

Maine Track Club

June 1989

Run with a friend...



UPCOMING MEETINGS

Wed. June 14, SMVTI, 7-9 pm "The Athlete's Heart"

with Dick McFaul, M.D.

Dick will talk about the athlete's heart, including the reasons for Bruce Ellis' death.

July - Club Picnic

August - TBA

September "Nutrition"

Susanne Wieder, director of nutrition at Hannaford Brothers, will discuss proper diet and how to shop for the right foods. Hannaford Brothers, through its Shop N Save supermarkets, is becoming a leader in bringing nutrition topics to the attention of shoppers.

Jennings sets mark in Washington 8K

Lynn Jennings set an American record of 25 minutes 7 seconds Sunday in the Nike Women's 8-kilometer (4.97-mile) race in Washington, D.C. Jennings missed Grete Waitz' world record of 25:03, but was well under Brenda Webb's American mark of 25:32.

Judi St. Hilaire of Hingham continued her comeback on the roads by taking second place in 25:12 with Webb third in 25:14 in a field of 3,000 runners.

Jennings, who broke away from St. Hilaire and Webb during the race, was caught by Webb but won with a kick over the last half-mile. St. Hilaire rallied to take second.

Jennings, of Newmarket, N.H., recently was named Runner of the Year by the Road Runners Club of America.

- BILL GRIFFITH



LYNN JENNINGS
American record

Hash Run, Sunday, June 11, 2:45

Come join the Hallowell Hash House Harriers for an adult fun run Sunday, June 11, 2:45

Meeting place: New England Tel. parking lot #5 Davis Farm Road, North Portland.

Directions: Exit 10 Maine Turnpike. After toll booth turn right, (26 South) At first through-road turn right (Washington Ave, Extension) Right again at blinking light. Cross RR tracks and take immediate left. Pass one NE Tel. building on right. We're meeting at the second NE Tel. Building on right (opposite building #110)

Notes: Hashing is not a race. It allows for a wide range of ability levels. Because of periodic stops, non-runners as well as marathoners may participate equally.

* There will be beer/water/soft drinks available at the end of the course.

* Many courses include a bit of bushwacking so wear old running shoes and clothes.

* \$3 @ person, \$5 @ couple covers drinks and a post-run newsletter.

* "rules of the game" will be explained to all newcomers at 2:45.

COME FIND OUT WHY HASHING IS ONE OF THE FASTEST GROWING SPORTS WORLDWIDE!

MTC Race Schedule as of May 31.

June 24	JB, Spring point Festival
June 11	Forest Ave Mile- <u>cancelled</u>
July 15	Pat's Pizza
July 21	Deering Oaks Festival Track Meet
TBA	Women's Distance Festival
July 29	Peak's Island
Aug. 13	St. Peter's 4 mile Road Race 4pm
Aug. 20	Bowdoin 10 Miler
Sept. 10	Cape Challenge
TBA	WCSH
Oct. 8	Falmouth Lions 10K
Oct. 15	50 Miler
Nov. 19	Turkey Trot
?	Candy Cane Run

Hash House Harriers plan ultimate fun run

The Hallowell Hash House Harriers are inviting Southern Maine runners to join them for a hash.

Hashing, for the uninitiated, is a combination of a cross country run and a topographical puzzle.

"It's the quintessential fun run," said hasher Alice Johnson of Hallowell.

Here's how hashing works: A runner, called the hare, lays out a course of five or six miles, marking the trail with flour. Every mile or so, the course forks. The runners must find the true trail, and the slower runners have a chance to catch up while the lead pack explores the various forks. All but the true trail will dead end after a few hundred yards.

The pack will call "Are you?" to see if any of the lead runners are on the true trail. The lead runners will call back "Checking" if they are still exploring what may be a false trail, or "On! On!" if they have found the trail.

Bells sound and horns blow when the true trail is found — that is, until the next fork.

Johnson and Maine Track Club runners Bob Payne and Jean Thomas are setting a hash for June 11 in Portland. The time and place will be announced once the hares have set the course. In addition, runners are invited to join the Hallowell Hash House Harriers on the Common in Gardiner June 25. The rules will be explained at 2:45 p.m. and the hash begins at 3. Registration is \$3 per person and \$5 per couple.

"I know there's a group of people out there who would really love doing this," said Johnson, who learned about hashing with her husband, Wick, while visiting Hong Kong. "It's not your typical jog around the block."

The Hallowell Hash House Harriers have about 40 members. Hashing involves about 50,000 runners worldwide, with 780 clubs in 125 countries, including 90 clubs in the U.S.

The Maine Track Club and the Central Maine Striders are collecting money for a memorial for Bruce Ellis, who died last month at the age of 37. Sue Davenny, secretary for the Track Club, said the clubs are considering pooling their money for

Sara
Hobson

On Running



a tribute to Ellis. Several ideas for a memorial are being considered, including an annual college scholarship for a high school runner, an annual fund to send a youth to running camp or a contribution to the Maine Running Hall of Fame. Anyone wishing to contribute to the Bruce Ellis Memorial Fund may contact Sue Davenny, Maine Track Club, P.O. Box 8008, Portland, Maine 04104 or Jerry Saint Amand, Central Maine Striders, P.O. Box 1177, Waterville, Maine 04901.



Road racing

MOTHER'S DAY RUN

5K in Rockland
1. Meeley, 18:17; 2. Ellis, 19:00; 3. McPhee, 19:56; 4. Deves, 19:59; 5. Andrus, 20:49; 6. Merman, 21:11; 7. Worley, 21:22; 8. Dunlap, 21:32; 9. Spring, 21:36; 10. Collins, 21:49.

Other races

at Fresh Pond, Cambridge
(2 1/2 miles)

1. Matt Lenoci 11:58; 2. Jon Ellis 12:35; 3. Jim Zimmerly 12:41; 4. Bill Newsham 12:46; 5. Simon Gaby 13:04.
Women — 1. Charly Haversat 13:36; 2. Virginia Holmes 13:49; 3. Laurie Loary 15:04.

