



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

MAY, 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	
Phil Pierce	- Secretary	781-3769
Bob Ayers	- Membership Chairman	799-7284

NEXT MEMBERSHIP MEETING

May 8, 1985 at 7:00 p.m., at the SMVTI Auditorium. Barbara Footer of Portland, Maine and Club member, will speak on various topics related to Nutrition such as weight control, high performance diets, nutrient needs, sports nutrition myths, and food choices for a healthier, longer, better-quality life.

See the Barbara Footer Profile on page 5 of this newsletter for interesting facts about her past, present, and future.

Bob Jolicoeur will have a special report at this meeting on his trip to the Road Runners Club of America Convention in Atlanta, Georgia, May 3 through 5, and the Club's bid for the 1986 Convention.

NEXT NEWSLETTER COMMITTEE MEETING

May 29, 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 June newsletter should be submitted at this meeting.

MEMBERSHIP CARDS AND BUMPER STICKERS

Membership cards and bumper stickers are included with this month's mailing. The cards should be signed by the individual Club member or one of the family members. These are often needed to qualify for the Club discounts at Olympia, the Foot Locker, Athletic Attic, Athlete's Foot, and Bailey's.

SURE CURE FOR INSOMNIA

From Lon Haldeman comes an invitation to bicycle across the country in two weeks while eating three squares a day and sinking into a soft hotel bed each night.

Rapitours '85 will offer a group of 16 cyclists the chance

to ride with Lon and his wife, Susan Notorangelo, as they log daily double centuries on a 3,000-mile stage tour from Huntington Beach, California, to Norfolk, Virginia, in 15 days.

To offer the ultramarathon experience to cyclists not into the sleep deprivation of the grueling Race Across America, Haldeman and friend Joe Heil formed the Perfect 10:00 Trans-

continental Cycling Team. In addition to restaurant meals and hotel accommodations each night, the team will provide each rider with baggage and equipment shuttle, full mechanical support, and spare bicycles, wheels and components. Even preparing each bicycle for the next day's ride and writing postcards home ("Having a wonderful time,

wish you were here?") will be taken care of by the support staff. All the participants have to do is eat, sleep, and ride, ride, ride.

The cost is \$2,500 per person, with riders selected on the basis of previous cycling experience. For more information, contact: Rapitours '85, 1201 Stein Road, St. Louis, MO 63135.



14 BICYCLING

- Submitted by Jane Dolley for the cycling enthusiasts among us.

Maine Track Club is a non-profit organization.



NEW MEMBERS

April was a banner month for new members; by far, in fact, the BIGGEST month in our history, with 17 new memberships, and 3 late renewals since the April 9 roster. We welcome all new and renewing members and hope that each will enjoy the Club to the fullest by taking an active role. Here's a complete list to add to your current roster.

Name & Address	Phone	Occupation	Age/Other Interests
Cindy Tifft & Doug Aiken, MD 29 Phillips Road Falmouth, ME 04105	W846-9013 H781-4829	RN, Community Health Services - Cindy Physician - Doug	31(C); 32(D) - Skiing, windsurfing, jazz-dance, aerobics
Tom Cannon 481 Congress Street Portland, ME 04111	W774-5643	Marketing, Peoples Heritage Bank	27 - Outdoor sports, reading, music
Cheryl A. Davis Brookfield D43 Portland, ME 04103	W797-5932 H797-8242	Marketing Rep	26 - Reading, skiing, sailing, field hockey
Gary E. Flick P.O. Box 496 Naples, ME 04055	W797-7261 H693-6096	Professor - Westbrook College	32
Michael L. Hancock 8 Pine Ledge Terrace Portland, ME 04103	W774-5643 H871-1076	Marketing Officer Peoples Heritage Bank	27
Charlotte M. Hartwell 163 Main Street Gorham, ME 04038	W774-2635 H839-2208	Paralegal, Perkins Thompson	26
Jamie Hill 102 Marine East S. Portland, ME 02106	W775-7421 H779-6102	Buyer, Carroll Reed	
Maurice C. Hothem 327 Allen Avenue Portland, ME 04103	W797-4148	Osteopathic Physician	48
Richard P. Lemieux 12 Winslow Place Cape Elizabeth, ME 04107	W773-6487 H767-4318	Self-employed oral surgeon	40 - Skiing, tennis, skating
Jeffrey & Elizabeth Lunt 81 Walton Street Portland, ME 04103	W856-6304 H871-0353	(J) Realtor, Mark Stimson; (E) Med. Tech, Mercy Hospital	31(J); 32(E)
Elaine Regina 42 Coach Lantern West Scarborough, ME 04074	W775-1000 H883-3578	Invest. Clerk, Maine National Bank	26 - X-country skiing, jazz, sailing, body- building, travelling
Jack, Susan, Douglas, Seth & Alice Robie 34 Robie Street Gorham, ME 04038	H839-4829	Jack - Chemistry Research, S.D. Warren	40(J); 40(S); 11(D); 9(S); 6(A)
Charles Serritella P.O. Box 69, Rte. 25 Porter, ME 04068	H625-8043	Semi-retired self- employed chiropractor	71 - Maintaining total health
Gregg A. Stanley Juniper East, Apt. C-4 Yarmouth, ME 04096	W774-3921 H846-5354	Assoc. Administrator, Osteopathic Hospital	
Dorothy Ann Stoddard Box 88 Yarmouth, ME 04096	W846-3751 H846-3752	Personnel Consultant, The Stoddard Company	33 - Photography, painting, antiques
Ralph & Katti Towle 30 Flaggy Meadow Road Gorham, ME 04038	W856-6911 H839-5949	(R) Maintenance Planner, S.D. Warren (K) 7th grade	41(R); 12(K) Skiing, basketball
Joe & Jay Wildman 12 Channel View Road Cape Elizabeth, ME 04107	W775-2371 H799-1144	Joe - Emery Waterhouse Jay - Cape Elizabeth High - 10th grade	47(Joe); 16(Jay)

NEW MEMBERS cont.

A terrific job of recruiting new members this month by the following members and organizations: Foot Locker - 1; Olympia - 3; Russ Bradley - 1; Bob Ayers - 1; Allen Leathers - 1; Howard Jackson - 1; Rick Strout - 2; Joel Titcomb - 1; Stephen Demers - 1.

MEMBERSHIP RENEWALS

The following people have changed their membership from single to family status:

Joel Titcomb - Adding Patricia Rulman, age 27. Patricia is an Executive Secretary/Analyst at S.D. Warren, and enjoys tennis and cycling when she's not running.

Stephen Demers - Adding his father, Conrad.

The following renewed members do not appear on the April 9th roster:

John M. Eldredge, 43 West Street, Portland, ME 04102 761-0873(H)

Doug Moreshead, 11 Longwood Terrace, Portland, ME 04102

David E. Paul, Jr., 641 Allen Avenue, Portland, ME 04103 775-2889(W) 797-4343(H)

NEWSMAKERS

Boston's the big time for runner

By BILL NEMITZ
Staff Writer

As competed with some of the best triathlon competitors in the world — swimming 2.4 miles, biking 112 miles and running 26.2 miles in less than 10 hours.

His daily training regimen reads like a torture manual — covering more ground under his own steam than most people travel by car.

But when Paul Merrill, 30, of Portland lines up next Monday for the start of his first Boston Marathon — a paltry 26.2-mile jaunt from Hopkinton to Boston — he'll still be fighting back the butterflies.

"Running in the Boston Marathon means a lot to me. It's a world class event and it means I'm going to be traveling with some pretty classy people," says Merrill.

It's been 3½ years since Merrill, who grew up in Cumberland and works nights as a lab technician at the Maine Medical Center, put on a pair of running shoes and took off on a new lifestyle.

"I was a fat slob," he recalls. "Then I started the 'Paul Merrill Self-Improvement Program' — going back to school and getting in shape."

What began as a mild case of running fever has since progressed into a full-time occupation and, Merrill hopes, an

EXPRESS People 4/8/85

• The Boston Marathon needs major changes to keep pace with other races offering major purse money. Page 18.

eventual career in sports medicine. Merrill's credentials heading into next week's marathon include:

• A fifth-place finish last September in the National Long Distance Triathlon Championship on Cape Cod.

Merrill swam a 2.4 mile course off Hyannis, bicycled from Hyannis to Provincetown and back, and then ran a full marathon — all in 9 hours and 54 minutes.

• Second place in the Bath Shipbuilders Triathlon last year.

• Participation in three straight Casco Bay Marathons, including times of 2:52:57 in 1982 — his first marathon ever, 2:43:49 in 1983 and 2:41:57 in 1984.

• Another marathon in Kenne-

bunk last year in which he posted a personal best 2:41:56.

Merrill had already qualified for the Boston Marathon last year when he was sidelined by foot problems. This year, however, his training has been trouble-free.

"My personal goal is to break a six-minute-per-mile pace," Merrill says. That will bring him across the finish line in Boston in under two hours and 37 minutes — good enough to finish among the top few hundred of the 5,500 runners expected to compete.

Important as next week's marathon is for Merrill, it pales in comparison to his biggest athletic goal: the annual Ironman Triathlon World Championship scheduled for next October in Hawaii and featured on network television during the past two years.

Merrill almost qualified for the world championship in last fall's national championship on Cape Cod — missing the cut by one place.

But several other qualifying races are being held throughout New England this summer and he is confident he'll be going to Hawaii in the fall.

"Right now, there are only two other people in the world that I know of who are in my age class (30-34) and have a better long-dis-

tance triathlon time than I do. I feel great," says Merrill, who is 5 feet, 6 inches tall and weighs around 140 pounds.

The "how" of what he does is simple: hard work.

Merrill, who lives alone in a West End apartment building, spends hours each day running throughout Greater Portland, swimming laps at the YMCA pool and riding out into the hills and back on his bicycle (he used an exercise bike during the winter.)

But why does he do it? Merrill smiles and shakes his head.

"Ultimately, what I want to do is get back into school with it — physical therapy or sports medicine," he says. "If I can get enough sponsors to get me away from my 40-hour-week job at the hospital, going back to school will be a lot more possible."

He made just such a breakthrough recently when Bianchi, an Italian bicycle manufacturer, agreed to provide Merrill with a \$1,000 racing bicycle and his triathlon clothing for the coming season.

Richard Brink, owner of the Cyclemania bicycle shop in Longfellow Square, arranged the sponsorship.

"Paul is a nice, pleasant, level-

headed guy to deal with," Brink says, explaining his decision to help back Merrill. "He doesn't have any attitude problems about what he's doing and that's nice to see."

