  
James Harmon and family - new address - 12 North Street, Apr. 1, Portland, ME 04101  
David Paul has added his son Jeffrey, aged 15, to the membership  
It's Jock Robie, not Jack  
A new address for Dorothy Stoddard - 76 Main St., Yarmouth, ME 04096  
And, Donna Stone has left Portland; please cross her off the membership roster.

Also, please add Fred Beck to the membership roster. Fred resides on Brown's Point Road in Yarmouth, Maine, 04096 and joined our organization in January of this year. Somehow, his name never appeared on the listing of new members and for this we apologize, Fred.

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## CONTRATULATIONS!

According to the March 8, 1986, issue of the Portland Press Herald, Arnold & Company, Inc. of Portland, a full service advertising, marketing and public relations agency has added three new staff members, one of them our own Carolyn Krahn. Carolyn has joined the firm as an Assistant Account Executive; she was formerly with Welch Foods, Inc of Concord, MA



Krahn

## PORTLAND GETTING READY FOR THE CONVENTION!!!!

### *Spring sweep to make city cleaner and greener*

Downtown will get a spring cleaning and facelift on May 4 when, says the Intown Portland Exchange, "everyone who cares about downtown" will gather to paint trash cans, scrape posters off light poles, sweep streets and gutters, and have a good time in the process.

Area restaurants will supply coffee

and IPE will give each participant a visor with "A Clean Sweep" on the rim as a thank-you.

"A Clean Sweep" is a fund-raiser to benefit downtown. IPE says it hopes to raise \$5,000 from the project to buy and plant trees for the inner city.

For information, call Christina White at IPE, 772-6828.

This month's Newsletter published courtesy of

ONE  
Maine Savings Bank



## The Runner's Edge-A Contemporary Running Column by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends upon how you approach it. How far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword. This column tries to deal with some of these issues. Comments and letters are invited.

### A Stronger Runner Than I

In preparation for the Boston Marathon, I had planned to run the rigorous 15 mile "Boston Primer" in Readfield. This would be the third year I had run this difficult course. March 23rd arrived, sunny, 40 degrees, and very, very windy. In warming up for the race, it became quite clear that smart drafting would be in order for the first eight miles.

The course winds around Lake Maranacook, starting in Readfield, up Route 135 to Winthrop, through Winthrop to the mile long hill on the far side of the lake. After topping the hill, it would be essentially downhill the last six miles, with the wind at my back.

My arch rival John Schwerdel had arrived with his "I beat Phil" teeshirt and I concentrated on strategies to win this one. I would start out slow, conserve my strength until the top of the hill at mile nine, and then floor it, catch John at mile 14 and win, coming from behind.

The gun went off and I ran comfortably, 6:20 first mile. Bob Jolicoeur went by and said, "Is that all you got?" "I'm saving myself", I replied. Schwerdel passed me and I tried to hang tough. John built up a 300 yard lead and I began to think about drafting.

Martin Schiff passed me and I pulled in behind, saying, "I'm going to draft you for a while". "OK" he said. Martin is an accomplished runner who had observed me surging already, early in the race. He counseled me to relax, even out the pace, and stay with him.

Stay with him I did for the next several miles. I joined him, feeling his pace as my pace, his breathing as my breathing. As I concentrated on him, he concentrated on pace, checking his watch frequently, telling me the time for the last mile, coaching me about the next hill, curve, car.

As we approached Winthrop, he eased slightly, telling me to conserve for the hill. He guided me through Winthrop and I stayed at his heels without looking up, relaxing and concentrating on form. As we climbed the hill, he encouraged me to continue to hold back, relax, ease up that hill.



## THE RUNNER'S EDGE (Continued)

At the top of the hill I said goodbye and burst away. I had drafted Martin for a solid six miles, and he had faced the difficult and very stiff wind. I had rested; he had tired. I went after Schwerdel, and closed but not enough. . .

After the race I went up to Martin and thanked him. He then said that he had not felt well through the whole race. I thought about what he had done, how selfless and helpful he had been.

A memory flashed back to the Casco Bay Marathon last fall. There, at mile 20, I had seen Martin working with another runner, "bringing him in at pace" so that he would qualify for Boston. Martin had brought his struggling, cramped-up runner in well under 3:10 and that runner had qualified.

This column, this month, is a tribute to Martin Schiff. His selfless, all-too-rare acts of kindness, his natural teaching style, lend itself to lessons on the road which can become lessons in life. Martin Schiff is at the cutting edge and is a stronger runner than I.

\* \* \* \* \*

Portland, Maine, Evening Express, Thursday, March 27, 1986

### ***Benoit may not run in Boston marathon***

BOSTON (AP) — Two-time Boston Marathon winner Joan Benoit reportedly will not run in this year's race because she is still recovering from surgery. and the lower part of one leg is not responding as well as the other, WNEV-TV in Boston reported Wednesday night.

Benoit, who won the 26-mile, 385-yard race in 1979 and 1983, is coming off double Achilles surgery, reinjuring the leg, the station said. WCVB-TV in Boston said Benoit would do color commentary for their station during the April 21 race. Benoit, who did not compete in last year's 89th Boston Marathon, won the first-ever women's Olympic marathon gold medal in 1984.

### **T-shirts hot BAA item**

BOSTON (AP) — Race organizers and merchandisers are sweating over how to prevent unauthorized groups from selling souvenir T-shirts for the Boston Marathon April 21.

It will be the first time the marathon offers cash prizes, and the Boston Athletic Association, which holds the race, has copyrighted the name "Boston Marathon" and licensed seven official marathon T-shirt designs to get royalties.

The official T-shirts sell for \$9.95 apiece. But unlicensed, unofficial marathon souvenir T-shirts sell for \$6 or \$7 apiece around Boston.

Mickey Laurence, head of Image Impact Inc. of New York which makes the official T-shirts, is unhappy.

"It is in my contract that the BAA will uphold their contract," she told The Boston Globe in an interview published today. "If they don't, I have to — and I will."

She said police officers on paid detail will be stationed along the 26-mile course from Hopkinton to Boston to guard against the sale of unlicensed T-shirts.



## MINUTES

### MAINE TRACK CLUB

#### MEMBERSHIP MEETING

Wednesday, March 12, 1986

7 p.m., SMVTI

A record 123 members and guests were present. Guests and new members included John Lasero (Down East Road Runners), Charlie Gordon (Maine Rowdies), George Lyman, John Noyes, Eric Ellis, Dale Rines, Jim Williams, David Reynolds and John DiDonato.

Program Chairman Phil Pierce introduced speaker Bill Gayton, a health and sports psychologist, who gave a fascinating lecture. First he talked about "negative addiction" to running (as opposed to running as a "health habit"). This addiction shares some qualities with heroin addiction. The symptoms include compulsive running (two or three times a day); experiencing withdrawal pangs if deprived; daily running preempting family, social and work commitments; continued running when medically contraindicated; and frequently responding to stress by daydreaming about running. Gayton emphasized that many of us can exhibit one of the five major symptoms at one time or another without joining the small percentage of runners who become addicts.

All the symptoms together can spell trouble, though. The bottom line, according to Gayton, is when "running [becomes] the only way a person can feel better." To help someone in this condition, we need to describe to him or her what negative addiction is; encourage him or her to decrease level of involvement; help him or her develop ways of dealing with withdrawal; and encourage him or her toward a balanced lifestyle.

Gayton next discussed the relationship between running and the psyche, including the latest research on "association" and "dissociation." In association, the runner monitors physical sensations, pace, how he or she's doing in relation to other runners, etc. In dissociation, the runner focuses away from his or her immediate physical situation, sometimes daydreaming, other times problem solving, or whatever the mind wants to do.

