

# Maine Track Club

MAY 1987

Run with a friend ...



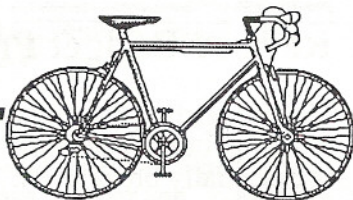
## UPCOMING MEETINGS

**Membership Meeting:**  
**Wed. May 13 at 7 pm**  
**SMVTI in South Portland**  
**Machine Tool Auditorium**

### GUEST SPEAKERS FOR MAY

On May 13 at the MTC membership meeting, Dr. William B. "Tony" Owens and Marcia Libby will be providing the membership with an opportunity to learn more about Portland's own Human Performance Center. Established to serve the needs of both athletes and non-competitors, the Center offers Multiple Level Exercise Tests (MLET), blood chemistry analysis, nutritional counselling, and much more (for further detail, see the article on page ). Both Marcia and Tony promise a terrific show for their presentation. Make sure you're there...

## Bicycle Social



Join us for two "Pie Rides" on Thurs. May 14 and Thurs. June 4. The rides leave from the MillCreek Shaw's Parking lot at 6 pm sharp (meet at 5:45) and go approx. 7 miles out to Spurwink Country Kitchen for their world famous pie, then back to Shaw's. Think about bringing your bike to work, take an extra sandwich for dinner and join us for dessert. Deb Hewson is leading this series in conjunction with the Casco Bay Bicycle Club.

### In this issue don't miss:

- some west coast race experiences by Bruce Ellis & Jerry Allanach
- behind the scenes at the Cherry Blossom
- description of Terry Owens' new Human Performance Center
- Fast Phil's "Edge" column leading up to the "Boston" starting line
- Current race results from the Boy's Club, Oakhurst and Boston events
- meet members Ruth & Peter Hall in Kathy Christie's column
- and much, much, more....

## MTC Yard Sale, May 9th

Please bring items for the yard sale to be held at Nancy Stedmans house to her house on May 6, 7, or 8. If you can put a price on them, great. Otherwise, Nancy will do it. The proceeds from this sale will be used to help offset the growing costs of running your club. Bring whatever you even remotely think will sell. Items which don't sell will be donated to a local charity.

### RUNNING CLINIC OFFERED

New Routes Inc., is offering a four session running clinic beginning Tuesday, May 19. Cheryl Bascomb, a member of the Maine Track Club, will be teaching the course. The course is designed for intermediate level runners (anyone capable of 50 minutes of consecutive running at any pace) who want to increase their efficiency and improve their racing. The clinic will run from 5:30-7:00 pm on Tuesdays at the Portland Expo Track. Over the four sessions, participants will learn how to use speedwork, hillwork, and strength to make their running more fun and productive. For more information, please call New Routes in Brunswick, 729-7900, or come to the May 13 MTC membership meeting.

Many thanks to the sponsors and patrons of the monthly newsletter. Last month was the first month we tried this form of support and it has made a significant difference. This issue has also been well supported and will enable us to use First Class postage and stay within our budget. For more information on becoming a patron or sponsor see the last inside page.

PRIME SPONSOR  
FOR THIS ISSUE OF THE NEWSLETTER

## The Human Performance Center

providing state-of-the-art aerobic  
assessments for the runner

15 Lowell Street  
Portland, Maine 04102  
207-772-0637



## EDITOR'S COLUMN

This month's newsletter is chock full of good stories and meaty issues - not to mention plenty of race results. This is due to members contributing articles of general interest to the club which is as it should be. The more contributions we get, the better the newsletter. Besides the many contributing authors to this issue, I want to thank all the sponsors and patrons who have generously contributed to the newsletter. Due to their generosity, the April newsletter only cost the club \$7.00 plus postage. This will allow us to mail first class and end up the year with a balanced budget. If you feel so inclined, the newsletter can use an average of 5 or 6 new patrons each month. And, its tax deductible.

The confusion in the chutes at the Oakhurst Milk Run has generated some comment from members and will lead to workshops on volunteering, contingency planning, etc. Your race directors work long hours in planning and organizing the races and I hope everyone reads the item on volunteering elsewhere on this page.

### VOLUNTEERING

The principal activity of the Maine Track Club is to organize and manage foot races for the benefit of the club members and the general public. Every member is expected to volunteer for a minimum of 3 races each year. Most races take a minimum of 30 to 40 volunteers, usually more. Lately the race directors have been having a hard time getting enough volunteers. There is a temptation to want to run in all the races, but this places an unfair burden on those who volunteer to work the races. So, please volunteer. The best way to do this is to decide which races you are willing to volunteer for (see schedule in this newsletter) and then call Jane Dolley (846-6018) who is the new race director manager. She will refer your name to the appropriate race director and you will be given specific times and assignments by the race director.

### TO ALL NEWSLETTER CONTRIBUTORS

With very few planned exceptions, the newsletter goes to the printer the beginning of the forth week of each month. Therefore, any contributions for the newsletter should be in the hands of the editor by the weekend preceeding the forth week. This weekend is always 10 days after the monthly membership meeting, which is always the second Wednesday of each month.

The Maine Track Club Newsletter is compiled monthly. Circulation 400. Related material may be copied with acknowledgement. Design and layout by Deb Hewson. Editor: Fred Beck

## RUN WITH A FRIEND

Listed below are some of the groups who do regular weekend runs. If you are interested in running with any of them, call the number indicated. If you would like to have your group listed, would like to start a group in your area or are tired of running alone, call Fred Beck at 846-3111 (H) or 846-9065 (W) and your listing will show up in the next newsletter.

### Yarmouth

Ken and Jane Dolley's house  
Sunday AM  
up to 15 miles;  
Pace: about 8 min/mile  
Call Jane Dolley, 846-6018

### Cape Elizabeth

Cape Elizabeth High School  
Saturday AM  
10-12-15 miles, with options  
Pace: variable  
Call Russ Connors, 799-8240

### CYCLE WITH A FRIEND

If you are interested in cycling with a group, contact Nancy Stedman at 774-4013.