Still, Merrill is the first to admit his training schedule leaves precious little time for other interests.

"That's been pointed out to me by a few people — actually, by just about everyone I know," he grins. "But a lot of my friends have been really supportive."

Merrill thinks everyone can benefit from "some sort of daily exercise." Long-distance training, however, is another matter altogether.

"It fits my lifestyle right now. But if you have a family, I don't recommend it. There just isn't enough time to do both," he says.

Merrill can "talk forever" about his athletic future — he looks forward to at least three or four years of world class triathlon competition before the grueling distances catch up with him.

But this week, he'll be focusing only on his running — and a dream that is as old as his first pair of jogging shoes.

"Everything right now," he says, "is pointing toward Boston."



Paul Merrill warms up before embarking on one of his daily workouts.



Q. What about decaffeinated coffee?

A. Trichlorethylene (TCE), a chemical used to decaffeinate coffee, was tested by the National Cancer Institute and was found to cause liver tumors in mice. Many coffee producers then switched to another decaffeinating chemical, methylene chloride. Results of the tests on this chemical are now being analyzed.

NOTE: It was really nice to see such great press on one of our members. Page 1, no less! Nice going, Paul!

Benoit 'puzzled' with downslide

NEW YORK (AP) — Joan Benoit has gone from being a super runner to a super-confused runner.

A year ago, she was being hailed as the world's best women's long-distance runner after winning the U.S. Olympic Trials only 17 days after undergoing arthroscopic knee surgery, then romping to victory in the inaugural Olympic women's marathon in Los Angeles.

Now, Benoit is experiencing one of the lowest periods in her distinguished running career. And she is completely puzzled by it.

"My training has not been going well," the 27-year-old Benoit said during a brief stopover in New York to help promote the L'Eggs Mini Marathon, a 10-kilometer (6.2-mile) race in Central Park June 1. "There have been a lot of ups and downs. There's no real reason behind them. I can't explain them."

"The down days... they're very frustrating," added Benoit, a model of consistency in the past. "I've been fighting to try and keep my mileage where I want it. But my body says no."

"Sometimes, I have good training weeks... weeks where I feel great. And then... then, there are times when I get sluggish."

One of her better weeks recently came when she was in Park City, Utah, home of the U.S. Ski Team. Ironically, Benoit suffered a broken leg skiing during her high school days, and in order to strengthen her leg, she took up running.

Her intentions in the high altitude of Salt Lake City were to ski in celebrity competition and have fun. But she decided to try to train — and everything went fine.

"I figured at 7,000 feet altitude, I would have been sluggish and tired," she said. "But I went out running early in the morning and I felt great."

Inexplicably, Benoit said the sluggishness and tiredness returned this week, when she ran Monday, Tuesday and Wednesday.

"Perhaps it's a physical problem," she said. "I

don't know."

Benoit said she had been examined by a doctor recently, and he was unable to find anything physically wrong.

"Everyone said that marriage would be a big adjustment," said Benoit, who was married last September to Scott Samuelson, "but that doesn't seem to be wearing me down."

"Maybe last year took more out of me than I thought. Perhaps the emotion of the Trials (a race she called the most unpredictable of her career, because of its closeness to the arthroscopic surgery) and the Games was too much."

Since her overwhelming Olympic victory, Benoit, who has lived most of her life in the quietude of Maine — she was born in Cape Elizabeth and now lives in Freeport — has been in constant demand for appearances. It is not a routine to which she has been accustomed.

"I like staying home and training hard," she said. "I wanted to train hard for a month, but that hasn't been possible."

"I didn't take any time off after the Olympics, except three days for my honeymoon. Maybe I should have," said Benoit, who broke her world-best for a half-marathon (13.1 miles) shortly after the Games.

Since that race, Benoit has run very little, because she has not felt in top condition. One race in which she did compete was the Jacksonville (Fla.) 15-kilometer (9.3-mile) River Run. She finished a disappointing sixth.

"It was disappointing, because I had just come off three good weeks of training," she recalled. "But then the bottom fell out. Running against a very competitive field didn't bother me. It was not being able to put my finger on what went wrong."

"I had gone from temperatures in the teens to temperatures in the 70s. That plays havoc with your body. But I have no excuses. I just didn't have it."

"I've been running hard for the past 10 years," added the 27-year-old Benoit, the world's fastest women's marathoner in history. "Maybe I need to take a break. But the desire is there to run. I want to set PRs (personal records)."

"Sometimes, though, when I feel like running, my body says don't run... the heck with it."

Benoit said that her long-term goals — breaking her personal records at virtually all distances, starting with the mile and going up — "will keep me going."

"It may be frustrating for the next couple of months, or even a year, but then maybe things will be all right," said the soft-spoken Benoit. "I plan to run for a long time."

Benoit pointed out that she has experienced "flat" running periods in the past, but they've usually come in the winter months of November and December, and the summer months of June and July.

"And they haven't lasted this long," she said. "I'm baffled that they've persisted like this."

"I want to compete, but I want to compete only if I enjoy running, not if I don't feel up to racing."

Benoit's racing calendar calls for her to compete in a 25-kilometer (15.5-mile) race in Grand Rapids, Mich., May 11, the Bay to Breakers 7.6-mile race in San Francisco May 19 and the L'Eggs Mini Marathon against a powerful field that includes Norway's Grete Waitz, the Olympic marathon silver medalist, and Ingrid Kristiansen; Romania's Maricica Puica, the Olympic 3,000-meter gold medalist, and Julie Brown, the second-fastest American marathoner.

"Those three races, especially against the highly competitive field in New York, should give me a good indication of where I stand," she said.

"After those races, I will decide my summer schedule and decide whether I will run a marathon in the fall, which I would like to do."

"But it all depends on how I feel. Right now, I just don't know what's going to happen."

From: Portland Press Herald,
April 16, 1985

Re: Portland Boys Club
5-Miler, April 15, 1985



Emery, who was married in February to Joe Rappa, thought she recognized Jennings before the race and one thing gave her away — "those prototype shoes she has that no one else has even seen."

Denise Harlow, a 14-year-old Catherine McAuley freshman finished 17 seconds

behind Emery Rappa in third. She was 6 years old when Jennings last ran the PBC. And she was all of 1 when Emery Rappa won her first of eight titles in 1972. Harlow didn't recognize Jennings right off, but when she heard her name, "I knew exactly who she was."

Harlow, who is all of five-feet, 85 pounds, was running her fourth PBC and took two and a half minutes off her time from last year. She ranked her finish right up there with a third in the recent Kerryman Pub race won by Kim Moody.

Harlow, the daughter of Cheverus High football coach Charlie Harlow, was fourth in the state Class A cross country meet and third in the two-mile during track season.

TABLE 1

Predicted Marathon Times

10,000 m. Best Time	Maximum Possible Marathon Time	Realistic Marathon Time	10,000 m. Best Time	Maximum Possible Marathon Time	Realistic Marathon Time
27:00	2:05:00	2:08:30	34:00	2:40:00	2:49:00
27:30	2:07:30	2:11:30	35:00	2:45:00	2:55:00
28:00	2:10:00	2:14:00			
28:30	2:12:30	2:16:30	36:00	2:50:00	3:00:00
28:45	2:13:45	2:18:30	37:00	2:55:00	3:07:00
29:00	2:15:00	2:19:30	38:00	3:00:00	3:15:00
			39:00	3:05:00	3:20:00
			40:00	3:10:00	3:25:00
29:30	2:17:30	2:21:30			
30:00	2:20:00	2:25:00			
30:30	2:22:30	2:28:30	42:30	3:22:30	3:42:30
31:00	2:25:00	2:30:30	45:00	3:35:00	4:00:00
31:30	2:27:30	2:33:00	47:30	3:47:30	4:20:00
32:00	2:30:00	2:36:00	50:00	4:00:00	4:40:00
32:30	2:32:30	2:40:00			
33:00	2:35:00	2:43:00			
33:30	2:37:30	2:46:00			

Barbara's philosophy of health and fitness, she hopes, will influence others to follow and as a result, lead to a better quality of life for all who choose to follow, and maybe even utilize, her services at Barbara Footer Associates.

She is a graduate of the University of Maine with a Bachelor of Science in Nutrition and a Master of Science in Nutrition from Virginia Polytechnic Institute and State University (VATECH).

Why running, and how does it all fit in? That's easy...Barbara says she got interested in running in 1976 at the University of Orono. It's a healthy activity that you can do any time, there is very little cost, no equipment, and as a student, she needed to budget both her time and money.

It was also just kind of "a thing to do" in the beginning between being a full-time student and working 30 hours a week. In graduate school, however, her running became a little more important. Barbara noticed that she missed it when she didn't do it. She is now running 25 to 30 miles a week and runs about ½ dozen races per year.

But that's destined to change, too. Barbara has just joined the Body Shop at Lifeline to increase her strength, endurance, and flexibility. Why? Well, the ultimate goal is to run a marathon and enjoy it. Her longest race to date was the Brunswick 10-miler which caused an injury.

Barbara's strong interest in health and family life education also motivated her to play racquetball in college. After college, she did a "Public Health Practicum" at The Children's Hospital National Medical Center in Washington for 2 months. She then came to Portland to work for the school department for 3 years in a special federally funded nutrition education program. She urged all students to practice variety and moderation.

She has been in business for herself since July, 1983, and is happy to say is very busy and successful. Barbara Footer Associates provides individual nutrition consultation, weight control programs, nutrition education, and has been working on getting a Dietitian licensing program in the state of Maine.

Her other interests include sailing, camping, hiking, traveling, cooking and eating...all of which she believes are contributing toward her long-term goal of living to "a healthy old age."

Barbara is an inspiration to us all, and one of the reasons our Maine Track Club is so successful. Thanks for everything, Barbara.

Heart Disease Rate Falling Among Men, Du Pont Study Says

By JERRY E. BISHOP

Staff Reporter of THE WALL STREET JOURNAL

A study of Du Pont Co. workers confirms that the rate of coronary heart disease is falling among American men, but apparently more through better living than through chemistry.

The study also found that the incidence of heart disease, the nation's No. 1 killer, is dropping more sharply among white-collar workers than among blue-collar workers.

The Du Pont study sheds light on a mystery that has puzzled health officials for years. Since the late 1960s, statistics have shown a steady decline in the population's death rate from heart attacks.

The chief reason for the decline wasn't clear, however. Doctors are saving more people who suffer heart attacks, and some experts say this accounts for the lower

death rate.