Although the jury is still out on whether one technique is actually "better," there's some evidence that dissociation tends to benefit the non-elite runner, while association seems to have some correlation with the high performance levels of the elite runner. "Too much" dissociation, however, can lead to injury, and can also slow down pace. "Too much" association may make one so aware of discomforts as to make a run unpleasant.

Gayton concluded by recommending two books by Robert Sacks: Running As Therapy and The Psychology of the Runner.

During the question and answer period Kim Moody said that her concentration while running centers on her breathing and wondered whether that could be termed association or dissociation. Gayton suggested that it is probably "a form of meditation." If so, perhaps we should all meditate!

As the Business Meeting got underway, Phil Pierce announced the programs coming up. April will feature a videotape of the Maine Coast Marathon, followed by a panel of four MTC members who've run this marathon. (Two of them will be Bob Coughlin and Sandy Utterstrom.) Phil said that the RRCA will preclude a May meeting and that the June meeting, in the SMVTI cafeteria, will consist of a spaghetti feed cum slides "to celebrate getting rid of May."

Further ideas for meetings include bicycling slides by Eric and Kathy Hertz; a presentation by Fred Scribner, a professional sports photographer; another program by a chiropractor or nutritionist; and a talk by MTC founder and St. Joseph's College track coach Ziggy Gillespie.

Jane announced that the March Newsletter will go to press tomorrow, and that members will also soon receive a Convention update.

Charlie Scribner introduced Boys' Club Race Director Dave Paul, who announced he needs 20-25 volunteers to help out with the 57th annual race on April 21. Jane reminded him that volunteer coordinator Carol Mills could probably help him find assistants. She added that the Boys' Club Race is the second oldest on the East Coast, perhaps in the country.



## MINUTES (Continued)

-7-

Charlie asked for more volunteers for the RRCA Convention 10K.

The 1986 Cape Challenge Race needs a sponsor or sponsors, Jane said. About \$2,000 would do it. Those with ideas regarding whom to approach should call either Jane or Barb Coughlin.

Treasurer Rick Strout announced that MTC currently has \$2,417.72 in its general account, \$3,000 for the Convention, and \$865.97 for the Back Cove Project. He also announced that he would accept outstanding dues on the spot. A crowd descended on Rick after the meeting.

Clothing Chair Sandy Utterstrom said she would order, per popular request, mens kelly green shorts with linings, since the unlined yellow ones have not proven popular. She can also get kelly green sweat pants. Sandy appealed to the Club for an assistant clothing person, and Kim Moody volunteered to help her.

In the absence of Social Activities Director Sandy Wyman, Jane Dolley asked for volunteers to help George Iowle with the TAC meet in late June. Jane pointed out that since thirty members of the Portland High School track team will help us with the RRCA 5K race, we ought to reciprocate by working on the TAC.

Mike Reali expressed hope that his White Mountain hike, cancelled in March because no one signed up, will be on for sometime later in the season.

Jane acknowledged the generosity and culinary skills of Patty Locke, the Davenneys, Fred Beck, Bob Coughlin and Phil Coffin, who provided the evening's refreshments.

Jane also mentioned that anyone planning to take photographs at Sunday's Kerryman Pub Race should contact Nancy Stedman regarding film, etc. Russ Connors has a movie camera available for borrowing, too.

Jane proudly revealed to the Club that she'd applied for a grant from the Unionmutual Charitable Foundation, which consequently awarded MTC \$200. She turned the check over to Treasurer Strout.

MTC's current membership, according to Jane, stands at 411: 252 new and renewed, 159 not yet renewed.

Thirteen MTC members have signed up for Cheryl Bascomb's running clinic, Jane said, leaving room for two more (who seemed easily forthcoming).

The Maine Coast Running Club has proposed a statewide cross-country championship race, open only to members of clubs. The club that does best overall will get a cup to keep all year. Fred Beck has already volunteered to help organize such a race.

Dave Paul reported that the infamous James Bailey course may be different hereafter, with a new route circumventing the notorious "Goat Trail."

On Sunday, March 30, Channel 8 will feature the Western States 100-miler with our own Kim Moody as one of the stars. Sandy Utterstrom has promised to tape it for any who happen to be too busy running to watch the initial broadcast.

Russ Connors suggested applying soon for the Mt. Washington Race because it has an 800 limit and fills quickly. Volunteer help is needed; also, MTC may field a team. (For better or worse, this race is on the last weekend in June, the same as the TAC race.)

Jane was pleased to get 42 responses to the Newsletter questionnaire. Respondents seem to favor quality of news over quantity, there have been offers of advertising, and a potential sponsor has "nibbled." Jane proposes that the Newsletter become a bimonthly, with shorter "updates" sent out between each issue. The Newsletter committee will be separate from the Executive Board, although the Editor will be a Board member. Volunteer help is welcome.

Jane told members that the RRCA's liability policy has lapsed and that no clubs are currently insured. We can, however, get TAC insurance for TAC-sanctioned races. (That will cost each entrant one dollar extra.) Jane felt this put MTC in a potentially tough spot, especially for the RRCA races. John Lavin suggested MTC "not worry" until we see the outcome of the new liability limitation bill now going through the State legislature.



## MINUTES (Contd)

Jane showed off the yellow shirt with green MTC logo she proposes MTC members purchase to wear for "host identification" during the Convention. The price is \$12.50, and there appeared to be a number of takers.

Jane presented another unique shirt, available from the Road Ramblers. It's the "I Beat Phil" T-shirt, which every red-blooded MTC member aspires to own.

If anyone needs water jugs, Jane has 48 of the one-gallon variety stashed in her garage, courtesy of Oakhurst Dairy.

Bruce Ellis announced that Ultra Running magazine has named Kim Moody the number one 50-mile runner, and everyone applauded.

