

Maine Track Club

June 1988

Run with a friend...



UPCOMING MEETING

Barbara Footer will be the speaker at the next MTC Meeting on June 8 at 7pm. The topic will be The New National Cholesterol Education Guidelines for a Healthy Heart. SMVTI gymnasium with an informal club run beforehand if anyone shows up.

We need volunteers for Pat's Pizza 5 mile race on July 16th. Call Bill Stewart for details 871-7051

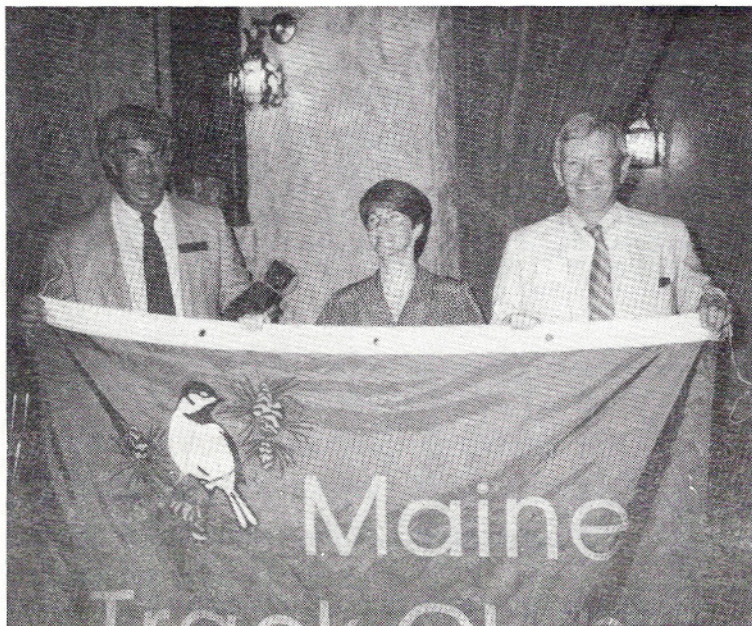
Race Director Needed for Race Day Only (Timing and Results) for Peaks Island Road Race on Aug 13th. Get in touch with Charlie Scribner 772-5781. The Lions Club will be putting on a Lobster Bake at this race. Sounds like fun!



Boston Marathon- Al and Tammy Butler, Mike and Jodie Reali

All photos in this issue are courtesy of Jane Dolley

RRCA Convention in Indianapolis. Charlie, Jane and Ken Dolley with MTC banner



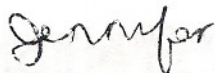
Boston Marathon - Evie and Herb Strom, Roz Randall, Phil Pierce and son



EDITOR'S COLUMN

As you can see from Phil's fabulous dilettante column and the green grass, the racing season is upon us. It is about time! If we could just stay in racing form without getting injured during the spring! I join Phil in his support of the Nubble Light 10 k race on June 4. Granite State Race Services has been doing timing and results, with great efficiency, and the course is extremely scenic. We need to let York County know about the Maine Track Club. I am getting lonely down there! Beware of the fleet feet from New Hampshire and Massachusetts, however. Please also consider drifting down to Portsmouth for the Market Square Days 10k and /or the Horse of A Different Color 10 miler in August. I will keep my eyes open for other New Hampshire races of interest, and I will keep you posted

Thank you very much to all who mailed newsletter contributions to me or dropped them off at Deb's. I think we are getting the system organized. Please keep the info coming. Also, we need to have someone revive the "member profile" column. Any volunteers? There are lots of interesting folks in the club. Happy summer!



Jennifer Rood

Congratulations to Debbie Sawyer Raszman who is expecting her first baby in Sept. She and her husband were seen jogging through the April Amble race looking great!

