

Maine Track Club

July / August 1989

Run with a friend...



UPCOMING MEETINGS

Wed. August 3, SMVTI, 7-9 pm "UltraMarathoning"

Club member Phil Pierce, who ran the Western States 100 in late June, will talk about that challenging 100-mile course and ultra marathoning in general. Note: This month the meeting is on the first Wednesday.

September 13th Meeting "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.



Andy Palmer winning the Back Bay 5K

The Newsletter needs YOUR HELP!

Deb Merrill has been working on the newsletter for three years and is leaving Maine to go to school for 6 months. We need fresh blood in the newsletter work force—No experience required! The September issue is Deb's last, and ideally we would like to get a few volunteers to work on it with her to see what has been done in the past. The deadline for articles is August 20th. We'll put it together shortly after that, as soon as someone steps forward to help. At the moment, there are several steps involved. All the submitted articles and race results are first xeroxed down to 78%, then assembled on plain 8 1/2 x 11 paper (with wax or scotch tape). The newsletter is then taken to Brunswick Big Red Q for Printing, then picked up and delivered to Ruth Hefflefinger who supervises the mailing labels, stamps and mailing.

NOTE: Please remember all submitted articles are requested to be typed single spaced in 4 1/2" columns, which are then reduced by xerox to 3 1/2" columns. Thank you!

MTC Race Schedule as of July 1.

July 21	Deering Oaks Festival Track Meet
July 29	Peak's Island 5 Miler
Aug. 13	St. Peter's 4 mile Road Race
Aug. 20	Bowdoin 10 Miler
Sept. 10	Cape Challenge Half Marathon
TBA	WCSH
Oct 1	Women's Distance Festival Sonesta 5K
Oct. 8	Falmouth Lions 10K
Oct. 14	50 Miler (tentative date)
Oct 15	WCSH 4 Miler
Nov. 19	Turkey Trot 10K
TBA	Candy Cane Run

EDITOR'S COLUMN

A short note today as I try to get this double issue out to print, cope with a well that has run dry, no hot water, and quickly evaporating sanity! I have enjoyed working on this newsletter for the last 3 years, and look forward to seeing what the next newsletter staff does with it. There is great potential—just ask Bill Stuart who has recently been inspired by seeing a national sampling of Track Club Newsletters. All it takes is Member participation. We may want to consider some major advertising sponsors, like shoe companies, to help pay the printing and costs. That will require some policy decisions that should be brought up at the monthly meetings. I encourage all members to consider getting involved in some way—keep the running community strong in Maine!

Deb Merrill

DMB



Oxford Hills YMCA Triathlon 6/25/89

Swim 6/10 mi, Bike 17, Run 5 miles

Paul Merrill	4th Male	1:43:43
Deb Merrill	1st Female	2:00:28
Sumner Weeks		2:05:05
Jennifer Rood	1st 20-29	2:08:44
Paul Alpert	1st 50-59	2:11:29

Congratulations to Sumner Weeks upon completion of his first triathlon at Oxford Hills in June. Jennifer Rood was also there doing her annual triathlon effort.

Bath Triathlon 7/4/89

Swim 1 mi, Bike 25, Run 6.2

Barry Fifield	8th Male	2:12:01
Deb Merrill	5th Female	2:38:26

Bud Light Raising Kane Triathlon 6/4/89

Swim 1 mi, Bike 25, Run 6.2

Deb Merrill	3rd in age	2:30:13
Paul Alpert	1st in age	2:41:32

FROM THE PRESIDENT

Dear Maine Track Members:

As your President in '89, I would really like to see individual as well as team competition, in men's and women's Open, Masters (40-49), Seniors (50-59), and Veterans (60-69) plus the over 70 (men's).

In order to make this a reality, we will be having intervals every Wednesday afternoon at 5:30 at Portland's Fitzgerald Stadium starting August 2nd.

On Saturday, training runs will start at 7 AM from SMVTI with showers available and breakfast optional, for distances up to 20 miles and over.

On Sunday at 1 PM, if no local race, there will be a fun run from SMVTI to Ft. Williams and Crescent Beach for those who can't seem to get enough scenery or mileage, followed by showers and brunch - optional.

I would also like to see us car pool to races up North as well as South for the fellowship as well as camaraderie and to conserve energy, ours as well as the vehicles.

We have an outstanding club; I say that what is past is prologue (in other words, the best is yet to come).

Very happy to see Officer Friendly Fun Runs are back and on Saturday finally, after a one year lapse, thanks to Rob Laskey. In addition, an outstanding job done by Everett Moulton with the first D.A.R.E. race (Drug Awareness Resistance Education) with almost 100 finishers.

We are going to have our Women's Festival 5K with Sue Davenny and Ruth Heffelfinger co-directors with RRCA sponsorship.

Glad to see that Bill & Bambi Lovett are co-directors of the MTC 50 miler taking over after an outstanding job by Ken Dolley. This race will be on Saturday, the weekend of the For Kids Sake Race.

I would like to see a Masters Mile in conjunction with an already established race. I especially want to thank Deb Merrill for the outstanding job she has done with the newsletter. She is really going to be missed and we want to wish her all the best at massage therapy school in Florida. She has really gone beyond the call of duty.

I would also like to thank Bill Stuart for his outstanding job on programs, Sue Davenny - an excellent job as secretary, Rick Strout - our on the line treasurer, and Charlie Scribner - as Director of Race Directors - what else can be said! Not forgotten, Ruth Heffelfinger who has put our membership on a business basis. New - course certification from John Gale. is John LeRoy and Loren Lathrop. Outstanding job by Mel Pineberg as clothing chairman. Photography Nina Stoddard and Nancy Stedman, Don Penta - Statistician, Bob & Brenda Cushman - Refreshments and recycling of old trophies, and last but not least - Ken Dolley, Barb Coughlin and Carlton Mendell - out members at large. Many, many thanks to you all for making my job so much easier. P.S.: Especially want to thank Nancy Ellis for continuing a fine tradition started by Bruce of sending T-shirts to Zimbabwe.

P.P.S.: To Bob & Pris Jolicœur for opening up their home for the 3rd year for our summer picnic and fun runs—thanks—heard we missed a grand time! And thanks to Maggie Soule for her get together after Sat.'s Pat's Pizza Race.

See you on the road - beach - trail . . .
Herb

Androscoggin Triathlon

Run 6.2, Canoe 5 mi, Bike 25

First Corporate Team: "Freeport Mr. Bagel"

Coughlan, Zelitch, Chamberlain, Fifield	2:38:21
Deb Merrill	2nd Female 4:03:28

Roz Randall reports that she placed first in her age, and Barbara Hamaluck placed second in her age at the Seacoast Triathlon, N.H. 6/25/89. Congrats!

Competing versus Participating

by Deb Merrill

I had run my best 10K of the year. Placed second woman, pleased as can be. Waiting for the awards--What?! No trophy for the second woman?! There must be some mistake! How depressing, nothing to take home, to show off...

There are several philosophical approaches I have experienced in the course of 10 years of road racing. I would like to propose some ideas on the concepts of *competing* versus *participating* and how self esteem plays an important role in how much enjoyment and satisfaction we get out of racing.

When I started racing, I was overweight, had low self-esteem and was mostly concerned with burning calories. I participated in races knowing I hadn't a prayer of winning anything. There was no pressure, just the enjoyment of getting better, faster, thinner, and making a new bunch of friends. All of these things increased my self esteem in leaps and bounds.

After I had won a trophy or two, a few interesting things started happening: butterflies in the stomach before races, scouting out the competition upon arrival to see who was in my age group, motivation to do speedwork, comparing my times to my close competitors, reading about sports psychology. Nothing inherently wrong with any of that. Still motivated to be the best I could be.

The problem was in the disappointment I felt if I didn't get a trophy or got creamed by an "arch rival". My self esteem would take a dive. It didn't matter that I had run my best, perhaps a PR in the distance, perhaps passed a few people never passed before. My self esteem was getting failure messages.

After taking a few years off from serious training and racing, I decided to adopt a new attitude. Participation is now my key word, reminding me of all the positive benefits I reap merely by being there at the races. Things like maintaining friendships, getting fresh air, keeping my heart and body healthy and young, feeling my body defy gravity, expanding my horizons of performance. I am learning to release my self esteem from whatever the outcome of the race. I have given myself permission to run some races as "fun runs" with friends (no longer arch rivals). Some of my training is done with friends who are just beginners and need lots of encouragement and a slow pace.

If an athlete's self esteem is tied in with the outcome of a race, it's a dangerous way to live. Competition by its nature has ups and downs, and age creeps in eventually. The healthiest mental attitude for everyone is very basic: to believe that they are a good, worthwhile person inside no matter what. Then

the outcome of a race cannot chip away at self esteem. Inside the real message is: I accomplished my goals today, to finish the race, to do the best I was willing to do at the time, to talk with my friends, get some exercise, have fun and burn some calories. The truth is that getting, or not getting, a trophy does not change the real person I am inside. This brings about a balanced perspective of values.

It is very easy to get addicted to the thrill of winning (even an age group) or compulsive about weekly mileage in the log book (come on, admit it!). If I have a *participating* attitude, I can take days off to relax, do some cross training, slow down to train with friends, work on the house and in the garden feeling no guilt. I have decided I am not willing to throw my life out of balance enough to train as hard as the winners. I don't want that much pain, physically or mentally. I can set my own goals, without getting caught up in the competition to beat others in the race (although I can still use the race and other racers as motivation to go fast). Winning is very temporary; you are only better that day than those who showed up.

My suggestion is that we all spend some time thinking about what really matters to us in life. Feeling happy, having good friends, learning things that eventually lead to wisdom, setting and reaching goals. If we are inner directed and anchor our self esteem in the knowledge that what we are doing is right for us now, how we compare to others becomes irrelevant. Participating becomes satisfying and there is less to be disappointed about. And who wants to dust all those trophies anyway?

THE M^{INE} HARRIER

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Sue and Bill Davenny by John Woods

Continuing our search for those members who contribute the most to all of us, we continually run into the DAVENNYs. Always both of them. When buying a ticket for a MTC dinner, Sue will be selling it and Bill will be ladeling out the chow, or vice versa. When contributing a snack for a MTC meeting, Sue will accept it with thanks and Bill will be arranging the table, or vice versa. And so it goes.

Sue and Bill were married just over 20 years ago in 1969. Benjamin was born in 1976. He is a chip off the old block, interested in track and Cross Country, much of this with Portland Recreation under the guidance of MTC member George Towle. He was Pee Wee "Runner of the Year" at the age of 8 and has a small collection of trophies that he will show if pressed.

Bill and Sue are lifetime residents of the Portland area. Bill has worked with Maine Dept. of Human Resources in Social Work for 17 years. He also served with the U.S. Coast Guard Reserve from 1965 - 1971, mostly out of Cape May, New Jersey.

Bill started running seriously in 1982 with the Lifeline program of Terry McGovern at USM. He joined MTC the following year, where he was strongly encouraged by Dick McFall who was MTC President at the time.

Sue's beginning as a runner in 1976 was inspired by lectures by Dr. Kenneth Cooper. She joined MTC in 1985. Sue runs 5 days a week, mostly with the "Morning group" which grew out of the "Lifeline" program. Bill runs 6 days a week, 20 - 25 miles, unless training for a marathon, when mileage increases to about 50. He has run 13 of these with a 3:19 PR at Sugarloaf in 1989. Sue ran the 1988 Marine Corps Marathon with Bill. It was her first. Using the Jeff Galloway marathon training program, Sandy Utterstrom sets schedules for Bill, Sue, and other members of the group.