Where? Portland  
When? Saturday AM  
Distance? 25-30 miles  
Pace? moderate  
Terrain? variable

## Revised Budget Projection

Your executive committee went back to the drawing board and came up with a budget which is essentially break even. This is an improvement over last month's projection which showed a \$4000 negative cash flow.

### Income

Patron donations	\$1000
Memberships	4000
Scholarships	300
Clothing	1000
Potluck dinners	600
Road Races	3900
Miscellaneous	100
Interest	300

\$11,200

### Expenses

Clothing	1500
Scholarship	300
Progressive Dinners	300
Newsletter	2310
Printing	1000
Postage	800
Races	2400
Film	250
Speakers	600
Insurance	625
Memberships	300
Race Management Conf.	500

\$ 10885

"Profit" \$ 315



# Catalina Marathon - March 29, '87

by Jerry Allanach

Awesome!! Breathtaking!! Unbelievable!! None of the old one-word cliches even begin to describe this marathon. I'll attempt to provide you with a little bit of insight into this very unusual marathon.

In spite of its uniqueness, very few people have even heard of this event. The reason is found in a bona fide need to keep this race small, normally limited to 400. The race organizer has to deal with transporting runners about 25 miles out into the Pacific Ocean and the course winds through a natural conservancy created by the founder of the Wrigley Chewing Gum Co. The purpose of the conservancy is to preserve the bulk of the island in its original state and public access to most areas is via permit only.

I've never attended a race with so little talk of anticipated finishing times and places. Everyone talks only of finishing and surviving. I also found a very special feeling of closeness in the atmosphere.

The weekend begins with a check-in for a chartered boat at 8:30 A.M. on Saturday. All around you people are shaking hands, hugging each other, and renewing friendships. Most are proudly wearing T-shirts, hats, pins, etc. awarded to finishers in previous years. I'm sure there is no other race with as high a percentage of repeat performers. I met only two others that had not run this event at least once before.

We then took a leisurely boat ride to the resort community of Avalon where a few people who were staying in motels got off and several more who had spent Friday night in Avalon got on. After another 1½ hours of riding along the island coastline we arrived at our campsite. On the way, Jamie Miller, a second time runner, warned me about the exceptionally heavy dew on the island and offered to share his tent with me.

We spent the afternoon setting up camp and talking about the course. I must have seen at least 30 Western States 100 T-shirts. There were very few runners that were not Californians and most who weren't had run this before. We had one individual fly back from his London job assignment to run his 9th Catalina and 2 doctors left a convention early to catch a helicopter to the island for the 7 A.M. start. One of the other first timers was Harry Cordellos, a blind man. Harry was there to run his 99th marathon (his first was in 1968) and plans on this year's Boston for number 100. This inspirational man is also a world class water skier. In this race maybe being blind was an advantage. After seeing those mountains no one in their right mind would run!!

In the evening the race committee provided a nice pasta dinner, including a fabulous vegetarian lasagna. Later that evening a ranger showed slides and provided a brief history of the island.

Between the usual pre-race excitement and anticipation and the barking of the California sea lions, I didn't get much sleep. Nonetheless, I felt great at the starting line, with approximately 500 other runners.

The course started out rather easily, about ¾ of a mile on a gravel road at the edge of a 150 foot cliff overlooking the sea. Then we came to the first hill. Not bad, about as steep as the North Street hill approaching Colby College and it was only about 2½ miles long!! At the top we could see beautiful landscape and ocean on both sides. The course then descended from about 800 feet back to sea level with a few ups and downs. Next came a climb interrupted by a couple of ½ mile or so downhill to the halfway point at the beginning of a canyon. From this point on, the aid stations had orange slices, chocolate ship cookies, bananas, and Coke along with the usual water and electrolyte replacement.

This was the beginning of the section known as "Middle Ranch". It is also considered the "flat part of the course"; the change in elevation is only 400 feet over the 5 miles. I must admit it did seem flat.

At mile 18 came "Heartbreak Hill". No problem, it's only about twice as steep as Casco Bay's "Cook's Concrete" hill and only lasts for 1½ miles and the temperature couldn't have been much above 80 degrees. This is where this Maine runner decided it was not necessary to run the whole distance, that perhaps a leisurely walk would be OK.

After mile 23 it's all downhill, and I mean down--about a 1400 foot elevation drop in 2 miles. The last 1.5 miles is a nice gentle downgrade or flat on the streets of Avalon.

As I rounded the last corner and looked down a half mile straight away at the finish line, lined with several hundred cheering people, I got that magical feeling that a person gets as they approach the finish line in their first marathon. It's such a feeling of accomplishment!! My time was 3:45 and I finished somewhere near the end of the first one hundred of the 485 ultimate finishers, the last runner arriving after seven hours on the course.

But the details didn't matter. I now know what brings so many people back to this unrealistic, torturing course year after year. I am now a lifetime member of a very exclusive running organization, the Catalina Marathon Finisher's Association!!

Winning Times - Male 2:58  
Female 3:29

By Jerry Allanach

"P.S. I chuckled when I read Phil's article on the Boston Primer race. Tell him I can't wait to try that relatively flat course again!"



# 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.

## The Return to Boston

All winter I have trained hard, anticipating the return to Boston. How anyone who has run Boston would not want to return is beyond me. Running Boston may be the ultimate running experience (positive or negative), thus the anticipation was electric.

I motored to Boston on Easter Sunday, by myself, giving up the day with my family. In this particular race, they seemed to understand. I parked at Howard Johnson's 57, walked in and met Joan Connors. I had arranged to leave my drop bag with Russ Connors and Joan agreed to take it. Russ had already gone to the Westin Hotel to get his number, so I followed.

