



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

JUNE, 1986 NEWSLETTER & CONVENTION REPORT NO. 7

OFFICERS

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

July 9, 1986 Maine Track Club Membership Committee Meeting - 7:00 p.m.

We will have a special guest for this upcoming meeting, Anne-Marie Davee, R.D., specializing in Sports Nutrition. The topic is "Eating Strategies for Athletes" and Ms. Davee will present the latest information on eating for high level fitness and top athletic performance.

It is increasingly recognized that physical fitness and athletic potential are closely related to diet. Learn what foods provide the best fuel for the body's muscles to maintain high energy levels, increase your endurance and achieve success in competition. Ms. Davee is a competitive athlete herself, completing eight marathons including the first Women's Olympic Trials Marathon in 1984.

Anne-Marie was also awarded the Recognized Young Dietitian of the Year 1985 in Maine and was selected as the State's Media Representative as well. Her expertise in this field is well known and all members are encouraged to attend her lecture.



Anne-Marie Davee, R.D.

Anne-Marie did a great job serving on a panel with Barbara Footer and Nancy Clark last month at the RRCA Convention.



Maine Track Club is a non-profit organization.



Jane's List of Things

I'm not going to tell you where I'm writing this. It's not fair to rub it in that I'm on my way to Hawaii, the land of sun, pineapples and Mai Tai's. So, I'll keep it a secret.

Here are a few thoughts I have as I wind down after the convention.

- Yes, Charlie, it's true. May 19th did come after all.
- I wish all of our members could have participated in the RRCA convention. It was such a fantastic experience and more successful than we could ever have dreamed it would be! From the buffet dinner Thursday night at Bob Jolicoeur's (for 200+ people!), to the 10K race on Sunday morning.
- Even the weather held up. The overcast skies and drizzle at Friday's lobster bake certainly didn't put a damper on anything. Those guys were dancing on the sand. Yes, Bob, the Bellamy Jazz Band was a great idea.
- And could we have asked for more beautiful weather for the 10K on Sunday? Thank you, Lord.
- Of course, I'm not saying there weren't any scary moments. Such as not having any vans for transportation as late as Friday morning. You should have seen Bob Payne's face then!
- And did you know that we had no power at the finish line for the 10K, right up until 5 minutes before start time? All those computers and no electricity. Yes, Charlie, Rick Strout and I were experiencing a little bit of panic ourselves.
- Did you see the consternation on Rick Strout's face Saturday night when Bob Jolicoeur misplaced a check for \$1,600?
- How about the knot in Priscilla Jolicoeur's stomach when there were people lined up at her door Thursday night to get something to eat and we ran out of food? Rick Strout swears he'll never forget the face of the woman who took 3 helpings when there were still people unserved. Some people have no class.
- The lobster pit crew should definitely get recognition for the fantastic job they did. Someone said that he knew he had to dig a big ditch but no one told him he then had to fill it back up with rocks! Priscilla stood up on the banking that morning watching the guys work on the beach, with their wheelbarrows and shovels. With the somber, serious and intense atmosphere, she said it looked just like a chain-gang.
- My hat, though, goes off to Ken Hutchins, who dug the lobster pit Friday morning; raced intown at noon to direct traffic at the 5K (he was in charge of the crew who covered 37 inter-sections!); then back to SMVTI to finish preparing for the lobster bake; and he was still down on the beach that night, digging hot dogs, mussels and potatoes out of those hot coals. Did you finally get a beer, Ken?
- I heard that Laurie Munson and Kim Moody were seen washing strawberries in the men's room Friday at SMVTI. Where were the cameras?
- I did get a picture of Fred Lebow eating strawberry shortcake, using a "wet-nap" package as a utensil. He was one of many who forgot to save their forks. He switched to cocktail straws, using them like chopsticks; then got fed up and ate it right from the plate. It's all captured on film. Do you think it's worth an entry into the New York City Marathon?
- Did you get to meet Alice Bagley from Denver, Colorado? She was one of the most enthusiastic conventioners. 76 years old and one of the hearty finishers of the 5K race on Friday. And what about Ed Benham, 78 years old, who ran the 10K in 44 minutes and set a world record?!
- Congratulations to Wanda Haney for her super win in the 5K and boo to the Portland paper for not giving her credit.
- Speaking of the newspapers, did you ever see so much publicity about the Maine Track Club and running? Bill Muldoon (WGAM radio), Bill Green, (Channel 6); Jimmy Young (Channel 13), and Tom Welch (Sunday Telegram) all helped spread the word about RRCA, MTC and the races. Of course, the Portland paper didn't break from tradition and published only the first 100 finishers of the 10K.

Miss Peach



- Rick Krause wrote a running article for the Kennebec Journal (5/16) and said that he mentioned the Maine Track Club every other line. That's pretty unselfish for the guy who founded Central Maine Striders.
- Did you stop by the Osteopathic Hospital's tent that was set up at the 10K finish line? On a whim, I thought it would be fun to see what my blood pressure was five minutes before the race started. My normal blood pressure is 100/64 and my resting pulse is 48. At 8:25 AM, Sunday, May 18th, the machine registered 140/92. So much for being cool, calm and collected. It did drop down to 130/84 by 10 o'clock. And I'm sure with a couple of Mai Tai's everything will return to normal. This is just what the doctor ordered.
- The other running clubs in Maine were a tremendous help to us. Jerry Saint Armand and his crew from Central Maine Striders, along with Greg Nelson of the Road Ramblers hosted the hospitality suite. Marty Weiss of the Ramblers was great at the 10K finish line. Milt Bailey, President of the Aroostook Joggnauts, helped out everywhere--and always with a smile on his face. I didn't get to meet the Cuthbertsons from Penn Bay Pacers but I know they were there. And, of course, our old friends from Maine Coast, Steve Mooney, Dick Roberge and Joe Cesta. What can I say? You're terrific.
- What do you think about holding this 10K again? Of course, it would be on a smaller scale. But the course is certified and the Portland Police said we could use the route again if we guaranteed the same type of traffic control. They were impressed.
- Next year's RRCA convention will be in Rockville, Maryland, just outside Washington, D.C. I've heard there's a group of MTC members who have already started making plans. Count me in.
- Sandy Utterstrom made fast friends with Louise Tinskey. In fact, Louise gave Sandy her bouquet of flowers from the banquet. Sandy was a big help to Louise at the delegate registration desk.
- I heard that Sandy also took time Sunday after the race to drive Gabriele Andersen-Schiess to L L Bean's. Sandy then showed her the Falmouth/Yarmouth area along Route 88 and the Casco Bay Marathon route.
- It was this type of warm hospitality shown by all the Maine Track Club members that so impressed and overwhelmed the convention delegates. Just plain old New England friendliness. We see it all the time.
- Do you remember when Phil Pierce wrote letters of recommendation to RRCA, nominating Charlie Scribner and Bob Jolicoeur for awards? According to the RRCA Convention report, Charlie tied for 2nd place for the NIKE/RRCA ROD STEEL MEMORIAL AWARD for the outstanding club volunteer. Congratulations, Charles. Phil wrote a heck of a letter.
- I hope you all can come to the June 11th membership meeting. It'll be a fun time, to get together and tell our stories, recognize the volunteers and see the slides and pictures.

And just a couple more things:

- Congratulations to Kim Moody for winning the 50 mile Ultra in North Adams, Mass., and coming within a minute of a world record! Just think how she could have done if she hadn't run the Boston Marathon the week before?
- And congratulations to Susannah Beck, of Wayne-flete who became the first Maine schoolgirl to record a sub five-minute mile on 5/17. She ran 4:56.0 in the Maine Mile Invitational Run in Biddeford.
- Happy Birthday on 5/29 to Pat Monroe, Don Penta and Jim Toulouse. I beat you all by 24 hours.
- Good luck, everybody, at the Maine Coast Marathon on 5/25.

I guess this list sort of made up for the two issues I missed. Thanks for listening.



Barb Coughlin and Jane Dolley try their best to stay in shape.