Bill plans to run his first Ultra-Distance race this year in the MTC 50 miler. He prefers LSD (long slow distance) training, feeling that excessive speed in training can drain energy and cause a runner to lose his best efforts on the training road. However he runs hills once a week. In 1987 he received MTC's award for "Most Improved Runner 40-44). He says that Bruce Ellis has been an inspiration to him.

Sue and Bill work 6 to 8 MTC races a year. Bill usually works the finish chute, Sue at registration and results. They were in charge of refreshments at meetings in 1988. Sue was MTC Secretary that year. Sue was MTC Banquet Director, with Bill as assistant. They have been on the Newsletter back-up staff. They serve on the Bruce Ellis Memorial Fund.

When planning to participate in any MTC function, it is always an incentive to know that one will meet the Davennys again and enjoy their company.

Maine Track Club Membership Meeting June 14, 1989

The meeting opened with a presentation by Everett Moulton of a certificate of appreciation to the Maine Track Club for its assistance with the DARE Race.

Bill Stuart introduced Dr. Richard McFaul, speaker for the evening, on "The Athlete's Heart." New and potential members introduced themselves: Pete and Carol Seavor, Tom Keating, Chuck Baker, Stephen Palmer, and Jim Donald.

Vice-President's Report The date of the August meeting may change to the first Wed. when Phil Pierce would be available to speak to us on the Western States 100. Flyers will go out for the Fun Run & Picnic, to be held July 12. Bob Jolicoeur described the activities.

Treasurer's Report The balance is \$5385.70. Clothing Mel Fineberg showed new white T-shirts now available. Expenses for the year have been \$883.89 and income \$1273.

RRCA Convention MTC members attending were Jane and Ken Dolley, Charles Scribner, Mel Fineberg, Brian St. Pierre, Herb Strom, and Bill Stuart. The next convention will be held in Miami the first week in March, 1990. We will hold 50/50 raffles at each meeting to raise money for future convention goers.

Race Reports Charles thanked the Oakhurst volunteers. Andy MacLean reported on the Hash held June 11. 20-25 people participated. There will be a Portland Hash on July 7 at 6:00 P.M. from the Deering Oaks Bandstand. It will be free, BYOB. Jean Thomas reported fewer runners at the Mark Hoffmaster Memorial but a good time was had by all. The WCSH Race has been changed to Oct. 15. The 50 Miler will be rescheduled or held the same day if equipment can be borrowed.

Newsletter Report The deadline for the July/August issue will be July 1. The last issue that Deb Merrill will do will be the September issue. She will not resume when she returns from school.

Bruce Ellis Memorial Fund Contributions to date total \$500. A letter has gone out to Jerry Saint Amand regarding coordination with the Central Maine Striders Memorial Fund.

Jane Dolley mentioned that Dick Beardsley spoke of Bruce Ellis in accepting an RRCA Hall of Fame award. He will work for Bruce's nomination.

Baxter Boulevard Path Dr. Hildebrandt had contacted Bob Jolicoeur seeking volunteer help to spread stone ash on the path. Club members are interested. Credit will be given towards the volunteer T-shirt and there may be some festivities following this effort.

T-shirts for Africa Nancy Ellis will be making the last shipment to Africa with T-shirts brought to this meeting.

Montreal Marathon A friend of Bob Jolicoeur will be hosting a party after the marathon, Sept. 24. See Bob for information.

Pat's Pizza Post Race Party Maggie Soule will host. Bring goodies.

Ron Deprez thanked Phil Pierce for being good company during Ron's first marathon at Sugarloaf.

Refreshments were provided by Dick McFaul, Maggie Soule, Phil Pierce, Sara Hobson, Craig Cunningham, John Woods, the Mark Hoffmaster Memorial Race and Shaw's Supermarkets.

Respectfully submitted,

Susan Davenny
Secretary

As a graduation gift for my daughter Brigid we planned a few days in Washington, D.C., in May, and a new dimension was added when I saw an ad in Runners' World for a Nike-sponsored five-miler for women to be held in D.C. on Mother's Day. My running had suffered a long period on the shelf while I concentrated on a new career. Brigid had also become rusty in the feet after the spring off following the fall/winter season with George Towle's girls' track team at Portland High.

But on May 14th our Ethiopian cab driver dropped us off at West Potomac Park, wishing me happy Mother's Day and us both good luck. He seemed disbelieving that this large gathering would be all female runners. Nike had met its goal of 3,000 participants. There was a very friendly feeling in the air before the race, made more so for us by finding the smiling face of Jane Dolley. Soon we also saw Barbara Coughlin and Barbara Footer, confirming my hope that the Maine Track Club would be represented.

We also encountered two individuals in the crowd with mop-string hair, hairy legs beneath their short skirts, and ample bosoms. The following day the *Post*, in its coverage of the race, let us know that these two "girls" were the sons of a master's participant. The two were quoted as observing that their mother seemed suddenly not to know them.

At race time, we found a place between the nine- and ten-minute mile signs and soon were off to the strains of "Chariots of Fire." There was a large crowd seeing us off, including the familiar voice of Ken Dolley calling out his support. Also

vocal were the "girls" mentioned above, loudly cheering all the real women. The course was flat with a double-back point at about the third mile. I was delighted to see some of my "heroes" run by on the other side of the road: Sister Marion, Priscilla Welsh (who made a master's record), Joan Ulliot, and of course Joan Samuelson, Nike's spokesperson for the race, who later delighted the gathering by appearing on the awards stage with her little daughter.

As I turned the mid-way loop I saw that Brigid was not far behind me and looking lively. The finish line showed up very quickly due to the distraction of so many runners to watch on the other side of the road. When Brigid crossed the finish line I learned that she had spent the first half of the race lending support to a runner from Texas. We then waited for her to cross the line and all got acquainted.

In the awards ceremony the crowd was asked how far some had traveled, and it was not only a national gathering (a large contingent from California), but also world-wide with runners from New Zealand, China, etc. The MTC t-shirts that Brigid and I wore drew many glances and questions from a few who seemed impressed with how far even we had traveled.

Running an all-women's race is an unusual experience, partly in having most of the volunteers and spectators friendly male faces. Nike plans to make the race an annual event, and I would recommend it to the women as an excellent sidelight to a springtime stop in Washington.

--Pat Buckley

Sports Hall of Fame to award 20 scholarships

From Staff Reports

The Maine Sports Hall of Fame will award 20 Maine high school athletes scholarships at the group's annual banquet June 4 in Portland.

Scheduled for induction into the Hall are seven athletes, bringing to 108 the number selected since the Hall was established in 1972. Inductees include:

Thurlow Cooper, four-sport star at Cony High in Augusta; John Jenkins, football-track standout at Bates College and four-time international karate champion; Chester Jenkins, track and cross country coach at Bates and Maine; Charley Pierce, football great at Biddeford High and Fordham; Gail Liberty,

national and world pistol shooter; Ad Zachow, boxer and long-time official, and Tom Shehan, long-time harness racing authority.

Tickets for the event, which begins at 5 p.m., at the Holiday Inn by the Bay, are \$16 and are available by contacting Chris Anton at 883-2131 or 883-5021.

The \$1,500 scholarship winners:
Michael Lyons — He helped extend Cheverus' track and cross country tradition while placing first in his class of 108 with a 4.0 average. Lyons has been accepted by Bowdoin, Harvard and Boston College.

Cheverus High senior Mike Lyons, top ranked in his class and one of Maine's premier distance runners, will enroll this fall at the University of Pennsylvania. A state Class A cross-country champion, Lyons also had an outstanding season in indoor track.

He won the Southwestern mile (4:35.5) and the same event at the state Class A indoor meet (4:34.81). He was second to teammate Brian Turner in the 2-mile. Turner won in 10:05.65. Lyons' time was 10:09.65.

5/28/89

RACE RESULTS

By Don Penta

1989 Oakhurst Milk Run - 460 Finishers
4 Miles - S. Portland, Me - 28 May '89

Top Finishers (overall):

1	Gregory Hale 1,open	26	20:14
2	Stu Hogan 2,open	27	21:18
3	Nord Samuelson 3,open	24	21:30
4	David Crawford(MTC)1,35-39	39	21:30
5	Mark Hatch	24	21:37
20	Virginia Holmes(MTC)1,open	24	23:03*
30	Joan Samuelson(HMTC)2,open	32	23:33*
31	Rose Prest Morrison 3,open	26	23:34*
42	Wanda Haney (MTC) 1,20-29	22	24:08*
45	Chris Braceras(MTC)2,20-29	26	24:19*

Other Top Divisions :

7	Kim Wettlaufer 30-34	32	21:47
8	Jim Toulouse (MTC) 40-44	40	21:51
21	Rusty Lamade 50-59	52	23:05
22	Lawson Noyes 45-49	47	23:08
24	Robert Jones (MTC) 19&-	16	23:23
51	Russ Connors (MTC) 55-59	56	24:41
105	Diane Roy 19&-	19	26:37*
157	Maureen Sproul (MTC)30-34	33	28:02*
177	Jean Bennett 35-39	35	28:33*
195	John Chandler 60-64	62	28:56
198	Carol Pierce (MTC) 40-44	42	29:00*
245	Jane Rasmussen 50-54	52	30:24*
264	Ed Stuart 65-69	67	30:55
279	Nancy Lovetere (MTC)45-49	45	31:17*
318	John Woods (MTC) 70&over	71	32:26
411	Terri Morris 60-64	60	37:04*
458	Madeleine Dube 55-59	59	52:29*

Other MTC Finishers:

17	Peter Dubé	26	22:25
27	John Eldredge	34	23:27
34	Harry Nelson	34	23:38
41	Joe Richards	45	24:05
53	Dick McPaul	44	24:45
56	Frank Ferland	40	24:58
60	Steven Robertson	29	25:03
68	Lee Allen	34	25:23
77	Dave Smith	47	25:39
84	Sean Kerwin	16	25:47
86	Richard Scribner	37	25:49
93	Thomas Carll	45	26:13
100	David Brink	26	26:21
119	Mike Towle	41	26:54
120	Craig Robinson	43	26:54
129	Dr. David Haskell	43	27:12
130	Richard Littlefield	40	27:13
133	Dale Rines	36	27:16
137	Stephen DiPalma	33	27:23
141	Sumner Weeks, Jr.	40	27:29
142	Sterling MacLean	26	27:29
147	Richard Robinov	29	27:44
151	Marc Lusignan	36	27:55
154	Mark Metz	32	28:00
158	Richard Stott	44	28:03
165	Paul Alpert	54	28:18
168	Michele Jordan	22	28:20*
197	Tom Atchison	40	29:00
214	Cindy Vokey	31	29:19*
223	Katheryn Tolford	34	29:34*
254	William Kerwin	54	30:44
276	Marla Keefe	35	31:10*
287	Richard Lemieux	44	31:33
296	Robert Wyman	52	31:48
299	Warren Alpern	40	31:51
313	Adrienne McGuigan	30	32:22*
323	Widgery Thomas, Jr.2,60-64	64	32:42
324	Beth Thompson	29	32:43*
326	Wendy Estabrook	25	32:50*

333	Philip Meyers	44	33:04
336	Craig Cunningham	29	33:12
354	C.R. Davis	43	33:55
356	Everett Moulton	43	33:59
360	Don Johnson	58	34:13
366	Marianne Gagne 2,45-49	47	34:24*
369	Donald Penta	42	34:32
381	Dr. Stephen M. Monaghan	62	35:14
385	Patrice Roy	26	35:25*
391	Kimberly Monaghan	30	35:43*
397	Linda Hunt	42	36:12*
403	Sherry Carll	42	36:23*
412	Sara Hobson	28	37:14*
428	Ruth Hefflefinger 2,60-64	60	38:29*
430	Patience Buckley 2,50-54	51	38:54*
441	James Carroll 2,70&over	79	39:52
451	Deb Atchison	32	42:01*

Oakhurst Milk Run Volunteers

Thank you from Charles Scribner,
Race Director.