Respectfully submitted,

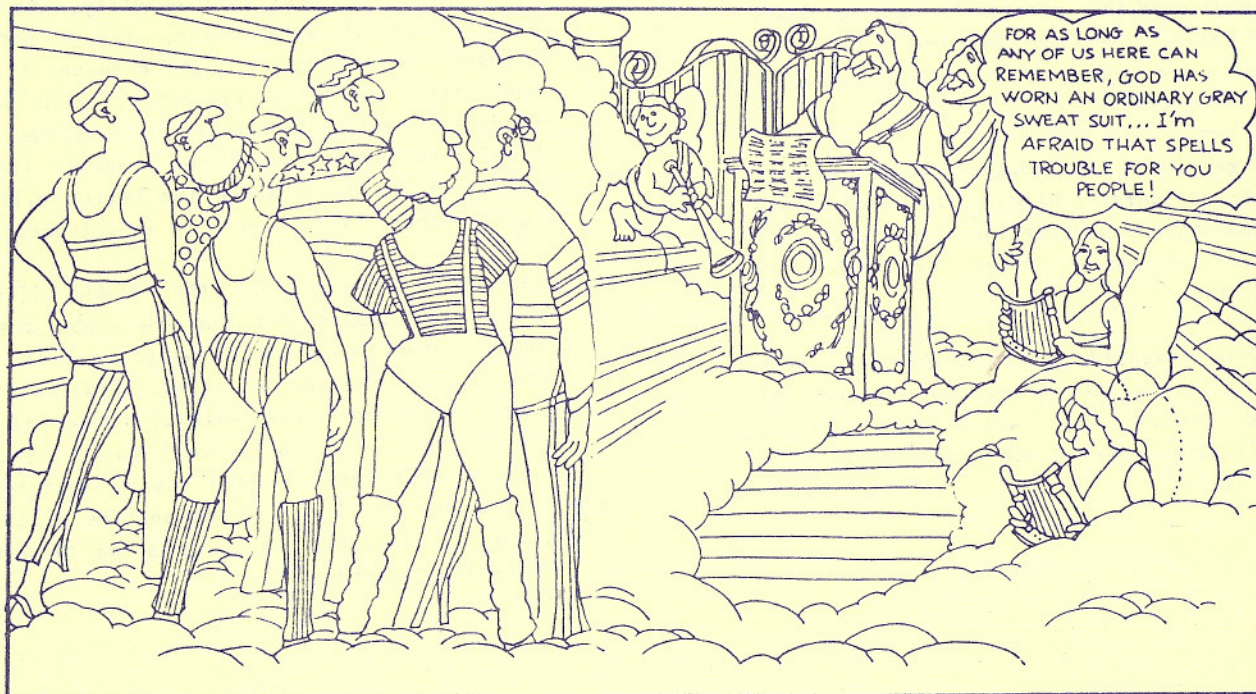
Margaret W. Soule  
Secretary

## WALKAMERICA 1986

A communication has been received from Linda Hull, March of Dimes coordinator concerning the Walkamerica 1986 which is being held in Portland on Sunday, April 27.

Ms. Hull's communique invites us to become involved with the project by joining TeamWalk and getting sponsors to pledge a certain amount of money per kilometer. This does not preclude club individuals from participating. If any interest, please call Priscilla Jolicoeur at 799-4127 or Linda Hull at 799-4800

OUR APOLOGIES - to Larry White, MTC Club member who ran in the February 9th 10 mile race and whose name was not included in this Newsletter.





## Responses To Newsletter Questionnaire

- Look forward to the paper each month, you are doing a great job.
- It's grown and a little too fast.
- Even though I am in Maine only in June, July and August, I enjoy reading of the club's year round events.
- It's the best mail I receive all month (the only without a window)!
- Excellent publication; provides indepth look at local running news, which is not available elsewhere.
- The newsletter is a vital aspect of a club and I think the MTC should try and maintain its independence producing it. Runners want running data - not advertisements.
- The newsletter is the primary medium of communication in the club; and therefore should maintain as high a qualitative level as reasonably possible.
- Newsletter is great and I personally would be willing to increase dues, but feel this would meet with considerable member resistance.
- The newsletter is the backbone of an amateur athletic club. Having been involved as an administrator and a player in Rugby for 13 years I would strongly recommend having an excellent newsletter.
- Newsletter is great - better than Bob Booker's magazine.
- The newsletter is very enjoyable to read and I would be willing to support a dues increase to continue the newsletter. I do think the letter can be trimmed of some information and still make it a quality newsletter. A quarterly newsletter may also be an option worth considering.
- Is it possible to include bike and triathlon race schedules? (In both Maine and New Hampshire?)
- We have a top -notch newsletter which members look forward to receiving with great anticipation. I am a sales rep for Locke Office products. I would be willing to approach the Locke's regarding our newsletter and perhaps I could persuade them to donate the paper, envelopes, staples/staplers etc. for a period of time (3 months - 6 months a year!) and they would have their logo on the newsletter. I would need to have some general guidelines as to quantity and types of supplies that are used.
- Terrific newsletter - more interesting than Maine Running.
- We need to analyze the costs, production problems, new ideas, etc. before a logical answer can be made.

continue . . . . .





- Cut back to a bi-monthly monthly newsletter, send postcards for special notices - (ie. meeting dates, etc.) priority - manage to find a sponsorship; if no, then identify a budget figure to cover yearly costs of newsletter and set out to accomplish goal within budget.
- Upcoming races are very important, especially in-state ones. Maybe we could cut back on the out of state news.
- We need more income, (use money from parties, dinners and other things to encourage interaction between members) and less bull ---- I'd charge more for road races and equipment usage. Mandatory meeting attendance - say - 3 meetings/year to maintain membership.
- Unless the newsletter is subsidized, it probably should be reduced in size.
- It's good quality; if we have to reduce the size, let's maintain the quality.
- Have only seen one so far but enjoyed it.
- I think the newsletter is interesting and informative. It is one of the major reasons I decided to join the Maine Track Club while still an active member of the Central Maine Striders.
- Great job on the newsletter - keep it coming.
- I don't have a lot of time to read the newsletter in detail, and find most of the information interesting and relevant.
- Keep up the good work! I don't volunteer because my second job takes up my week-ends. I work two jobs and am also a college student.
- I'd like to avoid a corporate sponsorship if possible. A club as large and well organized as this one is should not be dependent on any one organization. Also, I don't think it necessary to send entry forms with each newsletter. An annual calendar of races would allow members to plan ahead and request entry forms by mail for races they are particularly interested in.
- I think the concern raised in the last newsletter about corporations gaining control over the club and newsletter is a lot of baloney!! There is absolutely nothing wrong with 100% corporate sponsorship.
- Support is gaining through member contributions - result is the newsletter is only half as big a task to put together.
- Good Job! Let's do more member fun runs with picnics.
- The newsletter has been an impressive feature of the club and it gives continuity to the large and growing membership.
- I find the newsletter a very important part of the club.



## RRCA CONVENTION ROAD RACES

Volunteer Update - Computer Friendly? Charlie Scribner is looking for several volunteers to help input names, addresses and other data into an IBM compatible PC (probably Apple II) for the 5K and 10K races to be held in connection with the RRCA convention.

All registered runners will be computer scored at the finish line by use of bar codes (just like the supermarket). Alan Jones of RunTime Software has accepted responsibility for finish line scoring but needs our help particularly for pre-race input.

Call Charlie if you like to work with computers and can spend a few hours a week between now and mid-May.

Bob Gibb from Star Systems in Georgetown, MA (sells a line of portable computers for scoring races) offered the use of his equipment for gathering times at the finish line and dumping results into Alan Jones' computer.

## RRCA CONVENTION PROGRAM

Exciting is the word. The big news of the month is that Nancy Clark, R.D., famous nutritionist and author of the book The Athlete's Kitchen, has agreed to participate in a panel discussion on nutrition with Barbara Footer and Anne-Marie Davee. Barbara and Anne-Marie are also both Registered Dieticians. Barbara is a member of the Maine Track Club and Anne-Marie is a member of the PenBay Pacers (Rockland, Me). Nancy will also be our luncheon speaker on Saturday.

Nancy Clark's fiancée, John McGrath, will also be here during the Convention. He will moderate a panel discussion on Road Race Management. John is publisher of Boston Running News magazine and was recently assigned a major role in the administration of the Boston Marathon for John Hancock. By the way, the wedding is planned for July 12, 1986, in Nancy's hometown of Little Compton, MA.

## CONVENTION REGISTRATION FEE

A \$10.00 fee will be charged to register for the Convention. This fee will cover admission to all workshops, clinics, business meeting and National Awards presentation. The fee will be waived for invited dignitaries, exhibitors and one official delegate from each RRCA Club.

A reduction in the fee from \$10 to \$5.00 (a 50% discount) will be provided to volunteers helping with the Convention.

Different colored passes will be issued to identify the three fee groups.

## CONVENTION SPONSORSHIPS

We are pleased to advise that Runner's World has agreed to sponsor the Lobster Bake for \$1,000. Bob Jolicoeur was very pleased to accept this offer since the bake was running about an \$800 deficit due in part to the hiring of the Bellamy Jazz Band which will play at the bake between the hours of 6:00 pm and 8:00 pm.