(5 miles)

1. Walter Clark 29:01; 2. Kin Earle 29:18; 3. Don Mayer 29:24; 4. Fred Dietrich 30:24; 5. Tom Ahern 30:47.
Women — 1. Maryanne Dimiscio 33:25; 2. Casey Robertson 38:25; 3. Suzie Katz 38:52.

Boston Globe 5/14/89

Phil Pierce, 47, of Falmouth finished in 3:11:32. Pierce, who was carrying four jugs of water and a pack, then turned around, headed back up the mountain and ran another 24 miles to put together a 50-mile training run for next month's Western States 100-mile ultramarathon in California. The 50-mile journey took 10 hours. "That's not particularly fast, but I was pretty tired," he said.

Lessard dominates marathon

By SARA HOESON
Staff Writer

Peter Lessard of Oakland upset defending champion Paul Merrill in Sunday's Sugarloaf Marathon, covering the 26.2 miles from Eustis to Kingfield in 2 hours, 30 minutes and 40 seconds.

Merrill, 34, of Portland, finished second in 2:38:14, followed by Gordon Scannell, 36, of North Yarmouth in 2:48:00.

Deborah Potter won the women's race in the fastest time of her career, 2:57:59, finishing 19th overall in a field of 171 finishers.

Todd McGraw, 24, of Augusta, won the 15-kilometer race in a course record 47:07. Lance Guliani, 30, of Brunswick, placed second in 50:14.

Veronica Knight, 21, of New Gloucester, won the women's race in 61:25, followed by Nancy Ellis, 36, of Sheepscot, in 62 minutes flat.

Nancy Ellis presented the Bruce Ellis team awards to Jerry Saint Amand, president of the Central Maine Striders. The team awards, named in honor of the two-time Sugarloaf champion who died last month, were given to the club with the top three finishers in the marathon and in the 15-K.

The Striders won both, with Lessard, Al Sproul (2:53:33) and Alan Reilly (2:54:30) combining for the best team time in the marathon, and McGraw, Gordon Hartwell (53:04) and Randy Hastings (54:44) in the 15-K.

McGraw led the field of 148 finishers in the 15-K from the start. In the marathon, Lessard and Merrill ran side by side for the first hour. Lessard, 26, pulled away at 10 miles.

Scannell, whose best finish in 10 marathons had been a top-20 place at the Maine Coast Marathon, held off Stephen Reed, 41, of Wiscasset by 2 seconds to take third place.

"It was the first marathon where I've been in a position to be concerned about my place," Scannell said. "People along the course were cheering for us as we came into Kingfield, and I could hear them cheering for someone not too far behind me. I didn't turn to look, but I knew he was close."

Sharon Mordorski, 37, of Roseville, Minn., finished in 3:50:00 and became the first woman in history to run a 26.2-mile marathon in each of the 50 states. Sugarloaf was her 73rd marathon, and Maine her 50th state.

5/22/89

MEMB. MEETING NOTES

Maine Track Club Membership Meeting

May 10, 1989 7:00P.M. S.M.V.T.I.

President, Herb Strom, opened the meeting. A moment of silence was observed for Bruce Ellis.

Vice-President, Bill Stuart, announced the speakers for the evening, hasher, Alice Johnson, and massage therapist, Rick Gilde. In June, Dick McFaul will speak on the heart and sudden death. Susanne Wieder, nutritionist, will change to September. The picnic will be in July. The August speaker is TBA. Bill has information on a dinner to explore the possibility of establishing a chapter of the Fellowship of Christian Athletes. Bill also has information on a carbo-loading dinner planned for all Sugarloaf participants.

New members, Craig Cunningham and Tom Atchison introduced themselves. Member, C.R. Davis was attending his first meeting. Welcome!

Treasurer's Report Herb reported the balance of \$5529.21.

Race Report

May 13, Officer Friendly, all set. DARE needs more volunteers.

May 14, The Nike Store Run, preregistration only. Give to Charlie.

May 28, Oakhurst, volunteer sign up sheet. Calls will be made next week. Course will be measured for accuracy of distance.

June 4, Mark Hoffmaster, OK on volunteers, runners needed.

July 21, Deering Oaks Festival Track Meet, date for schedule.

Women's Distance Festival, early Aug. or Sept. Meeting with Sonesta as possible sponsor.

Aug. 13. St. Peter's Bazaar Race, Mike Reali will need help with timing and results.

Membership 1989 membership rosters available.

Trophies Bob Cushman will continue to collect trophies for recycling.

Yard Sale will take place in the fall. Save items to donate. If storage space is needed, call an officer.

Running Around the World, Frank Morong would like to compile a booklet on good places to run when traveling in different cities and countries. Please send articles to him.

Bruce Ellis Memorial Fund Sue Davenny reported a total of \$370 in contributions. Donations are still being accepted. More money will be needed to establish a scholarship or annual sponsorship to a running camp. A third suggestion is to donate the amount to the Maine Running Hall of Fame. All suggestions are welcome.

Newsletter Deadline, May 19. Staff will be needed to do the newsletter while Deb is away, Sept.-May.

July Picnic See Sue Davenny if you can help plan this.

Next Board Meeting, June 6, 7:00 P.M., Herb's house.

Mt. Washington MTC Team, Ruth and Peter Hall wanted to know who was doing the team roster. Herb will check with Ron Cedrone.

Hash, Bob Payne and Jean Thomas offered to help Alice Johnson with a hashin Portland, June 11.

Refreshments were provided by Loren Lathrop, Herb Strom, Sandy Utterstrom, Bob Payne, and Jim Carroll. Donna and Everett Moulton also provided refreshments last month. Thanks!

