



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

JULY, 1985 NEWSLETTER

OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	772-5781
Phil Pierce	- Secretary	781-3769
Bob Ayers	- Membership Chairman	799-7284

MTC WINS CONVENTION
BID!!!

NEXT MEMBERSHIP MEETING

July 10, 1985, at 7:00 p.m., at the SMVTI Auditorium. Michael D. Aitken, a Certified Athletic Trainer with Northeast Sports Medicine & Rehabilitation Center located at 1037 Forest Avenue in Portland, will speak on "Preventing Running Injuries."

Mr. Aitken, who holds a BS degree in Physical Education from Plymouth State College and an MS degree in Athletic Training from Indiana University, will discuss physiological factors, anatomical considerations, training errors, and the treatment and rehabilitation of injuries. A question and answer period will follow.

From 1976 to 1978, Mr. Aitken was Head Athletic Trainer at Frostburg State College and served as a Clinical Instructor and Assistant Professor at Cortland State College from 1978 to 1984.

Refreshments will follow the meeting, courtesy of Maine Savings Bank.

NEXT NEWSLETTER COMMITTEE MEETING

July 31, 1985, at 7:00 p.m., at the Maine Savings Bank board room on Congress Street (2nd floor). All members welcome. Material for the August newsletter should be submitted at this meeting.

TREASURER'S REPORT

Account Balance, May 31, 1985	\$1,017.50
Receipts	<u>2,004.00</u>
Disbursements	<u>491.29</u>
Account Balance, June 30, 1985	<u>\$2,530.21</u>
Baxter Boulevard Path	<u>\$10,112.96</u>

A complete Treasurer's Report will be available at the July 10, 1985 meeting.

Rick Strout, Treasurer



MEMBER PROFILE - David E. Paul, Jr.

Portland native, Dave Paul is only 40 years old, but his fame in the world of running in Maine is well established. He is also well known in the world of business. Not only has he been working for New England Telephone as a technician for 18 years, but two weeks ago, Dave was elected president of Local 2327 of the International Brotherhood of Electrical Workers (IBEW). If you are still not impressed, let us tell you that the IBEW is a 1,900-person organization statewide.

George Nadeau, an old friend of Dave and also a member of the Maine Track Club is the IBEW's full-time business manager and financial secretary. He and Dave started out as drinking buddies who somehow, instead, became running buddies.

Dave's world actually revolves around his three great loves. His wife and family is the first; the Boys' Club is the second, and running and the Maine Track Club is the third. Sounds like a well balanced situation to us, Dave. Sometimes it's hard to separate these three great loves for Dave.

For example, Dave started running 12 years ago when his four brothers told him he'd better not run because he was the oldest of eight children and at 28 years old, he was really much too old and fat to run. Dave took that as a challenge and has been running ever since. Now don't forget, 12 years ago runners were still considered weird around here, but Dave was pleasantly surprised when he found it to be exhilarating, relaxing, and a great reliever of stress. So he stuck with it and he's been great for the sport. Dave still comes to Maine Track Club meetings when he can, and continues to serve as race director for the Portland Boys' Club (April) and the James Bailey (September) races.

And why not? No one has more vested interest in the Maine Track Club today than Dave (with the possible exception of Brian Gillespie (Ziggy) and Charlie Scribner). In fact, Dave's first race ever was the James Bailey race in 1974. He loved it, and when Ziggy decided to phase down in 1975, Dave picked up the race as its director. This year, Lloyd Cook will co-chair it with Dave.

Separating the three great loves of his life is doubly difficult since his family is also into running. Brother Danny is a favorite local runner and a very successful coach, while Dave's son, Jeffrey, (now 14 years old) helped the Maine Track Club team win the 10 and under age group in 1980 at the TAC Nationals Championship in Amarillo, Texas (a first for MTC). The team included Dick Manthorne's son, Dave, also a member of the Club. Brother Walter, who was the number 6 child in Dave's family, was the State 2-mile high school Class A champion when he was at Cheverus. Back then, Dave played football and very much enjoyed beating brother, Danny, at tennis. To get even, Danny would run Dave out for a few miles.

Dave loves the Maine Track Club and does something about it. He directs races, maintains contact with its officers, comes to meetings, and keeps an eye on its progress from the background to make sure everything is OK. He loves the Boys' Club and has been active in their fundraising efforts. Last year, Dave was elected president of the Portland Boys' Club Alumni Association, and continues to serve in that capacity this year.

Family is always first on this list. Mom and Grandma still live on Kellogg Street right below the Observatory on Munjoy Hill where Dave was brought up. Now, he and Mel (spouse) are raising his four boys, ages 14 to 19, from a previous marriage. Jimmy is at Deering High in his 2nd year as a starting guard on the football team,

MEMBER PROFILE cont.

now weighing in at 185 lbs., and 5'10". He's also good at the shotput and discus besides being an outstanding student with a 95 average. Jeff is on the Honor Roll at Cathedral and plays on the basketball team. John just graduated from high school. He has been living in Oregon and expects to return to Maine shortly. He is active in the theatre. David (#3 son) is a sophomore in high school in ILLSBORO, Maine. He likes dirt bikes and taking cars apart. Dave met Mel at New England T & T (Haverhill, Massachusetts), and it was love at first sight. She married him in spite of the four boys, and everybody came out winners.

Some of Dave's fondest memories come from his years in running. He talks about running a 10-mile race in 1976 in Haverhill, Massachusetts, with all five brothers participating; the temperature was 95°. And meeting Jesse Owens, first person to win four Olympic gold medals, at a race in Charleston, West Virginia. He's also met Gail Barron, Frank Shorter, Jeff Galloway, and remembers well 1975 when Ziggy brought Bill Rogers to Maine for a 6-mile race at the old Falmouth High School course. Bill was still unknown at that time. He says back then, 30 to 50 people in a Maine race was considered a big field. Talk to Dave the next time you see him about the Sebago Lake Marathon. Fifteen started and six finished. This was in the mid-'70s, folks.

Beside working for AT&T, and looking after the family, Mel is also much involved with running, as you might expect. Somehow she got conned into serving as Central Control for both races Dave directs. Mel handles registrations, results and communications during the races, sometimes with the help of the entire family. When not working the races, she prefers to spend her time on yard sales and antique auctions.

The Maine Track Club wouldn't be as successful today as it is if it weren't for Dave and Mel Paul. THANKS is the least we can say, and hopefully may we look forward to many more years of their involvement.

CARTER DOME HIKE

The hike of Carter Dome and into Carter Notch was great fun and an excellent work-out for those who were able to come.

The day for the trip was beautiful and the views were spectacular. After the climb to the summit, we made our way into the Notch for lunch on the shore of a pond. The Notch was interesting to explore, particularly the rampart area, noted for its many caves. I am sorry for the short notice given about this hike. Herb Strom, Dick Lajoie, Sandy Wyman and I were talking of planning a possible over-night trip for those who would be interested. We would also like to plan a relatively easy hike so everyone could enjoy themselves with their spouses and children. These could be planned for August and September. Please let me hear from you at the next MTC meeting if you have any suggestions, or call me at 774-1431(W), or 767-5218(H).

Mike Reali

INTERVAL TRAINING

For those of you who are interested, interval training sessions are being held every Wednesday evening, 5:30 p.m., at the Portland Stadium. For more info, call Russ Connors at 799-8240(H), or Herb Strom at 799-7705(H).

COURSE MEASUREMENT

Maine National Bank

Greg Nelson, Maine TAC course certifier, found a subtraction error in the course measurements submitted for the Maine National Bank 5-mile fun run. This required the addition of 3.85 feet to the course which Bob Jolicoeur elected to add to the start line. Fortunately, time allowed the change to be made before the race was held on June 23rd. Certification is expected momentarily.

Cape Challenge

Barbara Coughlin and John Gale spent an entire day Thursday, June 20th measuring the Cape Challenge course. A new start has been established near the entrance to the Machine Tool Auditorium at SMVTI. Barbara said it was dangerous work because of the traffic, but she and John were very pleased with the results.

Clinic

Greg Nelson held a course measurement clinic in the Central Maine area on Sunday, June 30th. Ted Cunningham represented the Maine Track Club. Joe Washburn from the Maine Road Ramblers and Kathryn Tracey from Brunswick were also there. Bob Jolicoeur joined them for breakfast, discussion and the calibration process only. We learned that it takes half as much time to measure a course with two counters because each counter only needs to measure once. One serves as the check. We also learned that it is easier to use "marking paint." It sprays upside-down and does not clog up like regular spray paint.