Tim Sullivan has advised Nancy Stedman that Stroh's beer will be happy to provide the beer for our Lobster Bake and hospitality suites. We will also ask them to provide Stroh's beer for the Thursday night reception for the Executive Board. This is good news for our budget, as it will probably save us \$250 to \$500.00



## MORE ON VOLUNTEERS

Jane Dolley, Bob & Pris Jolicoeur met with Greg Nelson, our new Maine RRCA State Representative after the Boston Primer on March 23 to discuss the Convention. Also joining the meeting were Jerry St. Amand, Paul Dall, Ron Paquette and spouses of the Central Maine Striders. The Central Maine Striders offered their assistance with the 10K Race and with the Hospitality Suites which they agreed to work with other clubs, like the Maine Road Ramblers who also have volunteered, and members of the Maine Track Club.

Greg announced that the Yankee Running Club has joined the RRCA, bringing the total club membership from Maine to five. Bob Jolicoeur asked Greg to contact them to find out if they would like to be involved in the Convention. One way he suggested other clubs can help is by selling ads in the Program Book and by soliciting sponsorships for the hospitality suites, the Awards Banquet, the Saturday luncheon, etc. (We can think of more ways if you ask us!).

Outside Groups Volunteering - In addition to other Maine RRCA Clubs, many groups are coming forward with offers of assistance. For example, Harold Tinsley advised Bob Jolicoeur recently that Bill Rodgers was donating 160 singlets to the Convention for the delegates.

Rick Krause, frequent author of running articles and an original founder of Maine Running magazine has expressed an interest in writing articles. Perhaps we can encourage him to assist us with news releases during the Convention. Mike Davis of The Indianapolis News (newspaper) will also be here for the Convention and we hope to press him into service to help Maggie Soule and her "press room" crew.

An updated copy of the Volunteer List by Activity is attached to this report.

Joe Shields advises that we will have the help of 7 orthopedic physicians at the RRCA races who will be available for first aid. In this connection, we need to set up a tent for shelter.

## RRCA PROGRAM BOOK

A copy of the contract for ad sales drafted by Carolyn Krahm, Chairwoman of the Sales effort is enclosed with this copy of the Newsletter. Actually, there isn't much time to sell because the printer's cut-off is April 18. However, if anyone knows of any business that would be willing to advertise, the form is included for your convenience in signing them up.

If you have any questions, please direct them to Carolyn at 846-9502(H) or 773-7233, X33(W), or Jane Dolley or Bob Jolicoeur.

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FROM "Dean Reinke. . .on Running" (3/86)

- The Twin Cities Track Club newsletter suggests that your monthly mileage should never be less than your weight.
- Need a reason to run before dark? The National Safety Council estimates in 1984 alone, 8200 deaths and 80,000 injuries were due to pedestrian/automobile collisions. Furthermore, your chance of being fatally struck by a car increases 1100% after the sun sets.



1985 RRCA CONVENTION

List of Volunteers by Activity

Transportation - Bob Payne, Chairman

<u>Volunteer Name</u>	<u>Telephone Number</u>	<u>Other Areas in Which Volunteer Will Serve</u>
Roy Hefflefinger	797-4625	Maine Savings Championship Race
Neal Workman	773-3533	Lobster Bake
Sandy Wyman	773-8664	(Friday daytime)
Marion Leschey	772-0740-O	Championship, Registration Desk
	799-3813-H	
Alan Quinlan	775-6000-O	LLBean 5K, Registration Desk
	767-5289-H	
John P. Woods	725-8006	LLBean 5K, Registration Desk(Thurs), Liaison
John Keller	657-3966	
Bob Antoniuc	883-4101	Clam Bake
Ken Dolley		As needed
Don Penta (Has '74 Eldorado Convertible - 5 passengers)		

L. L. BEAN 5K Race - Friday Noon - Charlie Scribner, Director

<u>Volunteer Name</u>	<u>Telepone Number</u>	<u>Other Areas in Which Volunteer Will Serve</u>
James W. Toulouse	767-2439-H	Thursday 5:00 pm Fun Run
	780-6542-O	
Bob Cushman	797-3467	Registration Desk, Fri. & Sat
Harvey Rohde	775-3474-O	Championship, Thursday Fun Run
	985-3517-H	
Lee Allen	892-6332	
Tia LaMarre	872-8502	
Alan R. Quinlan	775-6000-O	Transportation, Registration Desk
	767-5289-H	
Kenneth Hutchins	767-5372	Championship, Regis. Desk, Lobster Bake
John P. Woods	725-8006	Transportation, Registration (Thursday)Liaison
Marie T. Wood	839-6785	Registration, Race Res.
Raphael DePrez		
Frank Ferland		
Mike Frost		
Don Stanhope	401-294-2527 or lv message at 207-829-6217	Championship 10K, Fun Races, Thurs or 7:00 AM Friday
Philip M. Coffin III	774-1486(W) 854-9192(H)	Friday Morning Fun Run
Ken Casey	775-6511, ext 388(W) 829-5735(H)	Hospitality Suite



MSB National Championship 10K, 8:30 am, Sunday - Jane Dolley, Director

<u>Volunteer Name</u>	<u>Telephone Number</u>	<u>Other Areas in Which Volunteer Will Serve</u>
Bob Antoniuc	878-2766-H	
Roy & Ruth Hefflefinger	883-4101-W (4103;4102)	Lobster Bake
Brenda Cushman	797-4625	Transportation
Harvey Rohde	797-3467	
	775-3474-W	Beans, Fun Race Thursday
	985-3517-H	
Gregg Stanley	846-5354	
Valerie Jean Abradi	353-9713	
Marion Leschey	772-0740-O	Transportation, Registration Desk
	799-3813-H	
Charles Serritella, D.C.	625-8043	
Doug Palmeter	283-9377-H	
	282-6155-O (Ext. 352)	
Ray Neveu	772-3802	
Herb Strom	799-7765	7:00 AM Fun Run; Hospitality
Thomas A. Cannon	774-5643, x 325 W	Exhibit Booth, Program
	282-2117-H	
Kenneth Hutchins	767-5372	Clock & Chute
Marie T. Wood	839-6785	Race Results, Chute, Registration
Rich Robinov	761-0313	Anything
Russ Bradley	799-3864	
Dave Horne	797-4912	
Peter Bastow	829-3669	
Ted Cunningham		Clock & Chute
Don Stanhope	829-6217 (leave message with Mother, Fran)	Reg. Desk 3-4 hours Fri. pm or Sat am LLBean 5K (Wife also will help)
Don Penta		
Vin Skinner		
John Keller	657-3966 (If he does not run?)	
Joseph Isgro	871-9030	Photography, Ex. Booths, Ex. Booth Sales
Jack Oppen	839-3544	



## Volunteer List

### Fun Runs - Three Each - Bob Coughlin, Chairman

#### Thursday 5PM:

<u>Volunteer Name</u>	<u>Telephone Number</u>
Richard E. Littlefield	774-8221 - Work
James W. Toulouse	767-2439 - Home
	780-6542 - Work
Harvey Rohde	775-3474 - Work
	985-3517 - Home

#### Friday, 7AM - From Holiday Inn

Herb Strom	799-7765
Ken Hutchins	767-5372
Vin Skinner	780-2157 - Work
Philip M. Coffin III	774-1486(W) or 854-9192(H)