But other researchers argue that the heart attack death rate is lower because the rate of heart disease has fallen. These researchers say the disease is less common because more people are changing their diets, reducing cholesterol levels, controlling high blood pressure, stopping smoking and exercising more.

The Du Pont study indicates that it's largely a drop in the incidence of heart disease that's behind the drop in the heart attack death rate.

Two Du Pont epidemiologists report in this week's issue of the New England Journal of Medicine that they pored over records of people employed at Du Pont from 1957 through 1983. Employment at the big chemical company ranged between 88,000 and 109,000 during those years.

The researchers counted 6,286 men and 150 women who suffered their first heart attack during those years. In the 1957-1959 period, there were 3.19 first heart attacks for every 1,000 male Du Pont employees. By the 1981-1983 period, the rate had fallen to 2.29 first heart attacks for every 1,000 men, a decline of 28.2%. The number of female heart attack victims was so small that no clear trends emerged.

During the 27 years, the rate of first

heart attacks dropped 37% among salaried workers, compared with 18% among hourly workers. The Du Pont study didn't give a reason, but other studies have shown that the more education a person has, the more likely he is to stop smoking, change to a diet that is low in fat and cholesterol, and undertake an exercise program—all changes believed to reduce heart attack risk.

Significantly, the rate of first heart attacks tumbled among middle-aged men over the years, the Du Pont scientists found. In the 1950s and 1960s, men who were 45 to 54 years old suffered 6.47 heart attacks per 1,000. In the late 1970s and early 1980s, by contrast, men in the same age group suffered only 2.83 heart attacks per 1,000.

From: The Wall
Street Journal

April 18, 1985

FOOD FACTS

- Q.** What is the chemical additive suspected to cause cancer that is found in cured meat such as bacon, ham, bologna, salami, hot dogs, and sausage?
- A.** Nitrates and nitrites are chemicals commonly added to cured meat to preserve the meat and its color. These chemicals can combine with protein to form carcinogens (cancer-causing substances) called nitrosamines in animals. When cured meats are eaten, nitrosamines may form in the body. Nitrates are also found in some vegetables, but they are not known to form nitrosamines when eaten or cooked.



Potassium content

The suggested daily intake of potassium is 2,600 milligrams for the average person, and 6,000 for the athlete not acclimated to heat. The typical American diet contains 4,000 to 7,000 mgs. of potassium a day. One pound of sweat loss may deplete the body by 85 to 105 mgs.

FOOD SOURCE:	POTASSIUM CONTENT:
Baked potato, 3"	750 mgs.
Tomato sauce, 1/2 cup canned	590
Yogurt, one cup fortified lowfat	530
Hamburger, lean 3 1/2 oz.	480
Orange juice, one cup	420
Mushrooms, four large raw	415
Chicken, white meat, 3 1/2 oz	410
Milk, one cup whole or lowfat	380
Banana, small 6"	370
Tomato, raw medium	365
Orange, medium 3"	300
Broccoli, one stalk cooked	270
Bread, one slice whole wheat	65

All meat contains cholesterol. Fish and shellfish, except shrimp, are relatively low in cholesterol. Egg yolks and organ meats have the most cholesterol.

< Writes Jane Dolley:

"I think most people (including myself) always thought that the banana was the best source of potassium, but it's not! Look at all the different foods that beat out the banana."



The Runner
(Carticle by Nancy Clark)

RECIPES

Thanks to Pamela Graves for sending in this recipe. This one's for you, Russ.

Buckwheat Cakes

1/2 pkg active dry yeast
1/2 cup lukewarm water
2 cups milk (scalded)
2 cups buckwheat flour
1/2 teaspoon salt
1 tablespoon molasses
1 teaspoon baking soda

Dissolve yeast in water. Blend milk, yeast, flour and salt. Beat hard for 2 minutes. Cover with dish towel and let sit overnight at room temperature. Next morning, mix in molasses, baking soda and 1/2 cup warm water. Pour onto hot, greased griddle and brown both sides. Serves 4.

From: Cast Iron Cookbook
Nitty Gritty Production



SALTY FACTS

Some experts say that most people should eat less salt because it can lead to high blood pressure and stroke for some people.

If you want to cut down on salt, remember:

- Many canned and processed foods come with salt already added. Check the label.
- Measure the salt you add in cooking instead of throwing in an extra dash. You may find that a smaller amount will do just fine.
- Try seasoning with pepper, lemon juice, or a sprinkling of paprika.
- Keep the salt shaker with the sugar bowl—someplace other than on the table where you eat.

HOT WEATHER RUNNING

Spring is finally here and with it are more pleasant temperatures for running and training. Hooray for that, but not far behind these pleasant conditions lurks real dangers all runners should know about. Those are the dangers of hot weather running.

In reviewing my files, I found two articles reprinted below on the subject which might help. The first is not signed, but contains important descriptions of various conditions one can experience. The other is from page 29 of the 1984 Road Runners Club of America Guidelines booklet. This is must reading for all runners.



Bob Jolicoeur

Attention Runners Know the Facts About Hot Weather Running

During exercise in hot weather, much of the heat produced by the body is lost through evaporation of sweat. To promote such evaporation, as much skin as possible should be exposed to air. When environment humidity is high, sweat cannot evaporate well and exercise may need to be postponed.

The main problem generated by sweating is that it removes water from within the body. The lost water is best replaced by allowing the athlete to drink as much water as he likes, whenever he wishes.

If body water is not adequately replaced, the athlete may develop heat cramps, heat fatigue, heat exhaustion, or heat stroke. Heat stroke is an emergency in which sweating stops and body temperature rises sharply within a few minutes. First aid consists of immediately cooling the victim with ice or cold water, before the high temperature causes brain damage or death.

Heat Cramps

Heat cramps are painful spasms of skeletal muscle - most commonly of the calf. Heat cramps are caused purely by a fluid volume problem and can be prevented by providing copious amounts of water throughout the exercise period. An athlete cannot "overhydrate" himself, so the problem of water intoxication, when fluid intake is controlled by the runner himself, does not seem to exist.

Heat Fatigue

This syndrome affects many people after they have exercised in a hot environment. It is simply a feeling of weakness and tiredness, which usually improves promptly with rest and replenishment of the lost fluids.

Heat Exhaustion

This syndrome is characterized by extreme weakness, exhaustion, and sometimes unconsciousness. Headache, dizziness, and profuse sweating are usually present. These symptoms are due to a decrease in blood volume. The key features that differentiate heat exhaustion from heat stroke are (1) sweating skin and (2) normal body temperature. Affected individuals should be withdrawn from further activity for the remainder of that day. Fluids should be given by mouth when the athlete is able to swallow.

HOT WEATHER RUNNING cont.

Heat Stroke

Heat stroke is a true medical emergency. It may occur suddenly without being preceded by any of the other clinical syndromes. The runner collapses and becomes unconscious. Heat stroke is characterized by a hot dry skin and rising body temperature. When 50 to 100 percent of the available body water is depleted, the brain stops further loss by shutting down the sweating mechanism. When sweating ceases, the body temperature can rise from 98.6 to 106 within 20 minutes.

First aid treatment while awaiting transfer to a hospital consists of cooling the body with ice, immersing it in cold water, or using any other means available for immediate cooling. The object is to lower the body temperature as quickly as possible. Preventing death or serious damage is literally a matter of minutes. A temperature of over 106 for more than a few minutes will result in irreversible changes in liver, kidney, or brain cells. In heat stroke, such temperatures are reached rapidly.

Be alert to the symptoms of the preceding disorders and act promptly to prevent them as much as possible by getting medical attention.

Source: Unknown

(The following is presented as a public service by the RRCA)

Hyperthermia (heat stroke, heat exhaustion, muscle cramps) can be deadly. A runner can collapse in less than five minutes after the onset of symptoms. The symptoms are: a) dizziness, b) dry skin - no sweating, c) redness, d) nausea or cramps, e) goose bumps on chest and arms, f) incoherent speech and thoughts. When any of these symptoms occur, do the smart thing. Save your race for a cooler day.

Hyperthermia can affect any runner, in any kind of shape, during a race or hard workout. It's not only the unconditioned, unacclimated runner who will suffer.

Hyperthermia can occur on days when you might not expect it. The rapid rise in body temperature occurs when the body's natural cooling mechanism, evaporation, stops because the body has lost too much of its fluids through sweating. Research has shown that the rate of body fluid loss is not substantially changed from temperatures of 70 degrees and up. A temperature of 60 degrees and high relative humidity can be just as dangerous as 90 degrees and low humidity.

What can be done to minimize the effects of heat on a runner?

1. During the hot weather season, keep body contents of magnesium and potassium high. These minerals exist naturally in foods such as cantaloupe, watermelon, tomatoes, carrots and cucumbers.
2. Wear cool clothes. Loose fitting cotton singlets and t-shirts are best. Light colors, especially white, are cooler than dark colors.
3. Remain cool before the race. You might as well start with a slightly depressed temperature.
4. Before the race, drink plenty of fluids. The American College of Sports Medicine suggests 13-17 fluid ounces 10 to 15 minutes before competition.

HOT WEATHER RUNNING cont.



5. Drink plenty of fluids during the race and afterwards. Drink frequently during the race. Don't hesitate to splash water on your body. This aids evaporation and cooling of the body. Try to keep the water off your shoes. Soggy shoes can lead to blisters.

6. Most importantly, choose your hard races for times when you'll be most likely to run well. Avoid difficult efforts in races during hot and humid weather. Avoid races that start late in the morning or during the afternoon in the summer and hot weather.

RACE RESULTS

April was a month for world records to fall. Ingrid Kristiansen of Norway ran a 2:21:06 marathon for a new world record in London (sorry, Joanie) on April 21st while Steve Jones turned in a 2:08:16 in the same race - a near world record pace for men. The previous day, Carlos Lopes of Portugal, now 38 years old, ran the world's fastest marathon ever in Rotterdam, Netherlands in a time of 2:07:11.

Bob Jolicoeur and Phil Pierce of the MTC lined-up for a 10K at the Boston Milk Run on April 21st with about 20 Olympians. John Gregorek of Needham won it for the men in 28:15 and Monica Joyce of California took the women's division in 32:18. Both took home \$5,000 each for winning. Bob and Phil came home with a free yogurt and banana with their times of 38:25 and 42 or 43 minutes, respectively. Oh well...maybe next time.

Also noted at the Boston Milk Run were Paul Hammond, Auburn, Maine, 26th at 29:33, and Hank Pfeifle, Kennebunk, 29th at 29:40.

