

Maine Track Club

May 1988

Run with a friend . . .



UPCOMING MEETING

Membership Meeting Wednesday May 11, 7pm SMVTI Machine Tool Auditorium

Bruce Ellis will tell us about his experience at the Olympic Trials. Did he know who Mark Conover was????!!

Note: The SMVTI gym showers will be available before the meeting for those who want to go for a fun run (from about 5-7pm).

1988 Oakhurst Milk Run

Sunday, May 22, at 10:00

4 Miles, wheel measured

SMVTI Gymnasium

Organized by the Maine Track Club

Proceeds donated to the Boy Scouts of Maine Capital Campaign. MTC is officiating so please volunteer if you aren't going to race.

Newsletter Prime Sponsor

Jeri Lynn Schroder M.S.

15 Fessenden Street
Portland, ME 04102
207/ 773-2313



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Services include:

Fitness Classes

Private Fitness Training

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Fitness Instructor Training

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Classes

Stress Management and

Communication Programs

The Sugarloaf Marathon & 15K

May 29 at Sugarloaf/USA, Carrabassett Valley.

A fast downhill race - great for P.R.'s!

Marathon start at 7 am, 15K starts at

7:30. Both require transportation to their respective starting lines.

Rachel Vielleux, 2nd Female in the Boys Club 5 Miler



Don Penta and Bruce Ellis at the Boys Club



EDITOR'S COLUMN

Spring is here! Time for some spring cleaning. Here are two small suggestions: 1) Clean out your closets and bring old t-shirts, running shoes and the like to the next membership meeting for shipment to Africa. Bruce Ellis reports that our contributions are much appreciated and that he will continue to ship what we bring. 2) Clean out your membership habits and start the season off with a volunteering bang! Many MTC races await us this year, and, as we all know, volunteers are essential to the success of a race. It is a great way to get to know fellow MTC members and to scope out new talent for the club. For new members, volunteer efforts will both introduce you and endear you to your fellow club members. Happy volunteering, and happy running to all! ,

Jennifer

P.S. Everyone please bring thoughts on ways to "save" our Maine marathons to upcoming meetings for discussions.

For Those Who Dislike Exercise or Making Friends With Your Body

by Jeri Lynn Schroder

According to Dan Millman, author of *The Warrior Athlete: Body, Mind, Spirit*, "We are all born natural athletes." He further indicates that the challenge is to recapture the way we were. Having worked with thousands of people over the past 15 years in assisting them in recapturing the natural athlete in themselves, I can certainly validate that this is a challenging process. However, I must add that working with an individual and assisting them in the rediscovery of the natural athlete in themselves is the single most rewarding aspect of my work as a health fitness professional.

Let's take a brief look at a few facts. We live in a society that in spite of being in the midst of a fitness boom, roughly only 20% of American people exercise enough to maintain general health and well being. Obesity is not declining and diet and exercise book sales are a multi-million dollar business. And besides our bodies being out of balance, our minds are distracted and our emotions are in turmoil. The most common statements I hear people make, even those who do exercise enough, is that they dislike exercise and they dislike their bodies.

This issue is for us as a society to take seriously; it is challenging; but rediscovering this natural athlete for more than just a small portion of our population is not insurmountable. From my personal and professional experience, it is a process of integrating the mind, body and emotions and restoring them back to a balanced state. This is done by working with attitudes and beliefs to enhance the transference of a person's self judgements about his/her own natural athlete. The natural athlete then emerges.

In my dance exercise classes and work with individuals I use visualizations, body imagery, and values clarification with movement to encourage and allow individual's to enjoy exercise and restore a balanced state. I like working with the "hard to coach athlete," the one who is sure that his/her body was just not meant to move or to enjoy movement. As a prime sponsor of this month's newsletter, I encourage you to give this article to a friend who dislikes running or to whom you have heard expressions of dislike for his/her body. Together we can take the challenge!

Newsletter Contributors...

For the June Newsletter, please send contributions to Jennifer Rood, 3 Bridge View Terrace, Kittery, ME 03904, by May 20, 1988. Last minute drop offs come to Deb Merrill, 47 Middle Street, Portland. Type your columns 4 1/2 inches wide (we reduce them to 3 1/2) and please plan ahead!



Donna Hubert,
MTC member,
at the
Boy's Club 5
miler.
8th Female.

Secretary needed...

The Maine Track Club needs a club secretary. Will train! Think about volunteering for this position and get more involved in the inner workings of the club.

TREASURER'S REPORT

TREASURER'S REPORT

April 5, 1988

Funds on Deposit March 4, 1988

\$ 6,274.65

Receipts:

Membership	\$ 314.00
Interest	\$ 29.78

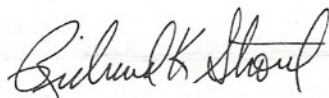
\$ 343.78
\$ 6,618.43

Disbursements:


*Jennifer Road	\$ 223.00
Printing newsletter	
*Dale Rand Printing	\$ 88.00
1,000 membership applications	
*Dale Rand Printing	\$ 34.00
Membership cards	
*Coastal Silkscreen	\$ 78.90
Sweatshirt/T-shirts	\$
*Charles Scribner	\$ 250.00
Expenses - RRCA Convention	
*Marie Wood	\$ 28.13
Film, photos	
*Jane Dolly - Reimbursement	\$ 56.00
Ad RRCA Convention	
*Charles Scribner	\$ 76.00
Postage newsletter	\$ 834.03

Funds on Deposit, April 5, 1988

\$ 5,784.40



Richard K. Strout
Treasurer


Richard K. Strout
Treasurer



Sally Perkins, 3rd Female in the Boys Club 5 Mile



Photo Deb Merrill

TRAVEL

TIME FLIES

If you've ever flown across more than two time zones, you've probably experienced jet lag and the associated decline in productivity. Because extended air travel disrupts the body and mind, many scientists are searching for ways to combat irksome side effects such as insomnia, headaches and fatigue.