After picking up my number, long sleeved tee shirt and other goodies, I went into the Expo where everything related to running from A to Z was being hawked. I bought some stuff like a pair of double layered socks (5.50!) which are guaranteed not to cause blisters for 1,000 miles. (That should cover all but the 1,300 mile Sri Chinmoy Run!) These socks are 55% rayon and 45% nylon and I have my doubts but we'll soon find out.

Following this I went to the Runner's World Seminars Program and listened to the runner/philosopher Dr. George Sheehan talk for 1 hour. The hour passed in 10 minutes and he received a standing ovation. Some runners were crying when he ended his talk - that's how moving it was.

Unbeknownst to me at the time, I was sitting beside Liz Lynch and was having some trouble concentrating on George. Later that day I was looking through Running Times, May 1987, and low and behold, there she was on page 22 (see what I mean). Seems that she just ran the Red Lobster 10K Classic in 31:07, obliterating Ingrid Kristiansen's world record.

April 20th, 1987; I run into Hopkinton from Route 495 where I had been dropped off by my brother-in-law. I go to Kevin McShane's mother-in-law's house where most of the Maine runners gather. There I see the following Boston Marathon runners: Guy Berthiaume, Russ Connors, Bob Coughlin, Frank Ferland, Barry Fifield, Bob Jolicœur, Carlton Mendell, Brian Milliken, Kim Moody: I must stop here and comment about Kim. She looked great - fit as a fiddle and ten pounds lighter than I remember. We had a good talk - watch for her on May 16th when ABC shows the 1986 Western States 100 Mile Run. Onward; there was Harry Nelson, Bob Payne, Roz Randall, Herb Strom, Jim Toulouse - here I must stop again.

Boston TV station personnel came in and interviewed Jim Toulouse and Steve McGrath. Jim said, in words to this effect: "I'm throwing away my game plan, my running strategy; out the window! I'm going into this race——." I thought "that will be the day that Jim Toulouse goes into a race without a game plan!! I mean, come on!"

Having witnessed that interview and having been at the Cronin's home for over 2 hours, I could stand it no longer. I do not mean the house or the runners. I just had a tremendous need to be alone and put it together as I had planned all winter. Could I do it right? I went outside and began jogging for the second time that day. I believe Ziggy Gillespie's advice to jog 3 or 4 miles easy in the early morning before a big race. Hopefully doing it twice would not hurt! Round and round the block I went, thinking, thinking, thinking. And then down to the starting line and the rest is history.

# West Coast Experience

by Bruce Ellis

Hey man, this is far out. I mean, like wow! Here we are in sunny, blonde, liberal minded California. San Francisco to be exact and the song is wrong. This city is not built on rock and roll. It was built on hills.

Nance and I are in the air and on the roads again. This is a non sponsored trip. So it was more of a mini vacation to visit a friend on the west coast, see an area where we had never been and take in a race (of course).

Our race was in the small coastal town of Fort Bragg near Mendocino about 180 miles north of San Francisco. Our route went through wine country. Again we were rewarded with incredible scenery. Rolling hills covered with grass and trees bordered the wine valleys. Wineries were omnipresent. All were open to the public with free tasting. I must confess, we stopped on the way back. But, only because Nancy made us. A bike tour through wine country could be an experience in more ways than one.

The race was scheduled in conjunction with a week long whale festival which consisted of arts and crafts fairs, whale watching, whale history, etc. There were 3 events in one. A 2 mile, 10K and half marathon all started simultaneously. All were out and back courses. I must set a dramatic scene for you and tell you that Mr. Indestructible is not so tough. I hurt a tendon in my lower leg and missed 4 weeks of running from 2/21 to 3/20. So I was entering the half marathon on 3/29 with only 9 days of easy running. We couldn't cancel the trip and wanted to see our friend so decided to go anyway and hope for the best. Nance is in decent shape so I wished the best for her.

About 500 people signed up for the 3 races. The 13 miler was the main event and proved to be primo as far as scenery. Most of the race was through Meiringer State Park which provided ocean front running comparable to Schoodic. The race was a little weird with people turning around at 1 mile and the 5K. So I really didn't know where I was until the 5K mark. At that point I was in 3rd place. Nance was also in the half marathon. George did the 2 mile and was back at the finish line listening to the locals talk about a sub 2:20 marathoner from nearby who was well out front and should have no problems cruising to victory.

Sorry folks, but 4 weeks of injury isn't enough to keep this Maine Track Club singlet down. Down but never out, one glimpse of that foaming ocean and yours truly played a mind game on himself visualizing other days when my body was stronger, in better condition and in familiar places among my friends. I visualized Schoodic, Sugarloaf, the Cape. I saw my pal Charley driving RUNMIC in front of me. I imagined Carlton, Barry, Steve and Jim. All of whom, among others, were in Bangor on the same day running the Maniacs event. I thought of Nance. I envisioned the green and gold I usually see along the route and at the finish. I grabbed water from Ken, saw Maggie snap my picture and got a yell from Sandy, Jane and others.

Taking my mind off my body has helped me greatly in the past. I went into the event lacking confidence but not desire. Trailing as I was, I relied on my roots and affiliation with the M.T.C. I gained strength and inspiration from my membership and concentrating on my friends. I pulled it out and won with a new course record of 1:11:16. The course was long (uncertified). Nan also broke the women's course record with a 1:33:40. A great women's field placed 5 ladies in front of her. She won the prize



for traveling the furthest. That's because she sleeps on the east side of the bed.

Post race activities were average. I changed into my MTC tee shirt. Noone spoke to us. But as I stood on the pedestal receiving my awards, they announced my olympic trial status. The crowd cheered and people started yelling "good luck in 88". I felt good.

Our schedule for the rest of the year will have to change. Those 4 weeks took their toll and are cause for concern. The next big trip is for June 20th at Grandra's Marathon in Duluth, Minnesota followed by a 2 week canoe vacation in the wilderness area of Lake Superior along the Canadian border. I hope I can regroup in time. For now, I look forward to some Maine heaven and interaction with my friends. I thank god for the gift of a body that can participate in running events. And I thank the Maine Track Club for support and security and for being with me during another race.