EQUIPMENT ROUND-UP

By Chris Stanley


A question I am often asked is, "What's the difference between the Tiger G.T. II and the G.T. III?". Well, many people think that there is not much difference at all, but that is not the case. The new G.T. III will have three sections of silicone gel in the midsole of the shoe. As in the G.T. II there will be a 5mm thick pad in the heel and a 3mm pad in the forefoot, but in the new shoe there will be a long, thin (c. 1½mm) pad of gel extending from the heel to the rear of the forefoot. Another big difference between the shoes will be found on the uppers, where the G.T. III will use a leather trimming instead of synthetic suede (with the leather being more supportive). Also, the support collar that wraps around the base of the heel will be extended about an inch more along the length of the midsole. This, too, will make the shoe slightly more stable. Another major difference is the price, where the G.T. III will be at least \$110.00 (and there is always the chance that it will go higher considering the value of the U.S. dollar and the continual state of unrest that is plaguing the overseas shoe manufacturers).

The Gel101 is somewhat similar to the Gel 100 just because there is no change in the midsole, although it also has the new leather trimmings on the upper as well as the extended collar.

The rising prices is something that is upsetting, shocking or alienating many customers. Most people do understand that the shoe shops aren't raising their shoe prices just to make more money, nor are the shoe companies charging more because they need to make a better profit. The problem is coming from the source, right where the shoes are made. Delays and construction increases overseas (along with the fall of the U.S. Dollar) are making the prices of athletic shoes jump. The higher prices are making the companies even more competitive, so expect new advances in running shoes in 1989.

One last note. Starting in June Nike will not allow any company sell Nike "Air" shoes through mail order. Nike's goal is to have customers try-on the shoes (and purchase them) in the shoe shops, thereby increasing traffic to the shops which should make the store buyers stock more Nike merchandise. If it should work (which I doubt), other vendors may do the same.

TREASURER'S REPORT


Richard K. Strout
Treasurer

TREASURER'S REPORT

May 5, 1988

Funds on Deposit April 5, 1988 \$5,784.40

Receipts:

*Memberships	\$ 1,209.50
Newsletter Patrons	\$ 109.50
*Stop Payment on ck #467	\$ 56.00
Interest	\$ 30.22
	<u>\$1,405.22</u>
	<u>\$7,189.62</u>

Disbursements:

*Discount on Canadian Ck	\$ 1.31
*Rainbow Systems, Inc. Numbers-Milkrun	\$ 165.05
*Central Maine Striders Race Signs	\$ 176.00
*Coastal Silkscreen, Inc. Clothing	\$ 33.00
*Brandis University Denise Harlow- Scholarship	\$ 200.00
*Jan Dolley Ad RCCA Convention	\$ 56.00
*Pat Buckley - Postage	\$ 32.77
	<u>\$ 664.13</u>

Funds on Deposit May 5, 1988 \$6,525.49

Upcoming Volksmarsches

June 12: Guided walk from PRVTC along Allen Avenue and Baxter Boulevard footpath, sponsored by Southern Maine Volkssport Association, call 854-5424 evenings.

July 9: Walk in Damariscotta, in conjunction with oyster festival, sponsored by Wicked Good Wanderers of Portland, 799-4642.

July 10: Tour of two South Portland rose gardens, sponsored by the Rose Gardens Volksmarsche, 772-4461.

July 16: Walk in Yarmouth, in conjunction with clam festival, sponsored by SMVA.

Aug. 13-14: Sunset and sunrise guided walks in Portland, sponsored by SMVA.

Aug. 20: Walk starting at Capitol Park along the waterfront in Augusta, sponsored by Central Maine Volkssport Association, 626-2350.

Sept. 25: South Portland walk from SMVTI to Fort William lighthouse, sponsored by SMVA.

All walks are approximately 10 kilometers.

MTC Membership Discounts

Here is a list of area sporting goods stores that have agreed to give MTC members discounts on running shoes and running clothing. Please note that most have asked that members show their club ID card when requesting discounts.