#### Friday, 5:30 PM - At SMVTI

Marie T. Wood	839-6785
Dick LaJoie	282-5378 (Saco)
Don Penta	

#### Saturday, 7:00 AM - Lobby at Holiday Inn

Herb Strom	799-7765
Russ Bradley	799-3864
Dave Horne	
Peter Bastow	829-3669

#### Saturday, 5:00 PM - At Holiday Inn

Ken Hutchins	767-5372
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Registration Desk - Sandy Utterstrom, ChairpersonThursday

John P. Woods	725-8006	Transportation, Bean, Liaison
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Marion Leschey		
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Ken Hutchins (AM or PM)		
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Jean Thomas (Noon)		
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Sandy Utterstrom - Thurs Eve. - input application data with ValCom Computer		
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Friday

Bob Cushman	797-3467	Will also be working Bean race
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Marie T. Woods	839-6785	Before Bean Race
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Ken Hutchins (AM)	767-5372	
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Joan Lavin (AM)		
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Jean Thomas (Noon)		
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Marion Leschey (PM)		
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Dave Horne (PM)		
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Russ Bradley (PM)		
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Saturday

John Conley	799-6378 Home	Wants to work with Dave Trussell
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	799-8571 Office	
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David Trussell	767-3211	Wants to work with John Conley
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	774-3378	
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Kenneth Hutchins (AM)	767-5372	
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Peter Bastow (AM only)	829-3669	
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Elizabeth Skofield	766-5079	
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Extras who did not specify time or date

Richard E. Littlefield	774-8221 Work	
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Kris & Linda Sorensen	824-3810	
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Alan R. Quinlan	775-6000-Work	Transportation and 5K
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	767-5289-Home	
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Exhibit Booth - Barbara Coughlin, Chairwoman (For Race Packet Pick-ups, Liaison between Hotel and Exhibitors, etc.  
5 Needed)

<u>Volunteer Name</u>	<u>Telephone Number</u>	<u>Other Areas in Which Volunteer Will Serve</u>
Thomas A. Cannon	774-5643, x-325 W 282-2117 - H	
John P. Woods	725-8006	
Marie T. Woods	839-6785	Friday only after race
Ken Hutchins	767-5372	Working all races and Registration Desk
Peter Bastow	829-3669	
Joseph Isgro	871-9030	

Lobster Bake - Priscilla Jolicoeur, Chairwoman (799-4127); Dick Marino, Chief Chef (with assistance from brother Mike)

Kim Moody		
Sue Young	799-3532H	
Bob Antoniuc	878-2766H	
	883-4101, 4102, 4103	
Neal P. Workman	773-3533	Transportation
Ellen & Ron Cedrone	775-3070W	
Kenneth Hutchins	767-5372	
Al & Tammy Butler	772-6463	
John & Lisa Gale	775-5027	
Michael & Jodi Reali	767-5218	
Peter Bastow	829-3669	Dig Ditch and Serve
John Keller	657-3966	Dig Ditch, Clean-up - Transportation
Jack Oppen	839-3544	Dig Ditch, Clean-up - Serve

Press Room - Maggie Soule, Chairwoman

Requirements - Typists (3); News Copy Writers (3); Interviewers/Reporters (3)

Exhibit Booth Sales - Bob Jolicoeur, Chairman

Requirements: 10

Kenneth Hutchins	767-5372
Joseph Isgro	871-9030



# Volunteer List

## Hospitality Suites - Maine Road Ramblers Hosting -

### Friday Night and Saturday Night

<u>Volunteer Name</u>	<u>Telephone Number</u>	<u>Other Areas In Which Volunteer Will Serve</u>
Carol & Sumner Weeks, Chair. John Conley	799-6378-H 799-8571-O	SATURDAY NIGHT only with Dave Trussell
Dave Trussell	767-3211 774-3378	SATURDAY NIGHT only with John Conley
Herb Strom Joan Lavin	799-7765	Fun Races and Championship
Ken Casey	775-6511, Ext 388 (W) 829-5735 (H)	
Cliff Fletcher & Maine Road Ramblers Jerry Allanach Ken Casey	724-3403(H) 626-2107 (days - toll free NET) 829-5735(H); 775-6511, Ext 388(W)	5K Run
<u>Banquet</u>		(2)
Ellen Cedrone ) Tammy Butler ) Co-Chairpersons		at Door Tickets Lobster Bake Also at Door Tickets

### Program (Program ideas, contact speakers, develop programs, logistics) (3)

Thomas A. Cannon	774-5643, x-325W 282-2117-H	Exhibit Booth, Championship
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Program Book (Layout and Sales)

(10)

<u>Volunteer Name</u>	<u>Telephone Number</u>	<u>Other Areas in Which Volunteer Will Serve</u>
Everett & Judy Davis (Chair, Layout)	846-9502	
Carolyn Krahn (Chair, Sales)	626-2107 days (toll free NET)	
Jerry Allanach	872-2395 home	
Carol & Summner Weeks	774-3436	Hospitality
Harry Nelson	829-6131-H 854-9701-W	

Jane & Ken Dolley  
 Charlie Scribner  
 Nancy Stedman  
 Brian Milliken & Susan Stone  
 Kris Sorensen

Photography

Don Johnson (Chair)		
Dave Reynolds (Bicknell)	767-3903(H) ; 883-4366, Ext 135(W)	Donation of Film
Joseph Isgro	871-9030(H)	

EXTRAS - THOSE WHO WILL WORK ANYWHERE NEEDED

Harry Nelson	854-9701-W 829-6131-H	Program Book (Will do anything Saturday or Sunday - Wants to run Sunday Race)
John P. Woods	725-8006	Transportation, Beans, Thursday Regis., Liaison, Hospitality, Program (Would work where <u>needed</u> )
Jack Oppen	839-3544	Lobster Bake, 10K
Susan Stone		
Brian Milliken		
Ken Dolley		
Phil Pierce	781-3769(H)	Will do anything, except wants to run 10K
Dave Canarie	767-2053(H) ; 780-2977(W)	



## UPCOMING RACES

A communication has been received from Dan Burgess regarding the Thomas College 4.5 mile road race. Particulars of the race and pre-registration form follow.

### TWO CHALLENGES

#### (1) INDIVIDUAL

This race will let you see how "in shape" you really are as you run with a variety of people. You may feel competitive and try for a 1st, 2nd, or 3rd place trophy in the men's or women's division; or you may just want to prove to yourself that you CAN do it!

#### (2) TEAM SPIRIT

The team spirit trophy is given to the team that demonstrates the largest amount of athletic ability as well as participation and enthusiasm. Therefore, no limit will be placed on the size or ability of the members of any given team. Every team member that finishes the race will score a certain amount of points for his/her team based on his/her finishing position. The team with the highest amount of accumulated points wins the award!

**\*\*The team that wins this award will have its name engraved on it and will have possession of this trophy until next year's race.**

**\*\*You don't have to sign-up with a team to run...this is just something extra.**

### PARTICULARS

DATE: Saturday, April 12th  
TIME: 9:00-9:45 Registration  
10:00 Race begins  
PLACE: Thomas College  
ENTRY FEE: \$4.00 Pre-Registration  
\$5.00 Race Day  
REFRESHMENTS: Served following race  
FACILITIES: Restrooms and changing facilities available  
AWARDS: 1st, 2nd, and 3rd place trophies will be awarded in men's and women's divisions.  
A Team Spirit trophy will also be awarded.  
BENEFIT: All race proceeds to benefit the Thomas College class of 1988  
RESULTS: To be published in the Morning Sentinel  
SEND PRE-REGISTRATION FORM TO:  
Road Race, c/o Wayne Proctor,  
Box 64, Thomas College, Waterville  
Maine, 04901

### PRE-REGISTRATION

Name \_\_\_\_\_ Age \_\_\_\_\_ Sex \_\_\_\_\_ Phone \_\_\_\_\_  
Street \_\_\_\_\_ Town \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Will you be a team member? yes \_\_\_\_\_ no \_\_\_\_\_ Team Name \_\_\_\_\_

#### \*\*Race waiver

I agree to assume all responsibility for all risk, damage, or injury that may occur to me as a participant in the Thomas College 2nd Annual 4.5 mile Road Race. I also state that I am physically fit and sufficiently trained for this event.