It was a good day. Thanks, Greg, for putting on the clinic. The french toast and pancakes were great, too.

TRAVELING AROUND

1. Barbara and Bob Coughlin have decided to leave the country for Europe starting July 3rd for two weeks. They'll be visiting England, Ireland, Scotland and Wales. Bet they'll find a couple of road races somewhere out there!

Hey...maybe with Bob out of the country, some of us old masters will have a chance at one or two trophies before he gets back! Thanks for leaving, Bob...have a good trip, folks.

2. Denise Harlow - New England TAC track meet on June 26th. We hope to get more on this for next month's newsletter.

3. Orlando DeLogu - Word has it that he and spouse are leaving us for a year to Oregon. We hear that's great running country, Orlando. Best of luck...and we'll look forward to your return.

4. Peter Dube - The same source says Peter is just returning from Oregon after 2½ weeks. Maybe he should talk to Orlando? What's going on in Oregon anyway?

CONVENTION UPDATE

Harold Tinsley, President of the Road Runners Club of America, called Bob Jolicoeur at 10:00 p.m., on Sunday to advise that the Maine Track Club has been selected to host the 1986 RRCA Convention. In winning the bid, the Maine Track Club outdistanced 3 other bidders: Indianhead Track Club of Eau Claire, WI; Miami Runners Club of Miami, FL; and the Minnesota Distance Running Association of Minneapolis, MN.

NEW MEMBERS

This month we welcome the addition of 14 new households to our membership roster. In addition, Dee's wife, Renee has also joined as a family member. Our 200th member was Susan Young, spouse of Jon Young who owns and operates Jon Young's Furniture Market on Forest Avenue.

Name & Address	Phone	Occupation	Age/Other Interests
Lee Allen 17 Cartland Road S. Windham, ME 04082	W892-2241 H892-6332	Teacher-Windham Schools	30 - Soccer, basketball
Walter, Katherine, Robert & Maggie Christie RR1, Box 170 Freeport, ME 04032	W871-2592 H865-4316	Psychiatrist, Maine Med (W); Artist (K) Waynflete (R & M)	42(W); 40(K); 10(R); 9(M)
Thomas B. Courtice 735 Stevens Avenue Portland, ME 04103	W797-7261 H797-0236	President, Westbrook College	41
Roy P. Dunfey 23 Columbus Road Cape Elizabeth, ME 04107	W774-3744 H799-5105	Real Estate-Self- Employed	32 - Rugby, skiing, travel
Peter Holloway 446 Fore Street, Apt. 18 Portland, ME 04101	H772-7726	Production Worker, Oakhurst Dairy	43 - Model trains, coaching, rec programs
Scott T. Johnston 1246 Westbrook Street Portland, ME 04102	H773-3221	Student-Ithaca Casco Bay Lines (Summer job)	21 - Swimming, biking
Laura Krause & Stephen Palmer 535 Preble Street South Portland, ME 04106	H767-4656	Unemployed	32(L) & 26(S)
Norman M. LeClerc 12 Burnham Street Westbrook, ME 04092	W772-7411 H854-2640	Lineworker, CMP	36 - Camping, sports, coaching, tuffy foot- ball
Dennis McWhorter Box 139, River Rd., Apt. C Topsham, ME 04086	W865-3389 H729-8856	Manager-Mail Runner's Outlet	25 - Fishing, reading, officiating, team sports
Philip D. Meech P.O. Box 3, Rte. 25 Standish, ME 04084	W929-9911 H642-4094	Outside Plant Super- visor, Saco River T & T Company	34 - Historical archi- tecture
Craig Phillips 144 Rowe Avenue Portland, ME 04102	W282-4150 H879-0351		32
George P. Waterhouse 21 Green Street Bridgton, ME 04009	W647-5686 H647-5686	Carpenter-Better Homes, Bridgton	42
Michael White 696 Ocean Avenue Portland, ME 04103	W775-5811 H773-6573	Management/Accting Portland Press Herald	35
Susan Young 995 Sawyer Street South Portland, ME 04106	H799-3532	Mother	36 - Skiing, tennis, nutrition, her children, Alisa (5) & Zachary (3)

HAPPINESS IS LOTS OF NEW MEMBERS!

NEW MEMBERS cont.

Thanks to Widgery Thomas, "Dee" DePrez, Charlie Scribner, Harry Nelson, and Bob Jolicoeur for each sponsoring one new member this month. Also noted are new members using forms from the following sources: Athletic Attic - 2; Olympia - 2; and one each from the Mail Runner's Outlet (Freeport), and the Athlete's Foot. Thanks everyone for helping our Club grow.

Bob Quentin reports a change of address to: 33 Glenhaven Circle, Saco, ME 04072. Thanks to Lisa for notifying us. (Hope the baby and mom are doing fine.) Fran Brennan also sent us word of a new address. He now resides at: 3123 Mere Point Road, Brunswick, ME 04011.

As we mentioned earlier, Dee DePrez has added his wife, Renee, as a family member. Renee, age 53, is a payroll clerk at the Portland YMCA. In addition to running, Renee enjoys aerobics, cooking, tennis, golf, and traveling.

RACE RESULTS

From the July, 1985, issue of "Maine Running & Outing," we learn that new member, Dennis McWhorter placed 5th in the Kennebec Valley YMCA 10,000 Meter race held in Augusta on May 18th. His time was 36 minutes flat. Forty-six finished the race.

On May 27th, he finished 3rd in the Marsh Stream Stampede 10K Race in Monroe in a time of 34:01 behind Gerry Clapper and Stan Bickford. Fifty-one finished the race.

Nice going, Dennis. You may very well be the Club's fastest runner (after Joanie, of course).

Special Olympics - June 1, 1985 - Waterville

Nola Cook, 28, daughter of Lloyd and Joyce Cook, took two gold medals in the June 1st Maine Special Olympics at Colby College. Her first came in the 50-meter run, and then she also captured first place in the softball throw in her age group. Nola goes to Woodford's Practical Life Program in Portland.

Several of our members expressed strong interest in doing more for Special Olympics next year. If interested, please pass the word along to Charlie Scribner or Lloyd and Joyce Cook. It's a great event and is growing every year.

Peter Ott's 10K - June 2, 1985 - Camden - 194 Finishers

1. <u>Glendon Rand</u>	32:45.7
2. <u>Bruce Ellis</u>	33:21.6
3. <u>Bill Hine</u>	33:34
22. <u>Ann Marie Davee</u>	38:24.3 1st Woman
133. <u>Joan Lavin</u>	48:43



HOW TO RELAX

"In a race, it's harder work to lead than to follow. To take a break, fall in behind another runner for a while and let him worry about setting the pace."

Jim Fixx

RACE RESULTS cont.

Track - June 8, 1985

South Portland's Wanda Haney won the 1600 and 800 in the state Class A schoolgirl track title events on Saturday, June 8th at Thornton Academy. Nice going, Wanda. It's also nice to see you at many of the area's road races.

Portland, Maine, Evening Express, Monday, June 10, 1985

We hear tell that Brian Gillespie has been coaching Wanda this summer to get ready for the Fall season. (Oops! Hope we're not letting secrets out of the bag here.)

2nd Annual Appleton, Maine Biathlon - June 9, 1985

Nancy Stedman competed in the Appleton, Maine Biathlon which consisted of a 15-mile bike race and a 5-mile run. Nancy finished first among the women in the open category with a finish time of 1:29.26. Great job, Nancy! We're proud of you.

Baxter Island Cross Country - June 8, 1985 Falmouth, Maine

Ron Cedrone did this 3.2 mile race in 18:40. He came in first in the 30-39 age group, and 7th overall. It was also his first trophy. Bob Jolicoeur says he's been having trouble keeping up with Ron lately, and doesn't know if it's his heavy breathing that gives him away, or Ron is just getting too good.

Preliminary Results* - Portsmouth Market Square Day 10K Road Race - June 8, 1985 - 783 Finishers

Top Men

1. Guy Stearns	Portsmouth, NH	29:38
2. Hank Pfeifle	Kennebunk, ME	30:18
3. Robert Wilson	Portsmouth, NH	31:30

Top Women

? Kathy Brandell	University of NH	35:13
26. Kathleen Northrup	Durham, NH	35:57
28. Karen Dunn	Durham, NH	36:21

Maine Track Club Finishers

95. Frank Ferland	Cumberland	39:49
423. Russell Bradley	Cape Elizabeth	48:56
427. David Horne	Falmouth	49:00
439. Donald Penta	S. Windham	49:23

*Preliminary results may be as much as 30 seconds slow.