NEW MEMBERS

The number of new members had increased in May - We are pleased to welcome the following:

<u>Name and Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Tom Allen 12 Delwin Drive Cumberland Ctr, ME 04021	829-5163H 865-3540W 865-6311	Water Treatment & Plant Operator, Sales Associate	30
Alison Berglund 79 Fessenden Street Portland, ME 04103	775-0556H 617-848-9850 W	Sales, Procter & Gamble	31/Skiing, tennis, boardsailing
Don Bouchard 16 Brenton Street So. Portland, ME 04106	799-1472H 797-7261W	Educator, Westbrook Coll.	40/X-country skiing, hiking
C.R. Davis P.O. Box 430 Woolwich, ME 04579	442-7062H 443-6256	Businessman Downeast Machine & Eng.	40
Scott R. Erickson 166 Allen Ave. #2 Portland, ME 04103	878-2839H	Student, USM	29/Hiking, racquetball, rock climbing
Harold Gorman 180 Main Street Freeport, ME 04032	865-6714H 883-4366W	Programming Mngr. Bicknell Photo Service	25/Skiing, softball reading, computers
Stanley Harmon RR 2, Box 166D Alfred, ME 04002	247-4381H	Retired	64
Jean B. MacDougal 1691 Washington Ave. Portland, ME 04103	797-4264H 854-9105W	Deputy Finance Director	27/Music, bicycling, reading, hiking, camping
Westbrook Recreation 790 Main Street Westbrook, ME 04092	854-4685W	City of Westbrook	
Debbie Sawyer 21 Morning Street Portland, ME 04101	773-8741HW	Musician	33
Kathryn Tolford 306A Foreside Road Falmouth, ME 04105	781-2154H		32
Christopher Ziagos 98 Park Street Portland, ME 04101	775-3607H 879-0694W	Computer Sales, Level One Systems, Inc.	38

Renewals

Frank Morong & Family 6 Myrtle Ave. So. Portland, ME 04106	799-4875H
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Bernard Ross, Sr. 839-2362H
491 E. Rust Road
W. Gorham, ME 04038

Changes noted since the roster was published included the following:

Joe Isgro, new address: Box 975, Sabath Day Lake, Poland Springs, ME 04274. 926-3683.

John Kester's new address is 4 Coral Sea Street, Brunswick, ME 04011, 729-5543.

Pat Buckley has a new address: 10 Deering St. #3, Portland, ME 04101 and new work phone number, 780-4470.

Barbara Footer's new address is 114 Dartmouth St., Portland, ME 04103, 761-5632.

James R. Legere's new address: Star Rte. Box 659, Steep Falls, ME 04085, 675-3356.

Harvey Rohde has added his stepson, Daniel Parkinson, to his family membership.

Liz Skofield's work number should be 871-7437 and home number 766-5079.

Peter Dube, 222 Beech Ridge Road, Scarborough, ME, (H)839-3744, (W)775-8624.

MEMBER PROFILE - JOHN WOODS

by Carol Mills

John Woods is 68 years old, and he is retired. No longer is he 34; no longer is he a commercial airline pilot. But "old and retired" are not the words to describe this life-full member of the Maine Track Club. For the joy of life regardless of the number of years, John tributes his friend: running. He enjoys the self-assurance and mental tranquility of good health. He can carry a heavy valise, row a boat, or mow a lawn. The tall, handsome one, the one with the gleaming blue eyes, the one catching a flight to Italy, or Sweden, or Germany, or Puerto Rico, or Costa Rica: that's John, and he has running shoes in the valise he's carrying.

For pleasure, John travels and a road race is his destination. Other runners are John's challenge, and he brings his best concentration to the competition. Training is the time and place for "seeing the sights and smelling the flowers." A good race is the time and place for concentration. John concentrates on form. He concentrates on keeping on the pressure to stay at his aerobic unit. If it's a close race, he concentrates to convince himself that his opponent is more tired than he is. At the middle of a race, or slightly after, is the best time to fatigue "the other runner," preventing him from using his kick. John is a relatively slow runner, but he has relatively good endurance so this strategy works for him. How well has it worked? First, over 60, in many races; about 10 national championships, 60+ and 65+; many meet records; in four World Masters Championships, running a total of 11 races, a silver medal (marathon), a bronze (10K), and a bronze (cross country). John is low key about racing; not winning does not bother him. But while racing, he considers himself "pretty grim and determined."

While not racing, John maintains a classic training ritual. Accommodating that training schedule and getting adequate rest are the problems indigenous to a travel-and-run lifestyle. The varied menus and climates don't bother him. He allots two hours a day to train. And he trains seven days a week:

Day 1	Speedwork, 6 x 460	6 miles
Day 2	Run	7 miles
Day 3	Long, slow run	11 miles
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Day 6	Run	5 miles
Day 7	Race	6 miles
Total		46 miles

(John Woods continued)

1966 - 20 years ago - was the start of John's friendship with running. Clad in Bermuda shorts and keds, John joined a Run for Your Life (RFYL) program in Washington, D.C. Then, as a member of the D.C. Roadrunners Club, he started to race. Furthermore, as Director of Scheduling for the Club, John was responsible for placing 56 races on the yearly calendar.

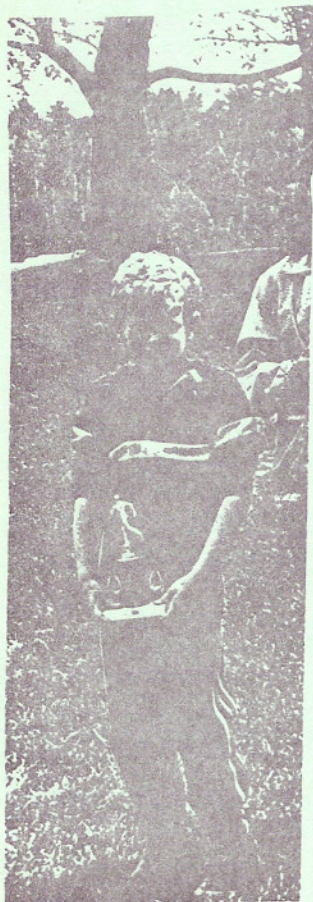
1986- today - is a time of expectation for John. He expects his performance will not deteriorate further due to age. The formula is rumored to be a loss of 2 second per mile per year. Like many runners, John fantasizes that there is some magic training program that will make him fast. But, there isn't. John's program isn't magic; it's lively. And if an injury ever prevents John from running, he'll just find another athletic activity - like rowing - until he can run again. And music is always waiting in the back seat; John studies the classical guitar.

Hundreds of running friends have inspired John. John is himself an inspiration: "In receiving an award I was once told I was an "ejemplo para el juvenil." (An example for the young.) Whether true or not, this meant a lot to leave. I think that we all do serve to inspire other people. At least, we should try to."

THE RUNNER'S EDGE: A Contemporary Running Column by Phil Pierce

Running through the Rainbow

(24 hours in the life of a runner)



John Pierce

May 10, Saturday Morning. John and I get up. My eight year old son has decided to enter his first road race. We dress together and motor up to Togus VA where John will run the one mile fun run and I will run the five mile road race. The fun run is first so I run with my son, coaching him to run an even pace and not worry about anything. He finishes strong, passing two runners in the last quarter. He places 11th overall and first in his age group. He receives a nice trophy and is impressed by the fact that a 45 year old male came in behind him. He is ecstatic and so am I. I PR the 5 miler (32.04), coming in 26th, a minute and a half faster than last year. However, 12 more people beat me this year than last! In an end-of-the-awards raffle, I win a huge, beautiful, 6 inch diameter, three-wick candle with real flowers imbedded in the wax. (My wife will like this I thought.) Thank God for understanding race directors who remember the middle-to-the-back-of-the-pack runners. On the way home, the old Ford overheats and stops cold. John and I don't get rattled, find water at the side of the road, fill the radiator using a thermos bottle, and we are off and going again. On arriving home, I give the candle to my wife and John proudly shows off his trophy.

May 10, Mother's Day Eve. Rae and I motor to the Maine Mall to buy Rae her first pair of running shoes. First we go to Olympia Sports where we run into an experienced female runner I've seen at the races, who is also buying a pair of shoes - not her first. Since the guy waiting on us just did not know his stuff, we talk to this lady and settle on a pair of Rebok DL 5600s. Olympia did not have the runner's size or Rae's size so we proceed to a second shoe store where a knowledgeable salesman tries to sell us another, all-leather Rebok model since he does not have what we want. Finally, at the third shoe store, the female runner and Rae find their sizes and all go home happy. It is a beginning. I am aware, however, that shoes do not a runner make.