Signature \_\_\_\_\_ (Parent or Guardian if under 18)

**\*\*Make checks payable to RHONDA SWANSON. (class Treasurer)**



## UPCOMING RACES (Continued)

The pace is picking up a little steam now that the snow is all gone and we're beginning to see temperatures in the mid 40°'s and low 50's. I've got to keep pushing - Phil Pierce has threatened to beat me in a race this year. Coach Judkins and Bovie are doing all they can to help him accomplish that goal.

RJJ

### Maine

- April 5 - 15 Mile Championship Run - Rockland, Me - 11:00 AM - Union to Rockland on Rte 17. Contact Ken Sylvester, 109 Talbot Ave., Rockland ME 04841
- April 12 - Thomas "Sophomore Strut" - Thomas College, West River Road, Waterville, Maine - 4½ miler - 10:00 AM. Call Dan Burgess at 872-9781 for details.
- April 13 - Frank Sabastenski Memorial 10K - 12 Noon at the Polar Beare on the Bowdoin Campus, Brunswick. Very fast course. Register day of race, starting at 10:30 AM
- April 13 - Epstein's "Five Aces Road Race" - 5K at 11:00 AM, Pendleton School, Brewer.
- April 19 - Spring 5K Road Race - 9:00 AM - Unity College, Unity, Maine
- April 20 - "Super Run II" - 10K Qualifier for ABC Wide World of Sports Trip to Lake Tahoe, CA. Contact Lewiston Recreation Office, 782-6602 for details
- April 21 - Portland Boys Club - 5 Miler in Portland. Contact Dave Paul at 641 Allen Avenue, Portland or call 207-797-4242. MTC Volunteers needed as well as Photography Committee.
- April 26 - St. Joseph's Hospital 5K - 10:00 AM, Center St., Bangor, ME
- April 26 - April Amble - 4 miles at Westbrook College, 12 Noon, Contact Bob Hodgdon at the College, Portland, ME 04203. MTC Volunteers needed; contact Charlie Scribner to help (5-10 needed)
- April 27 - WalkAmerica 1986 for March of Dimes. See write up elsewhere in this newsletter.
- April 27 - Multiple Sclerosis Society Run. Contact Charlie Scribner at MTC.
- April 27 - Tide Stride Fun Run - 3.5 miles at 9:00 AM, International Ferry Terminal, Portland, ME Contact High Ground Productions, Building 1A, Thompson's Point, Portland, 04102. Race proceeds to benefit the Samantha Smith Foundation.



RACES (Continued)

Maine

- May 4 - Terry Fox Cancer Run - With Bill Rodgers, Bangor, Maine. Contact Bob Booker at Maine Running & Outing Magazine, E. Holden, Maine
- May 10 - Togus 5 Miler - 1 Mile Fun Run - 10:00 AM VA Medical Center, Rt. 27, Togus, Maine. Contact Chris Bovie, 7 Page Street, Hallowell, ME 04347, Tel. 623-1033 (home) Proceeds to "Hands Across America" (Help fight famine in America)
- May 16 - L. L. Bean/RRCA 5K Fun Race at Holiday Inn, 88 Spring Street, Portland, ME 12 Noon for Rally with Joan Benoit Samuelson and the Mayor of Portland. Race starts at Congress Square. Contact Charlie Scribner at RRCA Races, P.O. Box 613, Westbrook, ME 04092
- May 18 - Maine Savings Bank/RRCA National Championship 10K, 8:30 AM fr Deering Oaks Park. No Race Day Registrations. Contact RRCA Races, P.O. Box 613, Westbrook, ME 04092 or Call Jane Dolley, Race Director, (207) 846-6018
- May 18 - A Lighthouse Walk - The 1986 Volksmarsch from Spring Point to Portland Head Light. 10K non-competitive event sponsored by BC/BS. Start anytime between 8:00 am and 2:00 pm. Contact: The Lighthouse Walk SMVA, P. O. Box 722, Westbrook, ME 04092
- May 25 - Maine Coast Marathon - 7:00 AM, Kennebunk High School, Kennebunk, Maine (Near T-pike exit 3). Contact Joe Cesta, P. O. Box 1333, Biddeford, Maine 04005

Upcoming Races Outside of Maine

- April 13 - MDA Boston Milk Run - 10K at 12 Noon from Emmanuel College, Avenue Louis Pasteur, Boston. Contact Boston Milk Run, PO Box 139, Needham, MA 02192 or call (617) 277-5154
- April 13 - District of Columbia Marathon - 8:00 AM Rated as one of the top 100 Marathons in the country by Runner's World Magazine. Contact Gary Williams, Coordinator, 3149 16th Street, NW, Washington, DC 20020 or call (202) 673-6645/46
- April 21 - BAA Boston Marathon - See you there. Best of Luck to all members who are running Boston again this year. (Approx. 8-20) Results next month for anyone who reports to us.
- April 27 - Big Sur International Marathon - World class footrace along scenic Highway 1. Contact P. O. Box 222620, Carmel, CA 93922
- May 4 - Charles River Run - 10AM. 7 mile scenic loop along the Charles River from the MDC Rink at Laley Feild, Nonantum Road, Brighton. Contact Charles River Run, c/o GBARC, 1249 Boylston St., Boston, MA 02215



# RACE RESULTS

## Seventh Annual Kerryman Pub Top O' the Mornin' Road Race - 3/16 4 Miles 194 Finishers

### Top Male Finishers:

1. Bob Winn	19:18
2. Kim Wettlaufer	19:35
3. J. B. Crawford	19:40
4. Peter Lissard	19:42
5. Misa Fossas	19:52

### Top Female Finishers:

33. Christine Snow	22:44
53. Nicole Fogarty	23:45
57. Wanda Haney	24:25 †
61. Rachel Vellieux	24:40
63. Sally Perkins	24:50

### MTC Finishers

23. Paul Merrill	21:40
36. Jim Toulouse	22:57
40. Dave Smith	23:08
44. Russ Connors	23:16
46. Jim Harmon	23:25
49. Vin Skinner	23:38
55. Bob Jolicoeur	24:05
57. Wanda Haney	24:25*
77. Gordon Chamberlain	25:31
79. Richard Scribner	25:33
84. Bob Quentin	25:44
97. Frank Morong	26:36
100. Bob Cushman	26:44
102. Fred Beck	26:49
107. Susan Stone	27:01*
120. Jane Dolley	27:51*
128. Arnold Clark	28:34

129. Don Penta	28:41
135. Russ Bradley	29:27
137. Dorothy Stoddard	29:34*
139. Neal Workman	29:38
157. Rick O'Brien	31:12
158. Dave Horne	31:14
192. Joe Wildman	41:44

A well run race, as usual with Mulligan Stew following. A very deep group of fine runners at the top of both male and female divisions with a few of us who do it to have a good time following  
† = MTC Top Female; \* = Female MTC

Three non-MTC South Western Maine girls finished impressively in the Girls Eastern States Track Championships held at Harvard University on the 2nd of March: Jane Woodhead, shotput, second, 43'7 $\frac{1}{4}$ "; Laura Duffy, two mile, fifth, 10:47.7; and Wendy Delan, mile, third 4:57.56.