Staff Photo By Gordon Carter

Winning form

Wanda Haney of South Portland crosses the finish line to win the 800-meter run in Saturday's Class A girls state track meet at Thornton Academy. Haney was timed in 2:20.9. She also won the 1600-meter run.

TRAINING TIP

"The key to improvement is consistency: more miles per day, more days per year, more years of running. There are no shortcuts."

Jim Fixx

This month's newsletter courtesy of:

ONE
Maine Savings Bank

RACE RESULTS cont.

OFFICER FRIENDLY CHILDREN'S RACE

S. Portland Jun 9th

1 Mile

1. Steve Thombs	6:35
2. Danny Hatch	6:49
3. Ryan Kemna	6:53
4. Joe Wagnis	6:54
5. Jon Knight	6:55
6. Maura-Ellen Malia	6:59*
7. John Brennan	7:01
8. Mike Gallant	7:11
9. Erin Malia	7:12
10. Wade Bacheider	7:23
11. Becky Larry	7:28*
12. Bryan Harvie	7:30
13. Michail Butler	7:31
14. Billy Donnini	7:34
15. James Hews	7:34
16. Todd Andrews	7:44
17. Jaclyn Ouellette	7:48*
18. Patrick Thombs	7:49
19. James McDonald	7:50
20. Bryan Hamlen	7:54
21. Seth Robie	7:55
22. Debbie Akerley	7:56*
23. Michael Chase	7:58
24. Matthew Butler	8:03
25. Charles Brogan	8:07
26. Jennifer Cook	8:18*

27. Tommy Rand	8:21
28. Matthew Mills	8:22
29. Jason Bowen	8:23
30. Daniel Lydon	8:23
31. Eric Gilbert	8:25
32. Clifford Ginn	8:29
33. Matt Thompson	8:32
34. Chris Jalbert	8:35
35. Emily Piccuch	8:38*
36. Kurt Jalbert	8:39
37. Chris Whinery	8:40
38. Leslie Cedrone	8:41*
39. Patrick Rand	8:42
40. Teresa McDonald	8:45*
41. David Goulet	8:47
42. Drew Hews	8:55
43. Jennifer Rodrique	9:01*
44. Erica Pearl	9:10*
45. Cory Hamilton	9:14*
46. Kari Coyne	9:18*
47. Jason Cook	9:19
48. Jennifer Ginn	9:25*
49. Norman Harmon	9:30
50. Heidi McDonald	9:30*
51. Lisa Ring	9:32*
52. Alliea Grouppe	9:40*
53. Mark Smith	9:47
54. Katherine Darneille	9:49*
55. Chris Gailey	9:52
56. Thomas Foss	9:53
57. Scott Anderson	10:26
58. Denise Tremblay	10:27*
59. Mark Cedrone	10:47
60. Josh Jordan	10:53

61. Megan Kemni	10:54*
62. Kymberly Nelsen	11:34*
63. Melissa Braveman	11:35*
64. Alice Robie	11:38*
65. Katie Chase	11:40*
66. Emily Hawkins	11:42
67. Terry Whinery	11:46

3 Miler

1. Scott Gilbert	17:02
2. Lee Anderson	18:18
3. Matt Most	18:29
4. Cliff Gallant	18:46
5. Terri Jordan	21:00
6. Doug Robie	21:13
7. Todd Larry	21:29
8. Carrie Jordan	21:29*
9. Darren Wallach	22:14
10. Jim Gailey	23:16

Results courtesy of Bob Coughlin
Maine Track Club

I would like to thank the following Club members for their support on June 9: Kim Moody, Barb Coughlin, Sandy Wyman, Brenda Cushman

Bob Cushman, Bob Payne, Ron Cedrone, Don Penta, Frank Morong, John Keller, Charlie Scribner, Dick Lajoie, Russ Bradley, Jodi Morong, Mike Reali, Peter Maletta, John Gale, Widgery Thomas, Mike Towle, Sherri Towle, Lori Towle, and Jerry Roberts.

I also want to thank all those who contributed trophies to both the Terry Fox and Officer Friendly races.

Bob Coughlin, Race Director

THE GREAT MAINE RACE

Bailey's Island Jun 9th

15K Run

1. Lance Guilani	51:09
2. Dennis McWhorter	51:30
3. Jim Murphy	52:22
4. Peter Hagerman	52:57
5. Joe Bennett	55:03
6. Gary Cochrane 43	55:31
7. Mike Daly 40	56:02
8. Dave Smith	56:18
9. Patrick Connell	56:24
10. George Johnson, Jr.	57:45
11. Michael O'Connor	57:58
12. Dave Sier	58:42
13. Mark Seaman	59:20
14. Jack Dennen	59:28
15. Randy Wing	59:46
16. Bruce Bell 46	59:52
17. Dave Delois	60:18
18. Greg Bridgman	60:31

19. Bruce King	61:45
20. Bill Gayton 45	61:50
21. Robert Marquis 46	62:26
22. Fred Ward, Jr.	63:21
23. Kevin Shute	63:24
24. Howard Spence	63:32
25. Bruce Pooler	64:01
26. Robert Rines	64:30
27. Rick Mannette	64:38
28. Andy Abello 40	64:38
29. Matt Waddle	65:50
30. Charlie Gordon	65:51
31. Daniel Fisher	66:08
32. Don Brewer	66:29
33. John Elliott 50	66:35
34. Tracy Pooler	66:44*
35. David Prinall	67:07
36. William Donovan 45	67:23
37. Dawn Pelletier	68:25*
38. Card Rand 48	69:32
39. Roy Wells 41	69:44
40. Jane Dolley	69:54*
41. Carlton Mendell 63	71:46
42. Dave Conley 45	72:07
43. Paul McFarland, Jr. 41	74:02
44. Bill Perfetto	74:33
45. David Cappello	74:45
46. Wyatt Anderson	76:22

47. Nancy Slaughter	78:24*
48. David Rose	78:25
49. Jean Thomas 49	78:45*
50. Sandra Utterstrom 41	82:15*

6 Mile Canoe

War Canoe	51:18
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OC-2

Martin & Paradise	53:18
Soule & Morris	53:19
Varney & Davis	54:54

OC-1

Eric McNett	56:04
John Mathieu	57:07
Bob Morris	58:57

OC-2 Mixed

Thatcher & Keniston	62:56
Pratt & Pratt	65:48
Martin & Norton	66:04

Results courtesy of Robert Waddle
Race Director

STYLE

"Try not to bounce up and down as you run. Instead, keep your head as level as possible. It's forward movement you want, not vertical."

Jim Fixx

RACE RESULTS cont.

Corporate Cup - June 15, 1985 (Massachusetts)

UM NEWS (Union Mutual News) reported on the June 15, 1985, Corporate Cup indicating great enthusiasm from the team. Six Maine Track Club members were there to help. Performances reported were as follows:

	Distance	Time
Jane Dolley	5K	22.4
	800	2:55
Fran Brennan (President's Relay)	440	65.7
	220	30.0
Dave Canarie	800	2:34
Vin Skinner	10K	40:40
	1 Mile	5:14
Greg Dugas	10K	39:15
	1 Mile	5:20



Jane Dolley guts it out to the finish of the Women's Open 5-K Road Race to earn eighth place.

We don't have a reading on Barbara Coughlin's times, but she teamed with Jane Dolley and Terri Morris (another Union Mutual employee) to place 8th in the President's Relay

Rookie team makes strong first showing

Union Mutual's 25-member team was supported by its Wellness Program and Corporate Marketing and Communications as an opportunity to spread the word that physical fitness is good business.

Nubble Light 10K, York, Maine - June 15, 1985

Bob Cushman 44:51

Doc's Tavern 3-Miler - June 21, 1985

Bob Cushman 20:13
Brenda Cushman 25:34

We'll try to have more on the Doc's Tavern and La Kermesse Franco-Americaine road races for the next newsletter. Both were 3 miles conducted in Biddeford (fast territory). Many members ran Doc's. Bob Jolicoeur, Bob Payne, and Susan Young ran La Kermesse on June 28, 1985.

1985 Mt. Washington Road Race - 7.6 Miles - June 22, 1985

Moody places second in hill run

MOUNT WASHINGTON, N.H. (AP) — A 29-year-old Massachusetts man crossed the finish line first in this weekend's silver anniversary running of the 7.6-mile race to the 6,288-foot summit of Mount Washington.

A Concord woman set a new women's record by nearly five minutes in Saturday's annual event.