Respectfully submitted,

Susan Davenny
Susan Davenny
Secretary

THE MINE HARRIER

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RACE RESULTS

By Don Penta

The D.A.R.E. 4-Miler

The first D.A.R.E. 4-Mile road race was held May 13th at the South Portland Rec Center on Nelson Road. The rain held off and the 96 runners had a good time. Stan Bickford was the mens overall winner and Erica Maddaleni was the womens overall winner. The race was lead by the "G-98" RED MUSTANG CONVERTIBLE with one of the 6th grade D.A.R.E. project students being a passenger. The T-SHIRTS came out very nice and with all the wonderful help the race was a huge success and will be run again next year. I wish to give special thanks to G-98, The Shed, the S.P.P.D. Patrolmens Association, Speedy Printers, Mrs Faye Merrill, Shaws, Shop & Save, D P's Trophy World, and all the Runners and Workers that made the race the success that it was. As this was the first race that I ever directed, I really appreciate the help and advice that everyone offered, as it made my work a lot easier. Thanks Again. Everett Moulton.

7th Annual 25K Championship - 43 Fin. Rookland, Me - 1 April '89

1 Roy Morris	25 1:34:49
2 Guy Berthiaume	43 1:37:23
3 Debbie Potter	34 1:38:56*
8 Peter Hanson	48 1:46:35
12 Carol McRea	34 1:49:36*
17 Jane Rau	39 1:54:40*
27 Linda Hanson	41 2:01:34*
32 Carlton Mendell (MTC) 1.50+	67 2:04:56
39 John LeRoy (MTC) 2.50+	52 2:13:20
40 Brian Cullen (MTC)	47 2:15:59
42 Robert Wyman (MTC)	52 2:19:57

Notes:

Jane Dolley; 4/2/89, Nike Cherry Blossom 10 Mi. 1:10:51, 101st woman, 13th, 40-44, held in Washington, D.C.; 5/14/89, Nike 8K Women's Championship, Washington, D.C., 35:36 (after taking 19 days off from running following Boston; Jane saw Barb Coughlin and former member Barb Footer at the race).

Congratulations to Lori Towle who reached the second round of the singles at the State Interscholastic Tennis Championships in Orono, 5/20/89. Lori is a versatile athlete who runs X-C for South Portland and occasionally races under the MTC banner.

Congratulations to Mike Lyons who was a double winner at the Southwestern Conference Track Championships in South Portland, 5/20/89. His times were 9:59.6 in the 3200 and 4:29.3 in the 1600. Mike runs for Cheverus and for the MTC on the roads.

Any MTC member who has achieved a personal distance or course record time; who has raced in small, local, unpublicized or out-of-State events; or who wishes to reach the MTC Newsletter regarding anything relating to statistical concerns or inaccuracies please call (207)8924526 or write to Don Penta, 54 Sebago Avenue, Windham, ME, 04062. Thank you.

Inaugural Dare 4 Miler - 96 Finishers South Portland, Maine - 13 May '89

Top Finishers (Overall):

1 Stan Bickford 1,open	25	20:04
2 Jim Toulouse (MTC) 2,open	40	21:29
3 Sean Keough (MTC) 1,30-39	33	22:03
4 Steven Hightower 1,20-29	28	22:24
5 Randy Spencer 2,20-29	27	22:29
17 Erika Maddaleni 1,open	23	25:10*
19 Jody King 2,open	28	25:41*
22 Amy Kretz 1,19&under	18	25:58*
32 Carol Weeks (MTC) 1,40-49	40	26:51*
42 Jeanne Lamontagne 1,20-29	26	27:50*

Other Top Divisions:

9 Ron Cedrone (MTC) 40-49	40	23:30
15 Lloyd Slocum 50-59	56	25:04
25 Scott Moulton (MTC) 19&-	17	26:14
44 Maureen Sproul (MTC) 30-39	33	28:10*
86 Terri Morris 60&over	60	37:25*
93 Frank Long 60&over	71	40:27

Other MTC Finishers:

10 Dennis Smith	39	23:43
18 Michael Towle	41	25:21
24 Norman Locke	30	26:13
36 Dale Rines	36	27:20
38 Robert Jones 2,19&under	16	27:36
41 Marc Lusignan	36	27:44
48 Loren Lathrop	40	28:16
50 Patti Locke	26	28:28*
51 Diane Flanders 2,30-39	32	28:28*
57 Lloyd Cook 2,50-59	55	30:07
58 Bob Taylor	35	30:18
75 Donald Johnson	58	33:00
77 Judy Bastow	25	33:06*
78 Peter Bastow	52	33:07
80 Craig Cunningham	29	33:18
94 Donna Moulton	40	41:09*

Q What benefits are obtained from using a health club sauna, whirlpool or steam room?

A All three of these facilities use heat to help you relax. The heat will cause blood vessels to open up and this can cause blood pressure to drop and heart rate to increase. For those who have any cardiovascular

disease, these facilities may be dangerous. You should never use any of these facilities after exercise. In addition, if you have a sprained ankle, pulled ligament or other types of injury that caused swelling, cold water rather than heat will be much more effective. If you use these facilities, do so with caution.

BETSEY FISHER is an exercise physiologist with the USDA Human Nutrition Research Center on Aging at Tufts University.



OFFICER FRIENDLY YOUTH RUNS

The Officer Friendly Youth Runs, and DARE 4 mile road race were held on Saturday May 13th. 49 children ran in the 1 mile race, 9 ran in the two mile. A total of 96 people completed the 4 mile race. All the children running recieved a ribbon, and those who did not receive a trophy were given gift certificates for ice cream. So everyone went away with something. The Officer Friendly runs are in memory of Mike Anderson, former Officer Friendly and coach in South Portland. So I was pleased to have Carlene Anderson, Mikes wife, serve as official starter while his son Scott helped present awards. South-Portland's Officer Friendly, and DARE education officer were both in attendance at the event.

I would like to point out as a post script how good a job Everett Moulton did directing the DARE part of the runs. As a recent new member to the Maine Track Club, and relative new comer to running itself he did an excellent job. I was glad to have him come forward with the suggestion of combining a DARE (drug awareness resistance education) event with the Officer Friendly Runs. The combination of the two seems appropriate.