The latest study, conducted on 20 unsuspecting hamsters, may provide some hope for travel-weary runners. At the University of Toronto, researchers found that hamsters who performed a single 3-hour "post-travel" bout of running on an exercise wheel adjusted to their new schedules in only 36 hours—much faster than the eight days needed by the sedentary hamsters. (The hamsters were not actually flown across time zones. Their schedule of exposure to artificial light was changed to simulate an 8-hour trans-Atlantic flight east.)

Although it's highly unlikely that you'll want to run for 3 hours, you might benefit from an easy postarrival 30- to 60-minute run. While researchers continue to explore the relationship between exercise and the adjustment process, why not perform your own anti-jet-lag experiment? It gives you the perfect excuse to pack your running gear. (But please, leave the exercise wheel at home.)

Runner's World 4/88

SUGARLOAF U.S.A.

May 29 ~~1988~~ The race starts at 7 a.m. in Eustis, Me. at the Cathedral Pines Campground. Entry fee is \$12 and must be received before May 5. The course is a point-to-point basically downhill route which loses 600 feet in elevation from start to finish. Miles one through ten are slightly uphill, but from mile ten to the finish, it's all downhill or flat as runners pass through the valley of the Bigelow Mountain Range. Substantial volunteer support is provided throughout the race. Last year's results: 138 starters, 125 finishers; winners - men, Bruce Ellis, 2:22:21; women, Yoli Casas, 2:50:19. Course records: men, 2:18:37; women, 2:50:19. *Special feature:* Two aspects of a marathon which rarely coincide are beautiful courses and fast times. At Sugarloaf U.S.A. there's a big exception to that rule as 60% of the field over the past five years has set a marathon PR while running through some of New England's most majestic mountain scenery. From start to finish, marathoners are engulfed by the awesome beauty of the Bigelow Mountain Range. With temperatures at the start usually in the 40s, heat is hardly a concern. At the finish in Kingfield, a free concert and picnic barbecue await every runner. Sugarloaf, in essence, represents a great chance to not only set a PR, but also to take advantage of luxury resort facilities and activities, all at special prices for runners. In addition, there's a superfast downhill 15K held in conjunction with the marathon. Contact: Chip Carey, Sugarloaf U.S.A., Kingfield, ME 04947. (207) 265-2273 or 237-2000. *Certified.*

Boston and Beyond

Spring Marathon Update

by Jennifer Rood

Another Patriots' Day has come and gone, and once again the Maine Track Club made a strong showing on all fronts at Boston. Our presence included the participation of Jane Dolley (RRCA) and ~~some~~ (Sportingwoods), in the Sports Expo, the loyal support of a post-Heartbreak Hill cheering section, and the sturdy legs and persistent spirits of several runners. The weather was its usual unpredictable Boston self. Sixty degree temperatures and bright sunshine characterized Sunday afternoon, as many of us fought crowds of spring fever sufferers and baseball fans on our way to number pick-up and worried about too-warm race day conditions. No problem. The Powers that Be provided drizzle and cool temperatures on marathon morning. Then we worried about becoming frozen, drowned rats before the race started. That was a reasonable fear, especially as we reluctantly loaded warm-up suits onto buses at Hopkinton High School and trotted around trying to stay warm without wasting too much energy. The "Maine House", however, provided warmth, shelter, good wishes and short restroom lines. Many thanks to all who made that possible!

The preparation styles of our crew vary as much as the running forms. Bob Payne appeared in a state of the art rain suit, looking ready for anything from a quick baseball game to a natural disaster en route. Phil Pierce, on the other hand, had stripped to his racing togs by 10 a.m. and by 10:30 sat on the sofa contemplating the days' work. The author spent the final hours trying to stay warm, achieve the optimum caffeine level, and nurse a toothache so severe that she actually looked forward to the last few miles of the race! (If anyone needs to know, small tubes of toothache medicine fit nicely into the fingers of cotton gloves.) Most of us seemed determined to enjoy the race, and as usual the Boston crowds helped make that possible.

Many canine spectators contributed to this year's crowd support. At least one collie, four golden retrievers, and two samoyeds expressed congratulations or condolences at various points in the race. Wearing Maine Track Club clothing in a large race also works wonders. People may not look up your name in the paper, but most will cheer for Maine! To add to the international flavor of the race, some will cheer for Maine and Tanzania in the same breath.

The miles went by fast this year, even if the result for some of us was not spectacular. (A word of wisdom: do not run three marathons in two months.) Congratulations to all who survived. In spite of prize money and a new finish line, Boston is a tremendous experience.

P.S. For anyone who seeks an alternative to Boston or a last-minute qualifier, the Shamrock Marathon in Virginia Beach, Virginia is a fun, well-organized event with a flat course and generally decent (but windy) weather conditions. This year's race was March 19, the last weekend to qualify for Boston. See Jennifer Rood for further details.

BOSTON TO BANGOR

By Phil Pierce

May 1
Sunday

Togus V.A. 5 Miler and 1 Mile Fun Run. 10 am from the V.A. Medical Center, Route 17, Togus. \$5 pre; \$6 post. T-shirts Contact Chris Bovie at 7 Page Street, Hallowell [623-1033]. [This is a flat, fast, course with a double loop. Certification is pending.]

May 7
Saturday

Rocky Coast 10-K. 10 am from Boothbay Region YMCA, Townsend Avenue. \$6 pre; \$7 post. T-shirts to first 100 entries. Showers and changing rooms at the Y. Fruit and juice after race. Contact Jay Krouse [633-2855]. [This is one of the nicest 10-Ks in New England, a certified course through Boothbay Harbor, nice views, with a footbridge run over water towards the end. Well worth the trip] Certified

May 8
Sunday

Star Trek 10-K, Conway Village, New Hampshire. Contact 603-447-6727. [This is one of the Ben-Gay series of races] Certified

May 8
Sunday

Apple Blossom 5 Miler, Londonderry, New Hampshire. 9 am. Apple Tree Mall. \$4 pre; \$5 post. Contact Mike Breman, Total Sports, Apple Tree Mall, Londonderry, N.H. 03053. [603-432-4117]

May 14
Saturday

China 10-K Classic. 11 am. \$6 pre; \$7 post. T-shirts to first 150 entries. Contact China 10-K Classic, Box 259, China, Maine. [968-2163]