## Scott Hamilton Award

The Scott Hamilton Award for the RRCA's Most Outstanding Chapter President is named after Scott Hamilton, Jr. Scott was RRCA Treasurer and then president in the mid 1960's. Scott resides in Hawaii and remains active in the Mid-Pacific Roadrunners Club directing races and is the long time stable force behind on of the RRCA's larger more active clubs. An ecologist, who was a Fulbright Scholar at Oxford, established and funds this award.

### JANE DOLLEY WINS PRESTIGIOUS AWARD



## ROAD RUNNERS CLUB of AMERICA

8206 EAST BOULEVARD DRIVE, ALEXANDRIA, VIRGINIA 22308  
(703) 768-0545

PLEASE REPLY TO:

HENLEY GIBBLE  
PRESIDENT  
8206 EAST BOULEVARD DRIVE  
ALEXANDRIA, VA 22308  
(703) 768-0545

March 26, 1987

Jane Dolley  
62 Blueberry Cove Rd.  
Yarmouth, ME 04096

Dear Jane:

It is my pleasure to inform you that I have chosen you to receive the Scott Hamilton Award for the RRCA's Most Outstanding Chapter President. This is a prestigious award in that clubs nominate the person they feel has best contributed to their club and has demonstrated excellence in his or her leadership. It is hard to choose among the nominees because all are superb volunteers who have dedicated countless hours and work to their respective clubs.

Jane, your leadership of the Maine Track Club was evident last year at the convention in Portland. My observations bear out the praise given to you in your nomination letter from the Maine Track Club.

We will formally present the award to you during the awards banquet on May 16th. Congratulations.

Warm regards,

*Henley Gibbs*  
Henley Gibbs

cc: Maggie Soule, Secretary  
Maine Track Club

## The Human Performance Center by Cheryl Bascomb

Have you ever wondered what your limits are? Ever needed just a bit (or maybe more) guidance in your quest for fitness and good health? Your opportunity has arrived. The Portland area now boasts a new physical fitness facility, the Human Performance Center. Established by Maine Track Club member and well known area physician Dr. William B. "Tony" Owens, the Center is designed to support and enhance the physical fitness of area residents through analysis, risk assessment, and counselling.

Starting with the Multiple Level Exercise test (MLET), Tony and one of his able staff members will provide you with an EKG/stress test (using the treadmill and monitoring equipment), strength measurements, flexibility measurements, VO2 max (using the Beckman Metabolic Cart), blood chemistry, body composition measurement (body fat percentage), and muscle fiber typing. This quantitative information is combined with personal lifestyle information to provide you with a health risk assessment, nutritional counselling, and/or exercise counselling. Follow-up counselling is available as well. MTC member Jim Toulouse was one of the Center's first customers. "I think any runner above a certain age should consider a stress EKG to serve as a baseline, especially if there is any history of heart disease in the family. Besides, I've always been curious to see how I might compare to others who've done the same tests." Toulouse also credited the Center for doing a very professional and thorough job. "Tony sent a letter and treadmill report to both me and my family physician."

According to Marcia Libby, a certified Fitness Specialist and member of the Center's staff, clients range from anyone who needs help knowing his physical status to an employer concerned with the health of her employees to an overweight individual who needs help starting and staying with a program. Patients also come to them through physician referrals as well as employer or special group arrangements. Athletes, particularly runners, can benefit by learning where they are in terms of total capacity, working with the staff to develop a more focused or successful program, or learning how to move into other types of events, such as swimming, biking, or combinations of the three.

Prices range from \$10 to \$200 depending on the services a patient requires. Some insurance policies cover some of the services offered, but it would be wise to check your own policy to determine what is and is not paid for by your benefit program or insurance plan. Group rates are negotiable with the Center and on-site assessment is possible because of the movable equipment. Could be worth talking to your employer about a package deal.

Interested yet? If you have other questions or want to see some of the equipment and staff in action, Tony and Marcia have agreed to be the MTC membership meeting speakers in May. The details are on page . I hope to see you there.

## MAINE TRACK CLUB 1987 RACE SCHEDULE

Date	Race	Distance
June 7	Officer Friendly	Fun Run
June 12	Mark Hoffmaster	5
July 18	Pat's Pizza	5
Aug 2	10K for Kidneys	6.2
Aug 16	Bowdoin 10-miler	10
Sept 13	Cape Challenge	13.1
Oct 4	WCSH	6.2
Nov 1	Falmouth Lions	6.2
Nov 15	MTC 50 - miler	50
Nov 22	Turkey Trot	6.2
Dec 5	Club Fun Run	?



## MEMBER PROFILES

by Katherine Christie

2nd Annual  
Race Directors' Workshop  
March 18, 1987

Ruth and Peter Hall are relative newcomers to the area, having moved to Yarmouth just last October. As avid runners, one of the first things they did was to look up the local running club. What a great way to meet new friends who share your interests!

Ruth and Peter both hale from Massachusetts. When they were first married they often spent weekends in the Camden or Boothbay Harbor region, and fell in love with the coast of Maine. Last fall Peter, who is a hydrogeologist, took a job with E.C. Jordan in Portland, and Ruth, whose specialty is plastics engineering, began working for Fiber Materials in Biddeford.

Ruth began running in high school where she had to compete on the boys track team because there was no team for girls at the time. In college she realized she missed organized athletics, so started running regularly on her own. Ruth also enjoys cross-country skiing, and met Peter for the first time at Great Brook Farm Cross Country Ski Center.

Peter skied for St. Lawrence College, a Division I cross-country team, and participated in the cross-country Olympic Trials in 1980. In 1983 Peter was a member of the relay Team St. Lawrence, a Trans-America running team, which set, and still holds, the record for a coast-to-coast run. Twelve men ran from Los Angeles to Annapolis in twelve days, and in the process raised from \$2-4 million for spinal cord injuries. Each team member ran two miles about every two hours, which adds up to the equivalent of a marathon a day for twelve days! The team received lots of national media attention, including an interview with Jane Pauley on the Today Show.

