

# Maine Track Club

**JUNE** 1987

Run with a friend ...



## UPCOMING MEETINGS

**Membership Meeting:**  
**Wed. July 8 at 7pm**  
**SMVTI in South Portland**  
**Machine Tool Auditorium**

**Program for the July Meeting:**  
**Running in Finland, slides with Sandy Wyman**

## Maine Track Club FUN RUN AND LOBSTER BAKE

On Saturday, August 1, from 10 to 4 p.m. Phil and Rae Pierce will host a MTC Fun Run and Lobster Bake, in the tradition of the great RRCA Lobster Bake of '86. This will be a family oriented event, so please come with spouse, children and/or significant other.

We will be able to use the Waites Landing Waterfront Association's private beach for the Lobster Bake, which will be catered by Jim Lumsdon, a man with 40 years of lobster bake experience and purportedly the "best in New England".

Cost will be \$14 per adult, \$5 per child. For this, you get:

1½ to 1½ pound lobster or steak  
corn  
clams or mussels  
potato salad and cole slaw  
rolls and butter  
pickles  
potato chips  
watermelon  
blueberry buckle  
coffee, ice tea, and lemonade

Please send check or money order ASAP to:

Maine Track Club  
Lobster Bake  
79 Waites Landing Rd.  
Falmouth, ME 04105

With your check please enclose a slip of paper letting us know --

- number of adults and/or children (under 12),
- whether you want steak or lobster,
- your name and telephone number.

## SECOND ANNUAL BRUNCH-AFTER-PAT'S-PIZZA-RACE

Saturday, July 18, in Yarmouth, from  
10AM-noon

Hosted by Ken and Jane Dolley.  
All Maine Track Club members are invited. Served in a scrumptious display of culinary talent will be bagels, donuts, muffins, fruit, juice and coffee, but sadly, no pizza -- members must win their own. A healthy post-race alternative to Clam Festival junk food, should be a great time for all.

## WE NEED AN EDITOR!

### WANTED! NEWSLETTER EDITOR FOR 1988.

Want to get your newsletter on time? Want to get to know lots of members fast? Want to have the time of your life, and be completely fulfilled at the same time? Good Luck! But this job may come close... Call Fred Beck at 846-9065(O) or 846-3111(H). Don't wait 'till '88! Act today!

### Next Executive Board Meeting

July 15, 7:00 PM at Merrill Lynch office (2nd floor), 75 Market Street, Portland.

The important topic of this meeting will be discussion of the club's long term goals, both short and long term. All members who have some ideas along these lines are urged to attend.

## PRIME SPONSOR FOR THIS ISSUE OF THE NEWSLETTER

**Matthews - McFaul M.D., P.A.**

Supporters of Exercise at all ages

7 Bramhall St.  
Portland, Maine  
773-2723



## EDITOR'S COLUMN

As this issue goes to press I'm reminded of how much better this newsletter could be if I could spend more time on it. In this issue is a want-ad for a newsletter editor. Your present editor will be unable to continue in this capability beyond the November issue. If any of you reading this column are interested, now is the time to speak up. By helping with the last few issues of my "term", you'll get good on-the-job training and have some fun beside. Sure, it takes time to put a newsletter together, but the rewards far outweigh the effort. Give me or president Phil Pierce a call if this sounds like just what you've been looking for. Such matters aside, enjoy the July issue and this balmy running weather, we deserve them after last winter!

## List of Members

A list of all current MTC members has been produced. It will be available at the membership meetings but will not be mailed. For those who can't attend the meetings but want the members list, write the club, enclose a dollar donation and a self addressed stamped envelope.

## ROAD RUNNERS CLUB OF AMERICA 30th Annual Convention May 14 - 17

Six Maine Track Club members were privileged to be able to attend the RRCA Convention last month in Rockville, Maryland, which is just outside Washington, DC. Ken and Jane Dolley, Bob and Priscilla Jolicoeur, Charlie Scribner, and Brian St. Pierre thoroughly enjoyed their second RRCA Convention. Can you believe that it has been a WHOLE year since we hosted the convention in Portland in 1986? I remember so vividly those "Four Days in May", as I am sure many of you do. The whole experience of being the host club for the National Convention was so rewarding that I was anxious to be a part of it again this year. And I was not disappointed!

One thing I want to pass on to my fellow Club members is a very important message from the RRCA - the memory of Portland, Maine, is still very clear and special to those who visited our city last year. I can't begin to tell you how many came up to us in Rockville

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to again express how impressed they were not only with our city, but more importantly with YOU, the Maine Track Club volunteers. Our warmth, vitality, friendliness, energy... our Downeast hospitality... well, they just couldn't praise you enough for all the hard work you put into that week. One trait that came through so clearly to our visitors was the FUN that we all seemed to be having! And I had to agree with them - we WERE having fun. No one will ever deny that it was hard work, but we will readily admit that we still had time to enjoy ourselves, too. So, I just wanted to let you know that the Maine Track Club will always be remembered the way we wanted: as a proud club, supported by a strong, hard-working volunteer base, and that exhibits all the honest-to-goodness Downeast traits of warmth and hospitality.

You're probably wondering what I did besides stand around and listen to praise about last year. Actually, I worked very hard. In addition to attending 2 days of the RRCA Board meetings, I agreed to be co-chairman of a workshop on "Creative Ideas", and was also a panelist with two other past-presidents, discussing leadership and the problems associated with sustaining interest and involvement in the volunteers. I was surprised and honored to be asked to participate in these sessions, but found out that my "training" last year in speaking in front of all you guys at our meetings really helped. In other words, Jane wasn't overly shy. In fact, each session was taped on audio cassettes, and I couldn't resist buying copies of mine! I've listened to them of course, but I promise I won't bring them to a meeting and subject all of you to listening to Jane again. I really must learn to be quiet.