My sincere thanks to the following volunteers who made the runs possible;

Ted Cunningham
Barbara Cushman
Bob Cushman
Bill Davenney
Sue Davenney
Mel Fineberg
Warren Foye
Rebecca Harkavey
Bob Jones
Drew Jones
Marla Keefe
Diana Laskey
Loren Lathrop
John Leroy
George Liming

Donna Moulton
Everett Moulton
Scott Moulton
Bob Payne
Herb Strom
Jean Thomas
Widge Thomas
George Towle
Mike Towle
Sandy Utterstrom
Bob Wyman
John Wadson
Summer Weeks
Dale Rines

- Rob Laskey
race director



1989 Officer Friendly Races - 1 & 2 Miles South Portland, Maine - 13 May '89

One Mile Run (49 Finishers):

1	Ethan Higbee 1,10&11	10	5:36
2	Chris Taylor (MTC) 2,10&11	11	5:41
3	Sam Holt	10	5:48
4	Chris Wood	11	5:52
5	Nate Crooker 1,8&9	9	6:18
6	Jeff Mercier 2,8&9	9	6:19
7	Andy Smith	9	6:29
8	Meghan Barry 1,8&9	8	6:31*
9	Matthew Reed	8	6:31
10	Jaclyn Ouillette 1,10&11	10	6:32*
11	Robert Parisien	8	6:41
12	Marco Cedrone (MTC)	8	7:07
13	Renée Lathrop (MTC) 2,10&11	11	7:08*
15	Beau Provost 1,6&7	7	7:12
17	Gillian Morejon (MTC)	10	7:22*
18	Roy Morejon, Jr. (MTC)	8	7:23
19	Kim Taylor (MTC) 2,8&9	9	7:23*
20	Sarah Holt	11	7:26*
22	Kurt Schwanda 2,6&7	7	7:32
25	Brian Lathrop (MTC)	8	7:36
26	Lesley Cedrone (MTC)	10	7:43*
36	Lindsay Taylor (MTC) 1,6&7	7	8:32*
43	Jennifer Labrecque 2,6&7	6	8:57*

Two Mile Race (Complete List):

1	Bob Jones (MTC) 1,15&16	16	10:25
2	David Kahill 1,13&14	13	11:56
3	Mike Calazzo 1,12	12	12:07
4	J.P. Tapley 2,12	12	12:12
5	Christopher Nesbitt	12	12:13
6	Jen Martin 1,15&16	16	13:29*
7	Rebecca Harkavy 2,15&16	16	14:03*
8	Angela Crooker 1,12	12	16:39*
9	Shelly Lathrop (MTC) 2,12	12	16:47*

Thank You Note from Nancy Ellis

Dear fellow Maine Track Club Members,
Thank you so very much for everything;
your cards, letters, phone calls, hugs, food,
kind & comforting words & most of all your
friendship.

I'm still numb & in shock over the
loss of my beloved Bruce, my best friend.
I thank God for my wonderful family
& friends like you helping me survive
this very difficult time.

Thank you friends. I love you all.
Running ever with Bruce,
Nancy Ellis

RACE RESULTS

13th Annual Westbrook College April Amble
Portland, Me - 4 Miles - 372 Fin. - 4/29/89

Top Finishers (overall):

1 Stan Bickford	25	19:33
2 George L. Bochus, Jr.	22	19:41
3 Stu Hogan	27	19:45
4 Myron D. Whipkey 1,30-34	31	19:52
5 Allan Muir 2,30-34	34	19:58
37 Wanda Haney (MTC)	22	22:55*
49 Christine Braceras (MTC)	26	23:32*
51 Melina M. Tedesco	25	23:34*
58 Diane M. Lounder	27	23:43*
90 Amy Kretz 1,15-19	18	24:36*

Other Top Divisions:

8 Kevin McDonald 35-39	39	20:39
16 Patrick Bernier 15-19	18	21:27
21 Rusty Lamade 50-59	52	21:42
29 Joel Croteau 40-49	45	22:14
120 Joan Lee (MTC) 35-39	35	25:47*
125 Debbie Niemeier 30-34	30	25:55*
137 Chris Taylor (MTC) 11-14	11	26:13
160 Carlton Mendell (MTC) 60+	67	26:57
212 Ethan Higbee 10&under	10	28:41
227 Shirley Leighton 40-49	44	29:07*
357 R. Hefflefinger (MTC) 60+	60	37:44*
372 Jacklyn Herbert 50-59	59	44:56*

Other MTC Finishers:

12 Richard A. Brooks	22	21:17
18 Paul S. Merrill	34	21:33
19 Sean Keough	34	21:38
22 Peter Dubé	26	21:53
26 Richard Mulhern	35	22:02
27 Bob Payne 2,50-59	50	22:05
31 Robert Jones 3,15-19	16	22:22
36 Ron Cedrone 2,40-49	40	22:49
41 Joe Richards 3,40-49	45	23:05
42 Richard McFaul	44	23:10
43 George Liming	37	23:15
44 Brian Milliken	36	23:18
46 Dennis A. Smith	39	23:25
47 Joel C. Titcomb	30	23:27
53 Brian T. Gillespie	41	23:37
57 Tom Allen	33	23:42
63 Frank Ferland	40	23:50
79 Richard W. Scribner	37	24:17
85 Harley C. Lee	35	24:29
96 George Prescott	40	24:34
97 Thomas Carll	44	24:58
109 Eric R. Ellis	36	25:27
116 Craig Robinson	42	25:40
117 Larry Luncford	34	25:44
123 Dale G. Rines	36	25:49
129 Neil B. Martin	46	26:05
135 Sterling MacLean	26	26:12
149 Richard E. Littlefield	40	26:33
159 David Trussell	45	26:56
162 Rosalyn Randall 3,35-39	39	27:04*
172 Maureen Sproul 3,30-34	33	27:29*
173 Michele Jordan 3,20-24	22	27:31*
174 Bill Davenny	44	27:33
175 Cindy Vokey	31	27:34*
179 Marc Lusignan	36	27:36
188 Russ Bradley 2,60+ PR	65	27:49
190 Tom Atchison	40	27:55
211 Katheryn A. Tolford	34	28:41*
231 Bob Perkins	46	29:20
243 Marla Keefe	35	29:58*
250 Lloyd Cook	55	30:07
267 David M. Horne	52	30:55
273 Everett M. Moulton	42	31:24