A fine runner from Cape Neddick, Bob Winn, finished second to Bill Rodgers in the Framingham, MA "Terrible Ten" 10-miler held on the 23rd of March, in a time of 52:31.

Bill Rodgers will be honorary chairman of the 5th Annual Terry Fox 5-Kilometer Road Race held in Bangor on the 4th of May.

Thanks to Don Penta for the above information and results!

Jane Dolley ran in the Perrier 10K in Central Park in New York City on Saturday, March 29. Her time was 44:55 (includes 25 seconds to get across the start line). There were 5000 plus entrants and was won by Pat Peterson for the men and Jan Merrill for the women. Jane's main purpose in entering this race was to observe finish line arrangements and to observe how the New York road race group handled this large field of entrants.



# Clark, Randall take Run for Health of It

Clearwater Sun

MONDAY, March 3, 1986

By JACK HOUGHTLING  
Sun correspondent

CLEARWATER — A final surge was the key for both winners of the Cross City 15,000-meter road race, the feature event of the Morton Plant Hospital Run For The Health Of It running program Sunday.

For Rick Clark of Tampa, it came with less than a mile to go as he broke up a race-long duel with Ken Brashear of St. Petersburg to capture the men's title of the 9.3 mile run. Minutes later, Rosalyn Randall of Oldsmar overtook a tiring Maria-Carmen Wade of Tampa at the 7½ mile mark to go on and win the women's half of the event.

Clark finished with an unofficial clocking of 51 minutes even while Randall was 1 hour, 2 minutes, 15 seconds.

While Clark and Brashear were locked in a tight duel virtually the whole length of the course, Randall had to overcome a substantial deficit to win her title.

"I'm not very good at estimating distances, but I guess it was about 200 yards," stated Rosalyn. "I saw that Maria was tiring and when I caught her at 7½ miles, I knew I had it won. There wasn't anyone else close."

A winter resident from Maine, Rosalyn is a veterinarian at the Tampa Bay Downs race track. She, too, is planning for a marathon, the Boston Marathon in April.



Women  
1st Overall  
Randall, Oldsmar,  
Rosalyn  
1:02:15.

## Making it look easy

Rosalyn Randall, a resident of Maine who works winters at Tampa Bay Downs, nears the finish of Sunday's 15-kilometer Run for the Health of It road race through Clearwater. Randall won the women's division and Rick Clark won the overall title.

## Fun 'n Sun 10K

AT CLEARWATER, FL 3/22/86

SATURDAY'S RESULTS

Men's overall winner — Matt Farmer 32:14.46.  
Women's overall winner — Judy Cress 38:40.

Judy Cress, 27, of Clearwater was the women's champion in 38:40, two minutes ahead of second-place Rosalyn Randall

35-39 — 1. Rosalyn Randall 40:49

## HELP WANTED

Russ Connors will be needing volunteers for the June 28 Mount Washington Road Race. Please contact Russ at 799-8240



-25-  
7th Annual Killarney's 10-K  
Waterville - March 16, '86

1 - Stu Hogan, 24	31:46	53 - Carl Bowen, 53	42:47
2 - Stephen Giles, 25	33:20	54 - Nancy Lakin, 36	42:52*
3 - Dan Bondeson, 35	33:32	55 - Dick Miles, 30	42:53
4 - Chris Bovie, 36	33:56	56 - Donald Profenno, 42	42:53
5 - Stan Smith, 19	34:06	57 - Mark Jose, 36	43:14
6 - Steven Gross, 22	34:40	58 - Andy Patterson, 29	43:28
7 - Fred Judkins, 41	34:55	59 - David Crooker, 24	43:44
8 - Fred Karter, 36	35:15	60 - David Gugun, 49	44:03
9 - Chris Metcalf, 17	35:22	61 - Paul Meservey, 39	44:11
10 - Bryant Bourgojn, 35	35:26	62 - John Palmer, 29	44:23
11 - Jerry Allanach, 36	36:00	63 - Alan Edmond, 32	44:40
12 - David Alley, 36	36:22	64 - Robert Rines, 31	44:58
13 - Daniel Cake, 41	36:25	65 - Susan Kistenmacher, 32	45:05*
14 - Pat Boss, 17	36:28	66 - Tia LaMarre, 28	45:12*
15 - Gary Cochrane, 44	36:36	67 - Louise Dunlap, 45	45:17*
16 - Thomas Wells, 31	36:45	68 - Donald Wismer, 39	45:17
17 - Doug Ludewig, 40	36:54	69 - Russell Martin, 36	45:36
18 - Brian McCree, 26	37:03	70 - Leonard Dow, 42	45:49
19 - Michael Cameron, 40	37:06	71 - Randy Landry, 18	46:00
20 - Brent Elwell, 24	37:26	72 - Tom Kahl, 35	46:16
21 - Randy Wilson, 33	37:43	73 - Deborah Prescott, 30	46:26*
22 - Bill Ottmann, 30	38:00	74 - Terry Rich, 22	46:33*
23 - William McFarland, 40	38:02	75 - Gard Rand, 49	47:07
24 - Michael Thompson, 27	38:03	76 - Timothy Holland, 40	47:08
25 - Jeff Littlefield, 25	38:17	77 - Deborah Curtis, 28	47:11*
26 - Robert Bremner, 27	38:19	78 - Nancy Graves, 31	47:14*
27 - Ray Johnson, 38	38:28	79 - Carol Nale, 35	47:28*
28 - Donna Davis, 24	38:53*	80 - Donnajean Pohlman, 35	47:29
29 - Kenny Audet, 16	39:07	81 - Donald Carter, 41	47:35
30 - Joseph Meehan, 39	39:19	82 - Ron Paquette, 44	47:38
31 - Bob Payson, 24	39:22	83 - Michael Whalen, 38	47:50
32 - Joseph Isgro, 31	39:39	84 - Greg Learnard, 33	48:04
33 - John Schwerdel, 40	39:40	85 - Rodney Williams, 27	48:06
34 - Sam Mitchell, 32	39:54	86 - Ted Beaulieu, 44	48:26
35 - Roy Rodgers, 32	39:56	87 - Phil Smith, 35	48:32
36 - Tom McGuire, 39	39:59	88 - Kenneth Hooper, 36	48:34
37 - Larry Deans, 29	40:27	89 - Buffi Thompson, 15	48:41*
38 - Steve Dexter, 28	40:27	90 - Thomas Daggett, 38	48:47
39 - Michael White, 27	40:28	91 - Darrell O'Leary, 48	49:30
40 - Richard Cummings, 48	40:36	92 - Tim Smith, 39	49:40
41 - Bob Crosswell, 35	40:42	93 - Sally Grande, 33	49:49*
42 - Philip Pierce, 44	40:43	94 - Michael Spiotta, 35	50:27
43 - Larry Fortin, 37	41:00	95 - Lynn Deeves, 26	50:40*
44 - Jeff Holmes, 16	41:12	96 - Eric Weymouth, 12	50:44
45 - Bill Gayton, 45	41:38	97 - Jerri Bushey, 41	50:47*
46 - Jane Rau, 36	41:44*	98 - Harold Jones, 58	51:11
47 - Bob Gaboury, 48	41:45	99 - Ralph Snyder, 58	51:21
48 - Chris Coffin, 22	41:50	100 - unknown	51:25
49 - Cliff Hatfield, 52	41:53	101 - William Tozier, 58	55:10
50 - Clifford Hall, 50	52:15	102 - Robert Oliver, 46	56:25
51 - Bruce Fenlason, 39	42:27	103 - Harvey Mason, 52	58:29
52 - Charles Weymouth, 44	42:37	104 - Verne Pinney, 36	59:36
		105 - Perry Barnard, 45	60:45

Results courtesy of: Central Maine Striders: Stu Hogan of Old Orchard Beach pulled away from the pack at the 1 mile mark and won this traditional St. Patrick's Day event easily, with Brewer's Steve Giles and surprising Dan Bondeson of Mattawampkeug third. Donna Davis destroyed the women's record, with Jane Rau and Nancy Lakin rounding out the 1st 3 places on a overcast Sunday afternoon that kicks off the central Maine road racing season.