New officers were elected at the business meeting on Saturday, and yours truly got elected to the position of Vice President of the Eastern Region of the RRCA, replacing Alan Field. In this capacity I will be the main link between the national board and 111 clubs on the East, from Maine to West Va. and including New York. There is a 5-page "job description" that Henley (the president) just mailed to me, but I would say that my main responsibility will be communication to all these clubs, to carry the word about RRCA. That includes us, too, so I will try to wrangle some space in the newsletter to pass on to you information about our RRCA. There's lots that we can learn about their programs and information to make us a stronger and more efficient Club.

Just as we wrapped up our weekend last year with the National Championship 10k in Deering Oaks, the host club put on a 10k, also. However, this was no ordinary 10k. Have you ever heard about Fritzbe's? It's a restaurant chain in Wash. DC. that sponsors the biggest race and brunch that you have ever seen in your life. Four THOUSAND people ran in this 10k (we had 400) and everyone got treated to brunch afterwards, in the parking lot at Fritzbe's. Just picture 4000 people lined up for made-to-order omelettes, hamburgers, chili, chowder, pasta, croissant sandwiches, yogurt, brownies, ice cream sundaes, bloody marys, beer, orange juice, ... It was an incredible sight! All that and bright blue skies and 85 degrees. I have conveniently



forgotten how I did in the 10k. It was not my best performance, but the brunch afterwards helped wash away the disappointment.

Looking back on the whole experience I would have to say, though, that my biggest thrill was receiving the Scott Hamilton Award for being the outstanding RRCA Chapter President in 1986. It was an honor that I will always cherish, and I owe it all to you. You're the ones who helped me keep the Maine Track Club such a healthy, viable club, and you deserve all the credit for putting on the most successful Convention ever. So, I thank you. I'll keep the award, but you can see it next time you come over to the house. (Maggie even did a press release about my award, and it was picked up by the Yarmouth Shopping Notes! The big time! Call 846-6018 for copies in case you missed that particular edition.)

I'll write again about some of the other events at the Convention. Next year it is going to be in Indianapolis, and I hope we can get some other club members interested in going. You made so many friends last year who would love to see you again!

Thanks for listening.

Jane



Membership Meeting June 10, 1987

Tonight's meeting did not have a formal program. Many of our members were involved in the Corporate Cup Track Meet and others attended George Sheehan's talk up in Lewiston.

The meeting began with new members introducing themselves, and John Watson introduced himself as not so much a new member, but as one who is attending his first meeting. Welcome John!

Rick Strout reported \$6,668.64 in the Treasury. The profit from the Officer Friendly Run was \$78.43.

Updates on upcoming races:

Pat's Pizza Classic: 5 miler July 18 8:00 am  
George Prescott- race director needs volunteers. Jane Dolley will be having an informal drop-in brunch after the race.

Bowdoin and Back: 10 miler August 16  
Our responsibility is getting race flyers about and the timing and results. New sponsor is SportsEast.

August 1 Phil Pierce's Family Fun Run  
Please notice the change of date.

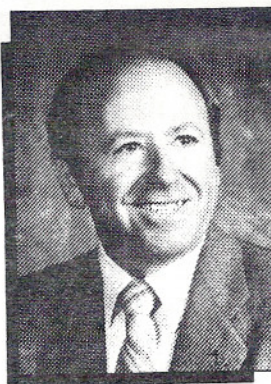
Jackson Brook Institute 4 miler June 27  
Charlie Scribner is personally working the race using for the first time the Rainbow System for race results. If any members want experience with this system please help Charlie with this race working the finish line and chute.

Sandy Wyman spoke on behalf of the TAC Junior Olympics Championship. George Towle is the major organizer of the event. Volunteers are needed for both Saturday and Sunday June 26 and 27. Please call Sandy Utterstrom if you would like to help. There will be a volunteer cookout after the meet at Sandy Wyman's "Fun and Recreation Center" on Highland Lake. This is a big bonus!

Sandy Wyman's Fun Run around Highland Lake Aug 29  
This is an annual MTC member event. A cookout will follow. A Race Director is needed for the Turkey Trot. It was suggested that the "Rat Pack" should volunteer. John Gale said he would discuss the possibility with the Pack.

WCSH For Kid's Sake Oct. 4  
Rick Strout is Race Director Start and finish from Deering Oaks.

We need to begin to start thinking of volunteers for Officers and Committees for next year. Since Fred Beck will be unable to take over the Newsletter again, anyone who has



## TREASURER'S REPORT

June 5, 1987

*Richard K. Strout*

Richard K. Strout  
Treasurer

Funds on Deposit May 5, 1987 \$ 6,668.54

### Receipts:

May Interest \$ 29.40  
\$ 6,697.94

### Disbursements:

Phil Pierce - reimbursement \$ 21.51  
Postage expense

Funds on Deposit June 5, 1987 \$ 6,676.53

Baster Blvd. Running Path Account \$ 930.12

an interest please talk with Fred Beck. Sandy Wyman spoke about enhancing communication in regards to organizing a newsletter (if let's say 2 members who were working on the newsletter lived far apart) she will look into costs on an informal basis.

Dennis Connelly: 330 active members

### Social Events:

Phil Pierce spoke for Nancy Stedman. Phil brought up the Fun Run at his place and we voted on one of two caterers for the event. Both provided lobster dinners with embellishments but we chose the one with the most food for the best price and no obligation for clean-up. Jim Lumpston was elected for the job. The price is \$14.00/adult and \$4.95/child. People who want to bring their own food can. We also want to invite officers of other clubs in Maine. We would provide a free meal only to the President of those other clubs. See mail in application in the Newsletter.

Annual Banquet Jan 23

Drinks/Buffer/Slide Show/Awards It has been decided to keep with the old tradition for the Awards Banquet. Sandy Wyman has volunteered to help coordinate the Banquet.

### Publicity:

PPH wants to publish a special on summer road races. Business Digest, Chris Hide: wants to do an article on the Club. There will be at Phil's home on Monday, Sept 15 with some long standing MTC members and Chris Hide.

For the next MTC meeting, Sandy Wyman offered to bring her slides of her run through Finland.