May 11, 5 a.m. Sunday morning. I am off to do my long run. It is a crisp 48°F but I feel warm wearing only shorts and singlet. This Mother's Day morning is very unusual. No one is on Route 88, not a car or a runner; only the birds, squirrels, and chipmunks. As I head for Yarmouth, on my left and inland it is very stormy, with lightning, heavy dark clouds, and rain. On my right, towards the ocean, it is clear and light. There is a beautiful rainbow which positions itself in an arch over Route 88, brilliantly contrasted against a background of storm clouds in the west and fading imperfectly into the emerging light in the east. I run through the rainbow. It is, without a doubt, the most beautiful, effortless, transcendental run I will ever experience. By six o'clock it is all over; I arrive in Yarmouth, the world awakes, and I continue my long run.

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MAINE TRACK CLUB
Membership Meeting
Wednesday, May 14, 1986
SMVTI 7 p.m.

President Jane Dolley introduced new members and guests who included Tom Allen, Tia LaMarre, Richard Littlefield, Alan Quinlan, Katie Marshall, Dick LeMieux and Roberta Greenfield (whose husband bought her a membership for her birthday)>

Members currently enrolled in Cheryl Bascomb's running clinic affirmed it a a valuable experience. Dick Littlefield said he was "enjoying it a lot"; Susan Stone said that while "the intervals are tough, I urge you to take advantage of it. You not only socialize but you also learn a lot."

Because of logistics, a potluck supper will take the place of the spaghetti dinner planned for our June meeting. Bob Antoniuc, Sue Stone and Bob Cushman are among those volunteering to head up this event.

1986 Main Coast Marathon runners were recognized, particularly first-time-ever marathoners Judy Davis and Tom Norton. Jane reminded all that Ken Dolley will man a very important water stop at 22 1/2 miles.

Jane thanked Charlie Scribner, Bob Cushman, Nancy Stedman, Marie Wood, Caroline Krahn, Jim Toulouse, Ray and Ruth Hefflefinger, Marian Leschey, John Lavin, Dick Lajoie, Maggie Soule and David Trussell for providing the evening's refreshments.

Russ Connors invited participants and volunteers in the Mt. Washington race in June to stay over at the Down East Ski Club Lodge in Bridgton on the way home.

The meeting was then turned over to RRCA Convention coordinator Bob Jolicoeur, who introduced RRCA officers Joan Laird, Jim Burns and Henley Gibble. Gibble said: "I thank the Maine Track Club in advance for what I'm sure will be the best Convention ever."

Bob gave a convention-eve status report as follows:

*Twenty-six Club members are bringing food for an expected 200 guests at the opening night reception at the Jolicoeurs' house. The guest list is double what was originally planned on, so the Club will rent a tent (for \$200) plus 75 chairs to accommodate everyone.

*Bob thanked his assistant, Nancy Stedman, for her help "in lots of different areas."

*The Holiday Inn is fully booked for the weekend, with the overflow going to the Sonesta.

[MORE]

*Maine Track Club members who help during the weekend will pay a convention fee of \$5 instead of \$10, but will pay the full amount for all additional activities.

*Bob credits the unusually large number of Thursday arrivals to Friday morning's major lecture on nutrition as well as to the buildup of Portland as "a nice place to visit."

*Overall, more than 300 visitors will be coming. It was agreed that they will get priority over MTC members when it comes to receiving Convention packets.

*Tickets to the lobster bake may be bought right through Friday. So far, 294 lobsters and 20 steaks have been ordered.

*The L.L. Bean bus trip (@ \$2 a head) has attracted 122 signups so far.

*192 people plan to attend the Nancy Clark luncheon lecture on Saturday; 254 have signed up for Saturday night's banquet.

*There will be 24 exhibitors, including 4 shoe companies, 5 timing equipment companies and 4 magazines.

*At least 11 magazines and newspapers will cover the weekend's events.

34 states including Hawaii and Guam will be represented.

*Ev Davis and Caroline Krahn were congratulated for their Program Book, which contains \$2,300 (40 pages) worth of advertising.

*Nancy Stedman announced that two volunteers are needed to help set up a special flameproof tent from Leavitt and Parris early Sunday morning.

*One hundred extra Convention shirts have been ordered and will be available for MTC members to purchase after all the delegates get theirs.

*The L.L. Bean 5K T-shirt, designed by Dick Viera, was displayed to the group.

*Rick Strout asked for more finish-line volunteers for both races.

Members then broke up into their respective committees to discuss last-minute Convention details. They also enjoyed the refreshments.

Respectfully,

Maggie Soule
Maggie Soule, Secretary



1986 RRCA CONVENTION - A HUGE SUCCESS

The officers of the Club hereby wish to thank the following members who gave of their time, effort, and in many cases, personally incurred unreimbursed expenses to help with the RRCA Convention. The result of all these efforts was that the convention was a spectacular success and was very much appreciated by the attendees from all over the country from as far away as Hawaii and Guam. Here were the approximate numbers:

<u>Function</u>	<u>People served</u>
Thursday night Board Reception	220
Friday noon Fun Race (finishers)	246
Friday night Lobster Bake	360
L.L. Bean shopping tour (bussed)	125
Saturday luncheon with Nancy Clark	220
Sunday National Championship 10K Race (registered)	560

People were entertained at the hospitality suites Friday and Saturday evenings from 9:00 p.m. to midnight and the social hour before the banquet early Saturday evening. All went extremely well in spite of renovations presently underway at the Holiday Inn. In addition, the Transportation Committee bussed people to and from the airport and other places in grand fashion.

Therefore, be it resolved by the Board of Directors (Officers) of the Maine Track Club that - whereas, the following members of this Club performed their duties in a most commendable fashion; and, whereas, such members deserve right and just recognition for the success of this Convention, that the minutes of the June meeting reflect our gratitude and appreciation for a job well done to the following members signed this 28th day of May, 1986 by the Officers of the Club:

Jane Dolley

Jane Dolley

Charlie Scribner

Charles Scribner

Rick Strout

Richard K. Strout

Phil Pierce

Philip S. Pierce

Maggie Soule

Maggie Soule

Ted Cunningham

Richard R. Cunningham

Bob Jolicoeur

Bob Jolicoeur

Jerry Allanach
Brian F. Alward
Carlene Anderson
Bob Antoniuc
Jean Armstrong
Milt Bailey
Cheryl Bascomb
Peter Bastow
Fred & Susannah Beck
Guy Berthiaume
John Braccio
Russell Bradley
Dick Brink

Pat Buckley
Jerie Bugbee
Alburn & Tammy Butler
Edd Cabral
Dick Campbell
Tom Cannon
Steve Caron
Ken Casey
Ron & Ellen Cedrone
Gordon Chamberlain
Kathy Christie
Garrett Clough
Philip Coffin

David Conley
John P. Conley, Jr.
Russ Connors
Joan Connors
Lloyd & Joyce Cook
Bob Coughlin
Barbara Coughlin
Ted Cunningham
Francine Currier
Bob & Brenda Cushman
John Dakin
Bill & Susan Davenney
Everett & Judy Davis

More volunteers!

Conrad Demers
Raphael DePrez
Ron Deprez
Ken & Jane Dolley
Peter Dube
Greg Dugas
Roy P. Dunfey
John & Arabella Eldredge
Bruce & Nancy Ellis
Judson Esty-Kendall
Frank Ferland
Mel Fineberg
Barbara Footer
Warren E. Foye
Michael & Barbara Frost
John Gale
Brian Gillespie
Roberta Greenfield
Barbara Hamaluk
Michael Hancock
Bob Handy
Bob Hazzard
Ray & Ruth Hefflefinger
Eric & Katherine Hertz
Deborah Hewson
James & Georgianna Hogerty
Dave Horne
Ken Hutchins
Howard & Nan Jackson
Don Johnson
Bob & Pris Jolicoeur
Terri Jordan
Richard Joseph
John Keller
Carolyn Krahn

Dick Lajoie
Tia LaMarre
John & John Lavin
Russ Lehman
Richard Lemieux
Marion Leschey
George Liming
Richard Littlefield
Tim Maloy
Mike Marchetti
Richard Marino
Dail Martin
Don McGilvery
Terry McGovern
Carlton Mendell
Paul Merrill
Brian Milliken
Carol Mills
Gary & Patricia Monroe
Kim Moody
Roy Morejon
Laurie Munson
George Nadeau
Harry Nelson
Tom Norton
Rick & Norma O'Brien
Jack Oppen
Toni Parise
David Paul
Bob Payne
Don Penta
Bob Perkins
Phil & Rea Pierce
George Prescott
Alan Quinlan
Roz Randall

Michael & Jodi Reali
Dave Reynolds
Dale Rines
Richard Robinov
Harvey Rohde
Joan Benoit Samuelson
Leonard Sanborn
Chris Shanatau
Charlie & Norma Scribner
Richard Scribner
Charles Serritella
Vin Skinner, Jr.
Liz Skofield
David Smith
Kris & Linda Sorensen
Maggie Soule
Brian St. Pierre
Mr. & Mrs. Stanhope
Gregg Stanley
Nancy & Bruce Stedman
Susan Stone
Dick Stott
Herb & Evy Strom
Rick & Anne Strout
Lisa Tagariello
Jean Thomas
Jim Toulouse
Mike Towle
David Trussell
Pamela Twombly
Al & Sandy Utterstrom
Carol & Sumner Weeks
Warren Wilson
Marie T. Wood
John P. Woods
Steve & Karen Woodsum
Sandra Wyman

A special thanks to the Lakes Region High School Girls Track Team who sent 10 volunteers. You saved my life!