May 14
Saturday

Nashua Trust 10-K. 9 am at Elm St. Jr. High School. Contact Gate City Striders P.O. Box 3692, Nashua, N.H. 03061 [603-889-1034]

May 22
Sunday

Oakhurst Milk Run 4 Mile Road Race. 10 am from SMVTI. \$6. T-shirts to first 150 entries. Contact Charlie Scribner [772-5781]

May 22
Sunday

Apple Blossom 15-K. 9 am from Monmouth Academy. \$5 pre, \$6 post. T-shirts to first 75 entries. Showers and changing rooms available. Located off Route #202, Lewiston Road. Contact Doug Ludewig [993-4416]

May 22
Sunday

Terry Fox 5-K. 10 am from the Bangor Motor Inn. \$5. T-shirts to first 500 entries. Contact Ed Rice [989-2383]

May 29
Sunday

Sugarloaf Marathon and 3rd Annual Sugarloaf 15-K. \$12 and \$8 respectively, pre-registration only. Race starts at 7 am at Cathedral Pines Campground in Eustis-point to point to Kingfield. T-shirts for both races [first 150 for 15-K]. Raceday registration for 15-K, \$10-no T-shirt. 7:30 start for 15-K. Contact Chip Carey, Minister Hill, Kingfield, Maine. 04947 [265-2273]. [I think it is too bad that Maine's only marathon this year is 42 days after the Boston Marathon]

World Veteran's Games

by John Woods

I've been gone, in case anybody noticed. And here's what happened.

The seventh biennial World Veteran's Games in Melbourne, Australia were attended without fantasies of heroic achievement because I lacked only 2 months to advance to the next (70-4) age group. The race I'd trained for came first and I logged a for-me respectable 10k of 46 min. for 16th place among 36.. Two days later, 5k with similar results. Three days later the Cross country was in a lovely park back of the University. For 2 weeks they had watered one spot into a swamp which they filled with soft sand. In 2 places hay bales were piled high.

My strategy was to use my dear friend Eddy Benham as a rabbit. MYC members will remember Eddy from the RRCA Convention we hosted. Eddy, then only 78, set a World Record at 10k, in about 44 minutes. Now 80, Eddy has knocked one hour and 8 minutes off the 80+ marathon World Record.

Eddy starts slowly and accelerates. When he passed me on the third and last lap, I tucked in behind. We were going faster than I wanted, but I was O.K. Then Eddy "coached" yelled from the sidelines, "Eddy, there's a 75 year-old ahead of you". Well, Eddy couldn't put up with this. He kicked in afterburner and was gone. He caught the 75 winner by 3 seconds. I was 7 seconds back. There were also 3 70 year olds ahead.

The Games were an absolutely fantastic pageant, superbly organized in a low-key friendly manner by the Aussies. Nearly 5000 athletes from some 50 countries participated. For the first time there were 2 competitors in the 95-9 group. When you figure a full track & field meet plus Walks, Cross Country and Marathon, with 12 male and 10 female age groups, you can see that, with heats and all, there were about 1300 events conducted simultaneously on 3 tracks for 7 days from early morning to late night.

The secondary track, where I ran, was built for the Games inside a Greyhound track. It measured 378 meters so 10k and 5k runners

other on. We would only "jog" it at a 3:50 pace.

It was a spectacular, clear, cold early morning - a beautiful course. We two idiots were happily on pace. At about 18 miles we passed the three winning 65 year-old women who were running smoothly and purposefully. They all finished in just over 4 hours. Then, at 37 km, "the wall" came from nowhere and clobbered me. The middle of the pack in my age group was running in the 3:30s. So I said "What the hell!" and was driven to the finish by a bunch of lunatic Italians.

After Melbourne was the annual meeting of TAC USA (The Athletics Congress) in Waikiki Honolulu. This sounds like a boondoggle but we were in meetings 10 hours a day for 4 days. I served as Delegate from Maine TAC and as a member of the Masters LDR (long distance running) Committee. Among the functions of this Committee are regulating and sanctioning National Masters Championships and the selection of Outstanding Athletes in each age group. MTC's own Carleton Mendell was Runner-up in the 65-9 group.

Usually a TAC Convention includes a Delegates race. Due to the Honolulu Marathon the locals lacked personnel to put one on, but there was to be a "Mayor's 5k Walk" starting 15 minutes after the marathon. We were given permission to run it if we wished. It started instead, 2 minutes after the Marathon. So, in no time, I was dodging huge hordes joggers at the tail of the marathon. Like this for 5km, I finished second overall in the Mayors Walk.

Then to Tucson, Arizona and a 3rd place in the 70-9 group at the National Masters 15 k Championship.

After that every aching bone and muscle went on strike. Almost no running possible for over 2 weeks. The mind also struck against hotel rooms and airlines. Its good to be home.

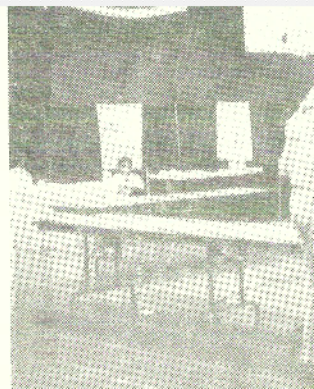
John
John P. Woods

John Woods accepting his trophy for first man in the 70+ age group at the Boys Club 5 Miler

signed up for the marathon but did not plan to run, he for lack of training. I'd done no marathon training but had signed to have the option of running it or Cross Country, but certainly not both. Over the 2 days we egged each