MTC got the 1st Place Team award for the Maine Coast Marathon. The Team included: Paul Merrill 2:40:55  
Barry Fifield 2:41:17  
Joel Titcomb 2:45:15  
Steve McGrath 2:45:56  
Bob Coughlin 2:55:46



# THE RUNNER'S EDGE

A Contemporary Running Column by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends on how you approach it. How far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword.

"DNF"  
(DID NOT FINISH)

As June 12th approached, increasing fear and trepidation gripped me as I anticipated the greatest racing challenge of my life, the New York Road Runner's Club/Athletic Congress 100 Mile National Championship for Masters and Seniors. What could be so difficult about a flat course around Shea Stadium? Why was the dropout rate so high? And what about the course could possibly earn it Ultrarunner Magazine's "award" as one of the five toughest courses in the nation, trail runs included! I now have the answers to these questions.

The course starts at home plate and goes out the first baseline and around to center field, out into a parking lot where it twists and turns innumerable times, returning again into center field and around right field, finishing the mile along third base by home plate. This certified one mile semi-hour glass course with its sharp corners, rough footing, potholes and puddles, is a technically difficult course to negotiate.

I had trained for this race for over 6 months, peaking at 120 miles per week in May. In the past 6 months I had logged over 2,000 training miles, with only one serious race in the interim, the Boston Marathon. As I tapered for this race over several weeks, I rested and thought about the race, focusing on strategies and planning for contingencies.

As race day approached, it became clear that my wife would not be able to accompany me, and much to my surprise, my oldest daughter, 19 year old Jennifer, with whom I had had for the past three years the most distant and disturbing of relationships, volunteered to be my handler. In a race of 100 miles or more, a handler becomes an absolute necessity. So on the day before the race, Jennifer and two of her friends motored me to New York City and allowed me to sleep undisturbed in the only bed at our borrowed accommodations.

Fred Lebow, President of the New York R.R. Club started the race shortly after 6 p.m. The temperature hovered around 75° and the humidity remained very high, with intermittent showers having fallen all day long.

There were approximately fifty entrants from all over the country, ultrarunners such as the current TAC 100 mile record holder Stuart Middleman, George Gardiner, and Chabit Yeter. I started with Chris Gibson (Milrose AA) at a 7:15 pace and stayed in about tenth place throughout the night. The humidity and heat took its toll, and runners were already dropping out at the 25 mile mark. The times were very, very slow and I passed the 50 mile mark at just over eight hours. At the 100 K mark I was feeling very good, strong, and had paced myself well. I thought for sure I would finish and Jennifer offered encouragement, ice cubes, and hugs throughout the night. She cheered me on and said that some observers (recorders, timers) were even betting on me!

At this time all of the leaders were in trouble. First place holder Chris Gibson was walking and I passed him for the first time (he was 4 miles ahead of me) and Stuart Middleman had just dropped out. Since mile 20 I had run each mile, walked 50 feet, and run another mile, drinking copious amounts of water and

eating ice nearly constantly. However, at mile 55 I could no longer hold my head up the way I should. I knew fatigue was setting in.

There were good times and bad times, easy laps and hard laps, but I was in a no-mans-land, unexperienced beyond the 50 mile mark. At mile 70, it happened. I could run no more. The mind was clear, the determination was there, the will undaunted. All of the leaders were in trouble, walking, resting, or hurting.

I walked all of mile 70, breaking into a run only as I entered the stadium. I had been running now non-stop for 13 hours and it was just past 7 a.m. I had witnessed the sun go down and the sun come up while I ran continuously, something I have always wanted to do.

I contemplated the future of the race. Anyone who could now run at all could win this race. Runners with only 50 miles completed were passing the lead runners with 70-75 miles done. No one was even close to the 80 mile mark and all were in trouble. I figured, at 15 minutes per mile, I could walk/stumble another 8 hours and finish in about 24 hours, easily in the top ten since that was about what was left on the field.

It was not worth it. It is not true that you can always run one more mile. I had come to run the New York 100, not walk it. If I could have run the last 29 miles I would have. If anyone could have run the last 30 miles, they could have won the race. But the technically difficult course, the heat, humidity, and the distance had taken their toll on all.

I asked Jennifer to tell the race officials and my recorder that I quit. (Later I learned she had told them I was hurt. I thought that was a nice way to handle it.) I could not face all those supporters who had cheered each time I passed a mile mark, particularly after mile 50. I felt ashamed and embarrassed, but not emotional. I was in cognitive control, making a rational decision based on logic and reason. I had given my legs 15 minutes to come back and they refused to respond. Again I thought, I had come to run, not walk.

But, dear reader/runner, do not despair, for in my failure and cognitive despair there is a great triumph which you may have gleaned between the lines of this essay. And that is the renaissance of my relationship with my eldest daughter. Jennifer and I had essentially "not spoken" for three years. This had troubled me greatly, since trained psychologist that I am, I should know about these things. But I had been blocked or numbed, cutting off the affect surrounding this relationship.

Now, all was changed. Throughout the night and without any sleep, Jennifer had encouraged me, fed me ice, told me my position, my lap count, and most importantly had poured out expressions of love. I was responding, realizing that within this race lay a great victory - overcoming a terribly conflicted relationship.

Tears of joy come now to my eyes as I write these words. Jennifer, thank you for all your love and help, for although I could not finish the race, I have learned to feel my love for you all over again. It was, of course, always there, but was buried deeply by past troubles and hurt. Those days are now gone, and I can feel in my heart and express to you the love of a father for his daughter. Such was the unexpected outcome of this "DNF", a new beginning for Jennifer and I.