In addition to X-C skiing in the winter and running year round, Ruth and Peter enjoy cycling in the warmer months. They race on most weekends during the season, and occasionally do bike races or biathlons. One of their favorite events was a "Double-Century" (200 Miles) bike race which took in four states, New Hampshire, Vermont, Massachusetts, and New York. Along with the competitive sports, Ruth and Peter like to spend their free time sailing, mountain climbing, and exploring the coast of Maine. We are happy to have you here, Ruth and Peter! We look forward to seeing you on the roads, and we are glad that you found the Maine Track Club!

Eighteen people attended a race directors' workshop at Jane Dolley's house. The purpose was to acquaint race directors with the various aspects of planning and conducting a race. Of special interest was the computer demonstration by Ted Cunningham and Charlie Scribner, using the Club's software. Each person was given a comprehensive notebook covering such subjects as: budgeting; designing the race applications; publicity; organizing the registration table; recruiting and training volunteers; and finish line management. Jars of Joanie's Jam were given away as door prizes and bountiful refreshments were served. (Overheard in the kitchen: "I love to come to Jane's house because she always has something good to eat!" Thanks, Maggie!)

Thank you to all those who participated in this workshop and helped to make it a very informative and productive evening.

Jerry Allnach  
Dennis Connelly  
Dave Crawford  
Ted Cunningham  
Ken Dolley  
Claire Edwards  
Yvonne Jurkowski  
Rob Laskey  
Susan Milliken

Don Penta  
Phil Pierce  
George Prescott  
Charlie Scribner  
Maggie Soule  
Nancy Stedman  
Cindy Tiftt  
Marie Wood

*Jane*

### TROPHIES NEEDED

The Officer Friendly Fun Run is in need of old trophies. Take the medallion off which says "11th place 35-36 Age Group" or something similar and bring the trophy to the May meeting. New medallions will be added and your possibly unappreciated trophy will find new life in the hands of a deserving youngster.

### Race Management Changes

Due to the increasing complexity and number of races MTC is managing, Charlie Scribner will finally get some help. Beginning immediately, Jane Dolley will assume overall management of the race directors for each race and Charlie will continue to be in charge of Club equipment for each race.

The Club extends condolences to Jean Thomas, whose mother died April 15.



# UPCOMING RACES

- May 2nd : Togus: "TOGUS 5 MILER" & 1 Mile fun run: 10am from VA Medical Center, Rt 17, Togus. Entry fee \$4.00 pre-registration - \$5 day of race. Chris Bovie, Race Director - Central Maine Strider event - This has been moved forward a week to avoid conflicting with "Rocky Coast" the next week-end. Chris offers one of the flattest, fastest 5 mile courses anywhere in Maine. Two loops of the 2½ mile route around the scenic grounds and roads of the V.A. center where the famed duo of Bovie & Judkins stage their daily running duels!!! With "Red" & Jane Dean & "Saint Ruth" assisting, how can you stay home???
- 3rd : Biddeford: "Maine Coast Half-Marathon" - 10am from University of New England, Rt 9. \$6 pre-registration, \$7 day of race. T-shirts to 1st 50. A tune-up on the same course as the May 24th Marathon, this is a chance to look over the location, get your bearings and prepare mentally for the big one. Race Director Barbara Allen, UNE, Box 331, 11 Hills Beach Rd., Biddeford, Me 04005
- 9th : Boothbay Harbor: 7th Annual "ROCKY COAST 10-K": 10am from Boothbay Region YMCA. \$6 Pre-Registration includes T-shirt, \$7 fee day of race. Jay Krouse, Race Director. One of the biggest early season 10-K's in Maine, one of the most scenic with it's loop near the ocean, changing rooms & showers available after the run. Plenty of refreshments - lots of 1st class restaurants in the area afterwards for that first seafood dinner of the year!!! Race has been returned to it's long time 2nd week-end in May spot. Contact-Boothbay Region YMCA, Townsend Avenue, Boothbay Harbor, Me 04538 (633-2855)
- 10th : Bangor: "Terry Fox 5-K" - 10am from the Bangor Motor Inn, 701 Hogan Road, Bangor, Me 04401. (near Bangor Mall) \$5 entry fee, T-shirts to 1st 600! Easily the biggest 5-K in the state, this year's event features the Maine appearance of Mrs Betty Fox, the late Terry Fox's mother. The course is flat & fast, there are as many or more slow runners than fast ones, and it's for a great cause. Come join us and be part of one of Maine's largest race groups of the year!
- 16th : China: 6th Annual "China 10-K Classic" & 1 mile fun run: 11am from China Elementary School, China, Me. (fun run at 10:15am) \$6 pre-registration, \$7 race day for 10-K. \$5 fee for fun run. T-shirts to 1st 150 entries in both events. Strider Dave Comeau, Race Director. This is a great one, and deserves your support as the organizers are back after a year off and are hoping for a good turnout. A few moderate hills, but no mud with the new later race date! Plenty to munch on afterwards, and the perfect place to let the youngsters enjoy themselves for 1 miler. Contact Dave at- Box 119, China, Me 04926 (968-2511)
- 16th : Winter Harbor: 3rd Annual "Dash & Thrash Biathalon" - 10am from somewhere in Winter Harbor? \$6 per person, \$12 per team - 5 mile running course, 11½ mile cycle course. T-shirts to 1st 60 entries. Contact Jean Dickson, NSGA, Winter Harbor, Me 04693. (963-5534)
- 16th : Bangor: 1987 "Maine TAC 5-K Racewalk Championship": 11am from Myerowitz Chiropractic Center, 1570 Broadway. \$6 entry fee (\$3 if 15 or under) Contact Marie Walton at above address, or call - (947-3333)
- 17th : Bath: "Bath YMCA Biathlon": 10am from Bath YMCA, 26 Summer St., Bath, Me 04530. \$7 entry single, \$12 for teams. 10-K road race, 40-K cycle route. Limited T-shirts to early entrants. Contact Mark Seamans at address above or call - (443-2907)
- 24th : Rangeley: 9th Annual "Moose Run": 5.2 mile race, 3:30 pm from Rangeley Chamber of Commerce Office. \$3 entry fee, Contact Mike DeRaps c/o Chamber or call - (864-5571) A great, road & country event!
- 24th : Biddeford: 8th Annual "MAINE COAST MARATHON": 7am from University of New England, Rt 9, Biddeford; Me \$12 entry fee before May 1st - T-shirts included - Race Director Steve Mooney - P.O. Box 1333, Biddeford, Me 04005 (282-2903) Here it is! The first of the remaining 3 Maine marathons, one of the most scenic. Changed this year to start and end at the college,