Ken Hutchins
Traffic Coordinator

Thanks to Brian Hall and employees of L.L. Bean and George Towle and his girls track team from Portland High School with their assistance on the RRCA 5K race.

Ken Hutchins

Thanks to the YMCA for the use of their busses. The following YMCA employees donated their time to drive the busses: Bill Landis, Janet Bell, Arnie Banner, and Ken Twadell. Thanks to Mr. Fred Pape and Pape Chevrolet for the use of two vans and to Mr. Harold Brigham and Bay Leasing (Rent-A-Wreck) for the use of one van. And thank you to L.L. Bean for renting two busses to transport delegates.

Bob Payne
Transportation Chairman

More on volunteers

We did it in grand style! I think it's safe to say that everyone who came went away happy they were here and experienced a great convention. The Maine Track Club did a fantastic job and I am really proud of everyone who helped (see list of names elsewhere in newsletter).

I and the Board of the club will never be able to thank some of you enough for the long, long hours, dedication, service and hard work that was put into this convention. There were a few "standouts" who not only worked hard at one activity but many things and a few whose responsibilities were just awesome and should be pointed out. Priscilla Jolicoeur for accepting responsibility for chairing and working alongside everyone else on the RRCA Board and early arrivals reception at our house - as well as the lobster bake...Many little details, lots of planning, etc. made these two events outstanding successes.

Everett & Judy Davis - Not only for accepting responsibility for producing a very professional looking Program Book which required late night trips to Lewiston, but also for spending most of the day (Thursday, May 15) helping Priscilla get ready for the reception. Simply put, they saved us! Also, a big thanks for helping on the lobster bake.

Jane Dolley for taking charge and moving things along when I couldn't be around because of unusual work pressures. Jane had the foresight and insight to know when to step in and when to back off, when to make calls and when to gather the troops for quickie "fix-it" type meetings. She also accepted full responsibility for directing the 10K National Championship Race. The name alone is enough to scare you, but Jane stepped forward when no one else would. A super job, Jane!

Bob Payne for his excellent work and accepting full responsibility for the Transportation Committee. This is one of those awesome tasks that require untold thankless invisible hours of planning, telephoning, lining up vehicles, schedules, people, and many little details to please 300 people who probably have never been to Maine before. It got done in superb fashion. Plus, Bob also helped in other areas as well.

Nancy Stedman - Not much happened without some sort of involvement on Nancy's part. Convention planning interacting with City government, recruiting help, co-chairing the photography committee, lining up free beer for various social functions, heavy work on the Program Book, interfacing with the hotel, both races, etc., etc., she was there making many things happen.

Charlie Scribner and Ken Hutchins - Major responsibilities for finish line management for both races. Both Charlie and Ken were busy and quietly getting the job done to make sure the races were well planned and executed without flaw. Both were also involved in most other aspects of the convention including transportation, lobster bake, people management, running errands and putting in tons of hours.

These people are only a few of the more observable standouts...the stars - but everyone really pitched in to make this convention work. The Program Book enclosed with this newsletter mailing lists some of the above and other names of people with major input and responsibility on pages 18, 20, and 21.

To everyone listed here and the complete list of volunteers for the convention, we owe a debt of gratitude. We THANK YOU all. Are we glad it's over? Now that everyone is gone, we can answer, yes...but we're glad they came and so was Portland, Maine.



ROAD RUNNERS CLUB of AMERICA

May 22, 1986

Dear Maine Track Club Members:

For a year you worked towards one weekend. It is now history and that surely must be a relief. For some there will also be a touch of sadness that it's all over. Following any such event that you spend so much time on and put so much of your effort into, there's also that letdown feeling when the excitement is over. There are some other feelings that you should be experiencing the foremost of which should be pride in your accomplishment and pride in each other for your contribution.

No RRCA Convention has been bigger, better or had more to offer. You did things that have never been done before at an RRCA Convention and you did things that had been done before even better. Never has an RRCA President been kept so well informed as you planned the event. Your leaders did an excellent job of planning the many convention events and you joined them to execute the tasks with the same degree of excellence. You projected your enjoyment of what you were doing and that made it even more enjoyable for us, your guests.

Your events and you, the workers, gave us a true flavor of Maine and its people. I can assure you we were impressed and enjoyed your personal touch.

The number of MTC members that participated was impressive. It was an extraordinary percentage of your membership. The number of hardcore volunteers that took on major tasks to coordinate was unusual for a club your size.

There were a lot of things gained from this convention. One was the experience other clubs acquired just by being exposed to what you did and how well you did it. For a year now, I was impressed with the work Bob Jolicoeur was doing in planning the convention and Priscilla wrote one of the most detailed and complete memos organizing the Lobster Bake that I've ever seen. The energy and enthusiasm of Jane Dolley was an experience in itself. Charlie Schribner seemed to always be there to fill any hole that opened up. These are but a few of the MTC members that contributed so much to your success. With the leadership you have and the everyone help everyone else attitude you have in your club, there is no wonder it was a perfect weekend.

We who were your guests for the weekend thank you for a super convention and congratulate you on an extraordinary achievement. Yours was a showcase convention and I was proud to be the RRCA President. Now it is time for you to be proud of your club, its leadership and your accomplishment. You have achieved greatness - enjoy the feeling.

Sincerely,

Harold Tinsley
ROAD RUNNERS CLUB of AMERICA

WHAT WAS THE REACTION TO THE CONVENTION?

You just read Harold Tinsley's letter which almost says it all. Harold was extremely happy with this year's convention. Nancy Stedman's "Talking with the Pack" will tell you how some of our members felt. We've also been getting a lot of letters. Here's what some of them say in summary form:

"The Maine Track Club did a superb job from start to finish."

Joan Laird, Appleton, Wisconsin
(Thanks for the wheel of cheese, Joan)

"Your finish line crew was great! They knew just what they were doing and, as far as I could tell, made no errors."

Alan Jones, Run Time Software, Endwell, NY

"Please convey our warmest thanks to your club, the other clubs in Maine, the city of Portland and Joan Samuelson for a convention we will not forget."

Michael Beery, Mid-American Master
Track & Field of Kansas City, KS

"Congratulations. We all loved the weekend. The lobster bake was one of the highlights along with the 10K Championship."

Norm Robinson, Central Vermont Runners Club

"I would like to express my deep appreciation to ALL of your members for showing me such a wonderful time during my stay in your beautiful city. There is absolutely no way that you could have improved on the RRCA National Convention."

Denman F. Stanfield, Secretary, Harlingen
Running Club, Texas

"Just a note to tell you I thoroughly enjoyed myself. You and the club were great and will be a very hard act to follow."

Jeff Darman, RRCA Executive Board
Member, Washington, D.C.

"Everyone had a great time. It was positively the best convention I have ever been to."

Gar Williams, Founder of the RRCA
Colorado

"In the two days that I've been back in Atlanta, my mind has drifted off to Portland about 50 times. I constantly remember the many pleasant moments and occurrences that took place during the four relaxing days I spent in your city. From my perspective, the coordination of the Portland convention was flawless."

L. David Murrain, Chattanooga, TN

hospital of
Maine, Inc.

hospitality was exceptional and the organization flawless. Many memories."

Alan S. Field, VP - East, RRCA
Columbia, Maryland

"Congratulations. The hospital
thanks for such wonderful

More responses...

"Thanks for the great weekend! The convention was well done. Congratulations to your club."

Rich Ayers, VP - Central, RRCA, Kansas

"Again, thanks for the super weekend in Portland. I'm very please to have been included."

Nancy Clark, Sports Medicine
Brookline, MA

"I'd like to take this opportunity to praise you and the Maine Track Club on an outstanding job that your people did on traffic control in the two road races."