Registration

Sue Davenny

Dru Jones

Robert Jones

Walkers

Diane Flanders

Runner Registration

Peter Hall

Ruth Hall

Carol Weeks

Jean Thomas

Lynn Vail

Suzanne Spencer

George Liming

Russ Bradley

Cashiers

Jeri Schroeder

Roger Dutton

Preregistered Runners

Loren Lathrop

Marion Leschey

David Brink

T-Shirts

Mike Goodwin

Ramona Metz

John Williams

Daron Williams

Sally Paterson

Computer Input

Maggie Soule

MTC Clothing

Mel Fineberg

Richard Vail

Photographer

Jane Dolley

Timing

Ted Cunningham

Bob Cushman

Brian St.Pierre

Ken Dion

Splits

Brenda Cushman

Bob Hazzard

Mike Goodwin

Spindling & Chute

Ken Dolley

Sara McCall

John Watson

Mary Palmer

Rhonda Haney

George Towle

Bill Davenny

Carlton Mendell

Deede Delay

Larry Lunceford

Al Mack

Steve McGrath

Rae Pierce

Greg Stanley

Bob Laux

Bob Perkins

Flagpeople

Ken Hutchins

Mike Clark

Geoffrey Clark

Claire Edwards

Laurel Hutchinson

Alita Kilborn

Rick O'Brien

Norma O'Brien

Warren Foye

John Williams

Daron Williams

Chris Stanley

Water Stops

Mike Reali

Jodi Reali

Shelley Lathrop

Renee Lathrop

Brian Lathrop

John Gale

Al Butler

Tammy Butler

Herb Strom

Dick Lajoie

Dan Harling

Alan Leathers &

Son

1989 Run Against Apartheid 10K - 75 Fin.
Bowdoin College, Brunswick, Me - 4/23/89

1 Gordon Scannell	35:59
2 Doug Ludewig Master	36:30
3 Robert Jones (MTC)	36:44
4 Lawson Noyes Master	37:25
5 Joan Benoit Samuelson (H.MTC)	37:25*
10 Joe Richards (MTC)	38:20
11 George Liming (MTC)	38:31
13 Christine Braceras (MTC) 2nd	39:59*
15 Maggio Cristy 3rd	41:33*
18 Cheryl MacMahon (MTC) 4th	42:05*
19 Scott Fone (MTC)	42:29
24 Mary James 5th	43:23*
31 John LeRoy (MTC)	44:14
32 Deb Merrill (MTC) 7th	44:14*
35 Carlton Mendell (MTC)	44:54
40 Harvey Rohde (MTC)	46:22
41 Andrew Braceras (MTC)	46:24
44 Mike Cavanaugh (MTC)	47:10
47 Ed Saint John (MTC)	47:47
49 Rich Robinov (MTC)	48:13
56 Brian Cullen (MTC)	49:53

7th Annual Togus 5 Miler-- 86 Finishers
Togus, Me - 29 April 1989

1 Todd McGraw	24	26:44
2 Steve Reed	41	28:47
3 Rick Lane	42	29:25
4 Rick Davee	33	29:56
7 Doug Ludewig	49	30:20
8 Deb Potter 1st	34	30:47*
19 Jo-Ann Nealey 2nd	28	32:20*
23 Phil Pierce (MTC)	47	32:41
28 Dick Cummings	51	33:21
29 Nancy Ellis (MTC) 3rd	35	33:30*
44 Dewey McMickle, Jr.	65	36:23
60 Warren Wilson (MTC)	55	39:46
86 Jennifer Pierce (MTC)	20	55:06*

3rd Annual Mark Hoffmaster 5 Miler
59 Fin. - Westbrook, Me - 4 June '89

Top Finishers (overall):

1 Bob Kahn open	39	27:29
2 Joel Titcomb (MTC) 30-39	30	28:28
3 Roland J. Thibault 19-29	21	28:34
17 Sheri McCarthy open	18	32:33*
25 Maureen Sproul (MTC) 30-39	33	34:37*
30 Joan Lavin (MTC) 40-49	41	35:54*

Other Top Divisions:

4 Bob Payne (MTC) 50&over	50	29:34
5 Phil Stuart 40-49	41	29:50
6 Stephen Sargent 14-18	18	30:48
9 Bob McCormack 30-39	38	31:23
39 Amy Grant 14-18	14	39:53*
40 Lori Francoeur 13&under	13	39:54*
43 Wendy Estabrook (MTC) 19-29	25	41:06*

Other MTC Finishers:

7 Joe Richards 2,40-49	45	30:52
8 Mike Towle	41	31:18
14 Richard Scribner	37	32:11
20 Barry Howgate	40	33:37
22 Eric Ellis	36	33:51
23 Mark Metz	32	33:54
26 Dale Rines	36	34:38
31 Warren Foye	41	36:54
33 Tom Atchison	40	37:53
38 Lloyd Cook 2,50&over	55	39:32
41 Sandy Utterstrom	45	40:07*
55 Brenda Cushman	48	46:28*
56 Linda Hunt	42	46:56*
59 Sara Hobson	28	47:36*

4th Annual Sugarloaf 15K - 148 Finishers
Kingfield, Me - 21 May 1989

Top Finishers (overall):

1 Todd McGraw 1,open	24	47:07
2 Lance Guliani 1,30-34	30	50:14
3 Peter Hall (MTC) 2,open	27	52:57
4 Gordon Hartwell 2,30-34	31	53:04
5 Michael Gaige 1,35-39	36	54:05
31 Veronica Knight 1,open	21	1:01:25*
34 Nancy Ellis (MTC) 1,35-39	36	1:02:00*
43 Connie McLellan 2,35-39	38	1:03:49*
46 Diane McLaughlin 1,40-44	41	1:04:17*
51 Carol McRea 1,30-34	34	1:05:12*

Other Top Divisions:

9 Doug Ludewig 45-49	49	55:35
14 Larry Scofield 40-44	40	56:33
23 Moe Villeneuve 50-59	57	1:00:15
75 Carlene Sproul 50-59	50	1:09:25*
82 Russell Bradley (MTC) 60+	65	1:10:17
137 Susan Eastler 45-49	45	1:26:11*
139 Barbara Henning 60+	64	1:30:05*

Other MTC Finishers:

13 Steven McGrath	34	56:26
19 Joe Richards 2,45-49	45	58:07
25 Roy Morejon	46	1:00:54
56 Carey Trimble	55	1:06:04
67 Craig Robinson	43	1:07:16
88 Maureen Sproul	33	1:12:30*
102 Joan Lavin	40	1:15:49*
103 Deb Merrill	33	1:15:51*
107 Barbara Coughlin	46	1:16:21*
108 Jane Dolley	40	1:16:21*
115 Warren Wilson	55	1:18:40
122 Georgianna Hogerty	34	1:19:53*
129 Dennis Connolly	41	1:22:34
135 Melvin Fineberg	53	1:25:41
148 Ruth Hefflefinger 2,60+	60	1:40:26*

7th Annual Sugarloaf Marathon - 171 Fin.
Kingfield, Me - 21 May 1989

Top Finishers (overall):

1 Peter Lessard 1,open	26	2:30:40
2 Paul Merrill (MTC) 1,30-34	34	2:38:14
3 Gordon Scannell 1,35-39	36	2:48:00
4 Stephen Reed 1,40-44	41	2:48:02
5 Daniel Chiasson 2,open	27	2:50:14
19 Deb Potter 1,30-34	34	2:57:59*
44 Marjorie Adams 1,35-39	39	3:10:23*
65 Carol Weeks (MTC) 1,40-44	40	3:23:03*
73 Roz Randall (MTC) 2,35-39	39	3:24:29*
87 Eileen Dunfey 2,30-34	33	3:28:46*

Other Top Divisions:

9 Al Sproul 50-59	50	2:53:33
21 Edward Washburn 45-49	46	2:58:30
91 Ann McGrath open	28	3:31:42*
99 Carlton Mendell (MTC) 60+	67	3:34:17
100 Louisa Dunlap 45-49	48	3:34:20*
147 Jean Thomas (MTC) 50-59	53	3:54:58*

Other MTC Finishers:

24 William Bristol	32	2:59:22
31 John Braccio	35	3:04:48
42 Andrew MacLean	27	3:09:31
50 Philip Pierce	47	3:11:32
59 William Davenney PR	44	3:19:12
77 Steve Robertson	29	3:25:50
82 George Liming	37	3:26:55
107 Loren Lathrop	40	3:36:58
117 Erin MacLean 1st Mar.	26	3:39:36*
129 Chris McDonald	25	3:45:29
132 Jeff Babino	34	3:46:15
162 Warren Foye	41	4:18:37
168 William Stuart	31	4:41:17

Paul Merrill with a time of 1:12:54, good for an 11th place finish, the best ever by a Maine Track Club member, led the Maine Track Club team in the 29th running of the Mount Washington Road Race. A record 810 finished this rigorous race up the auto road to the highest peak in the east.

Race conditions this year, 49° temp, 60mph wind, 44' visibility in fog and rain, and a 27° windchill, were in the words of perennial participant Carleton Mendell "the worst I've seen." Carleton, who finished second in the 60-69 age group, is one of the few hard-core participants who run down the mountain after the race!

MTC Finishers:

11	Paul Merrill	1:12:54	35
39	Rick Mulhern	1:19:11	35
82	Peter Hall	1:23:06	27
117	Ron Cedrone	1:26:28	40
140	Al Butler	1:28:01	35
209	Mike Reali	1:32:11	35
255	Bob Jolicoeur*	1:34:49	53
265	Russ Connors	1:35:20	57
344	John Gale	1:40:03	33
378	Mike Frost	1:42:15	38
396	Vin Skinner	1:43:19	31
432	Carol Weeks	1:44:39	40
473	Carlton Mendell	1:47:35	67
602	Bob Jones	1:56:05	17
726	Dennis Connolly(PR)	2:08:01	41

While fifteen Maine Track Club members did complete the race, several others were shut out of the race due to the increasing popularity of this race. Stay tuned for Track Club plans in future Newsletter issues for 1990 race which will be the 30th running. Lets take steps to assure that all Maine Track Club members who want to run New England's third most famous road race (behind Boston and the Falmouth Road Race) will be able to do so in the future.