Photo Dela Merill



NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Sponsor/Interests</u>
Baldwin, Elisabeth R. 509 Cumberland Ave. #8 Portland, ME 04101	H772-2343 W775-3581	Receptionist & Artist Amerling & Burns P.A.	29 Music, Hiking, ayaking, Travel
Brinckerhoff, Sharon L. P.O. Box 772 Westbrook, ME 04092	W773-4746	Pharmacy Technician Rosemong Pharmacy	30
Hancock, Michael L. RR2, Box 2547 9 Oakledge Hills Raymond, ME 04071	H655-4499		30
Hunter, Karen M. 11 Merriam Street Portland, ME 04103	H774-7333	Student - USM	21 Racquetball, Swimming Biking
Labrecque, Kathi A. Jenny S. 212 Prospect Extension Westbrook, ME 04092	H854-9804 W780-2873	UNUM	Warren Foye
Martin, Neil B. 50 Western Promenade Portland, ME 04102	H774-4116	Real Estate Antique Autos	45
Robinson, Craig S. RR4, Box 466 Gorham, ME 04038	W725-4394	Jay Kay Sales Co.	41 Jane Dolley
Tinkham, Philip E. 137 Bancroft St. Portland, ME 04102	H774-8055 W775-6361	Fire Fighter City of Portland	41 Skiing, Golf, Canoeing, Hiking
Wilson, Judy W. 195 Caleb Street Portland, ME 04102	H775-1360 W772-6489	Phychotherapist	42

Dennis Dupont
366 Broadway
S. Portland, ME 04101

H767-9037

Katherine Gardiner
3 Tamarlane
Portland, ME 04103

The TAC Masters 10K Championship for 1989 has been awarded to the city of Pittsburgh. The championship will be included as part of the 13th annual Great Race, to be run September 24, 1989. A purse of \$10,000 will be awarded to the over-40 winners. For those who plan that far ahead, keep in mind that the Great Race has a downhill course that is conducive to unusually fast times. Barbara Filutze of Erie, Pennsylvania, set a new U.S. female masters best of 33:41 on that course last fall. The 1988 Masters Championship, as noted previously, will be held August 13 in Asbury Park, N.J.

Running Times 4/88

Meeting Notes continued...

MTC Officers A new club secretary is needed to take minutes of club and executive board meetings, each held once a month. Marie has resigned as photographer. Dan Fitzgerald will assume this position. Charlie will put him in touch with the newsletter staff.

T-Shirts Bruce Ellis has received a letter of great thanks for the t-shirts we sent to Zimbabwe. Many more could be used, so bring all you can to the May meeting.

Coast to coast bike ride Toni Parise announced she would have raffle tickets available that night for a compact disc player. This would enable people to contribute smaller sums to her ride for the benefit of the American Lung Association. The drawing will be May 13.

The meeting adjourned at 8:45 P.M.

Respectfully submitted

Susan Davenny
Susan Davenny

UP COMING RACES

Maine Sunday Telegram 4/10/88

Run for a Free South Africa: May 1. 10 a.m. 10-K and 3-K fun run. Contact: M.U. Box 459, Bowdoin College, Brunswick, Me. 04011 or 729-8929.

Togus 5-Miler: May 1. One-mile fun run at 10 a.m., 5-miler at 10:15 a.m. VA Medical Center, Route 17, Togus. Contact: Christopher Bovie, 7 Page St., Hallowell, Me. 04347, 623-1033 or 623-8411, ext. 5271.

Rocky Coast 10-K: May 7. 10 a.m. Boothbay YMCA. Contact: Boothbay Region YMCA, Townsend Ave., Boothbay Harbor, Me. 04538 or 633-2435.

Skyward's 5-K Mother's Day Race: May 8. 1 p.m. Rockland Recreation Center, Limerock St. Women only. Contact: Skyward, 594-9508.

China 10-K Classic: May 14. 11 a.m. China Elementary School. One-mile Fun Run at 10:15 a.m. Contact: China 10-K Classic, P.O. Box 259, China, Me. 04926.

Corporate Fund Run: May 15. Two-mile walk/run 9 a.m. Five-mile run 10 a.m. North St., Saco. To benefit Maine Special Olympics. Contact: Marcel Petrin, Saco Defense Fund, 291 North St., Saco, Me. 04072 or 283-3611, ext. 433.

1988 TAC Maine State 5-K Racewalk Championship: May 21. 11 a.m. Godfrey Blvd., Bangor. Contact: Myerowitz Chiropractic Center, 1570 Broadway, Bangor, Me. 04401 or 947-3333 or 1-800-942-CURE.

Terry Fox 5-K Run: May 22. 10 a.m. Bangor Motor Inn, Hogan Road, Bangor. Honorary chairman, Bruce Bickford. To benefit Jackson Laboratories for cancer research in Bar Harbor. Contact: Ed Rice, 124 Parker St., Brewer, Me. 04412.

Great Spring Clean-Up 5-Mile Road Race: May 22. 1 p.m. Also 1-mile fun run. Starts in park by Opal Myrick School, East Millinocket. Contact: Frank Clukey, East Millinocket Recreation Dept., Main St., East Millinocket, Me. 04430.

Marsh Stream Stampede 10-K: May 30. 9:30 a.m. Junction routes 139 and 141. Contact: Monroe Lions Club, P.O. Box 673, Monroe, Me. 04951 or 525-4459.

Mt. Washington Road Race: June 18. 11 a.m. Base to summit, 7.6 miles. Contact: Mt. Washington Road Race, Granite State Services, 95 Summer St., Newport, N.H. 03773.

MEDICINE

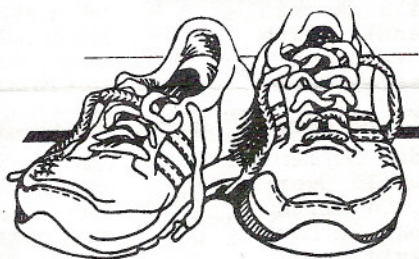
GARLIC POWER

If you like the taste of garlic, you'll love what eating the pungent little bulb will do for your heart.

A recent report published in *Pharmatherapeutica* (vol. 5, no. 2, 1987) seems to confirm what Hippocrates knew centuries ago: Garlic is good for you. Both animal and human studies have demonstrated that garlic raises levels of HDL cholesterol while lowering total cholesterol, LDL cholesterol and triglyceride levels. It also thins the blood and prevents clogged arteries by inhibiting clotting. Furthermore, garlic lowers blood pressure and blood sugar levels.

Although scientists aren't sure how much garlic you need to eat to achieve positive results, they have noted a dose-dependent effect. In other words, the more you eat, the greater the benefits.