274 Susan T. Davenny	40	31:32*
280 Donna M. Moulton	40	31:40*
283 Georgianna Hogerty	34	31:50*
293 Deede Delay	33	32:30*
305 Stanley B. Harmon	67	33:21
313 Rod Stanley, Sr.	55	34:07
336 Brenda Cushman	48	36:18*
337 Bob Cushman	51	36:24
345 Lloyd Holmes	62	36:53
355 Patricia J. Titcomb	31	37:29*

Improvements - Part II

April Amble 4 Miler

Name:	'88:	'89:	Dif.:	%I:
Robert Jones	23:58	22:22	1:36	6.68
Frank Ferland	25:29	23:50	1:39	6.47
Craig Robinson	27:08	25:40	1:28	5.41
David M. Horne	32:17	30:55	1:22	4.23
Eric R. Ellis	26:31	25:27	1:04	4.05
Joe Richards	23:51	23:05	0:46	3.21
Bob Payne	22:48	22:05	0:43	3.16
Christine Braceras	24:14	23:32	0:42	2.89
George Liming	23:48	23:15	0:33	2.31
Wanda Haney	23:18	22:55	0:23	1.65
Dale G. Rines	26:04	25:49	0:15	0.96
Paul S. Merrill	21:40	21:33	0:07	0.54
Carlton E. Mendell	26:57	26:57	0:00	0.00

Congratulations to the above current MTC members who tied or improved on their '88 times in '89. Twenty-eight current members ran consecutively in '88 and '89. (Code: /Dif./-difference; /I/-improvement)

Briefing

Road racing: Benoit fourth in San Francisco

Joan Benoit Samuelson of Freeport finished fourth Sunday in the women's division of the world's largest road race, the 7½-mile Bay to Breakers in San Francisco.



Kristiansen

She was timed in 42 minutes, 9.4 seconds. The women's winner was Ingrid Kristiansen of Norway, who won the Boston Marathon on April 17. Her time was 39:13.6.

Arturo Barrios was the men's winner in the race that annually draws thousands dressed in odd running outfits.

Barrios, a Mexican native living in Boulder, Colo., finished in 34 minutes, 38.4 seconds,

about 100 yards ahead of Ed Eyestone.

Among the more than 100,000 runners — many forced to walk because of the size of the crowd — were two people dressed as Godzilla chasing the city's famed Transamerica Pyramid; 13 ballerinas being pursued by Roman warriors; the Tooth Fairy adorned with her "crown teeth"; and someone claiming to be Elvis Presley.

The most popular group of runners was the eight-member tribe of "mud people," three of whom ran nude. They were caked in black dirt from head to toe.

5/22/89 Portland Press Herald

UNITY 5K RACE - 67 Finishers Unity, Me - April 22 '89

Overall men:

1 Bob Strout	33	16:01
2 Matte Bruce	19	16:19
3 Duane Higgins	-	16:48

Overall women:

24 Tammy Ciesla	19	20:24
28 Nancy Stedman	37	20:43 PR
34 Sue Blaisdell	48	21:19

Other finishers:

30 Gerald St. Amand	45	21:06
33 Carlton Mendell	67	21:17
42 Bruce Stedman	30	22:24
45 Nina Stoddard	37	22:42 PR

10th Annual Killarney's 10K - 178 Fin. Waterville, Me - 12 March '89

Top Finishers (Overall):

1 Bruce Ellis (MTC) 1st	37	31:05
2 Peter Lessard 2nd	26	31:21
3 Todd McGraw 1,20-24	23	31:35
4 Dan Dearing (MTC) 1,25-29	27	31:58
5 Jim Toulouse (MTC) 1,40-44	40	34:06
17 Deb Potter 1st	34	36:50*
34 Edie Dubord 2nd	30	39:04*
68 Nancy Ellis (MTC) 1,35-39	35	41:43*
72 Cheryl MacMahon (MTC) 1, Div 25	41	41:56*
77 Jane Bau 2,35-39	39	42:17*

Other Top Divisions:

6 Tom Thibeau 30-34	30	34:12
7 Ken Flanders 35-39	37	34:27
12 Robert Jones (MTC) 19&-	16	35:44 PR
23 Doug Ludewig 45-49	49	37:35
27 Al Sproul 50-59	50	37:49*
79 Susan Lundquist 19&-	17	42:35*
84 Deb Merrill 30-34 (MTC)	32	42:45*
96 Jane Dolley 40-44 (MTC)	40	44:04*
108 Carlton Mendell (MTC) 60+	67	44:44
137 Connie Towne 50-59	50	48:55*
173 Ruth Jolicoeur 45-49	46	58:59*

Other MTC Finishers:

15 Paul Merrill	34	36:32
36 Philip Pierce 3,45-49	47	39:10
57 Andrew MacLean	26	41:13
59 Peter Bastow 2,50-59	52	41:14
85 Clint Merrill	40	42:47
89 Eric Ellis	36	43:27
110 Richard Scribner	37	44:49
123 Diane Flanders	32	46:48*
132 Russ Bradley 2,60+	65	47:36
136 Katherine Christie	44	48:36*
148 Warren Wilson	55	50:25
149 John Woods 3,60+	71	51:15
157 Everett Moulton	42	52:55
177 Donna Moulton	40	1:09:10*

Remember EGOR ??!

A Wild Runner from the Maritimes

Stan Friedlander will never forget the day that Egor came knocking.

"I opened up my door," recalled Friedlander, the race director for the recent Valley Stream 50 Miler. "And there was this man—mountain standing there."