Boston Marathon - April 15, 1985

1985 was a tough year for the Boston Marathon participants. Very warm and humid were the conditions, which is probably fine if you're from Florida or Southern California, but not for Mainers. Bob Payne, who DNF, says no one did well except Kim Moody, but then Kim is usually the exception anyway. Kim did a GREAT job and should be congratulated by all. Here's a clipping on her performance:

Kim Moody finishes 7th at Boston

BOSTON — Kimberly Moody of Portland finished seventh in the women's division of the Boston Marathon Monday with her best time ever, 2:46:51.

Moody, a nurse at the Maine Medical Center and an instructor at the University of Southern Maine, was some 12 minutes behind winner Lisa Larsen Weidenbach of Marble-

head, Mass. Finishing just ahead of Moody was Kathleen Northrop of Durham, N.H., in 2:46:43.

Moody, one the country's top ultra-marathoners, finished 328th overall. Top Maine male finisher was Bryan Kuprewicz of Alfred in 37th place. He was clocked in 2:31:18.

Moody finished Boston in 28th

place among the women last year, completing the 26.2-mile course in 2:52:25.

"I felt strong throughout because I made sure I took plenty of water. I finished strong passing three women in the last three miles. This changes my outlook on the marathon. My goal now is to break 2:45."

Best of luck in your future races, Kim. Looks like Kangaroo Shoe Company chose to drop their sponsorship of you at precisely the wrong time!

Boston Marathon

BOSTON (AP) — The first 50 finishers Monday in the 89th Boston Marathon (disqualified, missed check point):

1. Geoff Smith, Great Britain, 2 hours, 14 minutes, 5 seconds.
2. Gary R. Tuttle, Ventura, Calif., 2:19:11.
3. Mark M. Helgeson, Cincinnati, 2:21:15.
4. Lou Supino, Cold Springs, Colo., 2:21:29.
5. Bobby Doyle, Seekonk, Mass., 2:21:31.

6. Teru Mimura, Japan, 2:23:35.
7. Charles Hewes, Keene, N.H., 2:23:35.
8. Daniel A. Dillon, Wellesley, Mass., 2:23:50.
9. Christopher R. Fletcher, Melbourne Beach, Fla., 2:24:29.
10. Norman W. Blair, Arden, N.C., 2:25:23.

BOSTON (AP) — The first 50 women finishers Monday in the 89th Boston Marathon:

1. Lisa Larsen Weidenbach, Marblehead, Mass., 2:34:06.
2. Lynne Huntington, Houston, 2:42:15.
3. Karen E. Dunn, Durham, N.H., 2:42:27.
4. Deborah L. Butterfield, Bermuda, 2:43:47.
5. Vickie C. Smith, Austin, Texas, 2:46:33.

6. Kathleen P. Northrop, Durham, N.H., 2:46:43.
7. Kimberly A. Moody, Portland, Maine, 2:46:51.
8. Mary P. Hynes, No. Abington, Mass., 2:48:57.
9. Elizabeth M. Bulman, Columbia, Mo., 2:50:16.
10. Beth Dillinger, Blacksburg, Va., 2:50:36.

RACE RESULTS

Boston Marathon cont.

Other MTC members who braved the weather and gave it their best shot were:

Harry Nelson	2:50	Peter Bastow	3:14
Bob Coughlin	3:01	Herb Strom	3:23
Russ Connors	3:08	Dave Trussell	3:47
Dick McFaul	3:09	Barbara Coughlin	4:03

Dave Trussell said he "just barely finished - lots of walking in last three miles." John Eldredge and Paul Merrill joined Bob with a DNF. No doubt a very good decision, guys. Sometimes it's best to let them go and shoot for the next challenge!

Russ Connors confirmed that it was deceptively hot, but said he was glad to have participated. He especially appreciated the warm hospitality of Mr. and Mrs. Eugene Cronin who, as in past years, opened their Hopkinton home to all Maine runners.

1985 Frank Sabasteanski Memorial Polar Bear Run Bowdoin College, April 14th 10K - 60 Finishers

1. Paul Kehoe	32:34	7. Bob Jolicoeur	37:03
2. Bob Hunt	33:42	8. B. Crehore	37:26
3. Floyd Wilson	34:13	9. Steve Salter	37:37
4. Mike Cirillo	36:38	10. Glenn Waters	37:42
5. Mike Perry	36:41	38. Elizabeth Jurkowski	43:12
6. Mike Towle	36:42	(First Female)	

The Kerryman Pub Road Race - March 17, 1985

In last month's newsletter we included a reprint of the finishing times for the Kerryman Pub Road Race as they appeared in the Portland Press Herald. However, the paper only listed the first 200 finishers (310 runners completed the race). Here are the finish times for those MTC members whose names didn't appear in the paper:

212. Russ Bradley	29:27	271. Howard Jackson	32:00
213. Joan Lavin	29:30	274. Brenda Cushman	32:14
219. Patricia Rulman	29:51	279. Maggie Soule	32:28
238. Nancy Stedman	30:40	297. Ted Cunningham	34:28
249. Donald Johnson	31:09		
261. Jodi Morong	31:28		

Penn Relays - April 27, 1985

Russ Connors reports that daughter Virginia, representing Boston College at this year's Penn Relays, finished 7th overall with a time of 35:31. The women's winning time for this 10,000-meter race was 33:14. Congratulations, Virginia. Keep up the good work!

This month's newsletter courtesy of



Q. Can drinking regular coffee cause cancer?

A. Although one study conducted by the Harvard School of Public Health suggested an association between regular coffee and cancer of the pancreas, other studies have disagreed. Additional evidence is necessary before any link can be established between coffee and cancer.



Wall Street Journal, 4/16/85

Boston Marathon Won By Smith, Weidenbach

By a WALL STREET JOURNAL Staff Reporter

BOSTON—Geoff Smith of Liverpool, England, won the 89th Boston Marathon yesterday in an unofficial time of 2 hours, 14 minutes and 2 seconds. Lisa Larsen Weidenbach of Marblehead, Mass., won the women's division in an unofficial time of 2:34:05.

The winners of the annual race ran the 26.2-mile course significantly slower than in many past years, largely because of temperatures that reached the upper 60s, which is considered hot for marathon running. Last year, Mr. Smith won the Boston Marathon with a time of 2:10:34. The record in the Boston race, which was the subject of a recent article in The Wall Street Journal, was set in 1982 by Alberto Salazar, who finished in 2:08:51.



RACE RESULTS cont.

The April Amble was a super race again this year. Susan Stone and Bob Jolicoeur set PRs. Probably many others did, too. Let us know...we'll print. Maine Track Club assisted with the timing.

April Amble - 4-Miler

Westbrook College, April 27, 1985 - 348 Finishers

1. Hank Pfeifle	18:44.79	100. Heidi Bennett	25:36.17 F 3rd Woman
2. Myron Whipkey	19:13.49	115. Gary Monroe	26:07.05
3. Stuart Hogan	19:24.92	121. Bob Cushman	26:17.05
4. George Backus, Jr.	20:10.69	142. Susan Stone	26:47.07 F PR
5. John Hallee	20:16.59	160. Ted McCarthy	27:25.44
11. Harry Nelson	21:52.48	165. Charlotte Hartwell	27:37.80 F
20. Michael Towle	22:19.13	179. Don Penta	28:08.01
25. Joel Russ	22:38.74	181. Eric Worcester	28:10.73
27. Brian Milliken	22:41.60	184. Bill Davenney	28:13.41
28. Robert Payne	22:42.74	191. Joseph Croteau	28:19.44
36. Robert Jolicoeur	23:17.25 PR	202. Jay Wildman	28:41.41
38. Stephen Demers	23:20.83	209. Nancy Stedman	28:52.74 F
41. John Strout(?)	23:25.44	212. Conrad Demers	29:09.21
44. Steve Woodsum	23:32.65	217. Russ Bradley	29:15.22
48. Dennis Smith	23:38.15	218. Joan Lavin	29:16.04 F
53. Frank Ferland	23:43.87	233. Jodi Morong	30:01.30 F
56. Andrew Russ	23:48.65	290. Brenda Cushman	33:27.17 F
57. Jerome Roberts	23:49.69	295. Ted Cunningham	33:59.67
61. Philip Coffin	23:54.65	308. Marie Wood	34:48.86 F
64. Denise Harlow	23:57.95 F 1st Woman	312. Albert Utterstrom	35:05.58
66. Danforth DeSena	24:03.58	325. Patricia Monroe	36:00.10 F
68. Scott Strout	24:15.62	326. Susan Davenney	36:06.45 F
73. Rick Strout	24:31.71	341. Joe Wildman	38:04.74
79. Joseph Isgro	24:50.50	348. Charles Serritella	Last
99. Philip Pierce	25:35.10	? Dave Trussell	?

Congratulations to Harry Nelson and Denise Harlow for being the first MTC finishers, and for Denise's win. You did a great job, Denise, even though our friendly newspaper chose to cut off results at 50, and so didn't even note the first woman finisher.

April 23, 1985

Portland Boys Club Association

Serving Boys and Girls
GEORGE C. NEUBAUER
Executive Director

Mr. Robert Jolicoeur
Maine Track Club
Beacon Lane
Cape Elizabeth, Maine 04107

Dear Bob:

Our Fifty-Sixth Annual Portland Boys Club Patriots Day Road Race was a tremendous success due in part to the assistance of the Maine Track Club.

It was exciting to see Lynn Jennings break Joan Benoit's course record as well as watching the other four hundred eighty three entrants run the race and have everything go so well.

We are extremely grateful for your continued support of our race.

Sincerely,

David E. Paul, Jr.
David E. Paul, Jr., President
Alumni Association

George C. Neubauer
George C. Neubauer
executive Director



RACE RESULTS cont.

Portland Boys Club 5-Miler April 15, 1985 - 456 Finishers

Portland Boys Club Five Mile Road Race April 15, 1985

1. Sam Pelletier, 23:58; 2. Henri Bouchard, 24:27; 3. Andy Kimball, 24:32; 4. Stuart Hagan, 24:39; 5. M. D. Whiskey, 24:48; 6. Rick Green, 25:26; 7. Gene Coffin, 25:32; 8. Dan Paul, 25:42; 9. Brian Flanders, 25:51; 10. Peter Lessard, 25:54; 11. Kim Wettlaufer, 26:07; 12. George Towle, 26:14; 13. Lynn Jennings, 26:24; 14. George Backus, 26:26; 15. Stephen Brown, 26:27; 16. James Maddin, 26:29; 17. Conrad Walton, 26:32; 18. Steven Russell, 26:38; 19. William Sullivan, 26:42; 20. John Hallie, 26:50; 21. Brian Lander, 26:56; 22. Walter Chadwick, 27:06; 23. Kevin Rolfe, 27:20; 24. Frank Brune, 27:21; 25. John Mathieu, 27:27.