Olympia Sports Center, Maine Mall

10% on shoes only

Joe Jones, 265 Western Ave, South Portland

10% on shoes, 20% on clothing (non-sale items)

The Shed, 315 Marginal Way, Portland

10% on shoes and clothing

The Athlete's Foot, Maine Mall

10% on shoes only

Sports East, Topsham Mall

10% on shoes and clothing

Guidi Graphics, 675 Forest Ave, Portland

(they sell and produce T-shirts and have some running clothing)

10% on clothing

Swim Skin, Maine Mall

10% on shoes and clothing

Foot Locker, Maine Mall

10% on shoes and clothing

Maine Track Club 1988 Race Schedule

Distance

Apr 18	Boy's Club	5
May 22	Oakhurst Milk Run	4
June 12	Mark Hoffmaster	5
June ?	Officer Friendly	Fun Run
July 16	Pat's Pizza	5
Aug 13	Peaks Island Race	5
Aug 21	Bowdoin and Back	10
Sept 11	Cape Challenge	13.1
Sept 25	Rowdy Ultra	50
Oct 2	Falmouth Lion's	6.2
Oct 9	WCSH for Kid's Sake	4
Nov 20	Turkey Trot	6.2

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

MORE RACE RESULTS

Congratulations to Dan Dearing, new MTC member in co-winning the Fourth Annual Epsteins of Maine Five Aces 5K (held 10 April in Brewer) with Roy Morris in a time of 15 minutes 33 seconds. The first woman finisher was Rose Prest-Morrison in 18 minutes 29 seconds. The girls track coach at Catherine McAuley High School finished one minute ten seconds ahead of Diane Lounder, her closest competitor. Dara Jones finished two seconds behind Mrs. Lounder for third. The top Masters finishers were Gary Larson in 17 minutes 49 seconds (23rd overall) and Louisa Dunlap in 21 minutes 47 seconds. The ever youthful 52 year old Warren "Red" Dean finished one second behind Mr. Larson and 62 year old Terry Goodlad came down from Canada to turn in a phenomenal 19 minutes 52 seconds (59th overall). There were 246 finishers in this popular certified event sponsored by Levi-Strauss and Epsteins.

12th Annual Westbrook College April Amble
Portland, Me - 4 Miles - 346 Fin - 4/30/88

Top Men (Overall):

1 Myron Whipkey	19:39
2 Michael Gordon	20:28
3 Kenneth Flanders	20:34
4 Brian Flanders	20:37
5 Stephen Sarkozy	21:04
6 Richard Brooks	21:16
7 Dennis Berard	21:17
8 James Desmond	21:21
9 Richard Perry	21:22
10 Guy Berthiaume (Master) (MTC)	21:31

Top Women (Overall):

27 Kelly Rodrigue	22:36
38 Rachel Veilleux	23:00
44 Wanda Haney (MTC)	23:18
60 Donna Hubert	24:04
64 Christine Bracelas	24:14
70 Kathy O'Grady	24:22
77 Jennifer Rood (MTC)	24:48
99 Carol Weeks (MTC)	25:29
118 Rosalyn Randall (MTC)	26:15
122 Erika Maddaleni	26:23

Other MTC Finishers:

14 Paul Merrill	21:40
17 Richard Mulhern	21:56
22 Harry Hunt	22:16
25 Bob Coughlin	22:34
29 Bob Payne	22:48
33 Bill Bristol	22:53
35 Brian Milliken	22:57
42 Dennis Smith	23:08
46 David Smith	23:21
49 Peter Carleton	23:35
52 George Liming	23:48
56 Joel Botler	23:55
57 Robert Jones	23:58
58 Ronald Deprez	24:01
65 Les Berry	24:15

April Amble Results - Continued:

More MTC Finishers:

71 Steve Woodsum	24:22
78 Peter Bastow	24:49
82 William Shuttleworth	24:56
83 Clint Merrill	24:56
89 Summer Weeks, Jr.	25:09
91 Rick Strout	25:12
98 Frank Ferland	25:29
107 Peter Vachon	25:50
111 Neil Martin	26:02
113 Norman Locke	26:04
114 Dale Rines	26:04
119 Keith Parsons	26:18
123 Joel Anderson	26:24
129 Eric Ellis	26:31
130 Philip Bartlett	26:33
132 Deb Merrill	26:38*
140 Carlton Mendell	26:57
150 Joan Lavin	27:13*
152 Jane Dolley	27:16*
162 Fred Stone	27:40
163 Cindy Tiffit	27:42*
165 Frank Morong	27:43
171 Patti Locke	27:53*
175 Robert Perkins	28:03
183 Jeri Lynn Schroeder	28:30*
195 Bob Cushman	29:02
196 Robert Wyman	29:06
208 Marla Keefe	29:20*
227 Claire Edwards	30:04*
231 Susan Davenney	30:14*
240 John Woods	30:47
246 Kyle Milliken	31:03
270 Dave Horne	32:17
272 Peter Raszmann	32:27
273 Deb Raszmann	32:27*
274 Stanley Harmon	32:30
279 Bill Lovett	32:40
291 Philip Meyers	33:31
296 Dennis Connelly	33:48
297 Edd Cabral	33:58
298 Stacey Horne	33:59*
299 Rod Stanley, Sr.	34:02
303 Sally Paterson	34:18*
310 Brenda Cushman	35:08*
313 Lloyd Holmes	35:23
316 Wilbur Holmes	35:47
319 Ruth Hefflefinger	36:03*
321 Kristine Holmes	36:34*
330 Belinda Vail	37:43*
332 Eric Botler	38:32
342 Joe Wildman	43:18

MEMB. MEETING NOTES

May 11, 1988 SMVTI 7:00 P.M.

President Charlie Scribner opened the meeting. Fifty-four people attended, including guest, Suzanne Spencer and MTC member, Cindy Tift, attending her first meeting.

Vice President Herb Strom introduced the speaker, MTC member, Bruce Ellis. Bruce told us what he experienced before, during, and after the Olympic Trials Marathon. Bruce finished 29th out of 108 starters out of 130 qualifiers with a time of 2:23.

Committee Reports

Newsletter Deadline for material is May 20. Charlie congratulated the staff on last newsletter.

Membership Reminder cards are going out to the remaining unrenewed members. Membership cards will go out with the next newsletter along with a list of discounts available.

Clothing See John Gleason at Coastal Silk Screen.

Statistician Don had no report at this time.

Certification John reported measuring the Mark Hoffmaster course for June 12. He will also be measuring the 10 miler and Phil's 10 K this year. Barbara Footer measured the Milk Run last year.

Refreshments Sue thanked Hal Rubin, Bruce and Nancy Ellis, Will Stackpole, Lynn and Richard Vail, Bob Cushman, John Lunt, John Gale, John Woods and Marion Lechey for the evening's refreshments.

Race Reports

Milk Run 200 pre-registrations received.

Sign-up sheet for 10K and 50K races out soon. choice. John Conley and Charlie are co-directors. Rainbow system will be used for results.

Norma Lynn Peterson Benefit June 5 Bob Jones needs finish line help. The 4 mile course starts at Windham High at 10 A.M.

Mark Hoffmaster Memorial June 12 9:30 A.M. Proceeds to Westbrook Jr. High. Bob Cushman and Jean Thomas are directing. Start is at Westbrook Jr. High.

50 Miler Date is Oct. 16

Phil's 10K Date is Oct. 2

Pat's Pizza July 16 George Prescott and Charlie are directing. Looking for a trainee for next year's director to learn the ropes now.

Jane and Barbara would also be interested in having someone work with them on the Cape Challenge to learn race directing. Jane has received a check for \$2500 from Boise Cascade for the Cape Challenge.

RRCA Convention Next year, Colorado Springs in June. Jane encouraged more members to attend. Charlie was selected RRCA Volunteer of the Year for 1988 and also has become our new State Representative to the RRCA.

Ekiden Relay There was one other female coach besides Jane. She has an article in Maine Running & Outing about this.

Old Business

The demise of two Maine Marathons. No discussion at this time.