# RACE RESULTS

## Boston Marathon Results MTC Finishers

Guy Berthiaume	2:45
Russ Connors	3:04
Barbara Coughlin	3:50
Bob Coughlin	3:04
Frank Ferland	2:59
Barry Fifield	2:45
Bob Jolicoeur	3:04
Joan Lavin	3:46
Steve McGrath	2:44
Carleton Mendell	3:28
Paul Merrill	2:41
Brian Millikin	3:23
Kim Moody	2:49
Harry Nelson	2:50
Bob Payne	2:57
Phil Pierce	2:59
Allen Quinlan	3:05
Roz Randall	3:25
Herb Strom	3:15
Jean Thomas	3:49
Jim Toulouse	2:39

Ed note: I'm certain we've probably missed some members who ran Boston. Please forgive us and give a call so that we can get them into the next newsletter. Kim Moody was 15th woman and won \$1100 ! Congratulations Kim!

## Inaugural Oakhurst Milk Run -- 434 Finishers 4 Miles -- S. Portland -- 12 April '87

### Top Men:

1 Andy Palmer	19:18
2 Myron Whipkey	19:43
3 Stewart Hogan	19:47
4 Dennis Karamitros	19:51
5 David Paul	20:28

### Top Women:

17 Sarah Grant	22:01
49 Kelly Bennett	23:34
68 Diane Laundner-Wood	24:21
81 Cheryl Bascomb (MTC)	24:52
87 Anne-Marie Davee	25:01

### Top Masters:

11 Guy Berthiaume (MTC)	21:21
219 Nancy Lovetere (MTC)	28:38*

### Other MTC Finishers:

12 Steven McGrath	21:25
13 Jim Toulouse	21:33
14 Paul Merrill	21:37
25 Harry Nelson	22:22
27 Alan Quinlan	22:28
30 Gerald G. Poirer	22:26
31 Bob Coughlin	22:40
34 Bob Payne	23:03
36 Peter J. Hall	23:06
39 Ron Cedrone	23:09
41 Brian Milliken	23:11
44 Tony Owens	23:21
45 Russ Connors	23:22
54 Frank Ferland	23:38
57 John Lunt	23:45
59 Lee-Anderson	23:50
61 Bob Jolicoeur	24:00
65 Vin Skinner	24:09
80 Dick McPaul	24:51

82 Peter Bastow	24:55
88 Dick Lajoie	25:02
93 Fred Beek	25:10
95 William Shuttleworth	25:12
107 Richard Littlefield	25:28
109 Ruth Hall	25:30*
114 Eric R. Ellis	25:43
122 Harley Lee	26:16
124 Dale Rines	26:21
127 Stephen Babasca	26:24
135 Rick Strout	26:35
138 Joan Lee	26:40*
151 Clint Merrill	27:05
153 Peter Holloway	27:07
159 Bob Cushman	27:21
160 Norman R. Locke	27:22
172 Terri Jordan	27:41*
177 Deb Hewson	27:42*
181 Cindy Vokey	27:50*
182 Jane Delley	27:51*
194 Phil Bartlett	28:07
195 Walter Smith	28:11
205 Cindy Tiffit	28:24*
208 Glenn Berry	28:29
225 Marion Bouchard	28:50*
238 Katheryn Tolford	29:15*
240 Rick O'Brien	29:16
248 Doug Aiken	29:28
249 Rosemary Ginn	29:29*
263 Richard Lemieux	30:03
266 Lori Towle	30:08*
270 Dave Horne	30:13
271 John Woods	30:14
286 Valerie Abradi	30:40*
287 Jean Thomas	30:41*
292 Russ Bradley	30:50
294 Heidi Hansecom	30:53*
295 Dick Manthorne	30:54
317 Philip D. Meyers	31:33
328 Ray Hefflefinger	32:12
342 Carolyn Krahn	32:43*
358 Warren Foye	33:09
362 Amanda Ross	33:14*
374 Terry McGovern	34:02
379 Brenda Cushman	34:14*
406 Ruth Hefflefinger	35:45*
434 Joe Wildman	39:06

## 58th Annual Portland Boy's Club 5 Miler 458 Finishers -- Portland -- 20 April '87

### Top Men:

1 Andy Palmer	24:34
2 Sammy Pelletier	24:40
3 Myron Whipkey	25:25
4 Andrew Whelan	25:27
5 Bruce Bridgham	25:37

### Top Women:

44 Laura Marie Duffy	29:31
51 Wanda Haney (MTC)	29:47
59 Kelly Bennett	30:14
61 Diane Laundner-Wood	30:18
86 Robin Emery-Rappa	31:33