That would be Egor Egan, a hulking runner from Nova Scotia who looks like he should be playing linebacker for the Winnipeg Blue Bombers in the CFL. Instead, he drags his six-foot-two-inch, 210-pound frame to ultramarathons throughout the United States and Canada.

Egan is somewhat of a legend on the ultra circuit. The sudden way he popped up at Friedlander's door the night before last year's race is a good example of such legendary behavior. So is the fact that, after the ultra, he wrote Friedlander a 50-page letter.

What was it about? "I'm not sure," said Friedlander, although half of it, he admitted with embarrassment, "was him telling me how great I was." Well, that's okay. Spend a few minutes with Egan and you, too, will become one of the greatest people he's ever met. Egan is like that. "He's up front with his feelings," said Friedlander. And with his appearance. At the Valley Stream ultra — with the temperatures in the low 20s — most competitors were swathed in top-of-the-line running shoes and expensive Lycra and Gore-tex suits, the latest in high-tech cold-

Arthur Foti



weather running fashions. Egan, on the other hand, ran in a flannel shirt, cut-off jeans, and a pair of sneakers that, Friedlander said, "I wouldn't even paint my house with." Icicles hung off his beard and, as he shuffled along, puffing and panting, he began to assume his characteristic droop — his upper body bending over, as he puts it, "like a dead speed skater."

Part of the Egor mystique — what has made him a legend as well as pain in the neck to race directors from Florida to Manitoba — is his name. He says it's an Anglicized version of the German name Igor, if that's any help. Another part of his mystique is his past, which he is reluctant to discuss. In fact, it was only when assured that anything written about him in this newspaper was not likely to receive wide circulation in Halifax that he agreed to speak. And when he did, he had nothing good to say about himself. "I'm slow, I'm no good at any sport except ultramarathoning, and I'm not even any good at this," he moaned. "But I'm a survivor."

Indeed, he is. Egan barely survived a 2,500-mile roundtrip from his home in the uppermost reaches of the province to an ultra in Toledo, Ohio. The car was a piece of junk — not surprising since it came from the junkyard in which Egan makes his living. Carbon monoxide was leaking throughout the long drive, leaving the big Canadian with a mild case of carbon monoxide poisoning. No problem. Egan completed the 62 miles in Toledo and was back out on the roads in Valley Stream two weeks later.

That survivor mentality is the way Egan approaches ultramarathons. He just runs ... slowly ... until he drops or finishes. "You have to be very strong and very dedicated to do it that way," said Friedlander. "But it's a horrible way to train."

Problem is, if you told Egan that, he'd probably agree with you. "I'm no good," he said, as he circled the one-mile loop of Hendrickson Park that serves as the course of the Valley Stream race. "I need to lose 50 pounds. I need to do more speedwork." He stopped and reflected a minute as he shuffled along. "I need a woman," he declared. "I need a good ultra-woman."

Despite his eccentricities, there are a lot of qualities about a character like Egan that would make him a good mate — on or off the roads. "He's honest, he's courageous, he's open, he's friendly, he's warm," says Friedlander. And he's coming back to Long Island again next year, you can be sure. In Valley Stream he ran a good time for a 210-pound ultramarathoner: just over eight hours. Besides, he exclaimed during the race, "I love Long Island!" What part of it has he seen? "Oh, the Cross Island Parkway and this park."

Ah, good old Egor. Sometimes too nice and too honest for his own good.

John Hanc

This article first appeared in the Long Island newspaper, *Nesday*.

Reprinted from Central Vermont Runners
(April, 1989)

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1. Stan Bickford, 19:32, Yarmouth; 2. George Bockus, 19:40, Auburn; 3. Stuart Hogan, 19:44, Old Orchard Beach; 4. Myron Whippley, 19:51, Portland; 5. Alan Muir, 19:57, Portland; 6. Rick Garcia, 20:16, Portland; 7. Kim Wettlaufer, 20:31, Lewiston; 8. Kevin MacDonald, 20:38, Lovell; 9. Robert Kahn, 20:49, Cumberland; 10. Mark Snow, 20:52, East Baldwin.

4/30/89

NEW MEMBERS

Name & Address	Phone	Occupation	Age
Richard Brooks 177 St. John St. #2 Portland, ME 04102	H774-6460	Corrections Officer Maine Correctional Center	22
Bonnie Chatlain-Black 77 Mackworth St. Portland, ME 04103	H775-0578	Musician	34
Dave & Valerie Blais Bill & Jason 77 Woodford St. Portland, ME 04103	H774-6675 W773-5055 W774-0314	Mgr., American Bus. Sys. RN, Woodfords Inc.	40 43 16 13
Deede DeLay Larry Lunceford 14 Exeter St. Portland, ME 04102	H871-0304 W772-3645	Link Performance Biomechanics	33 34
Daniel Fitzpatrick 10 Mayfair Circle Augusta, ME 04330	H623-8059 W626-2300	City Manager City of Augusta	42
Greg Gordon RFD #2, Box 2081 Brunswick, ME 04011	H725-8960	Physician Assistant Maxwell & Roediger	32
Linda Hunt RR2, Box 482A Hollis Center, ME 04042	H929-5586 W929-3831 W929-8552	Teacher, SAD #6 Selectman, Town of Hollis	42
Stephanie Lugg 25 Fessenden Street Portland, ME 04103	H775-5952 W773-6411	Attorney Pierce Atwood	33
Adrienne McGuigan RR2, Box 295 West Buxton, ME 04093	H727-5704 W929-3831	Teacher - M.S.A.D. #6	30
Steven Perkins 36 Macmillan Drive Brunswick, ME 04011	H729-8516 W442-1630	U.S. Navy	35
Steven & Lori Robertson Matthew 12 Pine Drive Gray, ME 04039	H657-4851 W786-4661	Asst. Manager - Shaws	29 25 8 mos.
Patrice Roy P.O. Box 15461, Sta.3 Portland, ME 04101	H829-0177 W871-2581	Student - USM Part-time R.N.	26
Chuck & Marianne Snekvik Andrew, Ingrid 187 Prospect St. Portland, ME 04103	H761-0498	Teacher - Saco Schools Teacher - Portland Students	46 46 17 14
Beth Thompson RR2, Box 295 West Buxton, ME 04093	H727-5704 W247-3141	Teacher - M.S.A.D. 57	29

Portland's Carlton Mendell, 67, placed second in the over 60 age group at the Ottawa National Capital Marathon May 14 in Canada. Mendell finished in 3:23:25, more than a minute faster than his time on the same course last year. The sub-3:30 time qualifies Mendell for the 1990 Boston Marathon. Mendell, a veteran of 69 marathons, is entered in today's Sugarloaf Marathon.