Robert Hodge, of Wellesley, Mass., got the \$100 first prize and a trophy for covering the course in a time of 1:01:32, 19 seconds off the course record set last year by third-place finisher Gary Crossan, 27, of Amherst, Mass.

Keith Woodward, 34, of Craftsbury Common, Vt., was second in 1:03:06. Crossan, a Rochester native who has won the race three times, finished in 1:04:45.

The old women's record of 1:19:14 was set in 1979 by Martha Rockwell, a Strafford, Vt., resident who coaches the Dartmouth College women's ski team.

Second place went to Kimberly Moody, 30, of Portland, Maine. Her time was 1:23:16. Sally Zimmer, 26, of Windsor, Conn., finished third in 1:24:38.

Men

1. Bob Hodge	1:01.32
2. Keith Woodman	1:03.06
3. Gary Crossman	1:04.45

Women

1. Chris Maisto	1:14.25
2. Kim Moody	1:23.16
3. Sally Zimmerman	1:24.38

Other Club members completing the climb were:

Bob Coughlin	1:24
Mike Reali	1:33
Gordon Chamberlain	1:38
Herb Strom	1:45
Barb Coughlin	1:43
Jane Dolley	1:43
Russ Connors	1:43



RACE RESULTS cont.

Mt. Washington Road Race cont.

Everyone had a great time, but we understand Mike Reali's Tempo loaded with six people for the return trip down wasn't up to the task. Not only did the brakes start smoking, but when they arrived at the bottom there were bubbles in the automatic transmission fuel. That's "hot," folks! The race director has agreed to hold 25 spots for MTC members next year.

Maine National Bank 5-Mile Run for Fun - Sunday, June 23, 1985 - 475 Finishers

The results of the Maine National Bank Run For Fun, held in Portland, Sunday, June 23:

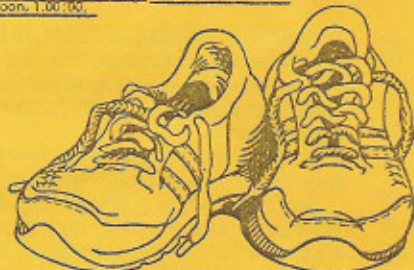
1. Stuart Hoan, 24:52; 2. Doug Ingersoll, 25:31; 3. Rick Garcia, 25:33; 4. Andrew Whalen, 25:34; 5. Jeffrey Meserve, 25:38; 6. Kim Wettlaufer, 25:51; 7. Rock Green, 25:59; 8. George Backus, 26:08; 9. unknown, 26:10; 10. Peter Tuba, 26:42; 11. Edward Kimball, 26:50; 12. unknown, 27:04; 13. Kevin Lyons, 27:12; 14. Rick Fritz, 27:19; 15. Todd McGraw, 27:26; 16. unknown, 27:27; 17. David Libby, 27:33; 18. unknown, 27:42; 19. unknown, 27:47; 20. Mark Goggin, 27:55; 21. John James, 27:58; 22. Mike Cirillo, 28:09; 23. Jack Mercier, 28:15; 24. Joe Bennett, 28:20; 25. Corey New, 28:22; 26. Joel Russ, 28:29; 27. unknown, 28:33; 28. Graydon Stevens, 28:38; 29. Peter Connolly, 28:40; 30. Stephen Brown, 28:45; 31. Roland Moulton, 28:52; 32. John Moore, 28:53; 33. Sam Merrill, 28:57; 34. Stephen Fleut, 28:58; 35. David Smith, 29:01; 36. Bob Coughlin, 29:05; 37. Muzzy Barlow, 29:12; 38. Phil Velina, 29:14; 39. Brad Berry, 29:18; 40. Bob Austin, 29:20; 41. Steve Douglas, 29:24; 42. Fred Kortner, 29:26; 43. John Creasy, 29:27; 44. Brian Milliken, 29:32; 45. Anthony Lombardo, 29:36; 46. Jim Harmon, 29:37; 47. Ray Johnson, 29:38; 48. Randy Jordan Jr., 29:42; 49. Paul Conley, 29:42; 50. Gregory Dugas, 29:43; 51. Peter Flaherty, 29:48; 52. Bob Provost, 29:50; 53. Howard Chadbourne, 29:51; 54. David Frederick, 29:52; 55. Dan Greenleaf, 29:55; 56. Chase Gray, 30:04; 57. Brian Daly, 30:08; 58. Peter Gosselin, 30:08; 59. Charlie Woodcock, 30:09; 60. Tom Frederick, 30:09; 61. Bob Villanueva, 30:11; 62. Bill Bennett, 30:12; 63. James Gillis, 30:15; 64. John Burke, 30:17; 65. unknown, 30:21; 66. Ben Cede, 30:25; 67. Stephen Barham, 30:26; 68. Mark Snow, 30:27; 69. Ray Shevenell, 30:31; 70. John Lunt, 30:34; 71. unknown, 30:36; 72. Paul Thibault, 30:37; 73. David Kimball, 30:38; 74. Tom Allen, 30:39; 75. Francis Farland, 30:40; 76. John Edwards, 30:42; 77. Kenneth Rosen, 30:42; 78. Don Best, 30:45; 79. John Coray, 30:51; 80. Steven Goggin, 30:52; 81. Steve Ross, 30:53; 82. Scott Strout, 30:55; 83. Ken Newsome, 30:59; 84. unknown, 30:59; 85. Austin Farrar, 31:00; 86. Robert Pollock, 31:01; 87. Thomas Bossois, 31:07; 88. unknown, 31:08; 89. David Dowling, 31:10; 90. Debbie Sawyer, 31:19; 91. Paul Prescott, 31:22; 92. Tom Cannon, 31:23; 93. Harry Schmitke, 31:24; 94. Rick Rand, 31:24; 95. Stewart Jordan, 31:26; 96. Bill Pavisko, 31:27; 97. Tim Berry, 31:28; 98. Gary Flick, 31:29; 99. Steve Shuff, 31:29; 100. Thomas Carli, 31:30; 101. Scott Spaulding, 31:37; 102. Joe Reali, 31:38; 103. David Freeman, 31:38; 104. Jason Burrill, 31:39; 105. Jul Muench, 31:39; 106. Richard Littlefield, 31:43; 107. Bob Gennin, 31:44; 108. Frank Kimball, 31:45; 109. Barry Hawgate, 31:46; 110. Denise Harlow, 31:47; 111. Geoffrey Cyr, 31:48; 112. Albert Butler, 31:54; 113. Dick Laine, 31:55; 114. Wendell, 31:59; 115. Bruce Lombardi, 32:04; 116. Ron Goulette, 32:12; 117. D. Moody, 32:16; 118. David Trussell, 32:17; 119. Don Stowell, 32:18; 120. Terry Clark, 32:18; 121. Kevin Salomone, 32:23; 122. Gerald Willes, 32:33; 123. Thomas Bradley, 32:33; 124. Rick Strout, 32:38; 125. Mark Dorsey, 32:38; 126. Mike Wille-Meredith, 32:40; 127. Frank Donahue, 32:46; 128. Cliff Knight, 32:48; 129. Peter Vachon, 32:48; 130. Joe Cesta, 32:48; 131. Michael Gendron, 32:49; 132. David Canarie, 32:51; 133. Carl LeDante, 32:58; 134. Desmond Hodgkin, 32:57; 135. Peter Carleton, 32:58; 136. Kevin Shute, 33:04; 137. Joseph Anehan, 33:05; 138. Felice Worcester, 33:05; 139. Virginia Vendrell, 33:11; 140. David Enberg, 33:12; 141. Gerald Stone, 33:16; 142. Bill Muldoon, 33:16; 143. Perrin Peterson, 33:19; 144. Valerie Hodgkin, 33:22; 145. Barry Sorent, 33:23; 146. Carol McRea, 33:31; 147. Craig Schmidt, 33:32; 148. Gary Blonchard, 33:32; 149. unknown, 33:32; 150. David Libby, 33:34; 151. Frank Marano, 33:37; 152. Lee Crocker, 33:38; 153. Wynne Fordham, 33:41; 154. Orlando Delaney, 33:41; 155. Michael Barben, 33:49; 156. Dale Rines, 33:51; 157. Gehris Johnson, 33:51; 158. Travis Kinney, 33:53; 159. Norman Laforune, 33:55; 160. Jilliane Decker, 33:55; 161. Peter Mallett, 33:57; 162. Dennis Currier, 34:05; 163. Art Porter, 34:08; 164. Gary Monroe, 34:08; 165. Richard Schriener, 34:09; 166. Robert Handy Jr., 34:10; 167. Karen Dinsmore, 34:13; 168. Gilbert Cole, 34:14; 169. Gail Kinney, 34:16; 170. David Benham, 34:17; 171. Philip Pierce, 34:22; 172. Peter Delroy, 34:23; 173. Larry Pelletier, 34:29; 174. unknown, 34:34; 175. John Reali, 34:35; 176. Thomas Hill Jr., 34:36; 177. Jerry St. Amand, 34:38; 178. Bob Cushman, 34:31; 179. Donald McGilvery, 34:42; 180. William Whelan, 34:45; 181. Henry Wolstat, 34:48; 182. unknown, 34:48; 183. Daniel Donatelli, 34:50; 184. Tony Kinney, 34:51; 185. Peter Hallaway, 34:51; 186. Walter Smith, 34:52; 187. Christopher Newell, 34:57; 188. Terri Jordan, 34:59; 189. Andy Seilly, 35:00; 190. Peter McDonald, 35:09; 191. Elizabeth Putman, 35:01; 192. Duain Simpson, 35:03; 193. Timothy Quinn, 35:04; 194. Ken Casey, 35:08; 195. Dave Merrill, 35:10; 196. Gary Johnson, 35:11; 197. Walter Quinn, 35:12; 198. Karl Turner, 35:12; 199. David O'Brien, 35:13; 200. unknown, 35:13; 201. Richard Jewell, 35:13; 202. Kermit Lioez, 35:14; 203. Kenneth Brennan, 35:19; 204. Jerie Buebes, 35:20; 205. Louise Desjardins, 35:21; 206. Bertina Cleaves, 35:22; 207. Steve Strout, 35:24; 208. Arthur Chapman III, 35:29; 209. Kevin Duff, 35:26; 210. Dawn Darlino, 35:27; 211. Roger Mills, 35:31; 212. Jack Kronberg, 35:33; 213. John Ortolis, 35:34; 214. Dana O'Donnell, 35:34; 215. unknown, 35:34; 216. Richard Robichaud, 35:35; 217. Bill Barlett, 35:35; 218. Jonathan Flink, 35:35; 219. Elaine Resina, 35:36; 220. Bob Donnell, 35:36; 221. Veronica Knight, 35:37; 222. Robert Flink, 35:38; 223. Bill Jensen, 35:43; 224. Gary Gifford, 35:47; 225. Andrew Haslam, 35:48; 226. Philip Allen Jr., 35:52; 227. Paul Pierce, 35:55; 228. Debbie Marin, 35:57; 229. unknown, 35:59; 230. Bobby Bowen, 36:00; 231. Bob Hazzard, 36:03; 232. Barbara Coughlin, 36:04; 233. unknown, 36:10; 234. John Love, 36:10; 235. Fred Stone, 36:11; 236. Perley Hodgkin, 36:13; 237. Richard Goulet, 36:14; 238. Edward Lopes, 36:18; 239. unknown, 36:20; 240. Chris Neppie, 36:19; 241. Robert Dimick, 36:21; 242. Michael Stone, 36:23; 243. Dave Parkhurst Jr., 36:24; 244. Bill Elbee, 36:24; 245. Stoddard Chaplin, 36:26; 246. Kim Dalrymple, 36:28; 247. Ralph Hughes, 36:30; 248. Natalie Buzell, 36:36; 249. Frank Martin, 36:37; 250. Bob Dubois, 36:38; 251. Michael Roussin, 36:42; 252. Donald Millett, 36:48; 253. Paul D'Amboise, 36:53; 254. Joseph Wolfman, 36:57; 255. Lawrence Main, 36:59; 256. Tim Barthelme, 37:02; 257. Gerard Cassidy, 37:02; 258. Richard Dudley, 37:03; 259. Denise Bouchard, 37:05; 260. Tim Kiely, 37:06; 261. David Body, 37:07; 262. Sarah Prybrom, 37:07; 263. Lenora Felker, 37:08; 264. Barbara Foster, 37:09; 265. Craig Conley, 37:11; 266. Scott Decker, 37:12; 267. Jon Sassi, 37:12; 268. Norman Nunon Sr., 37:15; 269. Ralph Baxter Sr., 37:16; 270. Joan Lavin, 37:18; 271. John MacRae, 37:19; 272. Amanda Lombert, 37:20; 273. John Kendall, 37:25; 274. Eorlie Harvey, 37:28; 275. unknown, 37:28; 276. Marcel Bouchard, 37:35; 277. John Reed, 37:37; 278. Joel Marano, 37:38; 279. Dennis Smith, 37:39; 280. Scott New, 37:40; 281. Steve Harris, 37:40; 282. Stephen Graw, 37:42; 283. Tomi Clarke, 37:47; 284. Patty Medina, 37:52; 285. Bryan Dupree, 37:52; 286. Robert Frazer, 37:56; 287. Steve Goodwin, 37:58; 288. Jean Bennett, 37:59; 289. Patricia Dunham, 37:59; 290. Russ Bradley, 38:01; 291. Stephen Goulet, 38:07; 292. Donald Croteau, 38:03; 293. Michael Gerity, 38:05; 294. Tom Norlon, 38:08; 295. Jennifer Wilson, 38:06; 296. Tracy Adams, 38:07; 297. Donald Wilson, 38:11; 298. Bob Gregerson, 38:15; 299. Eliza Booth, 38:16; 300. Carl Foon, 38:17; 301. Kenneth Roy, 38:23; 302. Sandy Dunbar, 38:23; 303. Howard Hovey, 38:26; 304. Donna LaPierre, 38:27; 305. Monica Knight, 38:29; 306. Maria Reali, 38:30; 307. James Cyr, 38:37; 308. unknown, 38:45; 309. unknown, 38:46; 310. John Doolittle, 38:50; 311. Richard Dudley, 38:52; 312. Jerri Bushey, 38:53; 313. Dick Doolittle, 38:54; 314. Brian Wallace, 38:54; 315. Clara Broadhead, 39:01; 316. Bill Webster, 39:09; 317. Gary Belrose, 39:13; 318. Jerry Harkavy, 39:17; 319. Gerald Cecil, 39:17; 320. Robb Friedman, 39:17; 321. unknown, 39:18; 322. Wayne Kane, 39:23; 323. Barney Schneider, 39:25; 324. Richard Cunningham, 39:26; 325. Kevin McQuinn, 39:29; 326. Bert Andrews, 39:35; 327. Corie Jordan, 39:36; 328. Chris Jones, 39:39; 329. Nancy Altendorf, 39:41; 330. Lanny Corrali, 39:42; 331. John Voorhees, 39:50; 332. unknown, 39:53; 333. Yvette Knight, 39:52; 334. John Coruso, 39:53; 335. John Kosnow, 39:58; 336. Lloyd Hatch, 40:00; 337. Leon Gorman, 40:06; 338. Cheryl Davis, 40:09; 339. Maggie Guthrie, 40:10; 340. Clifford Allen, 40:12; 341. Robert Caran, 40:15; 342. Michael Cobb, 40:16; 343. Laurel Kane, 40:16; 344. William Devany, 40:17; 345. Wayne Merritt, 40:18; 346. Donald Demmons, 40:20; 347. William Keniston, 40:21; 348. Cornell Knight, 40:30; 349. Donald Lewis, 40:31; 350. Don Peap, 40:32; 351. Ralph Roberts, 40:33; 352. Christine Johnston, 40:33; 353. David Mosley, 40:35; 354. Suzanne Thivierge, 40:35; 355. Jesse McDougall, 40:36; 356. Nancy Slaughter, 40:40; 357. Nathan Morris, 40:45; 358. Georgianna Hogerty, 40:48; 359. Doug Bailly, 40:52; 360. Henry Brunell, 40:53; 361. John Bride, 40:53; 362. Bruce Bailly, 40:54; 363. Robert Currier, 40:55; 364. Harry Giddings, 40:58; 365. Tom Carmody, 40:58; 366. Rick McGowan, 40:59; 367. David Flaherty, 41:04; 368. Kathy MacVane, 41:06; 369. Michael Roy, 41:07; 370. unknown, 371. Donald Johnson, 41:24; 372. Addy Harkov, 41:26; 373. Dana Dresser, 41:29; 374. Jerry Henderson, 41:30; 375. Libby McLeod, 41:33; 376. Michael Cahill, 41:35; 377. Florence Alberli, 41:37; 378. Carlo Culver, 41:39; 379. Richard Heath, 41:43; 380. Jerry Gordini, 41:43; 381. Wayne Feigenbaum, 41:44; 382. Michael Reali, 41:46; 383. Torrie Dorsey, 41:58; 384. Lynn Sicurd, 41:59; 385. Fred Pelton, 41:59; 386. Francine Currier, 42:11; 387. Robert Delaney, 42:12; 388. Charles Hews, 42:13; 389. Diane Hanscom, 42:25; 390. Heidi McDonald, 42:29; 391. Elizabeth Barthelme, 42:37; 392. James McGovern, 42:38; 393. Charles McKee, 42:40; 394. John Thomas, 42:44; 395. Sylvia Lamb, 42:59; 396. Jan Phillips, 42:59; 397. Rupert White, 43:01; 398. Sandra Witter, 43:06; 399. Hugh Zwicker, 43:08; 400. Bruce Fenton, 43:08; 401. Aaron Werner, 43:11; 402. unknown, 43:12; 403. Charles Pfeffer, 43:19; 404. James Correll, 43:26; 405. Frank Stenson, 43:35; 406. Bruce Hamlin, 43:35; 407. Ray Paquette, 43:39; 408. Joseph Capelluti, 43:45; 409. James Martin, 43:47; 410. Jennifer Reali, 43:48; 411. Marlene Reali, 43:48; 412. William Mills Jr., 43:49; 413. Bob MacMath, 43:53; 414. Debbie Despres, 43:53; 415. Katherine Foley, 43:56; 416. Patricia Keniston, 43:58; 417. Kim Vandermolen, 44:00; 418. unknown, 44:03; 419. Don Michaud, 44:03; 420. William Turkewitz, 44:04; 421. Holly Bernslem, 44:14; 422. Wilbur Holmes, 44:37; 423. Standish Bourne Jr., 44:38; 424. Jenny Poop, 44:39; 425. Caroline Sinclair, 44:43; 426. Carlo Giobbi, 44:45; 427. Tom Hennessy, 44:45; 428. Sarah Lovegreen, 44:48; 429. Kay Conley, 44:48; 430. Sally Peterson, 44:50; 431. Marvonne Burrill, 44:57; 432. Dale Prue, 45:03; 433. Susan Childs, 45:13; 434. James Lohmeyer, 45:13; 435. Robert Greenfield, 45:25; 436. Alison Brown, 45:33; 437. Nancy Harris, 45:37; 438. John Steadman, 45:43; 439. unknown, 45:43; 440. unknown, 45:50; 441. unknown, 45:58; 442. Patricia Monroe, 46:05; 443. Stephen Sleisak, 46:07; 444. Irene Morris, 46:13; 445. Brenda Cushman, 46:14; 446. Susan Schriener, 46:15; 447. Ellen Poop, 46:18; 448. Dee Nicely, 46:26; 449. Paul Chamberlain, 46:28; 450. Beverly Walker, 46:38; 451. Cindy Anderson, 46:39; 452. Cindy Bruce, 46:39; 453. Luther Lovely, 46:41; 454. Meg Barthelme, 46:48; 455. Vicki Brewer, 46:54; 456. Susan Greenfield, 47:52; 457. Frank Long, 47:59; 458. Mary Ann Currier, 48:02; 459. Adele Hutchins, 48:11; 460. Lloyd Holmes, 48:22; 461. Woody Woodbury, 48:26; 462. Michael Dubois, 48:30; 463. Emily Mosher, 49:02; 464. Karen Hall, 49:02; 465. Suzanne Dubois, 49:02; 466. Deborah Moorey, 49:03; 467. Gail Libbey, 49:18; 468. Katherine Peck, 49:35; 469. Carol Wooten, 49:36; 470. Joann Martin, 49:57; 471. Karen Michoud, 51:33; 472. Daria Henri, 56:40; 473. Heather Jackson, 56:53; 474. Joe Wildman, 57:25; 475. Marlene Mueggen, 1:00:00.