26. Greg Nelson, 27:27; 27. Guy Berthelme, 27:28; 28. Ben Millis, 27:29; 29. Andy Benoit, 27:31; 30. Mike Laliv, 27:40; 31. Alvin Bonison, 27:41; 32. Bob Hartley, 27:59; 33. Doug MacDonald, 27:59; 34. John Long, 28:09; 35. John James, 28:15; 36. Mike Gendron, 28:15; 37. Warren Dean, 28:16; 38. Steve Peterson, 28:18; 39. Steve Flint, 28:20; 40. Joel Trumb, 28:25; 41. Judson Kendall, 28:27; 42. Sam MacNeil, 28:28; 43. Mike Farry, 28:29; 44. Guy Lindwall, 28:34; 45. Tom Getchell, 28:40; 46. Tom Thibeau, 28:44; 47. Bob Provost, 28:44; 48. Stephen Harriman, 28:48; 49. Muzzey Burton, 28:54; 50. Dana Bartlett, 28:55.

51. Rich Oliver, 29:05; 52. Eric Champin, 29:05; 53. Patrick Connell, 29:06; 54. Jim Gillis, 29:07; 55. George Liming, 29:07; 56. Andrew Files, 29:08; 57. Phil Venzino, 29:08; 58. Mike Tracy, 29:13; 59. Michael Cameron, 29:13; 60. Joel Russ, 29:16; 61. Jerry Mvatt, 29:27; 62. Smith, 29:34; 63. Randy Jordan, 29:36; 64. Brian Milliken, 29:38; 65. Robin Emery Kappa, 29:39; 66. George Waterhouse, 29:42; 67. Mike Cook, 29:43; 68. Paul Conley, 29:44; 69. Ray Johnson, 29:45; 70. Jeff Arsenault, 29:47; 71. Richard Neal, 29:53; 72. Denise Harlow, 29:54; 73. Fred Kortier, 29:57; 74. Steve Suller, 29:58; 75. Stephen Carlin, 29:59.

76. Ron Cedrone, 30:00; 77. Laura Duffy, 30:04; 78. Bob Talour, 30:05; 79. Michael O'Connor, 30:06; 80. Steve Swan, 30:06; 81. Bob Ingerowski, 30:07; 82. David Silk, 30:11; 83. David Frev, 30:12; 84. Chad Gagnon, 30:15; 85. Thomas Allen, 30:16; 86. Bill Phillips, 30:18; 87. Joseph Meehan, 30:20; 88. Howard Chadbourne, 30:24; 89. Danny Smith, 30:26; 90. Albert Buller, 30:28; 91. Ray Shevener, 30:29; 92. John Edwards, 30:34; 93. Roger Lehr Jr., 30:36; 94. Jim Chapman, 30:37; 95. Summer Weeks, 30:39; 96. Jim Neal, 30:42; 97. Shawn Jeffrey, 30:44; 98. Roger Berle, 30:45; 99. Robert Wright Jr., 30:45; 100. Douglas Andrews, 30:46.

101. Jack McNeil, 30:48; 102. Alan Leathers, 30:49; 103. Debbie Sowyer, 30:50; 104. Dave Dowling, 30:52; 105. Randy Hastings, 30:52; 106. Chuck Massie, 30:55; 107. Scott Straub, 30:56; 108. Joseph Laro, 30:57; 109. Mike Reilly, 30:58; 110. Thomas Bradley, 31:04; 111. Larry Walden, 31:05; 112. Jim Floyd, 31:07; 113. Don Greenleaf, 31:08; 114. Larry Frank, 31:09; 115. Jeff Preble, 31:10; 116. Barry Sargent, 31:11; 117. Jim Clonasey, 31:21; 118. Greg Shulte, 31:27; 119. Les Barry, 31:28; 120. Jeff Jordan, 31:29; 121. Dowling, 31:29; 122. Brad Goodale, 31:32; 123. Rick Straub, 31:33; 124. Donna Hubert, 31:34; 125. Eric Ellis, 31:35.

126. Richard Bard, 31:38; 127. Eric Lagios, 31:38; 128. Dennis Smith, 31:40; 129. Larry White, 31:41; 130. Mark Franco, 31:45; 131. Michael Reopen, 31:46; 132. Don White, 31:47; 133. Jack Reagen, 31:48; 134. Neal Ganz, 31:49; 135. Donald Schossberger, 31:50; 136. Dick MacDonald, 31:51; 137. Terrance Allen, 31:51; 138. Lloyd Crocker, 31:52; 139. Bob Durey, 31:54; 140. Rusty Taylor, 31:55; 141. Perley Haddock, 31:56; 142. Ellen Chandler, 31:58; 143. Terry Clark, 32:00; 144. Peter Carleton, 32:01; 145. Kenneth Cole III, 32:01; 146. Bill Savres, 32:03; 147. Ritchie Loren, 32:07; 148. Bill Childs, 32:11; 149. Albert Pulver, 32:12; 150. Thomas Gator, 32:15.

151. Paul Doll, 32:15; 152. Michael Boyson, 32:17; 153. Steven Margenstein, 32:20; 154. Lawrence Shipkey, 32:21; 155. Jeff Nixon, 32:23; 156. Charles McDaniel, 32:25; 157. Bruce Potter, 32:26; 158. Phil Richardson, 32:29; 159. unknown; 160. Ron Beedy, 32:34; 161. Steve Watts, 32:35; 162. Peter Defroy, 32:36; 163. Gary Langley, 32:36; 164. Bill Povilski, 32:37; 165. Skia Carbin, 32:39; 166. Richard Whiting, 32:41; 167. Douglas Price, 32:42; 168. Richard Wainstone, 32:44; 169. Chris Lyford, 32:46; 170. Phil Laughlin, 32:46; 171. Henry Roper, 32:47; 172. Heidi Bennett, 32:47; 173. Phillip Pierce, 32:48; 174. Joel Sloper, 32:48; 175. Wayne Fordham, 32:49.

176. Chip Savage, 32:49; 177. Raymond Giallo, 32:52; 178. Allison Vankeuren, 32:53; 179. Judy Kelcham, 32:59; 180. Brent DeMichael, 33:02; 181. Robert Tracy, 33:06; 182. Peter Vachon, 33:08; 183. David Peterson, 33:09; 184. James Daw, 33:10; 185. Derton Cleaves, 33:11; 186. James Galiano, 33:12; 187. Dana Weste, 33:13; 188. Marsha Giallo, 33:14; 189. Gehrig Johnson, 33:16; 190. Graft Baber, 33:18; 191. Steve Beale, 33:18; 192. Ann Henaric, 33:22; 193. Jim Bishop, 33:25; 194. Richard Littlefield, 33:31; 195. Peter Carmichael, 33:31; 196. Donald McGilvey, 33:33; 197. Jeff Conley, 33:36; 198. Houghton White, 33:39; 199. Tracey Pooler, 33:40; 200. Gordon Chamberlain, 33:41.

201. Gary Blanchard, 33:45; 202. Raphael DePrez, 33:46; 203. Robert Jordan, 33:47; 204. Thomas Bossols, 33:47; 205. Bruce Campbell, 33:49; 206. Dennis Morril, 33:50; 207. Dave Grant, 33:51; 208. Steve Perry, 33:52; 209. John Murchie, 33:55; 210. Tia Lamarre, 33:57; 211. James Booth, 33:59; 212. Bill Anderson, 33:59; 213. Jerry Saint Amond, 34:02; 214. James Moore, 34:05; 215. Faye Gagnon, 34:06; 216. Karl Sanzenbacher, 34:06; 217. Ronald Guenla, 34:07; 218. Karl Brock, 34:08; 219. Rick Manette, 34:08; 220. Judith Blom, 34:10; 221. Rick O'Brien, 34:13; 222. James Elwell, 34:14; 223. Blair Dwyer, 34:14; 224. Joe Laughlin, 34:18; 225. Terri Jordan, 34:18.

226. Susan Stone, 34:26; 227. David Loober, 34:27; 228. Francis Donohue, 34:27.

34:29; 229. Lee Crocker, 34:29; 230. Neal Workman, 34:30; 231. Dave Over, 34:32; 232. Gladys Dewick, 34:33; 233. Perrin Peterson, 34:36; 234. Paula Stone, 34:38; 235. Dale Rines, 34:38; 236. Gary Monroe, 34:39; 237. William Webster, Jr., 34:43; 238. Josh Gaonon, 34:50; 239. Walter Smith, 34:52; 240. Phil Jones, 34:53; 241. Kevin Darrig, 34:57; 242. Crale Poulin, 34:57; 243. Gary Anderson, 34:58; 244. Paul Marcinuk, 34:59; 245. Michael Cavanaugh, 35:01; 246. R. S. Smith, 35:04; 247. Mike Shuttis, 35:09; 248. Molestier Stewart, 35:10; 249. John Boothby, 35:11; 250. James Solude, 35:12.

251. Robert Connery, 35:13; 252. Bill Brady, 35:14; 253. Andy Abelio, 35:17; 254. Scott Drusi, 35:17; 255. Bill Eliae, 35:19; 256. Tom Hall, 35:23; 257. Bruce Smith, 35:24; 258. Auple Favazza, 35:27; 259. John Pearson, 35:30; 260. Tom Polier, 35:32; 261. George Neubauer, 35:34; 262. Dominic Reali, 35:35; 263. Richard Barnes, 35:35; 264. Brigitte Edouard, 35:38; 265. Amanda Lambert, 35:39; 266. Harvey Rhade, 35:40; 267. Tim Harney, 35:43; 268. Paul D'Amboise, 35:47; 269. David Bodv, 35:47; 270. David Canarie, 35:48; 271. Mike Esposito, 35:51; 272. Ted McConry, 35:52; 273. Charles Rober, 35:54; 274. James Legare, 35:55; 275. Paul Belanger, 35:57.