Sgt. Peter Roper, City of Portland Police
Department

"It appears that the people who attended the convention enjoyed the surroundings and the people of Maine. That makes me very proud to be Mayor of Maine's largest city."

Joseph D. Casale, Mayor - Portland

"It was a wonderful weekend. You were all so nice and helpful; and it was so apparent that your club is one of the big reasons for the success of the RRCA."

Judy Pickert, Taconic Road Runners

"Congratulations and thank you for all that you did to make the convention a success. We want you to know that we deeply appreciated your warm hospitality."

Nathaniel E. White, President - Syracuse
Chargers Track Club

"You can be quite sure that happy, positive, welcoming demeanor was evident in all of your Maine Track Club members, as well as the neighboring clubs who helped out in various things. What a pleasure to have such friendliness all weekend! You and the Maine Track Club gave us the very best RRCA Convention we've ever had. Please convey my thanks to all of your volunteers."

Henley Gible, President - RRCA
Alexandria, VA

If you don't feel proud of your accomplishments by now and proud to be a member of one of the best running clubs in the USA, it's time you did because you deserve the credit. We all do. Thanks for a great job Maine Track Club! I knew you could do it.

Bob Jolicoeur

This month's Newsletter published
courtesy of



Talking With The Pack by Nancy Stedman

I talked with the pack about the successful RRCA Convention. Some of the members reflected on their favorite moments...

Mike Frost: "I enjoyed making a video tape of the convention and working at the clam-bake. It was fun explaining to the foreigners what clam broth was and how to use it!"

Marion Leschey: "I liked the idea of people enjoying the convention and enjoying Portland, Maine. Being on the transportation committee I met a lot of people who I talked with throughout the convention. I had a chance to meet the Bickfords, Don Cardong, Amby Burfoot, Gabriel Anderson among many others."

Carolyn Krahm: "I liked Bob and Priscilla's party. Being able to talk with people from the south who had never been to Maine was especially interesting."

Ron Cedrone: "Working at the lobster bake and getting down in the pit was really fun. Also, talking to people who were unfamiliar with what was going on at the bake was rather unique. It was good to have an opportunity to show off Maine running." (Ron and the Rat Pack team finished second in the 10K open mens' team division, so I guess they did show off Maine running a bit!)

Sandy Utterstrom: "I really enjoyed the whole convention especially meeting people from all over the country. By working and attending most of the events, I had a chance to meet a lot of the conventioners."

Russ Connors: "I was impressed with the amount of people that showed up for the fun runs, especially on Thursday evening. The Thursday run looked like a road race with about 80 people running from the Holiday Inn to the Eastern Prom and back. The people were great and it was great fun to be a part of the convention."

Bob Coughlin: "I enjoyed meeting runners from out of state and enjoyed listening to their views of Maine. The chance to interact with fellow runners was especially nice."

RACE RESULTS

Last month we reported finishers for the April Amble 4-Miler held on April 26. Below are additional MTC finishers of that race:

Place	Name	Time	Place	Name	Time
16	Judson Esty-Kendall	21:59	202	Rick O'Brien	30:04:7
96	Ken Casey, Jr.	25:47	207	Mark Clinch	30:17
107	Sean Campbell (14)	26:23:3	214	Stacey Horne	30:43*
111	Glenn Berry (15)	26:30	225	Maureen Packett	31:13*
113	Seth Denning (12)	26:32	247	Tom Courtice	32:11
115	Jonathan Cooper	26:35	260	Elaine Goodrich	32:43*
126	Dale Rines	26:56	277	Wilbur Holmes	34:31
130	Garrett Clough	27:07	294	Mary Lou Maisel	36:41*
152	Hanley Denning	27:46	301	Dail Martin	37:36*

More Race Results...

In the Epstein's Five Aces Road Race, a 5K, held in Brewer, ME on April 13, four MTC members finished in a field of 400 runners - they were: Randy Hastings coming in at 16:52.3 finishing 10th; Wanda Haney finishing 45th in 18:41.6; Denise Harlow came in 74th in a time of 19:22.4; and Brian Gillespie ran the race in 19:23.6 for 75th place.

James Harmon placed fourth in a 1-mile fun run put on by the Moosabec Rotary in Jonesport, ME on April 19. His time was 6:25. Good run, Jim.

The Terry Fox Fun Run 5K took place May 4 in Bangor, ME with four MTC members placing well in a large field of 623 runners: Kim Moody came in 65th with a time of 18:57.6; Brian Gillespie ran the race in 19:04.5 placing 71st; Jack Oppen came in 336th with a time of 25:27.7; and Sandy Utterstrom came in 393rd with a time of 26:46.9.

People Die - Dreams Don't.



Terry Fox

6th Annual Rockey Coast Road Race - 10K May 3 Boothbay Harbor 174 finishers

Top 5 finishers:

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	<u>Bruce Ellis</u>	32:23
2	<u>Christopher Bovie</u>	33:43
3	<u>Dan Bondeson</u>	34:06
4	<u>Jim Toulouse</u>	34:31
5	<u>Dick Neal</u>	34:50

Top 5 Women:

<u>Place</u>	<u>Name</u>	<u>Time</u>
21	<u>Anne-Marie Davee</u>	38:22
40	<u>Debbie Sawyer</u>	40:44
50	<u>Jo Comeau</u>	41:19
55	<u>Jane Rau</u>	41:47
62	<u>Roz Randall</u>	42:26

Other MTC finishers included:

17	<u>Bob Coughlin</u>	37:45	68	<u>Carlton Mendell</u>	43:09
31	<u>John Kester</u>	40:02	76	<u>Deb Hewson</u>	43:46*
39	<u>Richard Marino</u>	40:31	77	<u>Barbara Coughlin</u>	43:48*
43	<u>Fred Beck</u>	40:57	98	<u>Joan Lavin</u>	46:05*
47	<u>Phil Pierce</u>	41:10	99	<u>Don Penta</u>	46:06
52	<u>Ed Lopes</u>	41:26	106	<u>Barbara Footer</u>	46:44*
63	<u>Nancy Ellis</u>	42:30*	115	<u>Russ Bradley</u>	47:48
65	<u>Tia LaMarre</u>	42:37*	121	<u>Rick O'Brien</u>	48:30
66	<u>Howard Spence</u>	42:47	122	<u>Dave Horne</u>	48:36

In the 30-39 age group for women, Debbie Sawyer placed first, Nancy Ellis placed second, and Deb Hewson came in third. In the 40-49 female division, Barbara Coughlin came in second. Fred Beck came in second in the 50-59 group. And in the 60+, Carlton Mendell placed first with Russ Bradley right behind in second. (Please see the feature on Carlton Mendell elsewhere in the newsletter). Seventeen of the first 20 finishers were aged 30 or more and racing on a cool, moderately windy, partly cloudy day in the low forties. It was a very well run race over a gorgeous, moderately hilly course.

BAY-TO-BREAKERS at San Francisco

Women

1. Grete Waitz, Norway, 38:40.5 (record; old record 39:54.8, Joan Benoit, 1985). 2. Joan Benoit Samuelson, Cape Elizabeth, Maine, 39:09.8. 3. Lisa Martin, Australia, 40:13.6.

Men

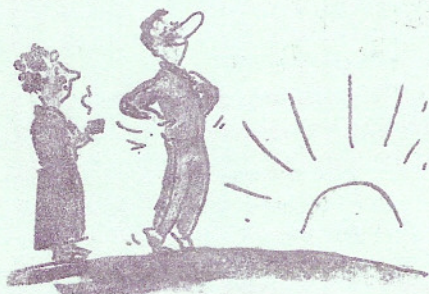
1. Ed Eyestone, Provo, Utah, 34:32.5 (record; old record 35:53, Ibrahim Husseln, 1985). 2. Paul Cummings, Orem, Utah, 35:32.5. 3. Mark Curp, Lee's Summit, Mo., 35:33.9.

Congratulations to Joan Benoit Samuelson for breaking her own course record in the Bay-To-Breakers Race May 18, 1986.



More BOSTON MARATHON Results

The Maine Track Club had three additional finishers not included in the May newsletter: Carlton Mendell was 35th for Maine with a time of 3:24:38. Alan Leathers was 39th with a time of 3:31:31. And Kenneth Cole came in 40th for Maine with a time of 3:32:08.