Telegram ■ ■ ■ 5/7/89

Three Maine runners performed well under cloudy skies, cool temperatures but 100 percent humidity at the New Jersey Waterfront Marathon April 30. The race started at 9:30 a.m. at the mid-span of the George Washington Bridge and finished on the 50-yard line of Giants Stadium in East Rutherford, N.J.

Al Butler of Portland was 96th out of 3,035 finishers with a personal best of 2:55:50, an improvement of more than four minutes over his previous personal record.

Bob Jolicœur, 52, of Cape Elizabeth finished 280th in 3:12:18, finishing in the top 10 percent of the field despite a left calf muscle injury six weeks ago that required physical therapy and caused Jolicœur to lose three important high mileage training weeks.

Mike Reali, also of Cape Elizabeth, finished 360th in 3:18:00. All three runners attributed their success to solid high mileage training in Maine during the winter months.

Salvador Garcia of Mexico City won the race in a course record 2:10:47. Gillian Beachloff of New York won the women's race in 2:40:44.

RUNS FOR THE SPECIAL OLYMPICS

Two miles, at Saco

Overall: 1. Ken Houle, 10:16.54; 2. Roland Thibault, 10:16.60; 3. Chris Mansfield, 10:26.22; 4. Tim Leighton, 10:29.03; 5. Scott Martel, 10:41.7; 6. Bob Provost, 10:44.19; 7. Corey Daniels, 10:54.03; 8. William Scott, 10:58.40; 9. Mike Hutto, 11:10.99; 10. Ryan McCann, 11:17.10.

First woman: Wanda Haney, 11:21.11.

Five miles, at Saco

Overall: 1. Bob Winn, 23:57.94; 2. Tom Dann, 26:02.67; 3. Jeff Robis, 26:25.97; 4. Rob Spaulding, 26:38.98; 5. Ken Botting, 26:54.27; 6. Ken Houle, 26:57.59; 7. Guy Martin, 27:06.65; 8. John Strout, 27:51.18; 9. David Gillingham, 28:14.63; 10. Peter Dube, 28:28.31.

First woman: Michelle Jordan, 35:31.8.

FIVE ACES

5 kilometers, at Brewer

Overall: 1. Tim Wakefield, 15:22; 2. Dan Jeuring, 15:31; 3. Henry Bouchard, 15:41; 4. Brent Leighton, 16:22; 5. Mike Raymond, 16:48; 6. Colleen Skelly, 17:26; 7. David Jeneault, 17:29; 8. Awani Love, 17:58; 9. Steven Peterson, 18:01; 10. Jim Barr, 18:06.

First woman: Colleen Skelly, 17:26.

SUGARLOAF 15K

MEN

1. Todd McGraw, 47:07; 2. Lance Gullani, 50:14; 3. Peter Hall, 52:57; 4. Gordon Hartwell, 53:04; 5. Michael Geige, 54:05; 6. Randy Hastings, 54:44; 7. Steven Malloy, 55:14; 8. Richard Daves, 55:31; 9. Douglas Ludwig, 55:35; 10. Dick Balentine, 55:51.

WOMEN

1. Veronica Knight, 1:01:25; 2. Nancy Ellis, 1:02:00; 3. Connie McLetten, 1:03:49; 4. Diane McLaughlin, 1:04:17; 5. Carol McRea, 1:05:12; 6. Judy Brauzer, 1:05:34; 7. Diane Fournier, 1:06:18; 8. Debby Niemi, 1:08:32; 9. Carlene Sproul, 1:09:25; 10. Anne-Marie Daves, 1:10:00.

SUGARLOAF MARATHON

MEN

1. Peter Leonard, 2:30:40; 2. Paul Merrill, 2:38:14; 3. Gordon Scannell, 2:48:00; 4. Stephen Reed, 2:48:02; 5. Daniel Chasson, 2:50:14; 6. Robert Brainerd, 2:52:52; 7. Paul Godek, 2:53:24; 8. Newell Lewney, 2:53:30; 9. Al Sproul, 2:53:33; 10. James Newell, 2:53:46.

WOMEN

1. Deborah Potter, 2:57:58; 2. Marjorie Adams, 3:10:23; 3. Carol Weeks, 3:23:03; 4. Rosalyn Randall, 3:24:29; 5. Eileen Dunbar, 3:28:46; 6. Ann McGrath, 3:31:42; 7. Nancy Legin, 3:32:55; 8. Louisa Dunlap, 3:34:20; 9. Lisa Weymouth, 3:34:52; 10. Faye Gagon, 3:35:47.

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4/30/89

Cutting Mileage Will Keep You Fit

By MARC BLOOM

IF you've been running for five years or more, can't shake the injury syndrome, feel mentally stale or find your racing times at a plateau, the answer to your problems may be a revolutionary training system that is gaining acceptance among competitive runners across the country. Cut your running to a mere 20 miles a week.

Recent studies, including those by Harvard alumni by Dr. Ralph Paffenbarger, a researcher in health and exercise, have confirmed that modest total sufficient for fitness. It represents an energy expenditure of 2,000 calories a week — roughly three hours of exercise.