HOW MUCH TO RUN

"Being enthusiastic on race day can enhance performance by stimulating the flow of adrenaline. Yes, it does pay to get psyched."

"There's no such thing as a runner's high; there is only a nonrunner's low."

Jim Fixx



RACE RESULTS cont.

Maine National Bank Run for Fun cont.

Hogan glides easily to Run for Fun crown

By JON RUMMLER

All the past winners of the Maine National Bank 5-mile Run for Fun passed up the eighth annual event Sunday, giving Old Orchard Beach's Stu Hogan an easy victory over a field of 475 participants in downtown Portland.

The 23-year-old Old Orchard Beach native covered the newly certified course in 24:52, 39 seconds ahead of second place finisher Doug Ingersoll of Freeport. Rick Garcia from St. Joseph's College finished third in 25:33.

In the women's race, red-haired Debbie Sawyer captured her second straight Bank title, posting a 31:19. The 32-year-old Portland resident defeated Catherine McAuley High sophomore Denise Harlow by 28 seconds. South Portland's Wanda Haney finished third in 31:59.

Hogan said he had decided to run the race Saturday while lounging on the beach. And in retrospect, was very pleased with his decision.

"I had expected Bob Winn (1983 winner) and Hank Pfeife to be here," Hogan said afterward. "I didn't think I'd win."

"I'm very happy. This is my sixth sub 25:00 5-

miler this year. I'm happy that I've been running much more consistently."

Hogan, who graduated from St. Joe's this year, planned to take it out conservatively with Garcia. He said the two of them went through the mile together in 4:50. At that point he picked it up, pulling away from Garcia.

"I was very controlled all the way," Hogan said. "The only surge I put on was after the mile. Then I just cruised in."

Meanwhile, the congested pack of Ingersoll, Andrew Whelan (4th), Jeff Meserve (5th), Kim Wetlauffer (6th) and Rock Green (7th) battled for second.

"We ran together all the way down to St. John street," said Ingersoll, referring to the 3½ mile point. "At four miles I picked it up a bit to catch up to Rick (Garcia)."

"I wasn't looking forward to going up Prebble Street hill at the end. It was there after the right hand turn that I went by Garcia."

In the women's contest, Sawyer and Harlow each followed their pre-race strategies. Harlow took it out fast while Sawyer went out more conservative, keeping Harlow within sight.

"I always go out fast," Harlow said. "I find if I go out slow I just get slower anyway."

Capturing her second race in three days for the second straight year — she won her second Doc's

Tavern 3-miler Friday — Sawyer caught and past Harlow just past the halfway point.

"She was the one I had on my mind," Sawyer said of Harlow. "She usually beats me. I felt real relaxed the whole way. I went right by her at 2½ miles."



As onlookers line Temple St., Stu Hogan breaks the tape to capture the 8th annual Maine National Bank Run for Fun Sunday.

(Portland Press Herald - June 24, 1985)

JB1 Run 4-Miler (Spring Point Festival) - South Portland, June 29, 1985 - 284 Finishers

1. Peter Grant	20:42	97. Barbara Coughlin	27:19
2. Kevin Lyons	20:44	99. Raphael DePrez	27:26
3. Eric Schoening	21:01	106. Fran Brennan	27:57
4. Dennis McWhorter	21:03	107. Fred Stone	28:02
13. Bob Coughlin	22:39	126. Dave Horne	28:57
26. Peter Bastow	23:39	133. Russ Bradley	29:11
29. Robert Jolicoeur	23:45	137. Joan Lavin	29:31
42. Steve Woodsum	24:40	150. Erik Worcester	30:10
48. David Canarie	25:00	152. James Legere	30:20
56. Rick Strout	25:19	171. Marion Leschey	31:21
60. Wanda Haney	25:39	189. James McGovern	32:19
67. Frank Morong	26:10	209. Sandra Utterstrom	34:12
70. Brian Alward	26:19	222. Brenda Cushman	35:43
75. Peter Holloway	26:30	223. Patricia Monroe	35:52
76. Roy Morejon	26:32	234. Charles Sloan	37:32
87. Gary Monroe	27:08	278. Richard Joseph	51:38
88. Herb Strom	27:08		
95. Bob Cushman	27:18		

WESTERN STATES 100-MILER

Kim Moody is at it again...this time she's after 1st place. By Wednesday night's meeting, it should be all over since the race is being conducted July 6 and 7, according to our sources. Good luck, Kim, and have a speedy recovery...don't hurt yourself.

RACE RESULTS cont.

Portland, Maine, Press Herald,

Friday, July 5, 1985

Benoit, Winn cop Bean race

FREEMONT — Olympic marathon winner Joan Benoit, out for a hometown fun run, breezed past her nearest competitor by nearly three minutes in the L.L. Bean Fourth of July 10K road race here Thursday.