# RACE RESULTS

The 7th Annual Officer Friendly Fun Run was a great success again this year. We had 63 children competing in the 1-miler and 9 children in the 2-miler. All the kids received hats, ribbons, certificates of achievement, 1 or 2 gift certificates from area businesses and trophies to the male and female winners and second place finishers in seven different age categories. Brian and I would like to see this race grow considerably next year and also to have the volunteers who made everything run smoothly with us again. Thank you to: Don Penta, Frank and Diana Ferland, Terri Finnerty, Terry McGovern, Ted Cunningham, Dick Roberge, Monica Goodwin, Brenda Cushman, Scott and Lee Anderson, Mike Towle, George Towle, Carolyn Krahn, Rodger Smith, Dale Rines, Bob Payne, Muriel Hendrix, John Watson, Bob Hazard and Greg Dugas. Also to Ron Cedrone who helped direct traffic around the track.

## OFFICER FRIENDLY FUN RUN - 1 Mile

1.	Kristen Berube (MTC)	6:13*
2.	Michael Caizzo	6:17
3.	John Scott Brennan	6:24
4.	Erin Wentworth	6:24
5.	Wesley Milliken (MTC)	6:42
6.	Kyle Milliken (MTC)	6:49
7.	Patrick Nixon	6:59
8.	Ryan Kenna	7:00
9.	Scott Muchie	7:00
10.	Jeff Mercier	7:05
11.	Debbie Ackerley	7:06*
12.	Jason Bowen	7:10
13.	Jamie Benville	7:16
14.	Ryan Crosby	7:18
15.	Joey Miller	7:19
16.	Todd Andrews	7:29
17.	Carey Averill	7:30
18.	Jill Morejon (MTC)	7:31*
19.	Jason Tracy	7:34
20.	Jaclyn Ouillet	7:35
21.	Sarah Randall	7:36*
22.	Matthew J. Kelly	7:38
23.	Bruce Tracy	7:41
24.	Chris Jalbert	7:48
25.	Marc Ferland (MTC)	7:54
26.	Samantha Paterson (MTC)	7:56*
27.	Craig Loubier	7:56
28.	Brian Hamlin	7:56
29.	Jared Libby	7:57
30.	Johanna Peterson	7:58*
31.	Sarah Peterson	7:58*
32.	Kurt Jalbert	8:00
33.	Leah Ouillet	8:06*
34.	Chris Ferland (MTC)	8:07
35.	Drew Hews	8:08
36.	Michelle Averill	8:12*
37.	Patrick Dugas (MTC)	8:13
38.	Timothy Grover	8:14
39.	Bob Parisien	8:18
40.	Jessica Lyman	8:38*
41.	Lesley Cedrone (MTC)	8:39*
42.	Brianca Vanderport	8:49*
43.	Adam Crosby	8:49

44.	Annika Fuller	9:00*
45.	Aaron Sawyer	9:08
46.	Roy Morejon (MTC)	9:10
47.	Seth Mayberry	9:11
48.	Karen Galbraith	9:25*
49.	Erica Pearl	9:25*
50.	Alison Doyle	9:45*
51.	Trish Provencher	9:55*
52.	Greg Caizzo	9:59
53.	Tracey Rutter	10:01*
54.	Marco Cedrone (MTC)	10:04
55.	Clifton Whitten	10:12
56.	Chris Marro	10:55
57.	Anthony Marro	11:10
58.	Meghan Riley	11:21*
59.	Erika True	11:22*
60.	Jesse McKenney	11:29
61.	Darcy Alfieri	12:10*
62.	Jackie Rutter	12:41*
63.	Sam Conlogue	13:14

## OFFICER FRIENDLY FUN RUN - 2 Mile

1.	Dave Wong	10:38
2.	Lee Anderson (MTC)	10:58
3.	Kip Gallant	11:10
4.	Carey Jordan (MTC)	13:39*
5.	Luan-the-vo-Dang	14:00
6.	Lori Towle (MTC)	14:34*
7.	Cynthia Flanders	14:47*
8.	Jim Hews	15:28
9.	Lori Seribner (MTC)	17:41*

## 25K Championship Race - 32 Finishers Reckland, Me - 4 April '87

1	Dennis Karamitres	27	1:28:57
5	Riek Lane	40	1:38:19
13	Bob Joliseour (MTC)	50	1:48:14
14	Anne-Marie Davee	30	1:48:28*
18	Carol McRea	32	1:52:38*
19	James Hogerty (MTC)	32	1:53:14
21	Nancy Lagin	37	1:56:29*
22	Louisa Dunlap	46	1:56:31*
26	Carlton Mendell (MTC)	65	1:58:12
31	G. Hogerty (MTC)	32	2:31:23*

## Inaugural "1040 After Tax Run Off" 28 Finishers - Augusta, Me - 18 April '87 10 Kilometers + 40 Yards

1	Jerry Allanach (MTC)	37	36:50
2	Jeff Arsenault	30	37:45
3	Michael Thompson	28	38:35
4	Francis Preshong	45	40:27
15	Julie Ballard	24	47:14*

## Two Mile Fun Run - 35 Finishers

1	Rick Lane	40	10:59
2	Steve Petersen	37	11:08
3	David Smith	16	11:28
4	Daniel Berube (MTC)	12	12:28
7	Kristen Berube (MTC)	10	13:39*
9	Paul Berube, Jr. (MTC)	36	14:17



# MORE RACE RESULTS

7th Annual Doc's Tavern 3 Miler - 200 Fin.  
Biddeford, Me - 19 June '87

SKIP McBRIDE 5K  
May 31, 1987 (85-degree heat!)

## MTC Finishers:

Place	Name	Time	Award
1.	Andy Palmer	15:43	1st: 30-39
8.	Bob Payne	18:22	2nd: 40-49
29.	Jane Dolley	21:42	3rd: 30-39

THE GREAT BANDAID RACE - Waterboro  
June 13, 1987 More HOT racing...  
4 miles

1.	Rick MacDonald	21:01
2.	Ken Botting	21:09
3.	Kevin Kein	22:04 MTC
6.	Bob Payne	24:09
13.	Rosalyn Randall	27:41

## \*\* Errata \*\*

The Maine Coast Primer (13.1 miles)  
results had the following errors  
and omissions:

The top Women Finishers were:

33	Kaki Gould	1:27:20
48	Nancy Ellis (MTC)	1:31:05
55	Sally Perkins	1:32:49

Top Masters:

7	Joel Croteau	1:17:29
108	Linda Crawford	1:59:16*

MTC - Not clearly noted or omitted:

45	David Whitney	1:30:28
66	Rodger Smith	1:37:03
70	Lee Anderson	1:38:15
89	Mike O'Brien	1:46:18

Apologies to Katheryn Tolford, Rick  
O'Brien, and E. Sears Carpenter who  
didn't participate.