ARE A.M. WORKOUTS BEST?
Early birds get firm

For those of us who have trouble just getting out of bed in the morning, here's bad news. Early morning workouts burn more fat than afternoon sessions. You use the same amount of calories, but they come from different sources, says Professor Tony Wilcox of Kansas State University. Dr. Wilcox found that in the morning, two-thirds of the calories came from stored fat; in the afternoon, less than half the calories came from fat.

GOOD MORNING!

MORE AEROBIC BENEFITS

You may know that exercise is a proven stress reducer, but recent studies reveal two more benefits of aerobic exercise:

- Appears to lower mildly elevated high blood pressure significantly
- Improves your body's ability to fight off infections

The Togus 5-Miler was held May 10 in Augusta with Maine Track Club member Phil Pierce placing 25th with a time of 32:04. Great run, Phil! The top three finishers were as follows:

- | | | |
|----|---------------|-------|
| 1. | Barry Fifield | 26:29 |
| 2. | Chris Bovie | 26:49 |
| 3. | Dick Neal | 27:16 |

Reporting from the American Orthodontic Association National Meeting in Chicago, Nancy Lovetere placed second for women and second in the masters division in a 5k race there, with a time of 21:14. Congratulations, Nancy! She also reports that another MTC member, Cathy Christie, ran a 5-miler in Washington D.C. at the American Psychiatric Association Meeting and placed second in the masters with a time of 37:37. Great run, Cathy!

Maine Coast Marathon, May 25, 1986

The top five finishers are shown below in addition to the 40 MTC members to complete the race out of a total of 567 finishers:

1.	<u>Bruce Ellis</u>	2:25:03
2.	Henry Barksdale	2:27:37
3.	Jeff Mello	2:31:33
4.	Peter Carnes	2:32:03
5.	John Callacy	2:32:46
9.	Paul Merrill	2:35:52
17.	Steven McGrath	2:44:50
41.	George Liming	2:55:40
45.	Frank Ferland	2:57:04
50.	James Harmon	2:58:20
56.	Bob Payne	2:59:32
61.	Bob Coughlin	3:01:22
113.	Alburn Butler	3:09:27
118.	Debbie Sawyer	3:10:16*
137.	Phil Pierce	3:13:20
152.	Michael Reali	3:14:44
160.	Alan Leathers	3:15:54
167.	Rosalyn Randall	3:16:40
172.	Carlton Mendell	3:17:28
177.	Ron Cedrone	3:17:59
222.	Raphael De Prez	3:25:11
224.	Tom McMillan	3:25:22

249.	Rich Littlefield	3:27:39
275.	Michael Worden	3:31:19
287.	Eileen Stergiou	3:32:00*
301.	Rick Strout	3:33:39
305.	Gordon Chamberlain	3:34:06
321.	David Trussell	3:37:06
325.	John Gale	3:37:24
331.	Donald McGilvery	3:38:33
332.	Richard Lemieux	3:38:55
350.	Elaine Regina	3:41:10*
351.	Larry White	3:41:13
394.	Harvey Rohde	3:46:36
406.	William Davenny	3:48:31
414.	Al Mack	3:49:38
432.	Jerry Allanach	3:54:34
444.	Sandra Collis	3:57:04*
449.	Robert Morris	3:57:45
454.	Jean Frankovic	3:58:28*
475.	Cliff Fletcher	4:04:01
478.	Jean Thomas	4:05:36*
504.	Kenneth Case, Jr.	4:13:56
512.	Georgianna Hogarty	4:15:16*
530.	Judith Davis	4:25:06*

Kim running with fast company in Readfield



Kim Moody #322



Philip S. Pierce of Falmouth staggers after completing the route in 3:13:20 to finish 137th.

Maine Coast Marathon

Stark Trek 10K III
May 11 Conway, N.H.
268 finishers

Top 5 finishers:

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Geoff Smith	31:26
2	Kim Wett Lauffer	31:40
3	Jon Rummier	32:44
4	Charles Cleveland	32:59
5	Peter Anderson	33:15

Top 5 Women:

<u>Place</u>	<u>Name</u>	<u>Time</u>
32	Cecily Currier	38:28
56	Bunny Brauns	40:15
62	Jean Cherouny	40:50
70	Jane Rau	41:10
75	Gail Kinney	41:43

Masters:

11	Lawson Noyes	34:52
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118	Vivian Godin	44:33
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Other MTC finishers:

16	George Waterhouse	36:19
43	Robert Butcher	39:04
87	Richard Robinov	42:42
101	Harvey Rohde	43:39
107	Bob Cushman	44:07
115	Robert Morris	44:29

125	Joan Lavin	44:55*
153	Don Penta	46:41
186	Deana Vance	49:12*
210	Jack Oppen	52:12
214	Eleanor Vance	52:25*
268	Charles Serritella	1:25:34

A very well organized race over a challenging certified course (first 5K: uphill, second 5K: downhill) over paired roads in the Conway Village area. A mild, partly cloudy morning in the high fifties. Johnny Kelley the elder handed out the awards. Results by Granite State Race Services posted shortly following the race - fine job.

RRCA Convention 5K Fun Race - May 16, 1986 - 246 finishers

Top 5 places

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Ralph Duquette	15:21
2	Kenneth Botting	15:43
3	Michael Van Beuren	15:55
4	Kevin J. Setnes	15:59
5	Peter Matthias	16:01

Top 5 Women

<u>Place</u>	<u>Name</u>	<u>Time</u>
1	Wanda Haney	18:06
2	Rachel Veilleux	18:29
3	Patricia O'Brien	18:56
4	Jeannette MacDonald	18:59
5	Debbie Weiner	19:17

Other MTC finishers included:

10	John-David Mathieu	16:46
21	John Eldredge	17:14
22	James A. Harmon	17:19
26	Greg Dugas	17:36
32	Bob Payne	17:49
37	Vin Skinner	17:59
94	Nancy Ellis	20:02*
100	Harold Gorman	20:32
103	Roz Randall	20:35*

134	Don Penta	21:54
156	Deb Hewson	22:29*
176	Herb Strom	23:26
217&218	Sue & Roy Morejon (resp.)	26:31(bot
223	James Carroll	27:23
226	Howard Jackson	27:51
229	Sally Paterson	28:25*
232	Bill Stuart	28:39

Congratulations to two Maine Track Club members for their great races - Ralph Duquette from Massachusetts won the race and Wanda Haney from South Portland who was the first female finisher.

RRCA Convention - May 18, 1986 - 496 finishers
10k National Championship - Top 10 and MTC finishers

Place	Name	Time	Place	Name	Time
1	Bruce Bickford	30:32	6	Lance Guliani	32:35
2	Stanley Bickford	30:32	7	Michael K. Gaige	32:40
3	Phillip Coppess	30:43	8	Myron D. Whipkey	32:45
4	Bruce R. Ellis	31:26	9	Peter Matthias	32:47
5	Ralph Duquette	31:46	10	Will Albers	32:51
17	Paul Merrill	33:37	252	John P. Conley, Jr.	42:38
29	Jim W. Toulouse	34:27	257	Tom McMillan	42:44
41	Steven M. McGrath	34:59	262	Tia A LaMarre	42:47*
46	Alan Quinlan	35:30	267	Carol Weeks	43:01*
69	John Eldredge	36:18	269	Sumner Weeks	43:01
84	James A. Harmon	37:01	274	John A. Gale	43:06
97	Robert C. Coughlin	37:28	275	Eileen D. Stergiou	43:08*
101	Francis A. Ferland	37:36	277	Howard W. Spence	43:19
105	Brian A. Milliken	37:40	301	Garrett C. Clough	44:27
117	Ronald Cedrone	37:54	319	Ken Casey	45:02
121	John C. Kester	38:05	327	Fred Stone	45:28
125	Russ Connors	38:17	338	Gerald G. Poirier	46:04
127	Thomas Allen	38:28	341	Al Mack	46:05
142	Wanda M. Haney	38:46*	344	Bill Muldoon	46:10
147	Gary E. Flick	39:04	347	Philip L. Bartlett	46:18
149	Alburn E. Butler	39:09	357	Scott R. Erickson	46:37
153	Michael A. Frost	39:15	362	John Wood	46:55
160	R.E. Littlefield	39:44	396	Jean B. MacDougal	48:40*
163	Chris C. Ziagos	39:51	402	Sandee C. Prescott	48:55*
185	Jerry Allanach	40:28	406	Katherine M. Christie	49:12*
191	Les S. Berry	40:43	409	Kathryn A. Tolford	49:26*
193	Melora K. Coggeshall	40:45*	410	Arabella Eldredge	49:28*
197	Jeff C. Newsom	40:51	436	Eric B. Hertz	51:19
210	Dick LaJoie	41:13	448	Jeffrey E. Greenhalgh	52:05
214	Philip S. Pierce	41:19	465	Judith Davis	55:31*
225	Michael S. Reali	41:42	467	Warren E. Foye	55:53
226	Edward P. Lopes	41:43	470	Alison Berglund	56:13*
230	David W. Trussell	41:46	479	Everett A. Davis	58:19

In the female age group 1-19 Wanda Haney of South Portland placed first; and in the female age group 30-34, Melora K. Coggeshall of Bar Mills placed second. Also a congratulations to Bruce Ellis for being the first MTC finisher for fourth place overall!