Runner's World
4/88



Maine Track Club

1988 Race Schedule

		Distance
Apr 18	Boy's Club	5
May 22	Oakhurst Milk Run	4
June 5	Mark Hoffmaster	5
June ?	Officer Friendly	Fun Run
July 16	Pat's Pizza	5
Aug 13	Peaks Island Race	5
Aug 21	Bowdoin and Back	10
Sept 11	Cape Challenge	13.1
Sept 25	Rowdy Ultra	50
Oct 2	Falmouth Lion's	6.2
Oct 9	WCSH for Kid's Sake	4
Nov 20	Turkey Trot	6.2

RACE RESULTS

59th Annual Patriots Day Race - 5.68 Fin.
Portland Boys & Girls Club - 5 Miles
Monday, 18th April 1988

Top Men (Overall):

1	Bruce Ellis (MTC)	24:17
2	Bruce Bridgham	24:34
3	Myron D. Whipkey	24:34
4	Andy Palmer	25:06
5	Dan Dearing (MTC)	25:09
6	Peter Lessard (MTC)	25:11
7	Danny Paul	25:17
8	Tom Dann	25:27
9	Paul Hammond	25:42
10	Kim Wettlaufer	25:47

Top Women (Overall):

30	Allison Quelch	27:59
52	Rachael Veilleux	29:27
62	Sally Perkins	29:40
67	Wanda Haney (MTC)	29:56
70	Diane Lounder	30:04
71	Robin Emery-Rappa	30:08
87	Veronica Knight	30:47
113	Donna Hubert	31:28
213	Eileen Dunfey (MTC)	34:03
218	Heather Blease	34:11

Other MTC Finishers:

22	Guy Berthiaume	27:28
29	Richard Mulhern	27:53
31	Joel Titcomb	28:00
34	Bill Skerritt	28:23
47	Dennis Smith	29:12
48	Greg Dugas	29:18
55	George Towle	29:33
56	Tom Allen	29:34
74	George Waterhouse, Jr.	30:20
75	Joel Botler	30:21
78	Ronald Deprez	30:28
80	David Smith	30:33
92	John R. Lunt	30:55
93	David Green	31:00
99	Clint Merrill	31:14
102	Vin Skinner	31:17
104	John W. Braccio	31:20
110	Les Berry	31:24
115	Harley Lee	31:29
118	Jim Geary	31:46

(Continued):

More MTC Finishers:

138	Rick Strout	32:16
142	Charles Hall	32:20
148	Donald McGilvery	32:28
167	Fred Beck	32:58
174	Larry White	33:07
177	Norman Locke	33:09
188	Bob Hazzard	33:28
193	Dale Rines	33:37
195	Andy Alexander	33:41
205	Charles Probert	33:57
209	Dick Lajoie	34:01
227	Philip Bartlett	34:25
229	Deb Merrill	34:29*
232	Al Mack	34:32
236	Eric Ellis	34:34
240	Roy Morejon	34:39
256	Joan Lavin	35:03*
262	Joel Anderson	35:11
267	Arnie Clark	35:18
277	Sandra Wyman	35:28*
278	Bill Muldoon	35:29
279	Bob Jones	35:31
309	Bill Green	36:18
327	Nancy Stedman	36:42*
330	Phil Tinkham	36:44
334	Dave Conley	36:49
335	Barbara Coughlin	36:50*
337	Fred Stone	36:52
339	Rich Robinov	36:53
344	Rick O'Brien	36:59
351	Katheryn Tolford	37:05*
353	Harvey Rohde	37:05
368	Lori Towle	37:30*
388	Cindy Vokey	38:00*
398	Patricia Titcomb	38:10*
407	Dennis Morrill	38:33
413	John Woods	38:47
428	Donald Penta	39:24
429	Glen McAllister	39:25
437	William Stuart	39:41
446	Marla Keefe	40:03*
472	Maureen Sproul	41:08*
488	Kenneth Dion	41:49
491	Stanley Harmon	41:58
495	Donald Johnson	42:04
509	Debbie Borduas	42:38*
528	Bill Lovett	43:41
542	Brenda Cushman	45:31*
551	Lloyd Holmes	46:38
552	James Carroll	46:39
555	Ruth Hefflefinger	46:55*

Road racing

BATH — A 5-week road racing program for children ages 6 through 12 will begin April 25 and continue from 4-4:45 p.m. on Mondays and Wednesdays at McMann Field on Congress Avenue. Freeport, Cumberland and Yarmouth are included in the program.

A coastal road racing championship will be held May 25 at Winslow Park in Freeport. All races are over 1.5-mile courses. Awards will be given to the first six boys and girls in three age categories. All participants will receive T-shirts.

Registration will be held from 10 a.m.-noon Friday, April 22 at the Donald Small School. Additional information may be obtained by contacting Kevin Chute at 443-4761. The program is sponsored by the Bath Recreation Department.

10th Annual Sno Fest 5 Miler - 60 Fin.
Augusta, Maine - 21 February '88

1	Brian McCrea	28	28:01
2	Brian Ladner	29	29:38
3	Joe Meehan	41	30:16
5	Doug Ludewig	48	30:22
14	Robert Jones (MTC)	15	33:03
16	Dara Jones	31	33:15*
23	Dick Cummings	50	34:39
30	Jane Rau	38	35:55*
31	Carlton Mendell (MTC)	66	36:20
34	Lisa Weymouth	22	37:17*
36	Bob Cushman (MTC)	50	38:23
38	Joyce Sheridan	40	38:53*
41	Robert Wyman (MTC)	51	39:04
56	Georgianna Hogerty (MTC)	32	44:40*

10th Annual Boston Primer - 15 Miles
39 Finishers - Readfield, ME - 3/20/88

1 Lance Gullani	29	1:24:08
2 Jim Toulouse (MTC)	39	1:26:03
3 Barry Fifield (MTC)	31	1:28:58
4 Paul Merrill (MTC)	33	1:29:55
5 Steven McGrath (MTC)	33	1:31:29
6 Doug Ludewig	48	1:33:45
7 Bob Coughlin (MTC)	49	1:35:22
14 Joel Titcomb (MTC)	29	1:41:36
15 Deborah Potter	33	1:41:51*
18 Phil Pierce (MTC)	46	1:43:24
19 Robert Jolicoeur (MTC)	51	1:44:46
21 Wm. Shuttleworth (MTC)	40	1:46:20
22 Russ Connors (MTC)	55	1:47:14
27 Judy Ketcham	31	1:51:31*
31 Louisa Dunlap	47	1:54:46*
32 Lisa Weymouth	22	1:57:06*
34 Herb Strom (MTC)	58	1:58:17
37 Rick O'Brien (MTC)	41	2:15:29
38 Patricia Titcomb (MTC)	30	2:17:22*

Steroids may affect the mind

BOSTON (AP) — Athletes who take steroids to build up their muscles may trigger mental problems ranging from deep depression to impulsive buying sprees and outbursts of violent rage, doctors conclude in a new study.