Ronald M. Cedrone
Ronald M. Cedrone

*First Race

9th Annual Rocky Coast 10K - 130 Fin. Boothbay Harbor, Me - 6 May '89

1	Mike Barnes	31	33:59
2	Gordon Hartwell	31	34:11
3	Dennis Croteau	38	35:22
4	Gordon Scannell	36	35:54
7	Joan Samuelson (H.MTC)	31	36:18*
9	Lawson Noyes	47	36:44
10	Rusty Lamade	52	36:50
15	Deborah Potter 2nd	34	37:10*
19	Awani Love	15	37:45
28	Ronald Deprez (MTC)	44	38:46
29	Diane Lounder 3rd	27	38:55*
30	Joe Richards (MTC)	3,45-49	45 38:58
42	Nancy Ellis (MTC)	1,35-39	36 40:41*
70	Roz Randall (MTC)	2,35-39	39 43:08*
74	Deb Merrill (MTC)	2,30-34	33 43:30*
83	Faye Gagnon	1,40-44	44 44:31*
85	Carlton Mendell(MTC)	1,60+	67 44:44
104	Jane Rasmussen	1,50-59	52 49:19*

• The Unum corporate track team won 17 events on the way to its fourth consecutive Division II title at the New England Corporate Track Association Championships at Northeastern University Saturday.

Unum far outdistanced the competition with 538 points, including five second-place finishes, also.

Telegram 6/18/89



6/29/89

MAINE CORPORATE TRACK ASSOC.
at Fitzpatrick Stadium
UNUM 492%, L.L. Bean 275%, BW 257%,
C.E. Environmental 245%, S.D. Warren 219,
NET 166%, Maine Savings 73, National Semi-
conductor 72, Hannaford Bros. 57, Boies
Cascade 42, Kay Bank 28, CMP 19, Blue
Cross 18, Richards & Trough 10, Guy Gannett
6, B&M 6, Data General 4, Casco Northern 2



Track

MAINE CORPORATE TRACK ASSOCIATION MEET
at Fitzpatrick Stadium
Unum 559, L.L. Bean 179, B.I.W. 172, C.E. Environmental 159, NET 158%, S.D. Warren 91, National Semiconductor 62%, Richardson and Trough 62, Maine Savings 61, Blue Cross/Blue Shield 48, USM 47%, CMP 37, Hannaford 36, Data General 28, Guy Gannett 22, Casco Northern 15%, B&M 10, Oakhurst 6

5/25/89

MONMOUTH APPLE BLOSSOM RACES

15 kilometer
Men
1. Steve O'Connell, 54:50, 2. Mitch Lovering, 57:07, 3. John Manzer, 57:21, 4. Neil Miner, 57:52, 5. Mike Mendonca, 57:59.
Women
1. Connie McLellan, 64:09, 2. Cheryl McMahon, 66:19, 3. Mary James, 67:14, 4. Lee Dasser, 75:17, 5. Shauna Hyde, 77:40.

4.5 mile
Men
1. Gary Weber, 27:20, 2. Paula Cole, 28:00, 3. Alan Burke, 28:36, 4. Shawn Benn, 29:15, 5. Peter Allen, 29:20.
Women
1. Chris Barker, 35:29, 2. Carol Nichols, 35:53, 3. Betty Wilkens, 40:25, 4. Terri Rossignol, 40:46, Linda Benn, 45:07.



Road racing

MARK HOFFMASTER

5 miles at Westbrook
Overall: 1. Bob Kahn, 27:29, 2. Joel Titcomb, 28:28, 3. Roland Thibault, 28:34, 4. Bob Payne, 29:34, 5. Phil Stewart, 29:50, 6. Stephan Sargent, 30:48, 7. Joe Richard, 30:52, 8. Mike Towle, 31:18, 9. Bob McCormack, 31:23, 10. David Peterson, 31:28.
First women: 17. Sheri McCarthy, 32:33.

PETER OTT'S

10 kilometers at Camden
Overall: 1. Tom Dann, 32:39, 2. Peter Millard, 32:58, 3. Brian McCrea, 35:18, 4. Mike Gaige, 35:19, 5. Alan Reilly, 35:22.
First women: Colleen Skelly, 35:37.

ANDROSCOGGIN CHALLENGE TRITHLON

At Lewiston and Auburn

Recreational Canoe
4. Murphy's Law; 2. VIP.
Two person
1. Mathieu-Sackett; 2. Painomania.
Individual Female
1. Cynthia Lynch; 2. Dynamo Dab.
Individual Male
1. Peter Van Gagnon; 2. Superior Concrete.
Competitive Canoe
1. Rainbow Menials; 2. Snorada Nordic Company's and Corporation.
Company's and Corporation
1. High Plain Drifters; 2. Freeport Mr. Bagel.
Junior under 18
1. Brothers in Arm; 2. Fabulous four.

6/15/89 - Press Herald

BACK BAY 5K RACE/WALK

The first Annual Back Bay 5K took place on June 2nd, at 7:00 PM, around the running track on the Boulevard. 178 races and 58 walkers entered this event, which was a Fund Raiser for the Portland YMCA. Healthy NETworks! of NET Co. sponsored this event. The Maine Track Club loaned us their chute and timer, and Ted Cunningham volunteered his services as timer, along with Bob Jolicoeur as backup.

It rained up till 6:30PM, but the weather was GREAT at 7:00PM for the race. The winner was Andy Palmer with a time of 15:39. GREAT JOB ANDY, and thank you for comming. The YMCA raise about \$1350.00 which is being used in their Sport Camp. 20-25 youth will be attending camp who otherwise could not afford the tuition.

Bob Payne, Co-Director, and myself, want to thank all of you who participated and volunteered for making this a great success.

Hopefully, we'll see you again next year. Marla Keefe

7th ANNUAL NUBBLE LIGHT RUNWAY

At York

5K MEN

12-Under — Brian Alliette, Mathuen, Mass., 25:43, 13-17 — Adam Zois, Wells, 19:42, 18-29 — George Bockus, Auburn, 15:14, 30-39 — Henry Phelan, Bellows Falls, Vt., 18:13, 40-49 — Ken Houle, Somersworth, N.H., 18:15, 50-59 — Larry Fisher, East Hampstead, N.H., 21:14, 60-over — Peter Scortas, Kittery, 22:19.
Top 5 overall — George Bockus, Rodney Ellsworth, Keene, N.H., 15:33, Mohamed Hacha, Dover, N.H., 15:50, Henry Phelan, Ken Houle, 16:15.

WOMEN

12-Under — Erin Halloran, York, 36:32, 13-17 — Lauren Sullivan, Wells, 22:20, 18-29 — Christine Gainty, Dover, N.H., 18:26, 30-39 — Nancy Stedman, Portland, 22:55, 40-49 — Joan Lavin, Portland, 21:49, 50-59 — Elinor Sanders, Cape Neddick, 27:05, 60-over — Mary Helen Wilson, Madbury, N.H., 32:06.
Top 5 overall — Christine Gainty, Christine Snow, Old Orchard Beach, 18:38, Pam Fessenden, Portsmouth, N.H., 19:58, Joan Lavin, Nancy Stedman.

6/14/89
Telegram

2nd Annual YMCA Back Bay 5K - 147 Fin. Portland, Me - 2 June '89

Top Finishers (overall):

1	Andy Palmer	15:39
2	Roy Morris	16:14
3	Carl Burgess	16:27
4	Bob Kahn	16:49
5	Peter Dubé (MTC)	17:05
21	Edie Dubord	18:55*
30	Erika Maddalení	19:41*
34	Jody King	20:05*
44	Junj Chong	20:54*
56	Michele Jordan (MTC)	21:43*

Other MTC Finishers:

9	Steven McGrath	17:41
12	Steven Robertson	18:00
19	Dennis Smith	18:36
20	Joe Richards	18:41
35	Thomas Carll	20:09
47	David Paul	20:58
49	Dale Rines	21:02
60	Carlton Mendell	22:01
65	Shawn Carll	22:18
67	Rob Laskey	22:30
70	Dee Deprez	22:53*
73	Warren Foye	23:00
79	Barbara Coughlin	23:35*
89	Sandy Utterstrom	24:18*
90	Bob Wyman	24:20
91	Bill Lovett	24:23
92	Adeienne McGuigen	24:27*
96	Jean Thomas	24:39*
101	Everett Moulton	25:32
115	Linda Hunt	28:03*
119	Claire Jordan	28:34*
123	Patience Buckley	29:40*
125	Carrie Wood	30:07*
128	Maggie Soule	30:31*
137	Donna Moulton	31:53*
139	Renee DePrez	33:49*

13th Annual Bridgton Four on the Fourth 758 Finishers - Bridgton, Me - 7/4/89

Top Men & Divisions:

1	Andy Palmer open	35	19:33
2	Todd McGraw	24	19:48
3	Sean Livingston	20	20:35
11	Henry Finch 40-49	40	21:18
36	Robert Payne (MTC) 50-59	50	23:11
218	John Chandler 60&over	62	28:21

Top Women & Divisions:

23	Charlotte Thomas open	32	22:20
41	Deb Potter	34	23:35
42	Christine Snow	23	23:37
120	Sharon Gilligan 40-49	41	25:56
391	Jean Thomas (MTC) 50-59	53	32:28
681	Margaret Sawyer 60&over	75	45:33

Other MTC Finishers:

15	Jim Toulouse 2,40-49	41	21:29
44	Steven Robertson	30	23:38
61	Wanda H. Binnette 3,19-29	23	24:12*
107	George Prescott	40	25:39
111	Philip S. Pierce	47	25:44
116	Eric Ellis	36	25:53
117	Andy MacLean	27	25:54
147	Sumner C. Weeks, Jr.	40	26:36
151	Carol A. Weeks 2,40-49	40	26:42*
176	Neil B. Martin	46	27:18
183	Robert Green	41	27:30
184	Paul Alpert	54	27:32
236	Erin MacLean	26	28:43*
257	Tom Atchison	40	29:14
263	Carlton Mendell 2,60&over	67	29:18
320	William R. Kerwin	54	30:40
344	Marla Keefe	35	31:07*
365	Sandy Utterstrom	45	31:39*
386	Wendy Estabrook	25	32:22*
467	Sherry Carll	42	34:23*
485	Everett Moulton	43	35:02
533	Linda W. Hunt	42	36:33*
557	Jennifer Pierce	21	37:49*
570	Patience Buckley	51	38:21*
581	Margaret W. Soule	47	39:01*
688	Zachary Hunt	12	46:02
689	Donna Moulton	40	46:07*

Note: Bob Payne - course PR

Notes:

Phil Pierce had a great race at the Western States 100 Miler held at Squaw Valley, California, starting at 5:00 AM on 6/24/89. His time was 22 hours, 55 minutes, and 21 seconds. Look for a report on Phil's experiences in the race in the next Newsletter.

Lloyd Cook went Down-East to Lee, Maine to participate in the First Pandamonium Press On Regardless 5K, held on 25 May. Lloyd finished 28th out of 61 runners and 35 walkers and 2nd in the 50-59 age division. His time was 22:09. Michelle Severance of Lee Academy was the overall winner in 17:42.

Russ Bradley has had a fine year racing in '89 and is the strong candidate for most improved in his 60 and over division. Two of his June races include: 6/3/89, Nubble Light Runaway 10K, York, 47:11, 89/194; 6/10/89, Market Square 10K, Portsmouth, N.H., 46:11, course PR, 324/746. Great job, Russ!

Wilbur Holmes was omitted from the April Amble results in the June Newsletter due to a Statistician's error. He finished 334th overall/372 in 35:53.

Many thanks to the MTC members who have written to me about their experiences in races. You can reach me, Don Penta, at 54 Sebago Avenue, Windham, ME, 04062 (phone:892-4526).