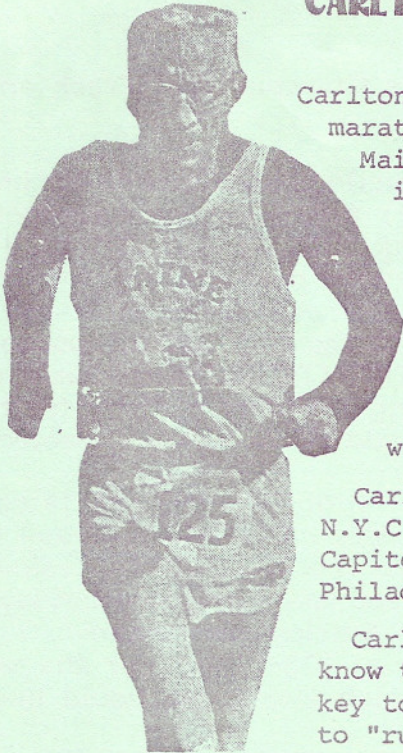
Lea Haver of Massachusetts was the first woman across in 36:01.

Portland Press Herald
May 19, 1986



Stan, left, and Bruce Bickford crossed the finish line together in 30:32.

CARLTON E. MENDELL 64



Carlton is one of the nations top senior road racers. The marathon and ultra-marathon are the proving ground where Maine's grand ol' man proves over and over again that it's never too late to start and it's never time to call it quits.

Carlton ran his first marathon at age 55 in the 1977 Paul Bunyan. A 4:08 performance was quite respectable for a man his age. Since then he has made steady progress and in 1983 at the Maine Coast he turned in a sparkling 3:03! He was 61 at the time!

Carlton has run forty-seven marathons since '77 including N.Y.C.; Boston; Lowell; Newport; the Bunyan; the National Capitol in Canada; Casco Bay; the Marine Corps; Cape Cod; Philadelphia; the Maine Coast and Maryland.

Carlton is a man of few words, but he wanted you to know that he considers a "proper 3 week preparation" the key to a successful marathon. He would also urge runners to "run the distance in preparation" of racing it. And I hardly ever run over 10 miles!

(From Maine Running and Outing Magazine)

RRCA convention winds down

By Jon Rummel

The Road Runners Club of America's National Convention, held this weekend in Portland, represented different things to different people.

For many of the approximately 600 attending the conference, it's been a time to absorb all the latest advances in running technology and socialize at the various fun runs and cookouts. Some may be preparing for a personal record at 8:30 a.m. today at the RRCA 10-K national championship run.

For others like New York Road Running Club President Fred Lebow and Olympic Marathon champion Joan Benoit Samuelson, it has been a reflective pause in their respective careers.

Lebow, known for his directing of the New York Marathon and the 5th Avenue Mile, has found his visit to the RRCA conference restful and enlightening. On the one hand, Lebow says, "I can just sit back, eat, sleep and run. I don't have to do a thing. Every weekend we have events going on in New York." And on the other, it has allowed him to survey the changes in the running community since the last RRCA conference he attended seven years ago in New Orleans.

During that 1979 convention, Lebow found that the RRCA and NYRRRC were at opposite ends of the running spectrum. He said that the NYRRRC, a satellite member of the RRCA, had its propositions crushed by a 99-1 margin. That's the main reason NYRRRC hasn't attended an RRCA function since 1979, he said.

"Now, we have about everything we fought for," Lebow said Friday, relaxing on the couch in the Holiday Inn lobby, the site of the Portland convention. "At the 1979 conference we said that running events should not be used as fund raising events; the money should go back to the sport first. The wheelchairs should not be imposed upon race directors; there are too many dangers. We also wanted to see prize money added to races."

Running has also expanded past the boom, according to Lebow. And to back up his claim, he calls upon

the continuous growth of the NYRRRC. In 1972 when he became president there were 300 members. The number gradually increased to 5,000 by 1979 and ballooned in the early 80s. The club now has 25,000 members.

"Our membership is increasing every year," Lebow said. "The rest of the country has leveled off. It's no longer a boom. It's a lifestyle now."

"People are beginning to come back. There are more injuries caused by aerobics than running. People training for triathlons are also finding it necessary to keep their running up to prevent injuries."

Samuelson's Friday visit at the RRCA proceedings was limited to a quick presentation ceremony and an autograph session for convention-goers and participants of the 5-K fun run.

Still, the American women's marathon record-holder and reigning Olympic champion, who would soon have to catch a plane to San Francisco for Sunday's Bay to Breakers 12-K race, would receive a break from the autograph seekers during the fun run. She had just enough time to pack her fourth straight RRCA Female Road Runner of the Year plaque into her car and comment on her recent training and future racing plans.

"It's going quite well now," Samuelson said. "I'm not doing the speedwork that I'd like to be doing. Though, I've had a couple of good races recently to indicate that things were going well."

Samuelson bases her opinion on her two most recent races. At the Trevira Twoosome in New York on April 26, she equaled her American record at 10 miles with a time of 53:18. And at the Grand Rapids 25-K on May 10, Samuelson broke her American record (1:26:20) with a 1:24:45 clocking. Consequently, the Maine native is optimistic and confident going against the likes of Grete Waitz and Lisa Martin at Bay to Breakers.

It was November when Samuelson had to have heel spurs and scar tissue surgically removed. She spent a month swimming and riding a bicycle to stay in shape.

"It wasn't until February that I

was satisfied with my training," Samuelson said. "I still feel some tenderness, but that's because everything hasn't calmed down in the area."

Samuelson has charted out her immediate and long range goals, with the only hindrance being her heel; she anxiously awaits the time that she can return to her one or two-speed workouts a week. She is now doing one every two weeks.

The first event on her list after the Bay to Breakers is the Leggs Mini Marathon in New York City on May 31. She plans to attend the National track and field championships at Oregon in June. And depending on the situation in Europe late June, Samuelson would like to race the European track circuit.

Samuelson's long-range goal is to race a fall marathon. Last fall Samuelson defeated Norway's Ingrid Kristiansen to win the America's Marathon in Chicago. Benoit ran her American record 2:21:21 at Chicago.

The RRCA saved its annual awards banquet for Saturday night and all attention was focused on the winners of the 1985 awards.

Phillip Coppess, from Clinton, Iowa, on the virtue of his successful 1985 Midwest race season, culminating with a 2:10:05 time at the Twin Cities Marathon in Minnesota, was named RRCA Road Runner of the Year.

Barry Brown captured his second-straight Masters Road Runner of the Year. The Florida lawyer became the first master to break the 50-minute mark at 10 miles with a 49:56 at the Nike Cherry Blossom in Washington, D.C. in April.

Gabriele Andersen-Schless, holder of both Swiss and U.S. citizenship, is best known for her staggering finish in the 1984 Olympic Marathon. She rebounded last year to dominate the women's masters division and gain the women's masters of the year honors.



Staff photo

Fun run winner

Westbrook High School student Greg Knapton and Vicki Hoffmaster chat after he won the first annual 4-mile Mark Hoffmaster Fun Run named for her late husband, Mark J. Hoffmaster, 34, taught physical education at Westbrook Junior High School, coached, participated in the Boston Marathon and was a member of the Maine Track Club before his death in January. Principal Timothy W. McCormack estimated about 150 junior and senior high school students and faculty ran in the 4-mile and 1½-mile races last week. Sales of T-shirts, like Mrs. Hoffmaster is wearing, pins and donations raised about \$500 for a plaque, which will be placed at the junior high, and a scholarship fund, McCormack said.

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Social Committee Corner

Here's an update on the June 28-29 TAC Jr. Olympics Championship Track and Field Meeting, to be held at the Portland Expo.