Richard Brooks finished the 11th  
annual April Amble 4-miler in 20:28.

This past school year, Hanley Denning  
was a Junior at Greely High, not a  
Sophomore. Also, at the State Class B  
High School Track Championships held  
at Bowdoin College, 6 June '87, Hanley  
won the 3200 meters in 11:38.5.

Congratulations Hanley!

Top Men:		
1	Andy Palmer	14:27
2	Stu Hogan	14:45
3	Ken Botting	15:04
4	Mike Adams	15:33
5	Rock E. Green	15:35

Top Women:		
16	Christine Snow	16:31
20	Sally Perkins	16:47
41	Wanda Haney (MTC)	18:03
50	Donna Hubert	18:21
57	Deb Sawyer (MTC)	18:40

Other MTC Finishers:		
6	George Towle	15:40
21	Jim Paterson	16:48
49	Eric R. Ellis	18:19
51	Sumner Weeks	18:21
53	Lee Anderson	18:28
61	Lloyd La Fountain	19:11
66	Rodger Smith	19:18
71	Denise Harlow	19:24*
77	Carol Weeks	19:40*
80	Rosalyn Randall	19:45*
87	Carlton Mendell	20:09
101	Bob Cushman	20:52
113	Rebecca Harkavy	21:29*
117	Don Penta	21:47
118	Russ Bradley	21:57
131	Patricia Titcomb	23:02*
139	Dorothy Stoddard	23:53*
152	Jodi Reali	24:56*
158	Rob Laskey	25:44
160	Carlene Anderson	25:46*
162	Tammy Butler	25:56*
164	Brenda Cushman	26:07*
165	James McGovern	26:12
174	Ted Cunningham	27:52
177	Sally Paterson	28:32*
193	Pat Buckley	32:37*

Special thanks to Charley Scribner  
for lending his expertise to the  
Maine Coast finish line team and  
to Rodger Smith for helping me get  
these results. d.p.

MTC Participants in the Corporate Track Meet  
6/10/87 South Portland Track

Jerry Allanach, Cheryl Bascomb, Marian  
Bouchard, Fran Brennan, Barb Coughlan,  
Jane and Ken Dolley, Peter Dube, Claire  
Edwards, Eric Ellis, Barry Fifield, Warren  
Foye, Rob Laskey, Joan Lee, Clint Merrill,  
James Orr, Dave Paul, Bob Payne, Vin  
Skinner, Tim Smith, Mike Towle, George  
Towle, Carol Weeks.



Open Men:

1 Colin Peddie	24	30:14
2 Guy Stearns	28	30:57
3 Thomas Anderson	22	31:14

Open Women:

23 Beth McMacken	22	35:10
38 Nancy Corsaro	28	36:22
39 Ellen Weglarz	29	36:23

Sub-Masters:

5 Stephen Lavorgna	30	32:40
43 Kathleen Northrup	36	36:37*

Masters:

10 Ken Houle	40	33:36
191 Jane Levesque	45	43:38*

MTC Finishers:

119 Jennifer Rood	26	41:03*
168 Nancy Ellis	34	42:44*
216 Carlton Mendell	65	44:18
243 David Houser	36	45:05
357 Russell Bradley	63	48:25
372 Richard Stott	42	48:43
393 Neal Workman	32	49:05
399 Don Penta	41	49:13
432 Bob Cushman	49	49:56
638 James Bonnvie	22	55:14
742 James McGovern	63	59:06
808 Brenda Cushman	46	63:07*

Special congratulations to Jennifer Rood and Nancy Ellis in leading the Maine Track Club in very humid and scorching conditions. Jenn was 7th woman overall and Nancy finished 2nd in the submasters. Special applause should also go to Carlton Mendell and Russ Bradley for heroic effort and 2nd & 3rd respectively in the senior division.

Had any PRs lately?

Congratulations to all those who set personal records this month! Don Penta, club statistician tries to keep track of PRs but can't do it for all 330 members without your help. If you've set a PR and don't think Don knows about it, please let him know by phone (892-4526) or drop him a note in care of the club address.

Oversight

Through an oversight, Steve Woodsum's name was left off the Boy's Club volunteer list. Our apologies, Steve, and many thanks for the help.

Charlie Scribner, John Gale, Sandy Prescott, Ray Hefflefinger, Ken Dolley, Ken Dion, Steve Mooney, Dick Roberge. Many thanks to all.

Did you know that...

...eating fattening foods can help you lose weight? Most people who occasionally eat moderate portions of fattening food such as chocolate, ice cream or French toast, starting in their fifth week of a diet, wind up keeping weight off longer than those who don't indulge. Reason: They're more likely to stay on the diet because of the satisfaction from eating foods they really enjoy.

Research by Weight Watchers, cited in *American Health*, 80 Fifth Ave., New York 10011, 10 issues, \$14.95/yr.



Track 6/11/87

Slovenski new Bowdoin coach

BRUNSWICK (AP) — Peter Slovenski, a former Bates College assistant track coach, has been named head men's and women's track coach at Maine rival Bowdoin.

Bowdoin athletics director Sidney Watson said he was "very pleased" to be able to hire Slovenski, a 1979 graduate of Dartmouth College and an All-Ivy League pole vaulter in 1977 and 1978.

"He is very knowledgeable and energetic, and comes from an excellent track background with his father Walt running an outstanding program at Bates," Watson said.

Slovenski, currently the head track coach at California's Robert Louis Stephenson School, said he was "delighted" to be returning to Maine, where he had helped coach Bates to a New England Division III men's cross-country title in 1985.