Benoit, entered under her married name, Joan Samuelson, finished the race in 34 minutes, 25 seconds for 13th overall.

Like Benoit, Bob Winn was an easy winner in the men's division in 30:48. University of Maine runner Jon Rummel finished second in 32:19 — 26 seconds ahead of Doug Ingersoll in third.

Rock Green, the overall winner in the men's 30-39-year-old division finished fourth overall in 32:47. Other men's division winners were: Lawson Noyes (40-49) in 34:55; John Sullivan (50 and over) in 37:55; and Steward Jordan (L.L. Bean employee) in 39:21.

With Benoit running away from the women's division, former UMO standout Rose Prest had an easy time for second place in 37:24, with Linda St. Laurent finishing in 38:32 for third place. The women's division winners were: Jane Welzel (30-39) in 40:43; Donna LaPierre (40-49) in 48:33; Natlie Buzzell (50 and over) in 46:16; and Gay Thomas (L.L. Bean employee) in 44:47.

□ □ □

At Bridgton, Andy Halpin beat 566 runners home in the Four on the Fourth Road Race.

Halpin, the overall winner in the 19-29 men's age group, covered the four-mile distance in 19:54.

Sarah Day, running in the 19-29 category, finished nearly a minute ahead of her nearest challenger to win the overall women's title in 23:26.

Other male division winners were: Erik Worcester (10-under) in 30:44; Tory Resau (11-13) in 24:48; James Kimball (14-18) in 20:29; Stephen Desisto (30-39) in 20:53; Lynn Presdy (40-49) in 22:56; Larry O'Connor (50-59) in 26:08; and Carlton Mendel (60-up) in 28:15.

Other female division winners were: Rebecca Kadish (10-under) in 39:25; Wendy Buffington (11-13) in 27:39; Donna Hubert (14-18) in 26:06; Debbie Sawyer (30-39) in 25:50; Mardi Reed (40-49) in 25:03; Mildred Bloom (50-59) in 35:17; and Helen Mellor (60-up) in 46:37.

other events per year — officers excluded.)

*Here's what Nancy wrote us for the newsletter:

The Maine Track Club and The Athletic Attic are co-sponsoring Portland's Perfect 10K road race and 2-mile fun run on Sunday, July 14, 1985, at 8:00 a.m. Both races benefit the Back Cove Running Path Project which is to resurface the 2-mile footpath once \$30,000 is collected.

Help support the project by entering the race or volunteering to work at the race. MTC volunteers are needed. If you can help, call Nancy Stedman at 774-4013 evenings (8-10 p.m.).

A short meeting of all volunteers for the Perfect 10K will be held right after the July MTC meeting which is on Wednesday, July 10th at 7:00 p.m., at SMVTI. Doug Ingersoll, manager of the Athletic Attic and race director, will briefly go over the race schedule. If you cannot attend the meeting and are a volunteer please be at the Athletic Attic, Back Cove, Forest Avenue, Portland at 6:45 a.m., on July 14th.

AWARDS COMMITTEE

An Awards Committee to be chaired by Bob Jolicoeur is being formed to help select the most deserving members. Awards are to be presented at the Annual Banquet Sunday, December 1, 1985, at Verrillo's Convention Center.

In January, 1985, we announced that the Club would present the following awards this year in addition to the traditional ones: Most Miles Run, Most Races Run, Most Race Miles Run, Most Road Races Worked (Committee Chairman ineligible), Most Days Run, Most New Members Recruited (Chair not eligible). It's not too late to rev up your performance on all these scores. Jane Dolley, Charlie Scribner, Bob Payne, Art Quint, and Russ Connors are expected to serve on this committee. Anyone else familiar with what our members are doing are most welcome to join the group. Just give Bob a call.

HOW TO MAKE NEW FRIENDS

We've got a great idea for you on how to make new friends fast. Here it is...volunteer to help with the following upcoming races:

- | | | |
|---------|-------------------------------|----------|
| 7/14/85 | - Athletic Attic Perfect 10K | |
| | Nancy Shaboski Stedman* | 774-4013 |
| | Ted Cunningham | 646-9516 |
| 7/20/85 | - Pat's Pizza (Clam Festival) | |
| | Wesley Rothermel | 846-4314 |
| 8/18/85 | - The Goodsports 10-Miler | |
| | Charlie Scribner | 772-5781 |
| 9/8/85 | - Cape Challenge | |
| | Jane Dolley | 846-6018 |
| | Barbara Coughlin | 883-9659 |

Call these race directors now and sign up. It's easy work, very satisfying, and will satisfy one of your major obligations as a member of the Maine Track Club. (Each member is expected to work 3 races or

BACK COVE FOOTPATH

The Back Cove Footpath has become big news with two major articles running on June 15 and July 3, 1985. In addition, WCSH TV6 ran a 2-minute feature on the 11:00 p.m., sports news Tuesday, June 25th and the Wednesday 6:00 p.m., news. Interviews included Club president, Bob Jolicoeur, and Larry Meade of the Portland Recreation Department.

Also featured running on the path were the following Maine Track Club members: Ted Cunningham, Don Penta, Dave Paul, Joyce Cook, Nancy Stedman and husband, Brenda Cushman, Don Johnson, Denise Harlow, Al and Sandy Utterstrom, and Bob Payne. Charlie Scribner came to provide moral support but became camera-shy. Also included were three friends of the Maine Track Club: Terry Ann Lunt who is project chairman for the City of Portland, Doug Ingersoll who is sponsor of the Athletic Attic Perfect 10K benefit run, and the star of the show, Bill Green, news reporter for Channel 6.

We thank Bill Green for this great coverage and Nancy Stedman for initiating the contact with Bill.

Our records show the following contributors to the project:

Lloyd & Joyce Cook	Eugene A. Waters	Union Mutual
David B. Ferland	John G. Marshall	Wayne V. Clark
David W. Trussell	Lloyd B. Wolf, DMD	Milo Matrazzo
Oakhurst Dairy	Robert Jolicoeur	William Devanny
Jerie & Alvin Bugbee	William Webster	Ted Cunningham
Dr. Ronald M. Cedrone	Carleton G. Lane	Tony Owens, MD
Dube Travel Agency & Tours	Mr. & Mrs. Thomas Pierce	Steve Rainsford
Charles L. Hildreth, Jr.	William & Constance Webster	Jean Thomas
Marion & William H. Leschey	Joan Benoit Samuelson	Joe Lovejoy
Tim Honey, City Manager	Maine Savings Bank	Bob Payne
Thomas P. Sellers	Maine Track Club	David Smith
Terry Ann Lunt	Al & Sandy Utterstrom	Terry McGovern
Shaws Supermarkets	Dr. Ladd Heldenbrand	Richard Strout
Guy Gannett Publishing Co.	Hannaford Bros.	Ken Volk
Holmes Electric	Peter Bramhall	David Hawkes
Eva & Duane Polisner	Sandy Wyman	Randy Phillips
Edmund J. Beaulieu	Mike & Dick Marino	Al Mack
Albert L. Noyes	Don Johnson	Bill York
John Bride/Bride Charitable	Health Renaissance:	Ned Vadakin
Foundation	John Murphy	Mason Smith
Kimberly Moody	David Small	Ray & Ruth Hefflefinger
Widgery Thomas, Jr.	Judy & William Montgomery	Blue Alliance Mutual
	Charles Micoleau	Insurance Company
	David Barker	

COMMUNITY RUNS

Herb Strom reminds us that groups continue to meet on Saturday and Sunday mornings for community runs. The Saturday group meets at 7:00 a.m., at SMVTI. For more info, call Herb Strom at 799-7705(H), or Bob Coughlin at 883-9659(H).

The Sunday group also meets at 7:00 a.m. Contact Ron Cedrone at 781-3302(H) or Al Butler at 773-9091(H) for details.

Portland, Maine, Press Herald, Wednesday, July 3, 1985

BACK COVE FOOTPATH cont.

Pepper... and Salt 6/4/85

THE WALL STREET JOURNAL

Missing Part

I spent a fortune
On a trampoline,
A stationary bike
And a rowing machine
Complete with gadgets
To read my pulse,
And gadgets to prove
My progress results;
And others to show
The miles I've charted—
But they left off the gadget
To get me started!

—Dorothy Heller.

Back Cove footpath runs a little behind schedule

By TED COHEN
Staff Writer

The city's top health worker says her 8-year-old daughter knows when her mother hasn't jogged her daily dose — she's grumpy.

"When I'm grumpy, I usually haven't run," said Terri Ann Lunt, director of Portland's Health and Human Services Department.