The medical hazards of anabolic steroids have been widely publicized, but the researchers said the psychiatric side effects are probably even worse.

"This is a phenomenon that is probably common and gone unrecognized for a long time," said Dr. Harrison G. Pope Jr., the study's director. "There is a far higher incidence of psychiatric symptoms attributable to anabolic steroids than any of us previously thought."

Pope, himself a body builder, found that a substantial minority of athletes who take steroids suffer delusions, hallucinations, manic episodes and other temporary mental illness. Such symptoms occurred in one-third of the users he and a colleague interviewed.

One of these steroid users said he bought an old car and deliberately drove it into a tree at 40 mph while a friend videotaped him. Another became enraged when a driver in front of him left his turn signal flashing, leaped from his car and smashed the driver's windshield.

Thanks always to Don Penta for a great job collecting race results!

Boston Marathon

Maine finishers
(partial list available at press time)

1. Todd M. McGraw, 23, Farmington, 2:27:06. 75th; 2. Lance O. Gullani, 29, Brunswick, 2:32:32. 137th; 3. Bryan K. Kuprewicz, 31, Alfred, 2:36:52. 213th; 4. James W. Toulouse, 39, Cape Elizabeth, 2:37:53. 234th; 5. Gary Allen, 31, Cranberry Isles, 2:40:04. 300th; 6. Paul S. Merrill, 33, Portland, 2:42:49. 384th; 7. Stephen G. Gryglei, 30, South Portland, 2:43:13. 405th; 8. Mike R. St. Laurent, 32, Freeport, 2:44:02. 435th; 9. Andrew W. Beardsley, 24, Brewer, 2:46:37. 540th; 10. Steven M. McGrath, 33, Portland, 2:47:19. 583rd; 11. John F. McGarry, 30, West Buxton, 2:48:50. 663rd; 12. Peter F. Hagerman, 37, Gardiner, 2:50:19. 761st; 13. Rick Hinds, 34, South Portland, 2:50:36. 774th; 14. Thomas C. Bennett, 30, Portland, 2:50:58. 796th; 15. Jerry Allans, 38, Winslow, 2:54:15. 1,009; 16. Harry Nelson, 33, North Yarmouth, 2:54:37. 1,030; 17. Thomas H. Thibeau, 30, Gardiner, 2:55:30. 1,101; 18. Bill Hine, 38, West Peru, 2:56:43. 1,232; 19. Brian R. Conaway, 34, Sebago Lake, 2:57:16. 1,280; 20. Bob C. Coughlin, 49, Scarborough, 2:57:17. 1,281.

21. Brian L. Ladner, 29, Gardiner, 2:58:57. 1,442; 22. Deborah A. Potter, 33, Nobleboro, 3:00:03. 39th female; 23. Michael R. Simoneau, 40, Jay, 3:02:01. 1,678; 24. Alan R. Quinlan, 32, Brunswick, 3:03:14. 1,765; 25. Robert A. Payne Sr., 49, Raymond, 3:04:27. 1,866; 26. James G. Paterson, 47, Portland, 3:04:40. 1,883; 27. Michael R. Medonco, 31, Caribou, 3:05:00. 1,914; 28. Russell T. Connors, 55, Cape Elizabeth, 3:06:32. 2,033; 29. Alburp E. Butler, 34, Portland, 3:07:14. 2,088; 30. Ray J. Johnson, 40, West Gardiner, 3:07:30. 2,112; 31. Jennifer Rood, 27, Kittery, 3:08:41. 80th female; 32. Philip S. Pierce, 46, Falmouth Foreside, 3:10:18. 2,394; 33. Peter L. Flaherty, 41, Old Orchard Beach, 3:10:53. 2,433; 34. Ronald M. Cedrone, 39, Falmouth, 3:12:34. 2,557; 35. Robert J. Jolicoeur, 51, Cape Elizabeth, 3:12:45. 2,575; 36. John A. Edwards, 34, South Portland, 3:15:19. 2,763; 37. Peter J. Cuff, 31, Limestone, 3:16:44. 2,883; 38. Michael J. Cowell, 50, Falmouth, 3:16:53. 2,897; 39. Dave Clement, 38, Dover-Foxcroft, 3:16:57. 2,902; 40. Michael S. Reali, 34, Cape Elizabeth, 3:17:28. 2,936.

41. Bruce J. Bell, 49, Hallowell, 3:17:59. 2,981; 42. Thomas R. Littlefield, 42, North Berwick, 3:18:10. 2,994; 43. Judy A. Ketchum, 31, Scarborough, 3:19:49. 184th female; 44. Douglas L. Trenkle, 39, Ellsworth, 3:21:24. 3,133; 45. Gary F. Shurtle, 23, Loring Air Force Base, 3:21:25. 3,145; 46. Carol A. Weeks, 39, Portland, 3:24:03. 21st female; 47. Louisa Dunlap, 47, Freeport, 3:24:15. 237th female; 48. Joseph R. Washburn, 43, Hallowell, 3:25:37. 3,419; 49. Carl L. Rowen, 55, Belfast, 3:29:02. 3,570; 50. Hubert W. Strom, 58, Cape Elizabeth, 3:30:09. 3,622; 51. Thomas McGuire, 41, Oakland, 3:31:43. 3,710; 52. Donald E. Wilson, 40, Biddeford, 3:34:03. 3,783; 53. Rosalyn Randall, 38, Portland, 3:34:53. 443rd female; 54. Gary L. Larson, 43, Dover-Foxcroft, 3:35:55. 3,855; 55. Carlton E. Mendell, 66, Portland, 3:40:01. 3,957; 56. Dillon Gillies, 49, Bethel, 3:42:20. 4,026.