Maine Running Hall of Fame Bob Payne and Ken Dolley at a meeting this evening. Watch newsletter for an article.

Indoor Track Bob Jolicoeur working on this. Possible piece of land in So. Portland.

New Business

Russ Connors made a motion that MTC reimburse the Cronin family for the Porta Potties they provided by their home for Maine runners doing the Boston Marathon. It was seconded and passed after some discussion. It was suggested if this is done in the future, it be decided before the race and a sign posted, courtesy of MTC.

Timing Equipment A motion was made, seconded and passed to purchase a new timer. The cost is \$1400.

Mt. Washington Road Race Team See John Gale or Ron Cedrone if you are running so they can do a team roster.

The meeting adjourned at 9:05 P.M.

Respectfully submitted

Susan Davenny
Susan Davenny

Notice to Newsletter Contributors

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



RRCA Convention in Indianapolis. Charlie received "Nike Rod Steele" award for outstanding Volunteer

BOSTON TO BANGOR

By Phil Pierce

The Running Dilettante's Guide to
Selected Road Races

June Race of the Month: The race of the month is unknown to most of you but worth trying at least. This is the Nubble Light Runaway, a 10K starting at York High School and finishing there [a loop course]. The course is beautiful with about two miles paralleling the coast-lots of beach and ocean views. Weather for the race is usually hot and sunny. The race is well managed and attracts alot of runners from New Hampshire. A 5K has recently been added which starts at 9 a.m. The 10K is at 10:30 a.m. The races are very well managed and well attended. If you are thinking of "moving up" from 4 and 5 miles, try this one [no one you know will see you!]. There are rolling hills at mile 2 and 3, so don't start too fast. Good luck and hope to see you on the roads.

Phil
Phil Pierce
Past President
MTC

June 4 4th Annual Otter Creek Creep 10K:
Sat. 10 a.m. Route 3, Mt Desert Island.
Contact John Sharp, P.O. Box 88,
Otter Creek, Me. 04665 [288-4821]

June 4 Nubble Light Runaway 5K/10K,
Sat. 9 a.m./10:30 a.m. York High School
\$6 pre; \$8 post. Contact Mike
Sullivan, York Recreation Dept.
P.O. Box 9, York, Maine 03903. [This
is one of the nicest 10Ks in Maine]
[363-2723]

June 5 Peter Ott's 10K: 9 a.m. P.O. Box
Sun. 756 Camden, Maine \$5 pre; \$6 post.
T-shirts to first 100. Contact
Peter Ott's Camden 10K, P.O. Box
756, Camden, Maine 04843 [236-4032]

June 5 5th Annual Skip McBride Memorial 5K
Sun. 11 a.m.; Fryeburg Academy Gym. \$5
pre; \$7 post. Contact Skip McBride
Memorial 5K, Fryeburg Academy,
Fryeburg, Maine 04037

June 5 The Class of 1990 4 Mile Classic
Sun. 10 a.m. Windham H.S. Track. \$5
Contact Bob Jones at 892-4570.
Checks payable to Windham H.S.; c/o
Mrs. McLaughlin, 406 Gray Rd.,
Windham, Maine 04062. [to benefit
Norma Lynn Peterson]

June 12 Forest Avenue Mile. 9 a.m.
Sun. Woodfords Corner to Deering Oaks.
Contact 773-2137 or 775-5631.
Registration at USM gym. [sounds
like the makings of a great race]

June 12 Mark Hoffmaster Memorial 5 Miler:
Sun. 9:30 a.m. Westbrook Jr. H.S. \$5
pre; \$6 post. Contact Jean Thomas,
22 Skylark Drive, Portland, Maine
04103 [774-5871]

June 18 Annual Mt. Washington Road Race: 11
Sat. a.m. Base to summit, 7.6 miles,
Pre-registration only well in
advance. [One of the most difficult
races in the country-be in shape
for this one!]