276. Fred Stone, 35:57; 277. Austin Conrad, Jr., 36:00; 278. Peter A. Walker, 36:00; 279. Jane Doley, 36:01; 280. Tim Boyvan, 36:02; 281. Bryan Dubrev, 36:06; 282. Neal Gaffney, 36:07; 283. Helen Curhan, 36:09; 284. Warren Alpern, 36:11; 285. Bernard Ross, 36:13; 286. Donald Penta, 36:14; 287. Thomas Hill, 36:15; 288. Richard Coffey, 36:19; 289. Maurice Haham, 36:20; 290. Mary White, 36:22; 291. David Conley, 36:22; 292. Jeff Wax, 36:23; 293. Danny Spada, 36:23; 294. John Farmington, 36:24; 295. Kim Schroeter, 36:25; 296. Garrett Clough, 36:26; 297. Harry McMann, 36:26; 298. Dana Seguin, 36:30; 299. Kevin Carley, 36:30; 300. Jeff Marshall, 36:39.

301. Maria Kilbride, 36:39; 302. Richard Black, 36:43; 303. Ed Lopes, 36:47; 304. Dennis Couture, 36:50; 305. Michael Neubauer, 36:53; 306. Martin Ridge, 36:54; 307. Natalie Buzzell, 36:55; 308. Robert Neault, 36:57; 309. John Ouillette, 37:00; 310. Dan Connolly, 37:01; 311. Cath Cocks, 37:06; 312. Lloyd Hatch, 37:07; 313. Peter Pompeo, 37:07; 314. Crale Jones, 37:08; 315. Scott Seal, 37:09; 316. Debbie Muninn, 37:16; 317. Stephen Dewick, 37:19; 318. Dick Goodie, 37:24; 319. Gregory Bacon, 37:25; 320. James Daniels, 37:27; 321. John Voorhees, 37:28; 322. S.M. Hall III, 37:32; 323. Gary Harris, 37:35; 324. Nancy Sledman, 37:35; 325. Peter DeRice, 37:37.

326. John Kosnow, 37:44; 327. Frances Gray, 37:45; 328. Harry Brown, 37:48; 329. Patrick Viola, 37:50; 330. Carrie Jordan, 37:50; 331. Roger Anderson, 37:51; 332. Nate Howgate, 37:53; 333. Michael Millett, 37:54; 334. Dennis Graves, 37:56; 335. Patricia Rudman, 37:57; 336. Sandy Dunbar, 37:58; 337. Michael Doley, 37:59; 338. Patrick Bernier, 38:02; 339. Richard Lemieux, 38:03; 340. Ralph Baxter, 38:03; 341. David Greenleaf, 38:07; 342. Russ Bradley, 38:09; 343. Mark Brown, 38:09; 344. B. L. Pooler, 38:10; 345. William Whiffen, 38:11; 346. Robert Conley, 38:12; 347. Bill Nemits, 38:14; 348. Karen Rolfe, 38:16; 349. Ray Hattleringer, 38:17; 350. Steve Morrow, 38:19.

351. A.M. Houghton, 38:22; 352. Leon Libby, 38:25; 353. Dave Horne, 38:26; 354. Mike McDonold, 38:31; 355. Bill Keeler, 38:32; 356. Wendy Savres, 38:36; 357. Ray Roux, 38:37; 358. Michael Brennan, 38:39; 359. Danny Murphy, 38:47; 360. Michael Dulac, 38:51; 361. Dominic Rozzi, 38:52; 362. David Mosley, 38:54; 363. Thomas Bennett, 38:56; 364. David Flaherty, 38:57; 365. Muffy Floyd, 39:00; 366. Bob Johnson, 39:06; 367. Jerry Cranick, 39:10; 368. William Webster, 39:10; 369. Phil Payson, 39:13; 370. Ginger McPherson, 39:13; 371. Nicole Judkins, 39:14; 372. Donald Johnson, 39:14; 373. Mike David, 39:14; 374. David Kellon, 39:18; 375. Earle Harvey, 39:17.

376. Allen Pusch, 39:20; 377. Jodi Marpan, 39:21; 378. Colton Hitchcock, 39:25; 379. Andrea Lessard, 39:26; 380. J. Brown, 39:27; 381. Steve Ryder, 39:29; 382. Christopher Hayes, 39:38; 383. Paul White, 39:39; 384. Suzanne Arnold, 39:43; 385. Brian Corey, 39:44; 386. Alan Rema-dell, 39:49; 387. Hvia Tracy, 39:57; 388. Terry Ann Lunt, 39:59; 389. James Sellar, s.111; 40:00; 390. Joe Methol, 40:10; 391. Steve Soreff, 40:12; 392. Nicholas Baratta, 40:13; 393. Kathy Greenleaf, 40:15; 394. Terri Morris, 40:16; 395. Michelle Drapeau, 40:18; 396. J. Sean Riley, 40:18; 397. Louis Fournier, 40:26; 398. Neale Brindley, 40:27; 399. Dolly DeConio, 40:35; 400. Melodie Vanasse, 40:36.

401. David Lyons, 40:42; 402. Steven Lyons, 40:43; 403. Chris Sanborn, 40:49; 404. Lynn Siusco, 40:52; 405. Wendy Pooler, 40:54; 406. Michael Fitzpatrick, 40:55; 407. Thomas Courtois, 40:57; 408. Pamela Farley, 40:57; 409. Howard Richard, 40:58; 410. Harry Trask, 41:02; 411. Lillian Musgrave, 41:06; 412. John Caruso, 41:07; 413. Ann McDonough, 41:10; 414. Maggie Buttrick, 41:12; 415. Joyce Goodie, 41:13; 416. William Nugent, 41:14; 417. Diane Hanscom, 41:16; 418. John Evyko, 41:19; 419. Hugh Swickert, 41:21; 420. JAMES Jordan, 41:26; 421. Albert Glasson, 41:27; 422. Sherry Lampron, 41:32; 423. Peter Amendsen, 41:45; 424. Julie Carlin, 42:15; 425. Mary Neff, 42:19.

426. James Carroll, 42:29; 427. Jan Phillips, 42:45; 428. PATTIE Lorrivee, 42:47; 429. Steve Stetson, 42:49; 430. Brenda Cushman, 43:07; 431. Ronald Cushman, 43:09; 432. Rolfe Kowher, 43:10; 433. Donna Barnes, 43:13; 434. Joseph Simakalis, 43:27; 435. Dave Zelenik, 43:43; 437. Kay Pelletier, 44:07; 438. Carol Wooten, 44:25; 439. Preston Mavor, 44:45; 440. Michael Carlton, 44:52; 441. Cheryl Pooler, 45:06; 442. Ted Cunningham, 45:09; 443. Kathryn Jordan, 45:34; 444. Ruth Hattleringer, 45:42; 445. Lloyd Holmes, 45:52; 446. ROLLY Stickney, 46:40; 447. Unknown, 46:53; 448. John Virginia, 48:06; 449. Irene Johnson, 47:57; 450. Nancy Peters, 48:17; 451. Nancy Currier, 48:42; 452. Frank Lona, 49:02; 453. Unknown, 49:11; 455. Joe Willman, 50:20; 456. Dr. Charles S. Little, 50:20.



BOYS CLUB VOLUNTEERS

Dave Paul, Race Director, wishes to thank all volunteers who assisted the Boys Club road race:

Mike Towle (Emergency Times)	John Keller	Laurie Quint	Carol Hanson*
Arnie & Grace Amoroso	Sandy Utterstrom	Elaine Regina	Diane Eakin*
Laurie Munson	George Nason	Dick Lajoie	Jeff & Mel Paul
Ken & Jane Dolley	John Gale	Bob Cushman	Dick Goodie**
George Nadeau	Ken Hutchins	Steve Woodsum	Marie Wood

*Non-member

**Thanks for being there, Dick!



Staff photo by Merry F.

Leading a swarm of humanity

Dave Paul, Race Director, showed us how to put on a great race again this year. Dave got lots of new sponsors, including Pepsi Cola and the Portland Press Herald. As a result, did we get good press coverage? You bet we did as you can see on this page.

See full results of 456 finishers reproduced with members underlined. Congratulations to Joel Titcomb and Denise Harlow for being first male and female MTC members to finish. Susan Stone and Neal Workman set PRs in the race. Nice going, Susan and Neal! Neal also ran a PR on April 6 at the Feed the Word 10K in Washington, DC in a time of 46:05.



“Laughter is a form of internal jogging. It moves your internal organs around. It enhances respiration. It is an igniter of great expectations.”

Norman Cousins
(1915-)
Human Options

Sam Pelletier, wearing No. 1, gets off to an early start in the Portland Boys Club race Monday. He lived up to his ranking by streaking to his third straight Patriots' Day win Monday. Lynn Jennings, a national caliber middle distance runner, smashed the women's record and was 13th overall. More photos and stories about this race and the Boston Marathon on Page 7.

Jennings, Pelletier cruise in Boys' Club five-miler

By ALLEN LESSELS
Staff Writer

Lynn Jennings made a triumphant return and Army optometrist Sam Pelletier won his third straight title by half a minute in the 56th annual Portland Boys' Club five-mile road race in warm, cloudy conditions Monday.

Jennings, one of the world's elite middle distance runners, was the top female in the 1977 Boys' Club race, beating Joan Benoit by half a minute. Jennings turned in a 28:20 that day, one second off Benoit's record, which had been set the year before.

After Jennings, no one had come closer to Benoit's record than 46 seconds — until Monday. Jennings took almost two minutes off the mark with a time of 26:24.98, earning her 13th place overall.

Jennings, 24, a Princeton graduate, is a native of Harvard, Mass., now living and training in Lee, N.H. All of her training is aimed at the 10,000 meter national championships in Indianapolis in June. One finisher in each event at Indianapolis will qualify for the world championships in Canberra, Australia in October. Jennings ran the PBC as a tuneup for next week's 10 kilometer Milk Run in Boston.

"I didn't come here to break a record or to win. I just came to test my fitness. The rest came along with it and that's nice," Jennings said. "I really like it here. It's a low key event and I treasure that."

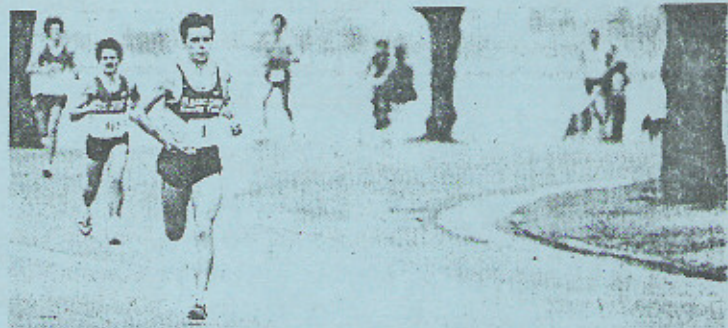
"It's the antithesis of everything the Boston Marathon is these days. I enjoy coming up here and hanging out in the Boys' Club."