George Towle is the director and monthly progress meetings continue to be held. Maine Track Club's involvement for this event is: (1) furnishing race numbers; (2) helping obtain sponsors for the event; and (3) helping with various activities during the meet. Charlie Scribner has been working on the race numbers.

I've been working with three Portland Track Club volunteers to obtain sponsors. Thanks go to Nancy Stedman for helping me here. The MTC has generously donated \$100 to help defray the costs of the photo finish timing company. Their fee is a healthy \$590. To date, \$350 has been obtained with additional funds expected.

The remaining area to be covered is...VOLUNTEERS! Right now I have 18 committed volunteers and I need six more by June 14. Volunteers can work Saturday or Sunday. The events run from 8:30 a.m. to 3:00 p.m. To stimulate the volunteerism

base with you after June 14 to discuss which event you would like to work.

SANDY WYMAN
Social Committee Chairperson

UPCOMING RACES - MAINE

- | | |
|--|---------|
| <u>Union Trust 4-Miler</u> - 9:30 a.m. at Union Trust Co., State Street, Ellsworth.
Contact: Race Committee, 667-2504. | June 14 |
| <u>7th Annual Maine-Ly Ladies Invitational 5K</u> - 9:00 a.m., Ferry Beach State Park, Saco. Contact: Elizabeth Moulin/Anne Garriepy, 8 Colonial Drive, Saco, ME 04072, 282-6623. | June 15 |
| <u>6th Annual Doc's Tavern 3-Miler</u> - 7:00 p.m., Doc's Tavern, Biddeford. Contact: Mike Dineen, 60 Westmore Ave., Biddeford, ME 04005, 282-3619. | June 20 |
| <u>4th Annual Ocean National Bank Nubble Light Runaway</u> - 9:00 a.m. 5K, 10:30 a.m. 10K, York High School, York. Contact: York Recreation Dep't., 363-2723. | June 21 |
| <u>Waldoboro Triathlon</u> - 10k run, 3-mile canoe (approx.), 24-mile cycle, 10:00 a.m., Waldoboro Town Landing. Contact: Waldoboro Triathlon, New Hope for Women, P.O. Box 642, Rockland, ME 04841, 594-2128. | June 22 |
| <u>5th Annual Pottle Hill 10K and Fun Run</u> - 5:45 p.m. one mile fun run, 6:30 p.m. 10k, 73 Main St., Mechanic Falls. Contact: Pottle Hill Road Run, P.O. Box 96, Mechanic Falls, ME 04256, 345-5851. | June 25 |
| <u>JB I Run</u> - 4 miles, 8:45 a.m., SMVTI, South Portland. Contact: South Portland Chamber of Commerce, P.O. Box 2356, So. Portland, ME 04106. | June 28 |



Upcoming Maine Races continued...

- June 28 Pepsi Triathlon - 10k run, 2.5k canoe, 16k cycle, 1:00 p.m., Blue Hill Fairgrounds
Contact: NBAC, Box 344, Blue Hill, ME 04614.
- July 4 10th Annual Bridgton 4-Mile Road Race - 8:00 a.m., Main St. & Rt. 117, Bridgton.
Contact: Jay & Loraine Spenciner, RFD 2, Box 2, Bridgton, ME 04009.
- July 4 L.L. Bean 10k & 2-Mike Fun Run - 10k at 7:30 a.m. (South St. & Bow St.), 2-mile
at 8:45 a.m. (L.L. Bean store) Freeport. Contact: Brian Hall, 865-4761 ext.2057.
- July 5 James Bailey Gardiner Common Road Race - 5-mile, 8:00 a.m., Gardiner Common,
Gardiner. Contact: Russ Martin, 31 Cedar Street, Augusta, ME 04330, 662-1258.
- July 26 Monroe Triathlon - 4-mile run, 3.5 mile canoe, 11-mile cycle, 8:30 a.m., Monroe,
N.H. 03771.
- July 27 Maine Event Triathlon - 10k run, 6-mile canoe, 27-mile cycle, 9:00 a.m., Gardiner
Junior High School, Gardiner. Contact: Maine Event Triathlon, c/o Maine Road
Ramblers, P.O. Box 264, Augusta, ME 04330, 623-1166 (days), 582-5607 (evenings).
- August 10 Winthrop Lions Club Road Races - 9.3 miles and 1-miler, 8:30 a.m., Winthrop High
School, Winthrop. Contact: Mike Burns, 8 Highland Ave., Winthrop, ME 04364,
377-8265 or 395-4223.

UPCOMING RACES - OUTSIDE MAINE

- June 21 MontPelier 10-mile Road Race - 10:30 a.m., Montpelier High School, Montpelier,
VT. Contact: Ann Russell, Montpelier Recreation Dep't., 55 Barre St., Montpelier,
VT 05602.
- July 20 San Francisco Marathon - 8:00 a.m., Contact: Send self-addressed stamped envelope
to San Francisco Marathon, P.O. Box 27385, San Francisco, CA 94127.
- July 22 Manufacturers Hanover Corporate Challenge - 3.5 miles, 7:00 p.m., Boston Common,
Boston, MA. Contact: Manufacturers Hanover Corp. Challenge, c/o Conventures,
Inc. 45 Newbury St., Boston, MA 02116, or call (617) 267-0058.
- July 27 Nova Scotia Marathon - 8:30 a.m., Burrington Municipal High School, Nova Scotia.
Contact: Burrington Municipal Recreational Dep't., P.O. Box 100, Burrington,
Shelburne City, Nova Scotia (902) 637-3254.

SPECIAL EVENTS

- June 20-22 Trek Across Maine - 180-mile cycle, Sunday River Ski Area, Bethel, ME.
Contact: Peter King, Maine Lung Association, 128 Sewall St., Augusta, ME
04330, 622-6394.
- June 21 Corporate Cup - 21 track events, Boston, MA. Contact: Susan Olson,
Coordinator, Employee Health Programs, Unionmutual Life Insurance Co.,
Portland, ME 04122, 780-2211.
- June 28-29 Junior Olympic Championships - Region I - Track & field, Portland, ME.
Contact: Sandy Wyman at 773-8664(W), or 878-2391(H).

Special Events continued...

- July 6-11 Maine Running Camp - 5th grade - high school, Bowdoin College.
July 20-25 Contact: Maine Running, P.O. Box 1217, East Holden, ME 04429.
- August 3-8 Colby College Cross-Country Camp - Waterville, ME. Contact: Jim Wescott, Department of Athletics, Colby College, Waterville, ME 04901, 872-3373.

ADVANCED PLANNING

- August 15-17 Wilton Blueberry Festival - 10K, 3K, bazaar, concert, art show, and other events, Wilton, ME. Contact: Bill Yates, Box 525, Wilton, ME 04294, 645-4623 (for road races).
- August 24 Sugarloaf Marathon & 15K - 7:00 a.m. (marathon at Cathedral Pines Campground, Stratton, ME); 7:30 a.m. (15K at Valley Crossing in Carrabassett Valley). Contact: Nancy & Chip Casey, Minister Hill, Kingfield, ME 04947, 237-2000(W) or 265-2273(H).
- August 24-30 Maine Running Camp - Adults, College of the Atlantic. Contact: Maine Running Camp, P.O. Box 1217, East Holden, ME 04429.
- September 28 Montreal Marathon - 9:10 a.m., Jacques Cartier Bridge, Montreal, Quebec, CANADA.
- October 12 Casco Bay Marathon - 7:00 a.m., Portland, ME. Contact: Charlie Porter, 839-6593.
- November 2 New York City Marathon - 10:45 a.m. Contact: New York Road Runners Club, P.O. Box 881, FDR Station, New York, NY 10150-0881. Send a self-addressed stamped business envelope (first come first serve).
- November 23 Boston Peace Marathon - 10:30 a.m., Old North Bridge, Concord, MA. Contact: Boston Peace Marathon, P.O. Box 60, Boston, MA 02130, send self-addressed stamped envelope.

Carolyn Krahn is looking for other women to run with in the Yarmouth area, mornings or evenings. If interested, give her a call at 846-9502, evenings.

Second Annual YMCA Fund Raising Dinner
Tickets available at \$200/couple. Only 200 to be sold. Great prizes including a 1986 Ford Escort and a 15'3" Corson Bow Rider with 60 HP Merc. Last year we had a Maine Track Club table. Call Bob Jolicoeur at 775-0065 for tickets and information.

The Runner is by nature a loner.

Running is a process of continually

working out little compromises

between desire and pain and accommodating dreams to the hard reality of limitations.