Sports East of the Topsham Mall is offering a 10% discount to MTC members. Look into it!



At the May 20 Executive Board Meeting, Charlie Scribner and Jane Dolley presented several new ideas picked up at the RRCA convention in Washington:  
How About...

1. ...A Childrens' Developmental Running Program, like the one in Spokane, where schools cooperate in a 10-week program preparing kids to take part in a 7.6-mile run?
2. ...Encouraging walkers to join the club and participate in its events, including races? (If participating non-competitively, they could get ribbons instead of awards.) The 3,000 participation in the Volksmarch at Cape Elizabeth last weekend is a good indication that walking is popular. Adding walkers would help keep MTC's membership up.
3. ...Getting a computer? Although our RRCA grant application was turned down, "We should be moving in the direction of purchasing a computer," said President Pierce. Better technology and better prices are coming along all the time. The Korean company, Hyundai, better known for its automobiles, now makes a very inexpensive computer.
4. ...Going to a "Rainbow" system for speeding up race results? Charlie is pricing the special tear-off numbers and color-coded stickers required for this. It eliminates the need to write down numbers; the order is all put on a spindle as runners come in. We might try this at the JBI race "for practice".

Congratulations to Rob and Diana Laskey, married May 11th!

## Track 6/8/87

The Portland Recreation Department will conduct a "Summer Track 1987" program for elementary, middle-school and high-school students in Greater Portland. Portland High School girls' track coach George Towle is directing the program, from June 20-Aug. 8, at Portland Stadium on Mondays, Tuesdays and Wednesdays, with ages 12 and under from 10:30 a.m.-noon and 13 and older from 9-10:30 a.m. Meets are held Wednesdays and Thursdays.

The registration fee of \$50 covers TAC membership, insurance, meet registration, meet transportation, the fall cross-country program and a Portland Recreation T-shirt. Registration information is available by calling 775-5451, ext. 300 days, or 761-2197 evenings.

Press Herald

## MAINE TRACK CLUB PUZZLE - JULY

CATHIRSTYFELHECEKREW  
VHSSCRHJQHHE TUWUUEDE  
HTYTICETNKNKGOGPSAYN  
LJEVSDUJUWSOBKQMCZRZP  
UWGVVPWETTAWN FUNQAGMF  
UPPAHJVVPNPQAEFICKDZO  
BYTFMURDXRYPMEEBNBOUT  
CSQFXHNEYOTYCOEJRYWR  
ISBNAJTTLSDNCKJGUEGT  
TRTNRQRUESEDFWLXBTUH  
OJCNLTHGODKNOMUMNEQY  
IAOXFRGBNMPRPGMFUPXA  
RRSWKLTETQZRAOIKVSDPI  
TVUWLLPERSSAWWZPBZU  
AQVVFECMCJHUYHEZBSHR  
PBXPDWJGWHTIVARASIW  
TENNZZEUXLPAUXYRIMJX  
KEIUAHCAONACZVFFRFJL  
TFRIZOXTRZDFYBZPGWJ  
TVADLARWFALLXEUGWGX

## WORD LIST

FOURTH	YARMOUTH
FIREWORKS	SWEAT
INDEPENDENCE	THIRSTY
PATRIOTIC	SUNBURN
PATS	HAZY
PIZZA	FACE
RACE	

## Q How can I develop a sportsmanlike attitude in my children?

**A** Encourage from the start a sense of enjoyment in competition by emphasizing fun as a higher priority than winning. This approach separates winning, which is the objective of the game, from the reason we participate in sport - to enjoy ourselves. Your role as a parent should be supportive and positive. Select coaches and instructors who have put sports in their proper perspective and let them point out mistakes in technique and performance. There are so many variables involved in sports that winning and losing are seldom under the control of the competitors. Children sense this



BILL DRAKE is the coach of international stars Tim Mayotte, Buddy Schultz and Barbara Potter.

lack of control and too much emphasis placed on winning produces anxiety, which, in turn, results in unsportsmanlike behavior.

6/8/87, Boston Globe, Sports section



# EQUIPMENT ROUNDUP

by Chris Stanley

I have two months worth of information for you all and I'll try to squeeze it all in if I can. I'll quickly review some of your favorite shoe companies and let you know what's going on.

**AVIA:** They recently developed a new midsole technology that is so top secret that no one outside of Avia knows what it is. They already have their new 1988 shoes designed, with only the current 925 and 975 staying in-line. New shoes will be the 910 (it replaces the 905 and will offer 4 colors, 2 mens and 2 womans). The 955 of today will be replaced by the 960 that will have that new hi-tech midsole of tomorrow. Also new will be a high-tech, top-of-the line \$80 men's shoe called the 980, and an almost similar womans shoe called the 979W (\$70). One final Avia note, while Reebok's acquisition of Avia for \$180 million is completed, there may be some legal trouble as a number of dissatisfied stockholders are filing class-action suits, saying that Avia was sold at less than its fair market value. In a separate matter, there's a proxy movement to oust Avia President Dean Croft, for not acting in Avia's best interests.

**BROOKS:** For some time now, Brooks has sponsored the Biomechanics Dept. at Michigan State University, and they just released a study defining exactly how different a woman's biomechanical movements are from a man's. In a nutshell, they found that woman experience more pronation and supination than a man, and they do so at a slower rate. Also, woman athletes have more ankle flexibility than a man. Brooks will use this information to the fullest, as they recently established a separate woman's footwear division, which will manage and market their own products. Their upcoming womans shoes will be redesigned according to the reports out of M.S.U.

**ETONIC:** Supported with their new ownership by Tretorn (the tennis shoe company), Etonic is introducing a few new shoes. They will be hard to find, though, as Etonic does well only in certain regions, and Maine isn't one of them.

**NEW BALANCE:** They also have some new shoes out this summer. The new 625 is a sleek 9½ oz. shoe built on the same last as their racing flat. The new 570 is a soft, flexible shoe designed for those who pound the road. Both these shoes come in just men's versions, with women still being limited to 4 shoes (the 445, 475, 520 and 690).