Bill Davenny reports on the Bangor One-Half Marathon which was held on March 29, 1986. A group from the Maine Track Club along with others from the Portland area entered.

Place	Name	Time
28	John Lunt	1:22:35
56	Lee Nicely	1:28:15
111	Joan Lavin	1:41:14
112	Bob Cushman	1:41:32
127	Jim Chase	1:45:30
133	Bill Davenny	1:47:40
156	Dee Nicely	2:07:03
161	Brenda Cushman	(No time)

In addition, Lee Nicely made the National Guard marathon team and will be competing in Lincoln, Nebraska soon.

Boston Primer - March 23  
15 mile race

① - Bruce Ellis, 34	1:22:10	39 - Tom Cash, 44	1:48:50
2 - Danny Paul, 32	1:23:39	40 - John Edmondson, 45	1:49:12
3 - Andy Palmer, 32	1:26:00	41 - John Jalbert, 16	1:49:24
4 - Michael Gaige, 33	1:26:28	42 - SAM MITCHELL, 32	1:49:47
⑤ - Paul Merrill, 31	1:26:37	43 - Roy Rodgers, 32	1:49:48
6 - Werner Pobatschnig, 35	1:27:01	44 - Carl Bowen, 53	1:49:50
7 - David Roberts, 31	1:27:22	④⑤ - Sandra Wyman, 29	1:50:00*
8 - Bryant Bourgoin, 35	1:29:19	46 - Cliff Hatfield, 52	1:52:03
9 - Alan Quinlan, 30	1:30:18	④⑦ - Carlton Mendell, 64	1:52:35
10 - Barry Fifield, 29	1:30:37	48 - Stanley Sheldon Jr, 39	1:54:49
11 - Gary Cochrane, 44	1:30:51	49 - PAUL DALL, 44	1:55:07
12 - Kevin White, 23	1:33:30	⑤⑩ - Jane Dolley, 37	1:55:10*
13 - John James, 33	1:33:35	51 - RON PAQUETTE, 44	1:55:57
①④ - Robert Coughlin, 47	1:36:14	52 - Kim Vandermeulen, 35	1:56:23
①⑤ - Kim Moody, 30	1:37:25	53 - Joseph Washburn, 41	1:56:24
①⑥ - JERRY ALLANACH, 36	1:37:25	54 - Jerry Casey, 30	1:57:32
17 - Dan Cake, 41	1:37:59	55 - Ron Burnham, 36	1:58:14
18 - Doug Ludewig, 46	1:38:08	⑤⑥ - Fred Beck, 52	1:58:26
19 - Jason Greenleaf, 17	1:38:20	⑤⑦ - Richard Robinov, 25	1:58:41
②⑩ - Robert Jolicoeur, 49	1:38:45	58 - Louise Dunlap, 45	1:59:15*
21 - Mike Simoneau, 39	1:39:14	59 - Robert Garoury, 48	2:01:30
②② - Russ Connors, 53	1:40:45	60 - Ted Beaulieu Jr, 44	2:08:03
②③ - Steven McGrath, 31	1:41:29	61 - Mike Levey, 41	2:08:06
24 - Paul Bourget, 28	1:42:20	62 - Philip Soule, 44	2:10:36
25 - Phil Vezina, 26	1:42:27	63 - Charlie Gordon, 38	2:10:44
26 - William McFarland, 40	1:42:32	⑥④ - Katherine Christie, 41	2:10:52*
27 - Brian Shacter, 41	1:43:05	⑥⑤ - Cliff Fletcher, 50	2:12:08
②⑧ - Joel Titcomb, 27	1:43:29	66 - Deborah Curtis, 28	2:12:18*
②⑨ - Joseph Isgro, 31	1:44:08	67 - Andrea Demars, 22	2:12:28*
30 - John Schwerdel, 40	1:44:15	68 - Allan Touhman, 38	2:13:34
31 - Bill Ottmann, 30	1:45:24	69 - Diane Casey, 28	2:13:46*
③② - Philip Pierce, 44	1:45:29	70 - Al Godfrey, 31	2:13:47
33 - Robert Bremner, 27	1:45:51	71 - Nelson Mathews, 29	2:14:11
34 - Jeffrey Preble, 32	1:45:52	⑦② - Georgianna Hogerty, 31	2:15:37*
35 - MARTIN SCHIFF, 46	1:47:17	73 - Terry Rich, 22	2:20:49*
36 - Dick Cummings, 48	1:47:50	⑦④ - Jean Frankovic, 26	2:21:58*
37 - Mark St. Pierre, 27	1:48:05	⑦⑤ - Steve McCullough, 38	2:21:59
38 - Gary Barrett, 41	1:48:48		

We'd like to call your attention to the fact that Carlton Mendell won the 60+ age group and Georgianna Hogerty won the 30-39 trophy. Great showing for the MTC! (Mighty tough crowd)

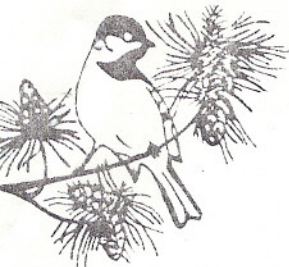
Bruce Ellis topped the field - 1:29 ahead of Danny Paul. Kim Moody, Sandy Wyman & Jane Dolley were 1, 2 & 3. Russ Connors took the honors for the over 50 and

21 Maine Track Club Members Equals 28% of finishers!

## THANK YOU,

Ken Hutchins, for photographing the Kerryman's Pub 4 miler in Saco on March 16, 1986.





# Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

## ROAD RUNNER'S CLUB OF AMERICA NATIONAL CONVENTION 1986

PORTLAND, MAINE - MAY 15-18

Agreement by and between the Maine Track Club, of Portland, Maine, host of the Convention, and: \_\_\_\_\_ of

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Address

I agree to purchase a \_\_\_\_\_ page advertisement, at a size of \_\_\_\_\_, at a cost of \$\_\_\_\_\_.

I agree to provide camera-ready art for the advertisement by April 10, 1986, and payment at the same time. Please make your check payable to the Maine Track Club and forward it to: The Maine Track Club, P.O. Box 8008, Portland, Maine 04104, Attn: Carolyn Krahn, Track Club Representative and Program Book Coordinator.

The schedule of the fees is as follows:

<u>Advertisement</u>	<u>Approximate Size</u>	<u>Cost</u>
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Quarter Page	3" x 4½" or 6" x 2¼"	35.00
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Every advertiser in the Program Book will receive a complementary copy of the Program Book.

\_\_\_\_\_  
Signature and Date of the Manager of the above Business

\_\_\_\_\_  
Signature and Date of the Maine Track Club Representative



Maine Track Club is a non-profit organization