5th Annual J. B. I. 4 Miler - 174 Fin.
South Portland, Me - 24 June '89

Top Finishers (overall):

1	Dave Weller 1,open	31	21:09
2	Ken Botting 2,open	28	21:34
3	Jim Toulouse (MTC) 3,open	41	21:44
4	Bob Kahn 1,35-39	39	22:03
5	Paul Merrill (MTC) 2,35-39	35	22:18
17	Christine T. Snow 1,open	23	24:04*
31	Veronica Knight 2,open	22	25:05*
52	Carol Weeks (MTC) 3,open	40	26:59*
62	Theresa Bosse	27	27:45*
67	Robin Fagan 1,30-34	32	28:07*

Other Top Divisions:

6	Larry Greer 30-34	34	22:23
9	Zac Laidley 15-19	16	22:55
16	Bob Coughlin 50-59	50	23:58
18	Joe Richards (MTC) 45-49	45	24:06
24	Donald E. Wilson 40-44	42	24:27
77	Sandra Hodnett 40-44	41	29:04*
94	Aletha C. DeVos 45-49	46	30:09*
103	Jessie Kells 11-14	11	30:50
111	Kymberly Ruotolo 15-19	18	31:31*
114	Jean Thomas (MTC) 50-59	52	31:40*
126	Roy Morejon, Jr. (MTC) 7-10	8	32:38
140	Gillian Morejon (MTC) 7-10	10	34:39*
155	Ruth Hefflefinger (MTC) 60+	60	39:19*
158	Frank Long 60&over	71	42:06

Other MTC Finishers:

10	Bill Bristol 2,30-34	32	22:56
20	Steven Robertson	29	24:09
21	Brian Milliken	36	24:15
22	Russ Connors 2,50-59	56	24:20
29	Roy Morejon 2,45-49	46	24:56
32	Bob Jolicœur	52	25:12
33	Charles Snekvik	46	25:17
34	Lloyd LaFountain	27	25:25
38	Eric R. Ellis	36	26:02
41	Michael J. Cowell	51	26:17
45	Barry Howgate	40	26:32
49	Thomas Carll	45	26:50
54	Richard Stott	44	27:15
55	Dale Rines	36	27:23
56	Robert J. Laux	33	27:29
101	Frank Morong	56	30:46
110	Robert Wyman	52	31:22
117	Candace Karu	36	32:06*
118	Sandy Utterstrom 2,45-49	45	32:12*
120	Philip D. Meyers	44	32:21
128	Bill Lovett	47	32:42
142	Sherry Carll	42	35:16*
150	Susan Morejon	36	37:57*
152	Ingrid Snekvik 1,11-14	14	38:39*
156	Susan T. Davenny	40	39:31*
157	Patience Buckley	51	41:43*
163	David Blais	46	44:11

WOMEN'S DISTANCE FESTIVAL SONESTA 5K

Sunday, October 1, 1989 8:30 AM

Sonesta Hotel, Portland

Race Directors: Susan Davenny 772-1787

and Ruth Hefflefinger 797-4625

Call for more information.

The Boston Athletic Association announced new qualifying standards for the 1990 Boston Marathon.

Qualifying Times

Age group	Men	Women
18-34	3:10	3:40
35-39	3:15	3:45
40-44	3:20	3:50
45-49	3:25	3:55
50-54	3:30	4:00
55-59	3:35	4:05
60-64	3:40	4:10
65-69	3:45	4:15
70-over	3:50	4:20

(1) Jackie Gallant

(2) Ruth Hefflefinger



Hale easy winner in 4-mile Milk Run

By SARA HOBSON
Staff Writer

SOUTH PORTLAND — Greg Hale knew he could have run faster. Trouble was, Hale was running alone.

Hale, 26, of Waterville, cruised to an easy victory in Sunday's 4-mile Oakhurst Milk Run, which had 460 finishers at Southern Maine VTL. Hale's time of 20 minutes, 14 seconds was more than a full minute ahead of runner-up Stu Hogan.

Hale, coming off a 90-hour work week at S.D. Warren in Somerset and a 77-mile training week, said he felt tired and had a tough time pushing himself beyond his 5:04 per mile pace without competition.

"I could have gone faster," he said. "How much, I'll never know."

Hogan, 27, of Old Orchard Beach, apparently missed a turn onto Broadway early in the race, adding at least 50 yards to the course and leading a number of the lead runners down the same path. Hogan finished in 21:30.

"I was running with my head down, and all of a sudden I was running into traffic," Hogan said.

"I put the brakes on and made a right turn, and then I saw the pace car in front."

Hogan said he never got a chance to challenge Hale, but said Hale was the fastest runner, regardless of the turn.

Nord Samuelson, 24, of Somerville, Mass., finished third in 21:30 after following Hogan's detour.

"It definitely made us work harder at the end," said Samuelson, who outkicked David Crawford of Cumberland by seven seconds. "We might have just cashed it in and cruised to the finish."

Samuelson, a former Bowdoin College runner, was in town to do some windsurfing and visit his brother and sister-in-law, Scott and Joan Benoit Samuelson.

Virginia Connors Holmes, 24, also of Somerville, won the women's race in 23:05, placing 20th overall.

Benoit, who ran as a participant rather than a competitor after conducting a pre-race running clinic, finished in 23:34. Benoit set the women's course record of 21:18 last year. Contrary to television reports, she has no plans to retire, but will



Women's winner Virginia Holmes (left) talks with Joan Benoit Samuelson.

take time off from major competition to recover from a series of injuries.

Connors was running only her second race since giving birth to a son in August. She was the eighth woman finisher at the Riverside Twilight 5-miler in Agawam, Mass., last week.

Connors led the women's field from the mile mark. Rose Prest Morrison, 26, of Limerick, finished in 23:37, three seconds behind

Samuelson.

Wanda Haney, 22, of South Portland, placed fourth in 24:10.

Jim Toulouse, 40, of Cape Elizabeth, won the master's division in 21:53, finishing eighth overall. Carol Pierce, 42, of Hollis Center, won the women's master's division in 29:00.

Paul Cole, 35, of Rockland, was the first wheelchair finisher in 22:45, placing 16th overall.

Q I'm having a hard time finding a running shoe that fits properly. Any tips?

A Shoes are a runner's most important piece of equipment and should be chosen carefully. Although there has been a revolution in design and the number of brands available, there is no ideal shoe or universal fit. Highly rated shoes may not fit your needs for shock absorption, motion control and flexibility. When trying on shoes, wear your running socks and try on one shoe while wearing your old running shoe on the other foot. Walk around in new shoes for a few days before running in them, then break them in with shorter runs.

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

GLOBE
6/26/89



Kim Konieczny, Will Stackpole and Ken Dolley (l-r)

Hoffmaster Memorial Race

By BEATRICE FINNEY

Bob Kahn finished first in the five mile Mark Hoffmaster Memorial Road Race ahead of a pack of 58 other runners in Westbrook Sunday with a time of 27:29. Sheri McCarthy finished first in the ladies division and 17th overall with a time of 32:33.

Mark Hoffmaster was a Westbrook Junior High School teacher, an accomplished runner,

American Journal 6/7/89

and a friend to many, including the less talented.

Before he died from complications of leukemia in 1986, Hoffmaster could be seen running the streets of Westbrook with an entourage of youngsters. "He was a real inspiration to kids that were headed for drugs and trouble," says Patty Titcomb of Gorham.

Titcomb, the former Patty Rulman, and her husband Joel organized the first Hoffmaster Memorial Road Race. This year's race was sponsored by the Maine Track Club and organized by Jean Thomas and Bob Cushman. Cushman, a Westbrook resident and Falmouth school teacher, was a friend of Hoffmaster.

Mark Hoffmaster Memorial

Many thanks to the following volunteers who made this race a success.

Pat Adriance	Kim Konieczny
Ron Adriance	Joan Lavin
Walter Ashley	John Lavin
Timothy Ashley	Bill Lovett
Rebecca Ashley	Ann McGovern
Bill Best	Carlton Mendell
Ted Cunningham	Donna Moulton
Susan Davenney	Bob Morton
Bill Davenney	Peggy Morton
Jane Dolley	Vi Palmacci
Ken Dolley	Maggie Soule
Melvin Fineberg	Will Stackpole
Kathi Foye	Bill Stuart
John Gale	Widgery Thomas
Kathy Burley	Richard Vail
Jackie Gallant	Sandy Utterstrom
Joey Gallant	Al Utterstrom
Patty Gallant	Mike McGovern
Donna Gaudet	Russ Bradley
Jason Gaudet	Don Penta
Ruth Hefflefinger	Sandra Wyman
Mat Iwanowicz	Bob Payne



JOEL TITCOMB, Gorham, ran second. He and his wife Patty organized the first Hoffmaster Memorial in 1986.



Bob Kahn - overall winner of Mark Hoffmaster 5 miler



Joan Lavin wins 40-49 division

Race Schedule

Sunday
Telegram
7/16/89

Road Races

Dyer Memorial 5-K and Ralph Thomas Masters Mile: July 26. Mile at 6 p.m. 5-K at 6:30 p.m. Winslow High School. Contact: Central Maine Striders, P.O. Box 1177, Waterville, Maine 04901 or Jerry Saint Amand at 873-6753 or Gene Roy at 465-7296.

2nd Annual Peaks Island 5-Mile Road Race and Lobster Bake: July 29. 10 a.m. Peaks Island Lions Club. Contact: Peaks Island Road Race, P.O. Box 5069 St. A, Portland, Maine 04101. SASE.

12th Annual Hancock Lobster Classic: July 29. 10-mile race at 9 a.m. 2.5-K kids' race at 9:05 a.m. Hancock Town Hall. Contact: Bob Myers, Trinisol Water Systems, P.O. Box 669, Ellsworth, Maine 04605 or 667-8220.

"Bert 'n' I" 5-Miler: July 29. 9 a.m. Vassalboro Public Library, East Vassalboro. Contact: Central Maine Striders, P.O. Box 1177, Waterville, Maine 04901 or Mert Dearnley at 445-4446 or Jerry Saint Amand at 873-6753.

11th Annual Casco Bay Country Run: July 29. 9:30 a.m. 4 miles. Casco Fire Barn, Route 121. Contact: Casco Firemen's Association, c/o Nancy Hayward, 319 Leach Hill Road, Casco, Maine 04015 or 627-4201, ext. 285.

9th Annual Mackerel Run Road Races: July 30. 9:30 a.m. 5-K and 10-K. Contact: Waldo County YMCA, 125 High St., Belfast, Maine 04915 or 338-4598.

Joe McGuire 10-K: July 29. 8 a.m. 10-K run, 5-K walk. Woodstock Hall, Woodstock, N.B. Contact: Ed Boudreau at (506) 758-2412.

St. Mary's Festival 3-Mile Road Race: Aug. 4. 7 p.m. St. Mary's School, Route 1, Biddeford. Contact: Joel Croteau, 6 Forest St., Biddeford, Maine 04005.

Island Falls Summer Fest: Aug. 5. 5-K walk at 8:30 a.m. 5-K run at 9 a.m. Island Falls High School. Contact: Conrad Walton at 498-3305.

Lobster Festival Road Races: Aug. 6. Kids' mile at 7:30 a.m. 10-K at 8:30 a.m. Public landing in Rockland. Contact: Ken Sylvester, 109 Talbot Ave., Rockland, Maine 04841 or 594-7035.