**NIKE:** Nike is changing the Pegasus again, with the new Air Pegasus coming out in the middle of the summer (Q: can you name all 4 types of the Pegasus that Nike has made). This new shoe looks pretty impressive, with the rear 1/3rd of the midsole being P.U. and the rest being Phylon. The "Air" pocket in the heel is enlarged around 20%. Also coming is the Nike Air Odyssey, which is a straight-lasted shoe that is (in simplest terms) a cross between the Air Support and the Air Pegasus. The current Windrunner is being updated into a shoe called the Air Windrunner, which will have more "Air" and a P.U./E.V.A. midsole. Nike's track-n-field shoes are changing a bit, too, with new colors coming out in the Rival II, the Zoom X II, and the Waffle Racer II (which will be in both men's and woman's versions!). One more quick note about Nike: they developed a new electronic gadget that measures pulse, pace, time and distance. It's worn on your waist, and has two electrodes for your chest and a small headset for your ears. The machine actually talks to you. It measures distance using a Doppler Effect similar to Radar. It does sound like something out of Star Trek IV. Because of the price, though, (\$200), it may be as scarce in Maine as are friendly Klingons!

## Race Volunteers Needed

To help in the chutes and help with the results calculations at the Bowdoin 10-miler, Aug. 16. Call Charlie Scribner and volunteer today! 772-5781

## Saturated fats in foods

**E**ating excessive saturated fat greatly increases the risk of heart disease and stroke.

**Guideline:** Get no more than ten percent of your daily calorie intake from saturated fats.\*

Food	Calories from saturated fat	Portion
Almonds	13	1 oz.
Bacon	44	1 oz.
Butter	65	1 tbsp.
Cheese	54	1 oz.
Chicken breast	8	1 oz.
Coconut oil	106	1 tbsp.
Corn oil	15	1 tbsp.
Ice cream	80	1 cup
Lean hamburger	100	4 oz.
Lobster	5	5 oz.
Olive oil	16	1 tbsp.
Salmon (Atlantic)	15	5 oz.
Skim milk	0	1 cup
Sole	5	5 oz.
Tuna (waterpack)	5	5 oz.
Whole milk	45	1 cup

\* Most healthy men and women over 18 years should consume about 2,000 calories per day.

Boardroom interviewed Ron Goor, Ph.D., coauthor, *Eaters' Choice, A Foodlover's Guide to Lower Cholesterol*, Houghton Mifflin, 2 Park St., Boston 02108, \$10.95.

Boardroom Reports □ May 15, 1987

## MAINE TRACK CLUB 1987 RACE SCHEDULE

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



## UPCOMING RACES

Race Director Charlie Scribner thanks Maine Running and Outing Magazine for their race schedule posted below. They publish an outstanding magazine with a lot of race applications, complete race results and up to date info on all the races. For more information on the races buy their magazine or call Charlie at 772-5781 after five.

- July 11 Gorham roadrace; 3 mile adults, 1.5 mile kids. 8:30am; sponsored by Gorham Arts Council, P.O.Box 126, Gorham, ME 04038: \$3.00 adults, \$1.50 kids.
- July 11 SOUTHWEST HARBOR DAYS 10K FOOT RACE. 9 a.m. from the Harbor House Community Service Center, Main St., Southwest Harbor \$7 pre/\$8 post. Call 244-3713 or write H.H.C.S.C., PO Box 836, Southwest Harbor, ME 04679
- July 11 SCRIVELSBY 4 MILE CROSS-COUNTRY CRITERION! 10:30 a.m. from the Scrivelsby Estate, Peters Point, Blue Hill. Open walk race as well. See flyer
- July 13-17 ALL-STAR RUNNING CAMP. 8:30 a.m.-4:00 p.m. at the Camden Area YMCA. Murray Keatinge, Dave Murray - 1985 NCAA X-C Coach of the Year from Arizona; Mike Poehlein - 1985 Big 10 X-C Coach of the Year from Purdue; Mike Gilbert - Assistant track and field coach at Colorado. For Junior and Senior High School runners. \$75 for Y members; \$95 for non-members. Bring your own brown bag lunch - drinks will be provided. Contact Fred Kneedler at 236-3375 or 236-9010
- July 18 POTATO BLOSSOM 5 MILER. 9 a.m. from the Jenkins School in Fort Fairfield. Aroostook Joggers c/o 32 Teague St., Caribou, ME 04736. Fourth (of five) in the Casco Northern Challenge 5 Mile Race Series.
- \*June 27\* Almost forgot! UNION TRUST 4 MILER. 9 a.m. from the drive-in facility on State Street, Ellsworth. See flyer opposite!
- July 18 PAT'S PIZZA CLASSIC 1987. Five mile \*TAC CERTIFIED\* race starts at 8 a.m. from Town Hall on Main Street in Yarmouth. See flyer
- July 18 3RD ANNUAL BELGRADE LAKES COUNTRY FAIR 10K. 9 a.m. from Day's Store in Belgrade. See flyer
- July 25 NEW GLOUCESTER FUN RUN (2 Mile) 9:30 from Memorial Elem School, Rt 231, New Gloucester. \$3 Contact Beth Curtis, New Gloucester Rec Commission 926-4016, RRL, Box 137, New Gloucester, ME 04260
- July 25 WOODS RUN 3 MILER. 10:30 a.m. from Alton Gray Field, outer Union St., Blue Hill. See flyer
- July 26 9TH ANNUAL PHIPPSBURG FIRE DEPT FIVE MILE ROAD RACE. 9 a.m. from the fire house on Rt 209, 7 miles south of Bath. See flyer
- July 26-31 THE MAINE RUNNING CAMP '87. With Andy Palmer and Virginia Connors. This is the original Maine Running Camp started back in 1978 by Bob Booker and Anne Norton. Contact Andy or Maine Running Camp, PO Box 1217, E. Holden, ME 04429. Or check with your cross-country coach for flyers. 843-6262
- July 19 EXETER, NH. Seacoast A.C. 5K. Women's Race @ 9:30 AM, Men's Race @ 10:00 AM. Start at Exeter Recreation Bldg., Court St. Pre-entry (before 7/15) \$3.00; Post-entry \$4.00; \$5.00 Couples discount. For more Info or registration write: Seacoast A.C., Box 1086, Exeter, NH, 03833.
- July 25 CASCO COUNTRY RUN. Casco Village, ME. 5 miles point-to-point, runners are bussed to start in Otisfield. T-shirts to first 225 entrants. Start at 9:30 AM.
- July 26 5th ANNUAL SPECIAL OLYMPICS ROAD RACES and "CORPORATE FUN RUN". Saco, ME. 2 and 5 miles. 2 miler @ 9:30 AM; 5 miler @ 10:30 AM. Pre-registration (by 7/22) is \$5.00; day of race is \$6.00. Start and Finish at Saco Defense, Inc.