Pelletier, who won last year's race by almost a minute over Hank Pfeifle in a record time of 23:33, was again without serious challenge in leading the field of 456 finishers to the tape. St. Joe's senior Stu Hogan kept pace with him for the first two miles, but then fell back. Henri Bouchard of Orono, in his first race since winning the Casco Bay Marathon last fall, finished second. Andy Kimball of St. Joe's and Hogan were third and fourth.

Pelletier, a Ft. Kent native and West Point resident, said he did have a record in mind, though his training had been slowed slightly by ankle problems and the flu.

"I was still in good shape and I wanted to break the record," he said. "But you can't have everything. This shows how fast I was going last year in terrible conditions. Hank was telling me it was fast last year, but I guess I didn't realize it until I saw how hard I was racing today and I barely broke 24 minutes."

M.D. Whipkey of Portland, Rock Green



With Back Cove as a backdrop, Sam Pelletier widens his lead on Baxter Boulevard.



Lynn Jennings was the easy women's champ, smashing Joan Benoit's record and finishing 13th overall.

of Portland, Gene Coffin of Westbrook, Dan Paul of Portland, Brian Flanders of Portland and Peter Lessard of Winslow rounded out the top 10.

Robin Emery Rappa, 38 and an eight

time champion, was the runnerup woman for the second straight year and the third time overall in 29:39. Denise Harlow, a 14-year-old Catherine McAuley freshman, took two and a half minutes off her time from last year to finish third, just 17 seconds behind Rappa.

Laura Duffy, Debbie Sawyer, Donna Hubert, Ellen Chandler, Heidi Bennett, Allison Vankeuren and Judy Ketcham rounded out the top 10 women.

Bouchard, who turns 24 today, was thrilled with his second place finish. He was one of St. Joe's top runners in the 1983 season before transferring to the University of Maine at Orono. Since beating Rock Green in the Casco Bay Marathon last fall, he hadn't been able to race because of an intestinal problem, though he could train.

He stayed back around fifth place in the early going. "I like to hang back and generally do. It worked for me one time when I was out of shape and I thought 'wow, think what it'll do if I'm in shape.'"

While he reeled in all but one of the runners in front of him, Bouchard didn't have any dreams of catching Pelletier. "If I had, he probably would have zipped off. He's chasing the world's best."

Bouchard doesn't have long term goals and plans to keep running shorter distances.

"I want to stay relaxed so I can really get over my intestinal problems. A shorter race, if you blow it, there's always next week. In a longer race, like a marathon, if you blow it you end up lame and sore and a month of training goes down the drain."

"I'm not going to get into any more pressure for a while."

MINUTES OF THE MAINE TRACK CLUB
April 10, 1985

President Bob Jolicoeur called the meeting to order at 7:14 p.m.

Guests included Tara Jolicoeur, and new members introducing themselves included Jodi Morong, Elaine Legere, Patrick Dugas, and Greg Stanley.

Vice President Jane Dolley then introduced the speaker for the evening, Dede Herlihy, a technical representative for the Nike Shoe Company. Ms. Herlihy made some noteworthy comments about our good friends, The Maine Rowdies, showed video tape highlights of the 1984 Olympics, and proceeded to demonstrate the latest line of Nike men's and women's running shoes.

Nike utilizes an air cushioning system involving pressurized gas. The new line was described briefly as follows:

Epic (\$100) - Men's and women's replacement for the Odyssey; a straight-
lasted shoe, good for pronators.
Vector (\$59.95) - Straight-lasting.
Dauntless (\$44.95) - Straight-lasting.
Vortex (\$59.95) - Curve-lasting, good for supinators.
Pegasus (\$49.95) - Curve-lasting, comes in widening.
Omega (\$36.95) - Curve-lasting with no air cushioning, called Nova in
the women's model.
Vengeance (\$59.95) - The lightest of the line, good for extreme
supinators, A training flat that can be used as a racing flat.

Racing Flats: Axis (\$49.95) - 8 ounces and straight-lasting.
Air Edge (\$59.95) - 8 ounces, curve-lasting, and replaces
the Myria.
Spiriton (\$49.95) - 5 ounces.
Pursuit (\$39.95) - 8 ounces, replaces Elite Classic.

Also mentioned in passing were the Zumax, a spiked shoe, and the waffle racer.

Ms. Herlihy entertained several questions from the audience.

Vice President Jane Dolley then introduced Sherri Cohen who spoke briefly about the Special Olympics which will be held May 31st, June 1st, 2nd, and 3rd at Colby College. A videotape of last year's Special Olympics was shown and MTC members were invited to help with the upcoming Olympics.

Following a short break in the program, the business meeting proceeded, chaired by Bob Jolicoeur.

Treasurer Rick Strout reported that there was \$2,636.32 in the MTC Treasury on February 28, 1985, and \$4,768.81 on March 31, 1985. \$3,955.00 has been raised for the Baxter Boulevard Running Path. President Jolicoeur commented that fund raising efforts for the path had fallen a little behind. Union Mutual has pledged to donate \$5,000 or match the largest donation, whichever is least. Projected costs are approximately \$30,000 for the 2-mile path. Ground-breaking is now scheduled for May 15, 1985.

Art Quint coordinated the Race Committee Report since Charlie Scribner has pneumonia. Take care, Charlie.

MINUTES cont.

Dave Paul - The Portland Boys' Club Race looks good and will have live coverage by two radio stations.

John Keller - Looking for volunteers for the Bob Rice Memorial Race on May 12th.

Phil Pierce - All is set for the Falmouth race on May 5th.

Bob Coughlin - Needs volunteers for the Officer Friendly Race on June 9th.

The Perfect 10K, scheduled for July 14th, will be a fund raiser for the Baxter Boulevard Path.

The Kidney Foundation has approached the MTC regarding conducting a 10K race on October 6, 1985 as reported in last month's newsletter. The Club needs a race director. Members were asked to contact Bob Jolicoeur or Charlie Scribner to volunteer.

Considerable discussion ensued regarding the timing of the Casco Bay Marathon. Consensus was reached that the MTC would recommend October 13, 1985 over September 1, 1985. Strong preference was shown for a 7:00 a.m., start instead of 6:00 a.m., or 12:00 noon. President Jolicoeur will communicate this information to Rebecca Amsden of Union Mutual.

A letter from Danforth DeSena was received regarding help on a Columbus Day Race with the host being the Italian Heritage Club. Columbus Day is October 14th, the day after the Casco Bay Marathon. After much discussion, it was decided to regrettably decline this invitation because of an overcrowded schedule at that time of year.

Sandy Utterstrom, our able clothing manager, stated that the wind suits are in. Continuing discussion on running shorts ensued, and since the Club decided last month to go with interior linings, this month's discussion revolved around the color - white or yellow. After considerable contemplation, yellow emerged as the chosen color.

Herb Strom invited material for his Master's Column in Maine Running & Outing Magazine.

Bob Payne informed the Club that he is staying at the Lennox during the Boston Marathon, and all members were invited to visit after the race.

Russ Connors also extended an invitation to members after the Marathon, saying that he was staying at the Howard Johnson's on Stuart Street.

Jane Dolley distributed new race results forms for use by members.

President Jolicoeur updated us on the RRCA Convention in Atlanta. He will be making a presentation to the Executive Committee regarding MTC sponsoring the 1986 RRCA Convention in Portland. Considerable discussion ensued regarding what, in fact, will be involved and what exactly will be the Club's financial and manpower commitment. Bob noted that two races would be held in conjunction with the Convention, one being a national championship race. Because of member concerns, a motion was made as follows:

"President Jolicoeur will make a formal presentation to the membership at a meeting spelling out in detail the ramifications of hosting the RRCA annual convention in Portland."

Moved by Ken Dolley, seconded by Barb Coughlin, passed without opposition.

President Jolicoeur then briefly mentioned two more topics: 1) races with prize money; and 2) coverage of road races in our local papers, with more to be said about each topic in the coming months.

The meeting adjourned at 9:32 p.m. - Phil Pierce, Secretary

MINUTES OF THE MAINE TRACK CLUB
APRIL 24, 1985

A Special Meeting Regarding the Proposed Hosting
of the 1986 National Convention of the
Road Runners Club of America

President Bob Jolicoeur called the special meeting to order at 7:10 p.m., in the Nichols Room of the Maine Savings Bank. Special guest at the meeting was Trudy McNulty of the Portland Convention and Visitors Bureau. Trudy, Bob, and Jane Dolley have put together a promotional package which Bob will formally present at the May, 1985, RRCA National Convention in Atlanta, Georgia.

Last year, the Convention was held in Michigan City, Indiana. This year, Maine Track Club appears to currently be the only serious contender for the 1986 Convention. An Iowa club recently backed out of contending due to a law suit involving sale of t-shirts, sales tax, and the State of Iowa. It was pointed out by Bob that hosting the National Convention has the potential for turning the Maine Track Club into a very dynamic, high visibility organization with an additional effect of significantly increasing our membership.

Trudy McNulty was introduced by Bob and explained the role of the Convention Bureau, stating that she was currently working on 146 conventions. She pointed out that the Bureau and the RRCA would be helping a lot, that Maine Track Club was not out there alone - not in over our head. A lot of resources would be available. The speakers and awards are done by RRCA; the hotel space is already booked, and enough Maine Track Club members appear to be willing to head up committees.

Correspondence with RRCA as well as this year's RRCA National Convention agenda was passed out for review and comment. Trudy then presented a proposed format for a May 2 through May 4, 1986, National Convention including an 8K race on Friday, May 2, Clambake and other activities on Saturday, and a ½ marathon on Sunday, May 4. Hotel costs would be reasonable, i.e., Holiday Inn single @ \$51/night; double @ \$61/night.

Maine Track Club members then began to think through and conceptualize the organization of the Club's projected 1986 activities around this event, e.g., moving the Cape Challenge up from September to May, coordinating activities, volunteering vacation time (Bob Jolicoeur, Rick Strout, and others). Consensus was reached that Maine Track Club had enough members, enough volunteers, enough resources, and enough enthusiasm to pull this off in grand style. Bob volunteered to head the whole thing up and see it through to its logical conclusion, and several others committed themselves publicly to support the project. Consensus on the matter was clearly and conclusively reached.

Following the settlement of these issues, President Jolicoeur requested information for the newsletter.

Upcoming races were announced and discussed.