Wilton Blueberry Festival 10-K: Aug. 12. 9:10 a.m. High Street. Kids 1-mile run at 9 a.m., Kinewatha Park. Contact: Bill Yates, Box 525, Wilton, Maine 04294 or 645-4623.

Schoodic Point 15-K: Aug. 12. 8:30 a.m. Schoodic Point parking lot. Contact: Winter Harbor Chamber of Commerce, c/o Al Groh, P.O. Box 8, Winter Harbor, Maine 04693. SASE.

St. Peter's Bazaar 4-Miler: Aug. 13. 4 p.m. St. Peter's Church, India and Federal streets, Portland. Contact: Mike Reali at 767-5218 or Fr. Edmund Ansaloni, St. Peter's Church, 72 Federal St., Portland, Maine 04101.

TREASURER'S REPORT

TREASURER'S REPORT

June 5, 1989

Funds on Deposit May 5, 1989

\$ 5,594.73

Receipts:

Boys Club Race Fee	\$	200.00	
Membership	\$	438.00	
Bruce Ellis Fund	\$	270.00	
Patron Fees (newsletter)	\$	40.00	
Interest	\$	28.31	\$ 976.31
			\$ 6,571.04

Disbursements:

*Dale Rand Printing	\$	65.10	
1,000 letterhead, 500 envelopes			
*Dale Rand Printing	\$	283.50	
2,000 membership applications			
*Waning & Son., Inc. - bullhorn	\$	151.04	
*Nancy Stedman - film	\$	22.63	
*Dale Rand Printing	\$	26.25	
400 logo sheets			
*Coastal Silkscreen	\$	47.25	
hooded sweatshirts			
*DP's Trophy World	\$	63.00	
Officer Friendly Race			
*Big Red Printing - newsletter	\$	171.34	
*Coastal Silkscreen - hats	\$	162.75	
Officer Friendly			
*Dale Rand Printing	\$	44.63	
address booklet			
*Dale Rand Printing	\$	17.85	
Printing by laws			
*Ruth Heffelfinger - postage	\$	100.00	
*Main Running and Outing	\$	30.00	\$1,185.34
Mid Winter Classic			

Funds on Deposit June 5, 1989

\$5,385.70

Richard K. Stewart
Richard K. Stewart
Treasurer



Start of the Back Bay 5K



Road racing

PAT'S PIZZA CLASSIC

5 miles at Yarmouth
MEN

1. Tim Wakeland, 24:54; 2. Patrick O'Malley, 25:34; 3. Dan Dearing, 26:04; 4. Mark Hatch, 26:28; 5. Lance Gullani, 26:37; 6. David Kern, 26:51; 7. Bob Kahn, 27:08; 8. Christopher Stuebel, 27:13; 9. Ron Newbury, 27:13; 10. Alden Miner, 27:20; 11. Dennis Croteau, 27:29; 12. Ben Endres, 27:29; 13. John Strout, 27:32; 14. Bill Skerritt, 27:42; 15. Jim Burnett, 27:49; 16. Steve Shea, 27:51; 17. Chris Mantfield, 27:53; 18. Randy Hastings, 27:57; 19. Rick Lane, 27:58; 20. Dan Barker, 28:02; 21. Lawson Noyes, 28:12; 22. Paul Fagan, 28:20; 23. Anthony Anderson, 28:25; 24. Leigh Philbrick, 28:32; 25. Robert Jones, 28:34; 26. Bill Bristol, 28:35; 27. Steve Reed, 28:35; 28. John Kelsey, 28:37; 29. Rock Green, 28:40; 30. Richard Mulhern, 28:48; 31. Steve Ross, 28:53; 32. Sean Stackley, 28:58; 33. Greg Wilson, 28:59; 34. Willie Emerson, 29:02; 35. Mike Daley, 29:03; 36. Harry Nelson, 29:05; 37. Adam Belanger, 29:07; 38. Richard Diamond, 29:08; 39. Bob Coughlin, 29:12; 40. Timothy Porter, 29:13; 41. Glen Roy, 29:14; 42. Tim Cheney, 29:15; 43. Ron Cedrone, 29:25; 44. Steven Hightower, 29:29; 45. Michael Olsen, 29:30; 46. Bill Sylvester, 29:32; 47. Dennis Smith, 29:34; 48. Joe Richards, 29:37; 49. Kevin Gile, 29:38; 50. Gary Salemons, 29:40.

WOMEN

1. Christine Snow, 28:45; 2. Wanda Heney Brette, 29:17; 3. Gail Turner, 31:11; 4. Christine Braceras, 31:15; 5. Mary Meehan, 31:38; 6. Mary Ann Doss, 32:18; 7. Ellen Grant, 32:25; 8. Nancy Grant, 32:29; 9. Carla Lemieux, 32:39; 10. Jane Palmer, 32:42; 11. Chuck Greenlaw, 33:00; 12. Nancy Ellis, 33:02; 13. Deb Merrill, 33:09; 14. Maidil Townsend, 33:14; 15. Carol Weeks, 33:19; 16. Cathy Jurgelevich, 33:21; 17. Brenda Mahnken, 33:40; 18. Kris Campbell, 33:57; 19. Maureen Sproul, 33:58; 20. Anne-Marie Davee, 34:16; 21. Diane Fournier, 34:25; 22. Kim Paradis, 34:46; 23. Faye Gagnon, 34:49; 24. Robin Fagan, 34:56; 25. Maria Hassett, 35:04; 26. Elizabeth Harrod, 35:05; 27. Ruth Wettley, 35:11; 28. Kathy Kilbride, 35:12; 29. Cindy Vokey, 35:39; 30. Laurie Davis, 35:56; 31. Lynn Gallagher, 36:01; 32. Lori Roth, 36:05; 33. Jill Decker, 36:12; 34. Nanette Dyer, 36:23; 35. Christine Wright, 36:28; 36. Rose Chessman, 36:32; 37. Colleen Ford, 36:39; 38. Jane Hyde, 36:39; 39. Cindy Andrews, 36:41; 40. Catherine Hartung, 36:51; 41. Krista Purinton, 37:02; 42. Pamela Phillips, 37:08; 43. Aletha DeVos, 37:11; 44. Shelly Roberts, 37:15; 45. Tanya Grove, 37:24; 46. Juliet Clarke, 37:50; 47. Nancy Rouse, 37:53; 48. Jennifer Clark, 37:59; 49. Carol Ann D'Amour, 38:06; 50. Lauren Fox, 38:07.

MOLLYCKETT DAY

5 miles at Bethel
MEN

1. Kevin McDonald, 27:07; 2. Greg Taylor, 27:55; 3. Norman DeRoche, 28:07; 4. Mitchell Lovering, 28:25; 5. Kevin Connor, 28:42; 6. Randy Easter, 29:08; 7. Bob Poirer, 29:11; 8. Bob Tayne, 29:18; 9. Will Sweetzer, 29:30; 10. Stephen Friel, 29:44.

WOMEN

1. Joan Lavin, 34:51; 2. Kate Wright, 35:51; 3. Elizabeth Baldue, 36:14; 4. Mary Rossi, 36:52; 5. Alicia Fisk, 38:20; 6. Barbara Dunham, 39:14; 7. Bernice Caddigan, 39:27; 8. Abby Holman, 39:57; 9. Andrea Abbott, 40:01; 10. Sharon Beck, 40:09.

No Payne, no gain



**Bob Payne and
Russ Connors**

When it comes to a marathon, runners know that with no pain, there's no gain. Although most Keller Pioneers have never run a race, they couldn't agree more.

The "pain" Pioneers are talking about is Bob Payne, vice president of the

Keller Chapter, who has been running the 26.2-mile Boston Marathon for eight years. And the "gain" is the financial gain Payne returns to the chapter after he has completed his run.

This year, the trim 50-year-old ran from Hopkinton to Boston, and in doing so raised in excess of \$1,200 for the Pine Tree Camp, a summer camp for mentally- and physically- handicapped children and young adults in Rome, Maine.

His fourth year running for the camp, Payne reluctantly takes credit for raising a percentage of the money to build a newly constructed cabin for volunteer staff, and is accruing funds for a playground for disabled children.

Payne insists he couldn't raise the money by himself. "It's the sponsors from New England Telephone and the Maine Track Club who are responsible for the money," he said. "And it's always easier to run when you do it with a friend."

The friend Payne talks about is Russ Connors, an AT&T employee, fellow Keller

Pioneer and member of the Maine Track Club. Through running, Connors also raises money for the camp.

An Amazing "Feat"

Despite warmer than average weather this year, both Payne and Connors finished admirably in the masters division (40+-year-old runners). Payne completed the course in 3:00:53 and came in first in the over-50 group from Maine. Connors wasn't far behind with a time of 3:10:57.

"My goal is to run a good race at about 80 percent of my ability," said Connors. "I pace myself and enjoy the run and the crowd. When you really push yourself and compete, it can take up to a month to recover." He should know after successfully completing nine of them.

Listening to Payne and Connors, it's hard to believe that they weren't always the athletes they are today. Payne began running because he was told he had to change his lifestyle.

"I was a complete physical wreck - I was overworked, I overate, and was stressed out." Now 11 years later, Payne runs from five to ten miles almost every day. "When I don't run," he said, "I feel guilty."

Encouraged by his daughters, Connors began running on the beach 10 years ago. "After running for a few months," he said, "I couldn't believe the difference. I felt and still feel great."

New Hope for Women, Inc.

P.O. Box 642, 459 Main, Rockland, Maine 04841
594-2128

PRESS RELEASE

June 9, 1989

FOR IMMEDIATE RELEASE

The Third Annual New Hope Bike Trek will be held in Midcoast Maine on the weekend of August 26 and 27. Bikers may choose a one or two day Trek this year.

The Trek begins each day at Tanglewood 4-H Camp in Lincolnville where overnight accommodations will also be provided for two day trekkers. The Saturday route winds through 50 miles of quiet countryside and encircles Lake

St. George. The Sunday and one day trek will be a 25 mile tour of Islesboro, one of Maine's most scenic islands.

New Hope for Women is a non-profit domestic violence project in Midcoast Maine and the sponsor of this event. Trek participants must raise pledges to enter and funds will be used to support services to battered women and their children in Knox, Lincoln, and Waldo counties.

Prizes and assistance are being provided by the Bike Gallery in Rockland including gift certificates for participants who raise more than the minimum pledges. Goldsmith's Sporting Goods of Rockland is donating T-shirts for the event.

For registration information call 594-2128, Mondays through Fridays, 9 AM to 5 PM.

Contact person for release: Lisa Pohlmann, 594-2128

Pierce surpasses test of endurance

FALMOUTH — Phil Pierce's long day's journey into night ended 22 hours, 55 minutes and 21 seconds after it began.

Pierce, 47, of Falmouth, finished the 1989 Western States 100-Mile Endurance Run on June 24 and 25 in California. Pierce placed 52nd in a field of 374 starters and 246 finishers and was one of only 97 runners to complete the course in less than 24 hours.

"I felt fantastic," said Pierce, the chief psychologist at Togus Veterans Hospital. "There was something magic about this race."

Pierce said the magic started when he saw an ad in a local shopper. A San Francisco man was looking for a Boy Scout patch from the 1950s. Pierce would be making a 45-minute stop in San Francisco en route to the start of the race in Squaw Valley, and he had the patch.

"I gave the guy a call," Pierce said. "He's a dentist, and if you can believe this, the patient he was working on was Phil Pierce. I knew then that something was up."