"The magic 20" had been considered about half the minimum mileage necessary for racing success. But injuries, mental fatigue and the advent of total fitness have caused competitive runners to experiment with their training mix. What many are discovering is that 20 miles a week can keep your performances at the same level as 40 to 50 miles, as long as you follow these guidelines:

- Speedwork must be done once a week (jogging alone is not enough);
- Racing must be done frequently;
- Alternative training such as cycling and swimming must be done on a regular basis;
- Rest or recovery days must be designated in order to be fresh for quality training.

Does this add up to "an incredible shrinking workout?" Yes and no. On this system there is less running — but it is more intense. If handled correctly, it also means the same amount of total exercise time as before. The time is simply apportioned differently.

For example, someone running 35 miles a week at an 8-minute pace would spend 4 hours 40 minutes exercising. Twenty miles would take about 2 hours 40 minutes; the other two hours would be spent on alternative training.

This system has worked for Liz Downing, 30 years old, of Portland, Ore., who will defend her Desert Princess World Biathlon Championship next month in Palm Springs, Calif. Downing is undefeated in 16 biathlons over the past two years, and is preparing for the run-bike event on a running dosage of barely 20 miles a week.

"Many competitive runners do more mileage than they need to," Downing said. "Why do 40 or 50 miles if a lot of it is 'junk' mileage? Stress quality, not quantity."

Downing runs three days a week. On Wednesdays she runs seven miles at close to race pace. On Fridays, she

does a set of a dozen 100-meter sprints, at 80 percent of maximum effort, along with three miles of jogging. On the weekend she'll race a 10K, or do an equivalent workout.

In that week, she'll swim 8 to 10 miles and bike 150 to 200 miles. Since those activities use different muscles than running, Downing never feels overworked. The bonus is that biking and swimming add to her aerobic fitness and balance her muscular conditioning. Downing says she has not had one injury in four years.

Downing's fitness level is extraordinary. Her maximal oxygen uptake, a key performance predictor, is comparable to that of world class runners. Her body fat level is 9 percent. Recreational runners have body fat levels of 18 percent for men and 23 percent for women.

Downing's times in road races are near elite level. Her best 10K is 35:35. Perhaps her most notable running performance came in a world-class field at the 1987 Cascade Run Off 15K in Portland, where she finished 12th.

"I beat many women doing three times my mileage," she said.

While training 20 miles a week is still rare for athletes at Downing's level, the philosophy behind it is gaining supporters.

Bob Glover, coach of the New York-based Atlanta women's team, says most of his athletes have reduced their mileage and have added alternative sports. He has observed similar transformations in classes he teaches for the New York Road Runners Club.

"One woman in her 30's cut her mileage from 60 to 40, because of knee problems, and added biking and swimming," says Glover. "Her 10K time improved three minutes."

Runners of any ability can succeed with this approach, but Glover cautions that runners with little racing experience may need the heavier running because their competitive instincts are still dull. Also, they lack a sufficient base, or accumulation of mileage to draw upon as a foundation.

Also, the magic 20 system shows that races are effective training tools.

"I think people train too much and don't race enough," said Dr. George Sheehan, a fitness advocate and bestselling author. "Runners feel a race interferes with training. But a race is a part of training."

Sheehan, 70, added, "I've never run more than 30 miles a week, but I race almost every week."

He says that studies have shown if you do speedwork, you can succeed on as little as 12 to 15 miles a week.

Revolutionary training system can help you cure injury syndrome.

Speed training can consist of a series of fast 400-meter efforts on a track or 2-minute accelerations during a road workout. It should be done at a pace that's faster than your 10K race pace.

For competitors running 20 miles a week, Phil Benson, a 42-year-old masters runner from Ocean Township, N.J., suggests four weekly workouts, composed of two speed sessions (track and road), one long run and one jog, in addition to alternative training. It's worked for him. A back problem forced Benson to cut his mileage from 80 to 40. He's added swimming and cycling and still is capable of running a 32-minute 10K.

If the idea of speedwork is intimidating, a gentler way to quicken your pace is simply to take one 5- to 7-mile workout and run it close to race pace, as Downing does.

"This should provide sufficient anaerobic stimulation," according to exercise physiologist David Martin, Ph.D., distance running coordinator for the United States Olympic Committee's Elite Athlete Project.

Easy running at a "conversational" pace will condition the muscles and cardiovascular system to sustain a comfortable pace over long distances. But it will not prepare a runner properly for the stress of 5-mile and 10K racing.

The magic 20 has a couple of limitations. First, most elite distance runners must rely more on what physiologists call "specificity of training." To compete at the world-class level, they must run at least 60 miles a week, alternative training notwithstanding. Second, no matter what your level, you can't endure marathons on only 20 miles a week.

Downing's running is a daring attempt to reject the assumptions of her peers. Her success should make competitive runners at the recreational level realize that a little speed can go a long way.

As Downing puts it, "To race fast you have to train fast, but you also have to know when to rest."

Marc Bloom is a writer and editor specializing in health, fitness and sports.

Magic 20 Training Schedule

Competitive runners are finding that a weekly training schedule that reduces total running mileage to 20 miles, complemented by speedwork and alternative training, can provide safer and more efficient preparation for races than a running-only training regimen of 40 to 50 miles a week. Here is such a workout.

Day	Exercise
Monday	Jog 4 miles
Tuesday	Rest
Wednesday	Speedwork: 3 miles at race pace, or in 400 meter reps
Thursday	Alternative training: Cycling or swimming
Friday	5 miles at average pace
Saturday	Alternative training: Cycling or swimming
Sunday	Race: 5 miles or 10K, plus 1½ mile jog before & after

Wall Street Journal
Jan. 23, 1989



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For the MTC Newsletter, please send written contributions to Deb Merrill, 19 Quarry Road, Brunswick, ME 04011 Questions? Call 729-6498 Please type your columns single spaced and 4 1/2 inches wide (we will reduce them to 3 1/2 inches). The Maine Track Club Newsletter is compiled monthly. Circulation is around 400. Related material may be copied with acknowledgement. Editor: Deb Merrill

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LAST NAME _____, TODAY'S DATE ____/____/____

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