### Top Masters:

23 Guy Martin	27:53
192 Faye Gagnon	34:54*

### Other MTC Finishers:

19 George Towle	27:28
24 Joel Titcomb	27:55
31 Phil Coffin, III	28:42



37	Judson Kendall	29:06
53	George Waterhouse	29:50
56	Ron Cedrone	30:00
60	David Smith	30:15
72	Dennis Smith	30:48
84	Tom Allen	31:28
90	Cheryl Bascomb	31:40*
93	Peter Bastow	31:46
97	Sumner Weeks	31:56
104	Les Berry	32:08
105	William Shuttleworth	32:10
108	Seth Denning	32:21
110	Fred Beck	32:25
113	David Whitney	32:35
114	Richard Littlefield	32:36
121	Ed Lopes	32:47
122	Dick LaJoie	32:47
135	Joan Lee	33:19*
136	Charles Probert	33:26
143	Norman Locke	33:39
151	Tom Norton	33:54
152	Rick Strout	33:55
153	Eric R. Ellis	34:01
158	Ann Stoops	34:06*
173	Larry White	34:28
175	Thomas McMillan	34:33
181	Donald McGilvery	34:41
190	Dale Rines	34:51
212	Raphael Desprez	35:27
215	Bob Cushman	35:29
218	Phil Bartlett	35:34
224	Bill Muldoon	35:50
226	Dick Marino	35:50
232	Deb Hewson	36:12*
233	Peter Stoops	36:17
237	Gerald Poirer	36:29
251	Jim Geary	36:38
255	Fred Stone	36:48
263	Cindy Vokey	36:58*
264	Orlando Delogue	37:00
276	James Bonnvie	37:34
285.5	Don Penta	37:53
297	Rosemary Ginn	38:16*
301	Russ Bradley	38:17
308	Dave Horne	38:26
312	Richard Lemieux	38:30
341	Jennifer Wilson	39:18*
285	Rick O'Brien	37:47
342	Gordon Chamberlain	39:18
345	Edd Cabral	39:24
347	Cathy Canarie	39:28*
361	Katheryn Christie	39:46*
366	Neal Workman	40:06
368	Susan Farrington	40:11*
372	Ray Hefflefinger	40:21
396	Donald Johnson	41:24
406	Allen Pusch	42:01
409	Jan Beckwermert	42:19*
415	Brenda Cushman	42:35*
422	Stanley Harmon	43:06
426	Dennis Morrill	43:19
430	Bill Loveitt	43:38
435	Widgery Thomas, Jr.	43:56
440	Walter Christie	45:06
443	James Carroll	45:24
447	Ruth Hefflefinger	45:56*
363	Ken Dion (new member!)	39:59

Congratulations!

Cheryl Bascomb, 6th open\*  
Joan Lee, 9th open\*  
Deb Hewson, 3rd: 30-39\*  
Katheryn Christie, 3rd: 40-49\*  
Ruth Hefflefinger, 1st: 50+\*

Peter Bastow, 1st: 50+  
Fred Beck, 2nd: 50+  
Fred Stone, 3rd: 50+  
Seth Denning, 2nd: 13 & 14

MTC team wins Maineiacs Half Marathon  
Bangor, March 28

The MTC team of Jim Toulouse, Paul Merrill, Steve McGrath, Joel Titcomb, Barry Fifield, and Bob Coughlin handily won the team title for the MTC with a combined time of 6:22:35, a full 17 minutes faster than runner-up Pee Wee Club from Nova Scotia. Other teams competing were the Striders, Musters, N.H. Army National Guard, and the Maine National Guard.

MTC in California

Jerry Allanach ran a respectable 37:07 10K at the Downey 10K early in April. That was good for 22nd place out of 366 finishers. Well done, Jerry!

Boston Globe 4/5/87

## ROAD RACING

on Boston Common  
(5 miles)

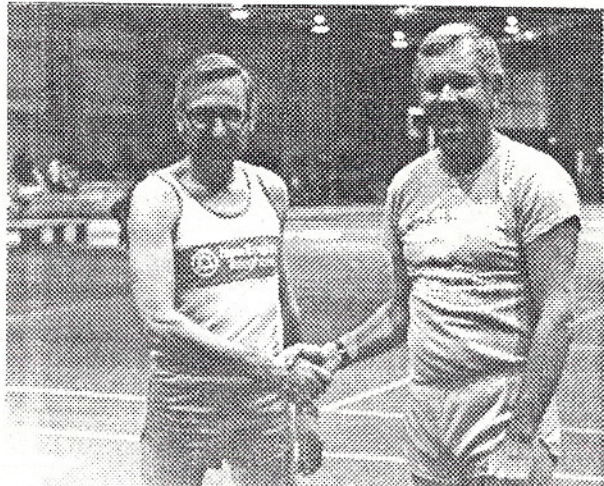
1. Ralph Duquette, Boston, 25:28; 2. Rodney Pearson, Boston, 26:00; 3. Tony Zydlowski, Boston, 26:20; 4. Dermot Fitzpatrick, Boston, 28:36; 5. Edward Salisbury, Boston, 28:46.

Women — 1. Sherry Roberts, Boston, 30:54; 2. Mary Winger, Boston, 32:08; 3. Susie Hunter, Lincoln, 33:14.

## NE WOMEN'S CHAMPIONSHIP

Boston, Mass., Feb. 28-Mar. 1

Member: *Congrats Virginia*  
3,000 - Connors (BC) 9:54.79; 2. Argillander (Vt) 9:59.28; 3. Lyons (Spring) 10:03.18; 4. Benson (Tufts) 10:03.88.