But the magic actually began on New Year's Eve in 1979. That's the date Pierce quit smoking after 24 years of burning a pack a day and a pipe. Quitting the habit sent Pierce up to 210 pounds. Six years ago, he started jogging.

Although it was a good three months before he could run the length of his street, Pierce soon found he had a talent for distance running.

"There are two aspects of running," Pierce said. "One is speed, and the other is endurance. Very few people have speed. If you don't have natural speed, it's hard to build, although it can be done. But you can build endurance."

At 5 a.m. on June 24, Pierce stood under the Olympic rings of the 1956 Winter Games at the start of the Western States 100. Pierce was armed with a waist pack and two water bottles. His daughter Jennifer, 21, and her friend, Darren Bruns, would be his crew on the trail.

The course climbed more than 2,500 feet in the first 4½ miles, but Pierce covered the first 30 miles in six hours and pulled into an aid station at Robinson Flat. "It was just like changing tires at the Indy 500," Pierce said. He was weighed, fed and sent on his way in a fresh pair of shoes, a pair of Hersey Customs he had ordered especially for this race.

Pierce passed Winslow's Bryant Bourgoin at mile 40. Bourgoin, who in 1982 set a national record of 17:19:21 for men age 31 for 100 miles on the track, would finish the Western States in 25:38:17.

"I sat down at mile 60 and rested," Pierce said. "I changed shoes and had some chicken soup. It was maybe 10 or 15 minutes, but

Sara
Hobson

On Running



that rest paid off like you wouldn't believe. The last 13 hours were wiped out. I passed two runners and covered 16 miles between 6 p.m. and 9 p.m., trying to get as much in while I still had the light."

At 10 p.m. he hit the American River. "They call this the Rucky Chucky crossing," Pierce said. "You're in the water, up to your chest, in the dark, and this thing's the width of the Androscoggin or the Kennebec. They stretch a rope across the river and you hold the rope and cross."

Pacers are assigned to the runners over the last 40 miles of the race, when darkness and fatigue can make the grueling run treacherous. Pierce, invigorated by a Coke and some chicken soup after the Rucky Chucky, left his pacer at mile 80. "He couldn't keep up with me," Pierce said. "I was passing runners and I was all fired up."

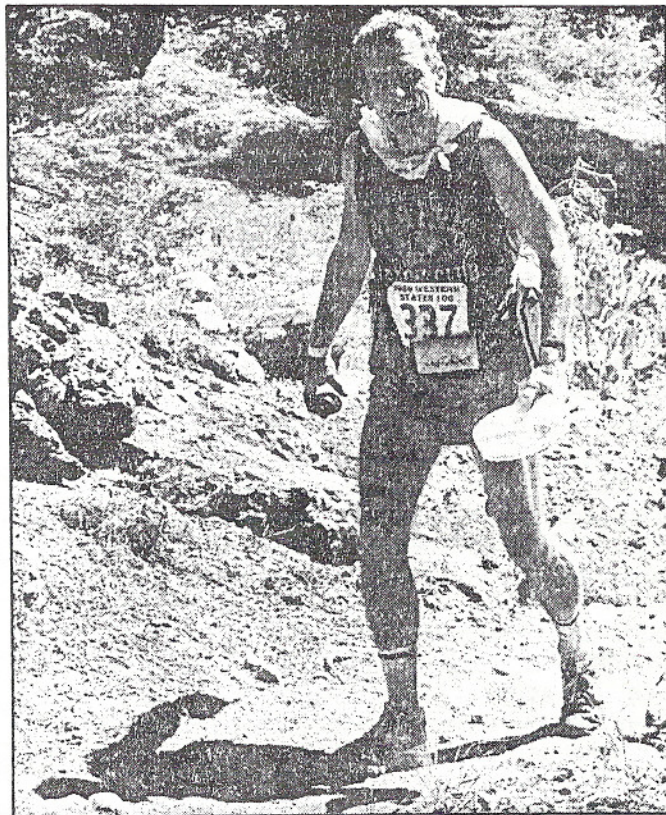
Pierce crossed the finish line in Auburn, Calif., in 22:55:21. He had averaged 13:45 per mile for 100 miles. "I had a tremendous feeling of elation and accomplishment," he said.

Pierce was awarded a silver belt buckle engraved with his name and time and the inscription, "100 Miles, One Day." The race was won by Mark Brotherton of California in 16:53:39.

Pierce had twice attempted the 100-mile distance, finishing 71 miles of the New York City Road Runners Club 100-miler in 1987 and 88 miles of the same race in 1988. A past president of the Maine Track Club and the father of four, Pierce trains about 80 miles a week. As part of his training for the Western States, Pierce ran the Sugarloaf Marathon on May 21 wearing a pack and carrying four bottles of water. Pierce finished the race in 3:11:32, then turned around and headed back up the mountain for a 50-mile training run.

The Western States 100 Mile Endurance Run, like the Boston Marathon, has strict qualifying standards. Runners under age 39 must have completed a 50-miler in under nine hours, a 100-K in under 12 hours or a 100-miler in under 24 hours. The 50-mile and 100-K qualifying times are eased by a half hour for runners 40 to 49 and an hour for runners over 50. Runners also may qualify by completing a 100-mile trail within the previous 13 months. The entry fee is \$125.

Pierce qualified with his 6:43:46



Phil Pierce can still muster a smile 10 miles into the 1989 Western States 100-Mile Endurance Run.

at the 1988 Brunswick 50-miler, where he placed second. His fastest marathon is his 2:59:08 at Boston in 1987, and his 10-K best is 38:35 in 1988.



Mel Fineburg + Bill Stuart

"PEACE RUN '89 COMES TO MAINE"

SPECIAL COLUMN by Debra Csenge

From Maine Running
+ Outing Magazine

Take a step for peace! Maine runners and residents have a chance to carry the Peace Torch this summer as PEACE RUN '89, a global torch relay covering some 31,000 miles in six continents, passes through southern Maine as part of its route through all 50 states.

"This is a chance for people like you and me to be a part of the peace process, as runners and as citizens of Maine and of the world, to express our caring for the future of this earth," says Richard Csenge, Maine Regional Peace Run '89 Office spokesperson. "There are no funds being raised, no political causes. Participation is the only fee and a concern for world harmony the only politics."

From its start in New York on April 21, 100,000 people are expected to pass the torch during Peace Run '89's 15 weeks on the road. Runners will be greeted along the route by local media, celebrities, government officials and the general public in ceremonies staged to create greater community participation. Participating individuals and organizations can run with the torch or stage "Silent Steps for Peace," commemorative moments dedicated to world peace in conjunction with the Peace Run.

In Maine, plans are to have runners from New Hampshire enter the state at South Berwick in the morning of August 4th and leave later that day at Kittery. A spur from the route is planned to cover a distance of 26.2 miles between Dover, N.H. and Kennebunkport, ME. Events in conjunction with Peace Run '89 in Maine will include a 1/2-mile Fun Run in Kennebunkport and a torch-passing welcoming ceremony at the Kennebunkport Village Green, giving everyone a chance to express their own hopes and dreams for peace.

Gov. McKernan has said, "The Peace Run is symbolic of the strength that we hold together as people of the world working towards a common goal - the goal of world peace. Lao-tzu once said that, 'a journey of a thousand miles must begin with a single step.' The Peace Run is a vital step in efforts toward a better understanding between nations of the world, and in transforming the hope of international peace into a reality."

Persons and running clubs who wish to participate in Peace Run '89 by carrying a torch or in some other way, or who simply want more information, are invited to call 729-5825 in Maine or toll free 1-800-888-PEAC. The address of the Maine Regional Office is: Peace Run '89, 40 Main Street, Topsham, Maine 04086. The headquarters office address is: Peace Run '89 International Office, 164-03 85th Avenue, Jamaica Estates, New York 11432.

PEACE RUN '89 in the State of Maine, August 4, 1989.

There will be two distinctly separate courses in order to bring the Peace Torch to more Maine communities for 1989...

- * The 50 State Continuous Route
- * The Kennebunkport Spur

Itineraries, highway routes & mileages are as follows:

50 State Continuous Route in Maine

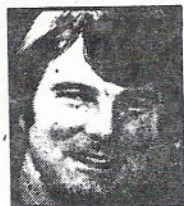
LOCATION	TIME	MILEAGE
Dover, N.H.Peace Torch arrives	9:37 AM	0
Maine State Line, Rte. 101	10:00 AM	3
Jct. Rte. 101 & 236, Eliot	10:08 AM	4
South Eliot, Rte. 103	10:50 AM	9
welcoming & passing of the Peace Torch	5 minutes	
Torch departs South Eliot	10:55 AM	
Kittery, Jct. Rte. 103 & U.S. 1 ...	11:20 AM	12
Portsmouth, N.H.	11:27 AM	13

Kennebunkport Spur

LOCATION	TIME	MILEAGE
Dover, N.H.Peace Torch arrives	9:37 AM	0
Maine State Line, Rte. 4	10:25 AM	4.1
South Berwick Town Hall	10:30 AM	4.6
welcoming & passing of the Peace Torch	15 minutes	
Torch departs South Berwick	10:45 AM	
North Berwick	11:55 AM	10.5
Pratt & Whitney Aircraft, Rte. 9 ..	12:05 PM	11.7
welcoming & passing of the Peace Torch	15 minutes	
Torch departs North Berwick	12:20 PM	
Jct. Rte. 9 & 9B, North Berwick ...	12:50 PM	14.7
Jct. Rte 9 & 109, Wells	1:25 PM	17.6
Jct. Rte. 9 & U.S.1, Wells.....	2:10 PM	21.8
Rachel Carson Wildlife Refuge, Rte. 9	2:15 PM	22.2
Kennebunk, Jct. Rte 9 & Rte. 35 ...	2:55 PM	25.7
Start of 1/2 Mile Fun Run with the Peace Torch		
Kennebunkport Village Green	3:00 PM	26.2
welcoming & passing of the Peace Torch	15 minutes	

Running the risks of running in heat

Q: How dangerous is distance running when it's hot outside? Our daughter is really into 10Ks and is on her school's track team. I'm worried that all the running might hurt her. It's so hot down here in the South through the summer. Is it all right? - K.M., Texas



A: The American College of Sports Medicine (ACSM) has released a publication entitled, "Prevention of Heat Injuries During Running," which I will summarize and use as a basis to answer your question. I can assure you that your concerns are legitimate and that seeking help in guiding and protecting your daughter through her long distance running is necessary.

With the tremendous growth of 5 and 10K races for charity or competition, there has been a great increase in running-related injuries. Since many of these are sponsored outside of organized school programs, often by inexperienced groups, much of the protection provided by coaching and supervised training is absent.

Although minor things such as blisters, sore muscles and bruises are problems (along with more serious ailments such as shin splints), it's the runners' inability to keep the body temperature from rising too high which is causing the greatest harm. It's a real problem in distance running and can be very dangerous. It's impact can range from fainting or dizziness to dehydration, heat exhaustion and heat stroke.

A tremendous amount of water

is lost during distance running (it can actually be equal to 6-10 percent of a runner's body weight), so dehydration is a serious threat, especially in hot, humid weather. With the resulting reduction in sweating capacity, the competitor becomes more susceptible to cramping, heat exhaustion and heat stroke. The ACSM makes a strong statement to coaches and parents that children are more easily overheated and must be observed carefully.