New Bedford Half Marathon - 20 March '88

Men (Overall, unless otherwise noted):

Gabriel Kamau 1:02:20
Mark Culp 1:02:24
Michael C'Reilly 1:03:39
Mike Hurd (1st: 40-49) 1:07:02
John Fitzgerald (22nd) 1:07:31
Paul Hammond (26th) 1:07:59
Bruce Ellis (MTC) (50th) 1:12:06
Carlton Mendell (MTC) (1st: 60 & over) 1:35:19

Women:

Cathy Schiro C'Brien 1:12:20
Ria Van Landeghe 1:13:33
Maria Trujillo 1:13:48
Laurie Binder (1st: 40-49) 1:17:10
Robin Emery-Rappa (3rd: 40-49) 1:28:35

Other MTC Finishers (Courtesy of Ron Cedrone):

Ron Cedrone 1:23:10
Al Butler 1:26+
Mike Cowell 1:27:00
Mike Reali 1:28:30

Ron noted that there was a 30 mph. head wind from mile 9 to the finish along with snow squalls - hardly conditions for pr's.

The Maine Track Club Newsletter is compiled monthly. Circulation is around 350. Related material may be copied with acknowledgement. Editor: Jennifer Rood
Paste-up: Deb Merrill

MEMB. MEETING NOTES

Maine Track Club Membership

April 13, 1988 7:00 P.M. SMVTI

President Charlie Scribner opened the meeting with an apology to those paid members who had received their newsletters stamped incorrectly with a renewal notice. The Executive Board and Membership Chairpersons are working on a system to improve the renewal process next year. Also the postage increase which coincided with this mailing caused some difficulty in getting the newsletters on their way.

Guests present introduced themselves: Kathy Gardiner, Dave Hall and Wendy Stringfellow

Charlie asked if anyone had run and used the SMVTI showers before the meeting. Members reported that an SMVTI staff member was unaware of our arrangement but was cooperative in allowing use of the showers. Charlie will recheck to make sure showers continue to be available.

Vice President Herb Strom introduced the speaker, John Hayes, D.C. Dr. Hayes spoke on the structure, proper care, and feeding of our muscles and bones and how these and our posture affect our running efficiency and performance.

Treasurer Rick Strout asked for questions or comments on the proposed budget. Income/Expenses for Clothing were questioned. Inventory and difference in dates of Club payment and member payment account for greater expense. Annual Banquet figures were for the Banquet which took place this January. Future January Banquets are not confirmed but probable. Members voted to accept the budget as proposed.

Newsletter Jennifer Rood reported an April 18 deadline for newsletter material. It should go to Deb Merrill at 47 Middle St. or to Jennifer's home. Members' articles are always needed as well as ideas from other clubs or individuals.

Membership Ruth Hefflefinger reported renewals were still coming in slowly. An exact count was not available.

Refreshments Sue Davenny thanked Joan Lavin, Sandy Wyman, Lynn Vail, Kim Konieczny, and Barbara Coughlin for the evening's refreshments. Also, Jean Thomas's name was omitted from the list for last month.

Publicity Maggie Soule will notify newspapers that Bruce Ellis will be speaking at our next meeting.

Races & Activities

Patriots' Day April 18 Help needed at the finish line. List circulated. Contact Dave Paul. Members also encouraged to attend open house and spaghetti dinner the Sunday before the race.

Milk Run May 22 Many volunteers needed. List circulated. Contact John Conley 799-6378. Large turnout expected, up to 600 runners. Walkers will be encouraged.

April Amble Help needed at the finish line. Contact Charlie Scribner.

Boston Marathon Our Immediate Past President has taken up residence in that city to properly prepare for those challengers from Maine. Before the race look for the Maine sign on the way to the start. After the race, everyone is invited to Herb Strom's room.

Ekiden Relay Maine Team placed 39th. Past President Jane Dolley was the coach, the only female coach of all the teams participating.

NRCA Convention Charlie, Jane and Ken Dolley will attend May 6, 7, & 8 in Indianapolis. Jane has been nominated for Eastern Geographic Coordinator.

National TAC Meeting Carlton Mendell was Runner Up Masters Long Distance Runner of the year. It was also mentioned that Carlton won his age group in the New Bedford Half Marathon.

Sugarloaf Marathon May 29 Let Bruce Ellis know if you want to be part of the MTC team. He will be sending in the final roster the week before. Team depth is as important as speed.

Charlie encouraged all members to wear MTC clothing at all events.

Portland Press Herald



Staff photo by David MacDonald

Bruce Ellis won the Patriots' Day race on his first attempt.

Maine team 39th in Ekiden relay

Team Maine placed 39th out of 52 national teams in the inaugural Asics Cup America's Ekiden 50-kilometer relay race in New York City Saturday.

Ireland won the race, with the U.S. finishing second, Great Britain third and the Soviet Union fourth. Nine international teams, teams from each of the 50 states and the District of Columbia and New York City competed in the race, running legs of 5, 8, 12, 15 and 10 kilometers.

The five Maine runners were Todd McGraw, Stu Hogan, Danny Paul, Bob Winn and Andy Palmer. McGraw posted his personal best time of 14:40 in the 5-K leg. Paul improved the team's position by several runners. Winn ran a strong 15-K of 47:33, moving the team up by 15 runners. Maine's time was 2 hours, 42 minutes and 28 seconds.