# **NEW MEMBERS**

<u>NAME &amp; ADDRESS</u>	<u>PHONE</u>	<u>OCCUPATION</u>	<u>AGE/SPONSOR/ INTERESTS</u>
Scott Abel 84 Eastern Prom Portland, Me. 04101	(H) 775-4856	Carpenter (A.B. Richards Co.)	27 Biking, Camping, and scuba.
Kim Colello RFD #3, Box #54 Gorham, Me. 04038	(H) 979-8574	Student (Hanson Elem.)	12/Tom Norton Rollerskating, Biking, dance, and singing.
Wayne Creelman 44 Broad Cove Road Cape Elizabeth, Me. 04107	(B) 871-6070 (H) 799-5525	Physician (Maine Med. Ctr.)	35
Kenneth P. Dion P.O. Box #233 Saco, Maine 04072	(B) 443-9179 (H) 282-1233	Relief Manager (Shaw's Supermarket)	29/Jane Dolley Biking, Hiking, Skindiving, and Skiing.
Mark Finnerty and Terry Finnerty Yarmouth Woods, Apt. P2 Yarmouth, Me. 04096	(B) 775-5843 ext. #505 (B) 871-1111 ext. #313 (H) 846-6532	Loan Accountant (Sun Sav. & Loan)  Services Counselor (Me. Savings Bank)	28 Aviation  26 Dancing, Music
J.F. Glynn 14 Gray Birch Drive Apt. #E5 Augusta, Maine 04330	(H) 622-9101	Retired	78/Bob Jolicoeur Maine TAC, and
Muriel Hendrix P.O. Box #774 Brunswick, Me. 04011		Writer & Teacher (self employed)	49 X/C Skiing, Biking & Sailing
Bonnie L. Hoag and Charles S. Hoag 980 Forest Avenue Portland, Maine 04103	(B) 797-7497  (H) 781-3743		35  41
Sarie Kooman 1810 Forest Avenue Portland, Me. 04103	(B) 892-6721 (H) 797-8194	Teacher (Windham H.S.)	24 Aerobics, Tennis
Robert H. White 36 Clinton Street South Portland, Me. 04106	(B) 774-3174 (H) 799-5464	Teacher (Portland Public Schools)	38 Sports Official in Basketball & Football
David Wiggins 469 Oxford Court Worthington, Ohio 43085	(H) (614)- 888-1427	Auto Sales Co. (owner)	??/Joe Wildman



If you imagined your perfect road race, what would it be like? No entry fee for starters. Attractive t-shirts available for purchase...A large field with enough people running your pace to provide motivation and encouragement...Elite runners straight from the pages of your running magazine...Splits every mile...a flat course...minimal wind and cool temperatures...pretty scenery...a timely start and an organized finish with separate male and female chutes.

Well all of these features (and more!) were available at the 15th annual NIKE Cherry Blossom 10 mile roadrace in Washington, D.C. on April 5, 1987. Sheer habit brought me back to D.C. to run the Cherry Blossom for the 7th year in a row. And although its not as convenient to run the race now that I don't live right across the Potomac from the start, its still worth the trip for this event.

The NIKE Cherry Blossom has a lottery in January to select the 5000 runners who will receive applications from the over 10,000 people requesting them. Although my husband Harley was one of those lucky ones, I had to resort to working at registration on the day before the race in order to earn my application. As in previous years, I sold official commemorative t-shirts with members of my old running club from Virginia. The advantages to this, in addition to gaining entry to the race, are (1) you get the best selection at the runner's expo by getting there early; (2) you get to see most of the people who will be running the race; (3) you get a special long sleeve t-shirt; and (4) you get to handle thousands of dollars over the course of the day!

One friend selling t-shirts jokingly asked a female purchaser, "What do you plan to run, 50 what?" She casually replied, "Oh, 52 or 53 minutes." Only then did he realize that this British woman with the slight frame was Ann Audain!

Race day conditions were near perfect. The temperature was around 40 degrees, a light wind and cloudy skies. The cherry blossoms were in full bloom. The top runners, including Scott Molina, the triathlete, wore singlets and shorts. Us slower runners wore tights and long

sleeve shirts. The race starts near the Lincoln Memorial goes around the Tidal Basin, near the Jefferson Memorial and then down to Hains Point along the Potomac River, up the other side and then back again. It's a very fast course.

As you probably know, the top three women broke the world record with Lisa Martin coming in first in 52:23. Jon Sinclair was the first male runner finishing in 46:40. I was somewhat behind them! Overall, it's a great race and if you have good luck with lotteries, it's worth making the trip down there.

## 1987 NEWSLETTER PATRONS

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Anonymous (2)  
Frank Glynn

To become an individual patron of the 1987 newsletter, your donation of \$10 should be sent to the Maine Track Club, Box 8008, Portland, ME 04104. To become a corporate patron, your donation of \$25 should be sent to the same address. Please note on the check that it is a patron's contribution to the newsletter. Many thanks.

To become a prime sponsor of this newsletter, please contact Fred Beck at 846-9065 (work) or 846-3111 (home). The sponsorship is \$50 and includes recognition and any message you may have on 1/8 of the front page. At this time we are only looking for one sponsor each month. We mail out approximately 450 newsletters each month. Your generosity and support will be noted by all who pick up and glance at the front page.

## Officers and Committee Chairpersons



Phil Pierce	President	781-3769	Tom Norton	Clothing	929-5548
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Susan Milliken	Secretary	781-2321	Maggie Soule	Publicity	846-3631
Rick Strout	Treasurer	829-3216	Don Penta	Statistician	892-4526
Charles Scribner	Race Committee	772-5781	Cheryl Bascomb	Programs	929-8259
Fred Beck	Newletter	846-3111	Brian Milliken	Refreshments	781-2321
Dennis Connelly	Membership	797-2007	John Gale	Course Certific.	775-5017
Jane Dolley	Past President	846-6018	Frank Ferland	Photography	829-3390

Maine Track Club is a  
non-profit organization.

P.O.Box 8008, Portland, Maine 04104  
Run with a friend...





# MAINE TRACK CLUB MEMBERSHIP FORM

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

LAST NAME \_\_\_\_\_, TODAY'S DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_  
1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_, HOME PHONE \_\_\_\_\_

CITY \_\_\_\_\_, STATE \_\_\_\_\_, ZIP CODE \_\_\_\_\_

EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_  
EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_

IF STUDENT: SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_  
SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

OTHER INTERESTS: \_\_\_\_\_  
\_\_\_\_\_

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## Maine Track Club



P.O. Box 8008  
Portland, Maine  
04104



Philip Pierce

~~75 Walled Landing Road~~  
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