The issue of communication and coverage in local newspapers was raised. Complaints are occurring in that local newspapers are not covering races and listing all the runners. President Jolicoeur discussed the recent excellent coverage of the Portland Boys Club Race, the Boston Marathon, and profiles on Paul Merrill and Kim Moody. Charlie Scribner mentioned that the Portland Press Herald had recently published their "policy," stating that they would cover certain specified races fully and other races in a limited way - up to the top 100 finishers. Bob stated that he was putting out news releases, e.g., announcing MTC speakers, which were sometimes published and sometimes not published.

MINUTES OF SPECIAL MEETING cont.

It was suggested that MTC work more closely with the Portland papers, and Tom Welch in particular, in an effort to get better, fuller, and more consistent coverage. Phil Pierce suggested that perhaps a public relations (PR) person was needed to write articles for publication in the local papers, and for publication in Maine Running, New England Running, and national running publications.

Meeting adjourned at 8:20 p.m.

Phil Pierce, Secretary

UPCOMING RACES NEED HELP

Members are urged to call John Keller to help with the Bob Rice Memorial Race, May 12th (morning). John still needs 5 or 6 volunteers.

Bob Coughlin has two races coming up: Terry Fox on May 19th and Officer Friendly on June 9th. Help needed for both. Traffic guides, water stops, etc.

July 14th Running Path benefit - 2 races. Let's all work these races for Doug Ingersoll. We still need an MTC lead contact to coordinate our involvement. Please call Charlie Scribner or Bob Jolicoeur to sign up.

A race director is also needed for the October 6th Kidney Foundation benefit races. It's not too early to get started on these races.

Get the satisfaction of helping to conduct a road race and make friends fast with your fellow Club members. There's no better way than to pitch in and help. You'll also gain experience and learn leadership in road race management for your own future benefit.

GROUP RUNS

Please refer to last month's newsletter for a complete list of group runs. If you can't find your copy, call Bob Jolicoeur or any other member for the info.

COURSE MEASUREMENT

Don Penta, Ted Cunningham, and Bob Jolicoeur successfully measured the Maine National Bank 5-mile course on Sunday, April 28th and found the original course a little short. The Club will recommend the start line be moved up to Monument Square this year to compensate. Charlie Scribner also showed up with his bicycle for part of the time to lend his assistance.

Course work started at approximately 8:00 a.m., and was finished shortly after noon in spite of a problem with the Clain-Jones devise. It seems Bob Jolicoeur neglected to oil it and at one point it simply "locked itself up."

Someday we'll get it right, Lester!

THE MASSACHUSETTS
DIETETIC ASSOCIATION
RECOMMENDS:

Calories burned by exercising

Activity		110 lbs.	130 lbs.	150 lbs.	170 lbs.
Running	6 min./mile	13.9	15.6	17.3	19.1 cal./min.
	7 min./mile	12.2	13.9	15.6	17.4
	8 min./mile	10.8	12.5	14.2	16.0
	9 min./mile	9.7	11.4	13.1	14.9
Swimming	crawl - fast	7.8	9.2	10.6	12.0
	crawl - slow	6.4	7.6	8.7	9.2
Cycling	9.4 mph	5.0	5.9	6.8	7.7
	13 mph	8.5	10.0	11.5	13.0



To lose one pound of fat in a week, you need to burn 500 extra calories on a daily basis for healthful weight loss. The Mass. Dietetic Association suggests that you subtract 250 calories of food and add 250 calories of exercise.

UPCOMING RACES - MAINE

- * 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 - Windham Rotary Four Mile Classic - 4 miles at 10:00 a.m., Windham High School on Rte. 202. Peter Connolly from Windham High School is Race Director.
- 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 11 - Rocky Coast Road Race - 10K at 10:00 a.m., Boothbay Region YMCA. Runners' Clinic Friday, May 10 at the Y. Contact Jay S. Krouse at 633-2435.
- * 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 12 - 1985 National Hospital Week 5-Miler & Fun Run - 1-mile Fun Run, 10:45 a.m.; 5-miler, 11:00 a.m., at V.A. Medical Center, Rt. 17, Togus, ME. 1-miler - \$2 pre-reg; \$2.50 race day. 5-miler - \$3.50 pre-reg; \$4.50 race day. All proceeds to be donated to "USA for Africa." Contact: Chris Bovie, 7 Page St., Hallowell, ME 04347 623-1033(H); 623-8411 x271(W).
- 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 18 - Winter Harbor Dash and Thrash Biathalon - 5 mile run and 11.4 mile bike loop. Teams encouraged. Acadia National Park Navy Base. Contact Pat Stumbras or Bill Wiedner at 963-5534.
- * 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, Maine. 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, Maine. Fee - \$4 pre, and \$6 race day - each race. Contact Kathy Eon at Saco Defense.
- May 19 - Helen P. Knight - 5K at 1:00 p.m., Downtown Mall, Caribou. Contact Conrad Walton of Aroostook Musterds.
- * May 26 - Maine Coast Marathon - 7:00 a.m., Kennebunk, Maine. Contact MSRC at 284-8401 or 934-5390. Big group from MTC running this one!
- May 27 - The Inn Race - 5 miles at 11:00 a.m. at Sports Inn, Caribou. Contact Nancy Jackson of Aroostook Musterds.
- June 1 - Subluxation Shuffle - 10K, 5K at 9:00 a.m., Caribou Country Club. Contact Mike Mendonca of Aroostook Musterds at 764-3842.
- June 8 - Camp Ketcha 5-Mile Run - 10:00 a.m., Camp Ketcha campgrounds, 336 Blackpoint Road, Scarborough. Contact Bill Trefethen at the Camp.
- June 8 - Triathlon - 10:00 a.m. at Recreation Dept., in Caribou. Contact Kathy Mazuchelli of Aroostook Musterds.
- * June 9 - Officer Friendly Children's Run - Contact Bob Coughlin (Maine Track Club).
- June 9 - Sanford Unitarian Road Race - 4 miles, 8:00 a.m. Contact Paula Lepore, 14 Greenaway Avenue, Springvale, Maine 04083 (324-0417).
- June 15 - Lions ½ Marathon - 9:00 a.m., Bicentennial Park, Presque Isle. Contact Eddie St. John of Aroostook Musterds.
- June 21 - Doc's Tavern - 3 miles at 7:00 p.m. Report to Doc's Tavern located behind Franklin St. Fire Sta., Biddeford. Contact Mike Dineen - 282-3619.

UPCOMING RACES cont.

- June 23 - Maine National Bank - 5 miles. Contact Mike Stone at Maine National.
- June 29 - Mountain View - 5K at 9:00 a.m., Limestone High School, Limestone, Maine. Contact Peter Cuff of Aroostook Mustards at 325-4541.
- June 29 - JB Run - 4 miles at 8:45 a.m., SMVTI, South Portland. Contact Walter Burke, Jr., at Jackson Brook Institute or South Portland Chamber of Commerce.

Out-of-State and Country

- May 5 - Apple Blossom 5-Miler - 9:00 a.m., Londonderry, NH. Contact Mike Beeman at (603) 432-4117.
- May 5 - Martha's Vineyard Road Race - 8.5 and 3.1 miles at 1:00 p.m. from Martha's Vineyard High School (Mass.). Contact Margaret or Malcolm Dunkley at (617) 693-4507.
- May 11 - Jack Sharkey Red Oak Hill Classic - 4.75 miles at 11:00 a.m. from Epping Central School, Epping, NH. Contact Scott G. Brown at (603) 679-8432.
- 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 18 - Diet Pepsi 10,000 Meters Series - 9:00 a.m. from Elm Street Junior High School, Nashua, NH. Contact Gate City Striders, P.O. Box 3692, Nashua, NH 03060.
- 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.
- May 19 - Cambridge Family YMCA - 10K and 3 miles at 10:00 a.m. from the YMCA at 820 Mass. Ave. Cambridge, MA. Contact the Y at (617) 876-3860.
- May 19 - Holyoke Marathon - 11:00 a.m. Start and finish at Mountain Park. Contact Walter Childs, P.O. Box 1484, Springfield, MA 01101, or call (413) 566-3145.
- June 15 - Grandma's Marathon - Duluth, Minnesota at 9:00 a.m. Contact (218) 727-0947.
- June 15 - Marathon Do Rio - Rio de Janeiro. Contact (215) 628-3322 for travel arrangements, or call Jose Werneck at (021) 264-4422 R.573.

Many other races...forms available. Contact Bob Jolicoeur for Battlegreen 10K Run, Lexington, Mass. June 2 at 1:30 p.m. Two races in Brockton, Mass., on June 2; a 10K on June 8 in Portsmouth, NH; two races on June 9 in Dedham, Mass.; a 10 mile run in Sudbury, Mass., on June 15.

Triathlons

May 19

Marblehead Neck Triathlon. Marblehead, MA. Starts 1:00 p.m. at North Shore Jewish Community Center. Entry fee \$20. Individuals only. 500-yard pool swim, 5K run, 12-mile bike. Limited to 200. For entry form send SASE to John Lathrop, North Shore Jewish Community Center, 4 Community Rd., Marblehead, MA 01945, or call (617) 599-0322.

June 8

Riviera Beach Triathlon. Dennis, MA. 1/4-mile swim, 12.4-mile bike, and 4-mile run. Entry fee \$25. Limited to 400. For entry form send SASE to Riviera Beach Triathlon, Box 683, Dennis, MA 02638, or call (617) 385-5533 or 394-4039.

June 16

The San Diego/Dos Equis Sprint Triathlon. Centerville, MA. Starts 9:00 a.m. Craigville Beach. 1/4-mile swim, 8-mile bike, 3-mile run. Entry fee \$35 until June 1, post-entry \$45. Limited to 600. For entry form send SASE to Sprint Triathlon, Box 626, Centerville, MA 02632, or call Tri-Sports at (617) 778-6789.

June 16

Fourth Annual Androskoggin Triathlon. Lewiston, ME. Starts 10:00 a.m. Registration 9:30 a.m. Entry fee \$40 per three- or four-person team, \$25 per two-person team, and \$15 for individuals. For entry form call (207) 783-2249.

June 16

6th Annual Malden Hospital Bay State Triathlon. Medford, MA. Starts 7:00 a.m. Entry fee \$40. 1-mile swim, 40-mile bike, 10-mile run. Limited to 350. For entry form send SASE to Dave McGillivray Sports Enterprises, Inc., 430C Salem St., Medford, MA 02155, or call (617) 396-3001.

June 23

New England Triathlon Series - Connecticut. Farmington, CT. Starts 7:00 a.m. Entry fee \$40. 2-mile swim, 40-mile bike, 10-mile run. For entry form send SASE to Dave McGillivray Sports Enterprises, Inc., 430C Salem St., Medford, MA 02155, or call (617) 396-3001.