June 18 Market Square/Artisan Outlet 10K
Sat. 9:30 a.m. \$7 pre; \$10 post. Contact
Cynthia Shanley, P.O. Box 1008,
Portsmouth, N.H. 03801
[603-431-5388] [A very competitive
race]

June 25 7th Annual J.B.I. 4-Miler: 8 a.m.
Sat. SMVTI, South Portland. \$5 pre.,
Contact Bud Burke, 175 Running Hill
Road, Jackson Brook Institute.
South Portland, Maine [761-2200]

June 26 2nd Annual Blood, Sweat and Cheers
Sun. 5K 8 a.m. from American Legion
Hall, Fairfield. \$5 pre; \$6 post.
T-shirts to first 75 runners.
Contact Jerry St.Armand [873-6753]

June 26 Gardiner Common 5 Miler. 8 a.m.
Sun. from Gardiner Common. Contact Maine
Road Ramblers for further
information.

July 2 Celebrate Gorham, Me. '88 3-Mile
Sat. Race: 9 a.m. 1.5 Mile Race for ages
12 and under at 8:30 a.m.
Contact Gorham Arts Council, P.O.
Box 126, Gorham, Maine 04038

July 4 12th Annual Bridgton Four on the
Mon. Fourth: 8 a.m. Main St. and Route
117. \$5.50 pre; \$6.50 post. Contact
Jay Spenciner, R.F.D. 2, Box 2,
Bridgton, Me. 04009 [647-3347]
Certified [The largest race in
Maine and one of the best]

July 4 10th Annual Four on the Fourth. 4M.
Mon. 9:30 a.m. York H.S. \$6 pre; \$7
post. Box 9, York, Maine 03903
[363-2723]

July 4 Freeport "L.L. Bean 10K"; 7:30 a.m.
Mon. from downtown Freeport. \$5 pre; \$6
post. T-shirts to first 500
entries. Contact L.L. Bean,
Freeport, Maine 04033 [865-4761]
Certified

July 16 17th Annual Pancake Run: 7:30 a.m.
Sat. 4.2 miles. Buxton. Contact Steve
Fasulo [929-3544] Pancake breakfast
to all entrants.

July 16 Belgrade 4th Annual "Marie
Mon. MacArthur Memorial 10K": 9 a.m.
from Day's Store, Belgrade
Village. \$6 t-shirt to first 100
entries. Contact Lisa Peacock
[495-2309]

July 16 Pat's Pizza 5 Miler: 8 a.m. on Main
Sat. Street, Yarmouth. \$6 pre; \$7 post.
T-shirts to all entries. Contact
Bill Stuart [871-7051]. Certified

July 27 Dyer Memorial 5K: Winslow, Me 6:30
Wed. p.m. Winslow H.S. \$5 Contact Jerry
St. Amand [873-6753].

July 30 Bert 'N I 5 Miler East Vassalboro.
Sat. 9 a.m. \$3 Contact Bill Seekins. Box
1177, Waterville, Maine 04901

Other races outside of the Boston-to-Bangor
circuit of suspected interest to certain MTC
runners.

June 10 N.Y.R.R.C. Invitational USA
Fri. 100-Mile for the Ted Corbitt Cup. 6
p.m. Shea Stadium. \$12 pre only by
June 1.

June 12 Nipmuck Trail Marathon. Ashford,
Sun. Connecticut. \$6 pre; \$7 post.
Contact David Raczowski, Box 191,
Willington, Ct. 06279
[203-429-5120]

June 25 RRCA Eastern Regional 10 Mile
Sat. Championship. Montpelier, Vt. 10
a.m. Montpelier H.S. \$5 Contact Tim
Noonan, 2 Pinewood Rd., Montpelier,
Vt. 05602 [802-229-4658]

July 16 Essex County 24 Hour Ultramarathon
Sat. 12 Noon. Half-mile dirt track. \$10
pre. July 1; \$12 post. Contact Dr.
Robert Lopez, Box 455, Westport,
N.Y. 12993 [518-562-4446] [This is
one of Carlton Mendell's favorite
races]