MORE RACE RESULTS

ROAD RACING

Milk Run

at Boston
(10 kilometers)

1. Jim Cooper, Charlotte, N.C., 28:24; 2. Bruce Bickford, Wellesley, 28:25; 3. Keith Brantly, Gainesville, Fla., 28:33; 4. Joe Rocha, New Bedford, 28:44; 5. Terry Brahm, Bloomington, Minn., 28:55; 6. Paul McCloy, Canada, 29:00; 7. Don Norman, Republic, Pa., 29:02; 8. John Bowden, New Zealand, 29:03; 9. Yobas Ondieki, Lubbock, Texas, 29:08; 10. Greg Lautenslager, Wellesley, 29:11; 11. Are Nakim, Boston, 29:15; 12. Greg Meyer, Grand Rapids, Mich., 29:27; 13. Peter Pfizinger, Wellesley, 29:34; 14. Paul Gompers, Fairview Heights, Ill., 29:37; 15. Phil Lahuerte, 29:39; 16. Tom Ratcliffe, Wellesley, 29:44; 17. Paul McGovern, Lynn, 29:51; 18. William Musyoki, Malrobi, Texas, 29:54; 19. Ken Helle, Newton Center, 29:57; 20. Macarh Edratt 30:03; 21. Ryszard Marczak, Poland, 30:18; 22. Paul Hammond, E. Boston, 30:20; 23. John P. Fitzgerald, Brighton, 30:21; 24. Dorys Langlois, Canada, 30:24; 25. Frank Ritchie, Tauranga, 30:26; 26. Allen Rushmer, England, 30:34; 27. Mark Hardie, Boston, 30:36; 28. Ron Gillyool, Wellesley, 30:48; 29. Dave Harrison, New Zealand, 30:50; 30. Robert Waimaley, Wellesley, 30:51.

Women — 1. Lorraine Moller, New Zealand, 32:07; 2. Carole Rouillard, Canada, 32:47; 3. Leslie Seymour, 32:53; 4. Janice Ettie, St. Cloud, Minn., 33:13; 5. Leatrice Haver, Greenfield, 33:20; 6. Jacqueline Gareau, Canada, 33:27; 7. Maria Trujillo, Scottsdale, Ariz., 33:34; 8. Suzanne Girard-Eberle, Reston, Va., 33:40; 9. Mauraes Cusky-Roben, Denver, 33:47; 10. Sue Schneider, Minneapolis, 33:54. Masters — 1. Gabriele Andersen, Sun Valley, Idaho, 35:11.

Queens Half-Marathon

at New York
(13.1 miles)

1. Placido Cruz-Martin, West Side YMCA, 1:10:34; 2. Jamie Glacios, West Side YMCA, 1:12:15. Women — 1. Agnes Ruane, Etonic Track Club, 1:20:34.

ROAD RACING

Rotterdam Marathon

at Rotterdam
(26.2 miles)

1. Belayneh Dinsamo, Ethiopia, 2 hours, 8 minutes, 50 seconds (world record); 2. Ahmed Saleh, Djibouti, 2:07:07; 3. Wodajo Butti, Ethiopia, 2:08:44; 4. Abebe Mekkonen, Ethiopia, 2:09:33; 5. Merit ten Cate, Holland, 2:11:49; 6. Kebeb Balcha, Ethiopia, 2:12:04; 7. Toshihiro Shibutani, Japan, 2:12:18; 8. Omar Aguilar, Chile, 2:12:19; 9. Allan Zachariassen, Denmark, 2:12:27; 10. John Vermeulen, Holland, 2:12:42; 11. Djama Robleh, Djibouti, 2:15:19; 12. Fumie Abe, Japan, 2:15:34; 13. Tadesse Gebre, Ethiopia, 2:16:46; 14. Bernd Kofferschlager, 2:18:35; 15. Erik Edelman, Holland, 2:19:17.

London Marathon

at London
(26.2 miles)

1. Henryk Jorgensen, Denmark, 2:10:20; 2. Kevin Forster, Britain, 2:10:52; 3. Kazuyoshi Kudo, Japan, 2:10:59; 4. Hugh Jones, Britain, 2:11:08; 5. David Long, Britain, 2:11:33; 6. Allister Hutton, Scotland, 2:11:43; 7. Herbert Steffny, West Germany, 2:11:54; 8. Cai Shanyang, China, 2:11:58; 9. John Wheway, Britain, 2:12:13; 10. Charlie Spedding, Britain, 2:12:28; 11. Dominique Chauvigny, France, 2:12:39; 12. Steve Brace, Britain, 2:12:58; 13. Gerhard Hartmann, Austria, 2:13:33; 14. Kenny Stuart, Britain, 2:13:36; 15. Jose Da Silva, Brazil, 2:13:42; 16. Art Boileau, Canada, 2:13:44; 17. David Edge, Canada, 2:14:10; 18. Ken Harrison, Britain, 2:14:27; 19. Mehmet Terzi, Turkey, 2:14:51; 20. Peter Lyrenhann, Switzerland, 2:14:55.

Women

1. Ingrid Kristiansen, Norway, 2:25:41; 2. Ann Ford, Britain, 2:30:38; 3. Evi Palm, Sweden, 2:31:35; 4. Susan Tooby, Britain, 2:32:09; 5. Susan Crehan, Britain, 2:35:10; 6. Tove Schultz-Loretzen, Denmark, 2:35:52.

National 8K Championships

at Portland, Ore.

1. Chris Fox, Hagerstown, Md., 22:44 (\$3,000); 2. John Tuttle, Douglasville, Ga., 22:45 (\$2,200); 3. Steve Plascencia, Eugene, Ore. (\$1,500); 4. Jon Sinclair, Fort Collins, Colo. (\$1,000).

Women

1. Gail Kingma, Seattle, 28:43 (\$800); 2. Cathie Twomey, Eugene, Ore., 28:50; 3. Debra Myra, Milwaukee, Ore., 27:14.

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Become an patron and get fame and recognition for your support and generosity by having your name in the above box! Feel guilty about not volunteering for enough races? This donation will put you in good graces and we especially need help now that postal rates have gone up...

To be an individual patron, send \$10 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. And MANY thanks!

To be a Prime sponsor, contact Jennifer Rood (W) 603-431-3500 (H) 207-439-3519. The sponsorship is \$50 and includes recognition and any message you may have in a box on the front page. Your support will be noted by all who pick up and glance at the front page- about 400 newsletters are mailed out each month.

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