### Belated Congratulations...

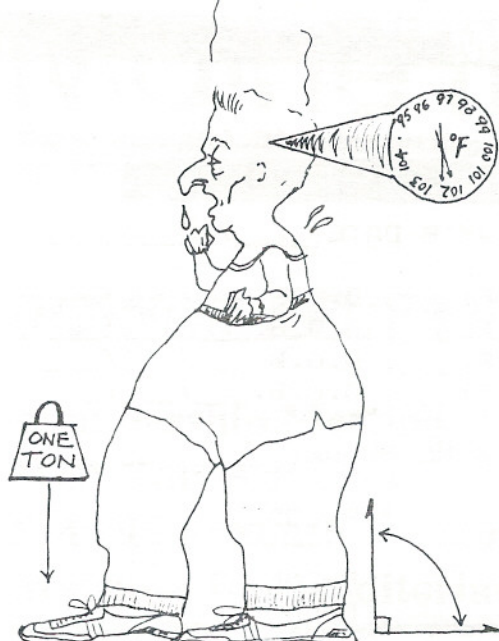
...to Jean Thomas, 1954 winner of the Preti Award, presented to the Portland High School Senior girl and boy "with the highest academic ranking who also earned a varsity letter". The Award, founded in 1928, celebrated its sixtieth anniversary this year with a reunion of past winners. Jean and her sister Jackie (1957 recipient) were among the family combination winners honored.

### Other Ideas from the 5/20 Executive Meeting

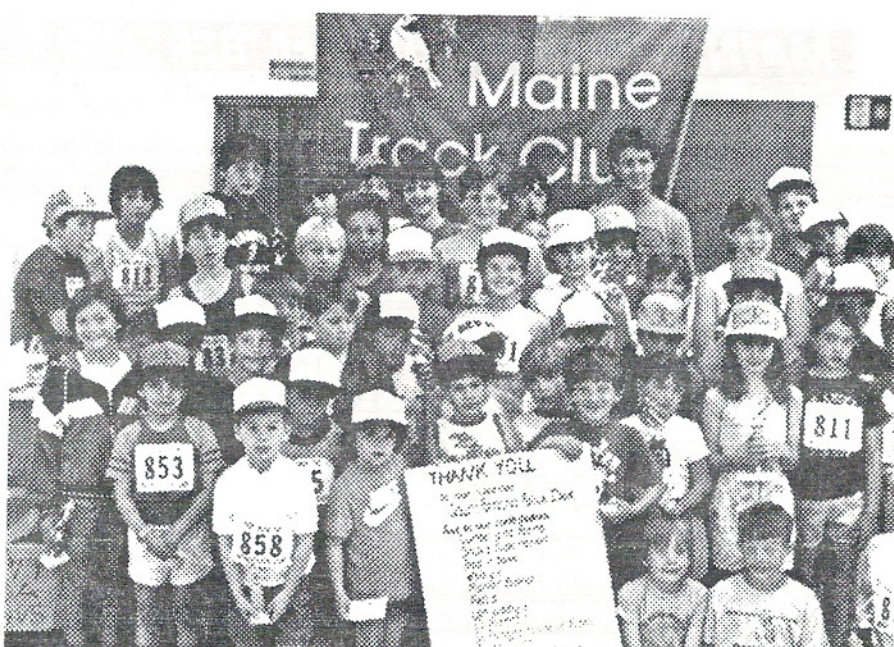
Should MTC put out a Maine /New Hampshire/Vermont road racing calendar? We could charge clubs for listing their races, and sell copies to clubs, retailers, etc.

Donation of funds for a water fountain along the Baxter Boulevard running path was recommended. The idea of an accompanying plaque, with the words "Donated by the Maine Track Club" or something of that ilk, aroused interest.





Do you feel like this while running in the heat? Club member Susannah Beck sketched how she feels for the newsletter.



Some of the young racers at the Officer Friendly Fun Run.

### 1987 NEWSLETTER PATRONS

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Ken & Jane Dolley      Milliken  
Clint Merrill & Deb Hewson

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

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

### Officers and Committee Chairpersons



Phil Pierce	President	781-3769	Tom Norton	Clothing	929-5548
Cheryl Bascomb	Vice President	929-8259	Nancy Stedman	Social	774-4013
Susan Milliken	Secretary	781-2321	Maggie Soule	Publicity	846-3631
Rick Strout	Treasurer	829-3216	Don Penta	Statistician	892-4526
Charles Scribner	Race Committee	772-5781	Cheryl Bascomb	Programs	929-8259
Fred Beck	Newletter	846-3111	Brian Milliken	Refreshments	781-2321
Dennis Connelly	Membership	783-4261	John Gale	Course Certific.	775-5017
Jane Dolley	Past President	846-6018	Frank Ferland	Photography	829-3390

Maine Track Club is a non-profit organization.

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



# MAINE TRACK CLUB MEMBERSHIP FORM

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

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

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

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

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

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

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

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

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## Maine Track Club

P.O. Box 8008  
Portland, Maine  
04104



*Phil Pierce*

First Class Mail