July 4th Independence Run

7th Annual 4 Miler and 1 Miler Fun Run

Jay and Livermore Falls

8 am Monday July 4th. \$3 in advance, \$4 day of race

Send SASE to The Independence Run

Livermore Falls Municipal Building

Livermore Falls, Maine 04254

Loos County Democrat 4/30/88

Dixville marathon becomes a biathlon

DIXVILLE NOTCH — The Colebrook Kiwanis Club will be sponsoring the Dixville Notch Races again this September. Since the beginning, the races have included a 12-mile individual race and a 26-mile marathon. Of the 70-100 athletes competing in the races each year, less than 25% of them have chosen to compete in the marathon. The Kiwanis Race Committee publicized last year's race as the twelfth and final running of the marathon, hoping to get a large turnout. Even with ads in the regional running publication and listings in national running publications, they drew only 25 runners. It was pointed out that major marathons in Maine have been cancelled simply because they are not as popular as they once were. The new trend is toward shorter races and two or three-sport events are also in demand.

The Dixville races will continue to include the 12-mile races, but

the feature event will be new. It will be called the "Cross New Hampshire Biathlon" and will consist of a 20-mile bicycle race from the Maine/New Hampshire border on Route 26 to Dixville Notch, and a 20-kilometer run from Dixville Notch to the New Hampshire/Vermont border over the Connecticut River on Bridge Street in Colebrook. This race will take place over two days with the bike race on Saturday afternoon and the run on Sunday morning.

Race committee member Rick Tillotson said that they have not yet started to advertise the biathlon, but expect it will be met with a good deal more enthusiasm than the past marathons.

Rick added that if anyone is interested in competing this fall, now is the time to start training to allow for the gradual building of strength. He also advised that no one should start a vigorous exercise program without first consulting with his or her doctor.

Bob Cushman reported that he participated in the run portion in the first of the 2nd Annual Fitness Connection Biathlon Series held April 24th in Lewiston. His time in the 5 mile run was 38 minutes 26 seconds...The other dates of the series are 5/22, 6/19, 7/24, 8/28, and the grand finale 9/18. Registration for all events (which start at 9:00 AM) is from 7:30 to 8:45 AM at the Fitness Connection, Westminster Street, Lewiston. (The bike portion is 20 moderate miles.)
Contact: 786-2161.

NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Sponsor/Interests</u>
Jeffrey E. Babino	H657-3720	John Hewitt Assoc.	33
Robin D.	W767-3459	Systems Analyst, UNUM	32
Jaime D.	W770-2183		9
Joseph E.			4
28 Lindan Lane Gray, ME 04039			
Lottie A. Bragdon	H761-2029	Trn. Spec. Dept. of Labor	39
Jodi L.	W879-4141	State	16
Bonnie L.			19
113 Tamarlane Portland, ME 04103			
Theresa E. Cameron	H775-1635	Teacher, C.E.School Dept.	27
84 High Street	W799-7331		
Portland, ME 04101			
Robert M. Cahners	H439-2915	Kendall Financial Corp.	45
1 Kendall Street	W617-879-1733	Equipment Leasing	
Framingham, MA 01701			
Loren B. Lathrop	H772-8356	J. Weston Walch	39
Jane W.		Mail List Manager	41
Shelley A.			12
Renee J.			10
Brian E.			8
79 Boston Street South Portland, ME 04106			
Christopher A. McDonald	H282-7704	Terrien Architects	24
11 Willow Avenue, Apt. #B	W774-6016		
Saco, ME 04072			
David C. Niederstadt	W871-9056	Downeast Shows	47
86 Morning Street		Promotions	
Portland, ME 04101			
Joe A. Richards	H892-3534		44
8 Smith Road			
Pine Grove #16			
Windham, ME 04062			
William D. Schoolcraft	H846-3460	Stone & Webster	43
165 W. Elm Street	W775-6260	Engineer	Sandy Wyman
Yarmouth, ME 04096			
Wendy D. Stringfellow	H879-1562	Emery-Waterhouse	49
32 Deering Street	W775-2371		Russ Bradley
Portland, ME 04101			Skiing, sailing, hiking, camping, gourmet cooking
Hall, David L. & family	H929-4469	Sales Manager	35
RFD #3, Box 153		Chapman Corp.	All sports, antiques, reading.
Gorham, ME 04038			