Two good ways to prevent heat injuries are proper dress and conscientious intake of fluids. Have your daughter wear light colored clothing of natural fiber such as cotton; avoid dark-colored, man-made material like nylon. And make sure she drinks plenty of fluids (cool water is best) before, during and after any strenuous workout or race. Avoiding liquids high in sugar, such as soft drinks, is a must before or during runs.

Some other precautions are to stay away from competition during excessive heat and to train either early in the morning or in the evening when it's coolest.

You can write the ACSM at P.O. Box 1440, Indianapolis, In. 46206-1440 or call them at (317) 637-9200.

Pat McNally is best known for his football skills, first as an All-America at Harvard and, until his retirement, as a member of the Cincinnati Bengals. But he has also played six other sports, and will share his knowledge with Globe readers. His column is aimed at sports-active kids and their parents. Address your questions to: "Pat Answers," 18311 Valley Dr., Villa Park, CA 92667

Q What's the treatment for a nagging Achilles tendon injury and how long should I rest?

A The Achilles tendon, which attaches the powerful calf muscles to the heel bone, is often a point of weakness for athletes. The pain you feel may be one of many things, including

inflammation of the lubricating sheath surrounding the tendon or of the surrounding bursa, as well as partial tears in the tendon itself. Initial treatment is with ice and rest. Rest for extended periods is the closest thing to a sure cure. Anti-inflammatory medication may be required and heel lifts in the shoes may help.

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

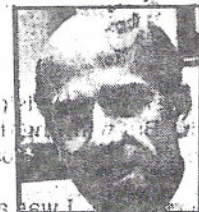
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Boston Globe - 6/5/89

Q I am a recreational runner (15-20 miles per week) with shin splints. Any advice?

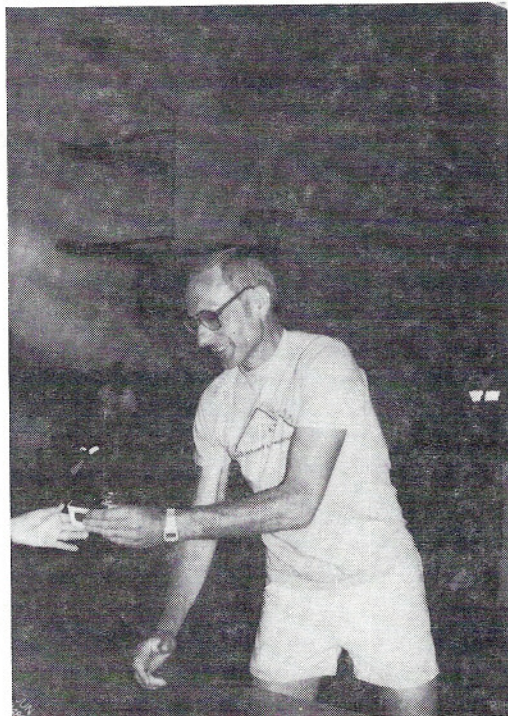
A Shin splint pain is felt in the front of the lower leg. The term "shin splint" is a symptom. It may be the primary problem for an individual who recently began to exercise and merely exceeded the body tissues' tolerance to activity. Or it can occur (and recur) secondary to pre-existing conditions that alter the alignment and flexibility of the lower leg. Treatments include running shoes with extra rearfoot cushioning and stability, avoiding hills and slanted surfaces, shock-absorbing insoles and resting on alternate days. If symptoms persist, seek the advice of a clinician.

DAN DYREK, MS, PT is director of Mass General Hospital Physical Therapy Associates.



NEW MEMBERS

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age</u>
Pamela Densmore 114 Summit Ter. #71 So. Portland, ME 04106	H767-1050 W774-2666	Accounting Regional Transportation	31
James Donald P.O. Box 983 8 Federal St. Brunswick, ME 04011	H729-5876 W774-8221	V.P. Credit Adminis. Casco Bank	47
Wendy Estabrook 8 Carriage Hill Dr. Windham, ME 04062	H892-5366	Sales - Hasbro	25
Christopher Gaudette 246 Cumberland St. Westbrook, ME 04092	H854-2221	Student	9
Matthew Hodges 48 Sylvan Road So. Portland, ME 04106	H767-3844	Student	15
Candace Karu P.O. Box 270 Ocean Avenue Kennebunkport, ME 04046	H967-4257	Writer - self	36
Sue Kingsbury P.O. Box 259 Kennebunkport, ME 04046	H967-4061	Accountant Arthur Young	25
Nancy Lund 4 Ocean Street Falmouth, ME 04105	H781-5607 W781-3661	Design & Layout Falmouth Forecaster	37
Thomas Menendez Wende Jenny Kate 20 Williams Drive Topsham, ME 04086	H729-8376 W883-8997	Cola Trans. - Mgmt.	35 36 8 7
Philip Meyers 29 Water St. Gorham, ME 04038	H839-4366 W879-8214	CRNA-Anesthesia Assoc.	44
Elizabeth Olivier 325B Middle Road Falmouth, ME 04105	H781-3801 W775-5831	Attorney Preti, Flaherty	32
Edward St. John 11 Gurnet Landing Rd. Brunswick, ME 04011	H725-5688	Engineer - U.S. Navy	49
Dan Sobel 72 Bowdoin St. Portland, ME 04102	H772-5017 W871-2553	Physician-Maine Medical	41
Tiffany Tobiassen 72 Machigone Street Portland, ME 04103	H774-2863	Student	16
Tim Weems 44 Thompson St. Brunswick, ME 04011	H729-7624	Student	13

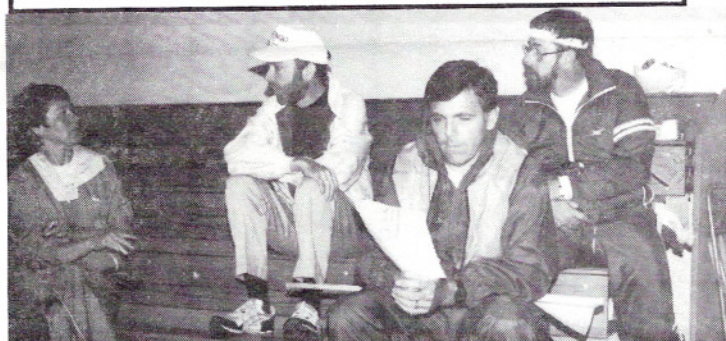


Bob Payne wins 50 and over
at Hoffmaster 5 miler



Subscribe to Maine Running & Outing

This is a *great* magazine for Maine athletes, listing all the upcoming running, biking and triathlon races, plus complete race results. See your name in print! Send \$15 to MR&O, PO Box 3399, Brewer, ME 04412, with your name and address, for a one year subscription.



Brenda Cushman, Bill Davenny, Don Penta (checking out race results!)

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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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First Class Mail

Bourgoin running after a challenge

Some people like a challenge. You know the type. A lean and hungry look. A penchant for pain. A climb-the-mountain-because-it-is-there attitude.

Take Bryant Bourgoin of Winslow. Bourgoin climbed his mountain, only he chose Pike's Peak in Colorado and made it a marathon. Bourgoin ran the 26.2 miles of Pike's Peak in 6 hours and 17 minutes in 1986, finishing 42nd out of 750 runners.

He's won the Brunswick 50-mile ultramarathon three times and ran his fastest 50-mile time on the course, 5:57 in 1984. He ran his fastest marathon, 2:42, at Sugarloaf the same year. He set a national record of 17:19:21 for 100 miles on a track for runners age 31 in 1982. And this year, somehow fittingly on April Fool's Day, Bourgoin placed seventh in a field of 52 at the national championship 100-mile race at Flushing Meadows Park in New York. Bourgoin's time, a personal best of 17:01, makes him the fastest 100-mile runner in Maine history.

"Every time I get halfway through one of these things, I say, 'Never again,'" Bourgoin said. "It's a real terrible thing. Every time I get done I hope I'll grow out of it."

When Bourgoin took up running in 1977, his goal was to run a marathon. By that October, he'd run the first of his 35 marathons (and 15 ultras) in 3:37.

"If you could finish something like that back then, you were superhuman," Bourgoin said. "If you ran two marathons, well, then you had some explaining to do."

Bourgoin's got plenty of explaining to do this time. On June 25, he finished the Western States 100-Mile Endurance Run in 25:38:19,

**Sara
Hobson**

On Running



finishing 115th in a field of 374 starters and 246 finishers.

Bourgoin, a mechanical engineer for Central Maine Power in Augusta, said the Western States trail run was "a whole different ballgame" from the rest of ultradistance running. To begin with, there's the course. It runs through the Sierra Nevada mountain range.

"I have a slight fear of heights," Bourgoin said. "You're running along this trail only two feet wide and you're 4,000 feet up. I tend to put the brakes on and creep along when it gets like that. People were going by me — men, women and children. Even Phil Pierce passed me at mile 40."

Pierce, 47, of Falmouth, finished 52nd in 22:55:21.

Bourgoin's training for the Western States included running up and down Mount Washington several times a week and training in heavy sweats to get acclimated to the heat.

During the race, Bourgoin fell twice, got a bloody nose and lost a couple of toenails. At one point, he stopped at a stream to wash the blood out of his shoes so the medical personnel at the next checkpoint wouldn't be tempted to pull him out of the race. His feet swelled so much that his shoes didn't fit for a week after the race.

"At 85 or 90 miles, when you know you're going to finish, you know you're doing something tre-

mendous that other people can't do. You're doing something that could kill the average person. It's an exhilarating feeling.

"I'd do it again," he added, "if they found a way to make it tougher."

Bourgoin, a member of the Central Maine Striders, trains up to 100 miles per week for an ultramarathon, 80 miles per week for a marathon and 60 miles per week in his offseason.

"Once I get started," he said, "I can see the finish line. A lot of it is blood and guts. But you develop a knack for letting your mind go into neutral. You can pass five or six hours on automatic pilot, with your legs just going along for the ride. Usually at about 20 miles, things start to smooth out. You fraternize with the other runners, have some munchies, and your legs don't mind being there. That lasts until about 50 miles."

Striders President Jerry Saint Amand called Bourgoin's accomplishments legendary.

"Bryant has pretty much set the stage for other Maine runners in the ultradistances," Saint Amand said. "The marathon distance was enough for most runners, but not for Bryant."

Bourgoin, class of '68 at Waterville High School, ran track for a few years. "I wasn't all that good," he said. "I couldn't break a 5-minute mile." In fact, Bourgoin didn't break five minutes in the mile until this year — at age 38.

Bourgoin will be 39 on Aug. 4. Distance runners, he said, tend to get tougher as they get older.

"I can't say it adds years to your life, but it does add life to your years," he said.

Bourgoin, who is sponsored by Caldwell Insurance of Waterville,



**Bryant Bourgoin
... running to new heights**

will run the Clarence DeMar Marathon in September and the Brunswick 50-miler later this fall.

"It's my best distance," he said. "Fifty-milers, I'll run to the death on those. It's kind of like running two marathons back-to-back, and I can run two just as fast as I can run one, though I'm not sure why."

Bourgoin is looking for his next challenge after Brunswick.

"I'm thinking about running Death Valley in California," Bourgoin said. "It's 80 miles across and 130 degrees out there. I'm wondering if they have a race out there..."

• Race information and noteworthy accomplishments may be sent to: Running, Maine Sunday Telegram Sports, P.O. Box 1460, Portland, Maine 04104.