MORE RACE RESULTS

5th Annual Maineiacs Half Marathon
Bangor, Me - 114 Fin. - 2 April '88

Top Men (Overall):

1 Peter Lessard (MTC)	1:11:37
2 Joseph McGuire (Master)	1:13:29
3 Brian McCrea	1:15:33
4 O.J. Logue	1:18:19
5 Brian Ladner	1:18:49

Top Women (Overall):

17 Deborah Potter	1:24:26
60 Louisa Dunlap (Master)	1:36:22
64 Carlene Sproul (Master)	1:39:37
71 Sandra Wyman (MTC)	1:42:59
73 Barbara Coughlin (M, MTC)	1:43:12

Other MTC Finishers:

11 Judson Kendall	1:21:28
25 John Lunt	1:27:00
33 David Wilson	1:29:25
38 Don McGilvery	1:32:01
42 David Green	1:32:23
50 William Davenney	1:34:37
63 Carlton Mendell	1:38:00
94 Sandra Utterstrom	1:50:09*
104 Bob Cushman	1:59:00

Frank Sabasteanski Memorial 10K - 124 Fin.
"Polar Bear Run" - Bowdoin - 10 April '88

Top Men (Overall):

1 Ken Flanders	33:00
2 Kevin McDonald	34:20
3 Guy Lindwall (Master)	34:43
4 Paul Fagan	34:51
5 Bob Poirer	35:12

Top Women (Overall):

14 Kelly Rodrigue	36:56
20 Marilyn Fredey	38:06
46 Judy Ketcham	41:19
56 Deb Merrill (MTC)	42:31
62 Debbie Brown	43:41

Other MTC Finishers:

8 Harry Hunt	36:01
9 Bill Sherritt	36:17
26 John Lunt	38:52
27 Dave Smith	38:55
33 George Liming	39:38
34 Bob Jolicoeur	39:46
36 Clint Merrill	40:02
63 Robert Green	43:50
81 Howard Spence	46:04
82 Rob Laskey	46:09
102 Fran Brennan	49:03

5th Annual Stark Trek 10K - 5/8/88
Conway Village, New Hampshire

Maine Finishers:

5 Paul Merrill (MTC)	35:23	2(30-34)
19 Bob Payne (MTC)	37:50	5(40-49)
59 Larry Thompson	41:40	
72 John Davis	42:43	
85 John Howe	43:32	
87 Carlton Mendell (MTC)	43:37	3(60+)
89 Doug Aiken (MTC)	43:38	
93 Cindy Tiffit (MTC)	43:59*	??
106 Susan Martin	44:42*	
109 Joan Lavin (MTC)	44:53*	3(40-49)
145 Barb Coughlin (MTC)	46:59*	5(40-49)

Special thanks to Bob Payne who reported these results. Bob also said "that it was a great race with perfect weather - made for fast times (Bob had a course pr). "The food was really good. "Awards were many and worth the effort - 5 deep in each division. "There were drawings for many gift certificates up to \$50.00 value. "Those who missed it should make it next year."

Q I just ran Boston. When would you advise me to resume serious training and racing?

A Congratulations on finishing



Boston. After having completed a marathon, I would suggest between 20 and 30 days of rest. This "rest" should include many days off and only doing short easy

jogging on "work" days.

As far as resuming racing is concerned, I would wait six weeks before racing distances from 10K to 10 miles and three to four months before tackling another competitive marathon.

Runners need to be reminded that the days immediately following a marathon is a time they are extremely prone to injury if they don't allow themselves a proper recovery period.

JACK MCDONALD is the former Boston College track coach.

4/25/88

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: _____

YOUR SPONSOR (IF ANY): _____

Maine Track Club

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