Lunt, 36, said she calls herself a runner, not a jogger. But she praises its benefits, no matter what you call her.

Lunt, who is keeping with her job as a health promoter is supervising plans to improve the footpath along Back Cove, said the repairs are to start the first week in August.

The work was first set to begin this week, but was delayed because the "work schedules need to be mutually compatible" between city parks officials and Blue Rock Industries, she said.



Lunt

Blue Rock will be installing the \$30,000 footpath that will be made of "stone dust."

The Concerned Citizens for a Walkway Around Back Cove are \$5,000 to \$7,000 behind their \$30,000 fund-raising goal, Lunt said.

A benefit race set for July 14 is designed to raise more toward the group's goal. The race is sponsored by the Athletic Attic and Maine Track Club.

The group trying to raise money has received donations so far from 100 corporate contributors, Lunt said.

Lunt's department includes the city Division of Recreation, so promoting physical fitness is part of her responsibility, she said.

Lunt said she has been running since 1978. "I run four to five times a week, anywhere from five to eight miles," she said. "I love it. I think you either love it or hate it."

Asked what running has done for her, Lunt said, "My daughter, who is 8, asks me when I'm in a grumpy mood whether I've run yet today, so that's what it's done for me."

"I use it for stress management," she said. "It's also a good way to see what's happening in the city."

Lunt, who has worked for the city 2½ years, worked in state government previously.

Back Cove

From: Evening Express, Saturday, June 15, 1985

Footpath project to begin July 1

By BILL NEMITZ
Staff Writer

Private individuals and corporations have contributed more than \$20,000 in recent months for the improvements to the footpath along Back Cove — now scheduled to begin on July 1.

Members of Concerned Citizens for a Walkway Around Back Cove say more money is still needed to fully realize their 2-year-old goal, but enough funds are now in hand to at least start the project.

"I think this is going to create a whole new class of people who will say, 'I was on Back Cove this morning,'" said Ladd Heldenbrand, one of the group's founders.

While obviously a plus for joggers, organizers stress that the finished footpath will also benefit other outdoor enthusiasts — walkers, bird-watchers, even people confined to wheelchairs.

Heldenbrand and other members of Concerned Citizens met yesterday with Terri Ann Lunt, director of Portland's Health and Human Services Department, to review the status of the footpath proposal.

Lunt has overseen the project since early this year, when Blue Rock Industries offered to install the footpath for a relatively modest \$30,000.

Included in the plan — all of which will be paid for with private donations — are an 8-foot-wide footpath made of "stone dust," a water fountain and a plaque honoring major donors.

Update

A new look at a continuing story

"We need another \$5,000 to do the actual construction," Lunt said, adding that fund-raisers will spend the next several weeks beating the bushes for that money.

Heldenbrand, himself a major contributor, said response to the project has been heartening.

"One of the big points all along has been that the city will not have to dig into its budget to come up with the money to do this," he said.

"And the bulk of the money is from individuals, not industry."

Earlier this week, the City Council officially accepted funds for the footpath project as a "gift" to the city.

Individual donors include Olympic gold medalist Joan Benoit, who kicked in \$250, Widgery Thomas (\$1,000), Carleton G. Lane (\$500) and Donald Johnson (\$100).

Businesses and organizations that have donated include the Maine Track Club, Guy Gannett Publishing Co., Maine Savings Bank, the Unionmutual Charitable Trust, Shaw's Supermarkets and Hannaford Bros. Co.

Efforts to raise more money will include a 10-kilometer road race and 2-mile "fun run" on July



File photo

The Back Cove path is popular with joggers and strollers.

14, co-sponsored by the Athletic Attic and the Maine Track Club.

While Concerned Citizens and City Hall are working on improving the existing 2.5-mile footpath along Baxter Boulevard, the Maine Department of Transportation is gearing up to fill in the

"missing link" for pedestrians between Tukey's Bridge and Preble Street.

MDOT Chief Engineer Richard Coleman said the upgrading of In-

See Footpath
Back Page This Section

Continued from Page One

Footpath

terstate 295's Washington Avenue interchange — expected to begin late this summer — includes plans for a 12-foot-wide pedestrian walkway on Tukey's Bridge and extension of the bank along the southeast shoreline of Back Cove to make room for a footpath and fencing.

That work will probably begin

late this summer, Coleman said.

In addition to providing a better surface for pedestrians, organizers said, the footpath project will also greatly improve the chances of survival for the trees lining Baxter Boulevard.

Heldenbrand noted that many of the trees' root systems — now exposed to constant foot traffic —

will be protected by the improved walkway.

"Everyone likes to save trees," he said. "By contributing to this project, that's just what they'll be doing."

Donations to the project can be made through the Maine Track Club, P.O. Box 8008, Portland, Me. 04104.

CLUB DISCOUNTS

As all members know from past newsletters, discounts on running shoes at all running goods stores in the area, and in a few stores on other lines as well are available to all Club members. Simply show them your membership card.

This month, Dennis and Kathy McWhorter, Managers of the Freeport Mail Runner's Shop, wrote to tell us they also will give discounts to our members and if you are a race director, they will discount even more. Visit them soon at 8 School Street in Freeport.

In case you missed it, Dennis is a new member of the Maine Track Club.

CLIPPINGS

Here are a few clippings of interest to our members. Forgive us if you've seen them already.

American Journal June 26, 1985

USM student to run 600 miles for hungry

P.P.H.

By TED COHEN
Staff Writer

for World Runners International.
"Mv. 1



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running
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race will
Portland
(Louise

A recent column about the Kittery-to-Ft. Kent relay race made Jim Carroll of Portland sit up and take notice.

Not to diminish the 400-mile relay, Carroll wanted to set the record straight — the relay participants weren't the first to run from one tip of the state to the other.

He was.

On Sept. 23, 1972 Carroll, an avid distance runner, began at Ft. Kent running 21 miles away, eventually finishing his gruelling journey 19 days later at Kittery.

"I don't mean to blow my own horn," said Carroll, "but I just wanted to make sure the record was straight. That was a lot of work."

Carroll is entitled to brag a little bit about that one. Not many runners would have the ambition or energy to cover that distance.

By the way, Carroll, now 74, was

fourth of July.

Minton, a freshman at the University of Southern Maine, will begin his effort in Washington, the city from which he called Tuesday to discuss his goal.

"My goal is to raise \$10,000 for Save the Children, who will use the funds to fight famine in Africa," Minton said. "I'm also trying to raise additional funds for Portland's Project FEED and

Minton

took a survey, the great majority of people will tell you hunger can't be ended."

The costs of his journey, which is scheduled to end Aug. 17 in Tommy's Park, is to begin with a ceremonial kickoff fundraiser tonight at Champions, a Washington nightclub for athletes.

"All my expenses are underwritten by corporate sponsors," Minton said. They include Portland Auto Dealers Association, Wendy's Restaurants and Daigle Associates Inc.

Minton was born in New York City and moved to Portland with his parents when he was 2.

SUMMER 1985 FOOTNOTES



NUMBER ONE RUNNER
Race organizer Bud Bur
presents a t-shirt and
number "1" to Maine Tr
president Robert Jolicoe
Elizabeth, for Saturda
Run. The four-mile road
lead off the South
Spring Point Festival.
Connell Photo)

"Running in
(Tom Welch)
Maine Sunda
Telegram 6/



CLIPPINGS cont.

Heat Alert for Kids

Special precautions should be taken when young children compete in summer road races, according to a recent article in *The Physician and Sportsmedicine*. Children have less efficient heat dissipation mechanisms than adults, perspire less, and are therefore more susceptible to heat stress. The article recommends that summer races for children be conducted early in the day on a shaded course. While the article notes that many children can easily complete a five-mile road race, "a two-mile, flat paved course is an appropriate distance for children ages 12 and under, with or without extensive pre-race training."



Running Times
July 1985

The application of cold modalities immediately following athletic injuries has proven to be a significant factor in the speedy rehabilitation and return to play of both the professional and weekend athlete.

However, many uncertainties still exist in the average individual regarding when to use heat versus cold when dealing with a mild to moderate acute injury. It should be emphasized at this point that any severe injury requires immediate medical attention by a physician.

A comparison of the physiological responses in the body to heat and cold application immediately after injury reveals the following: Cold application produces a desirable effect called vasoconstriction. Vasoconstriction is the narrowing of both damaged and undamaged blood vessels in the area of application. This decreases blood flow, swelling and hemorrhage in the damaged tissue. Due to the local anesthetic effects of cold, pain will be directly reduced, in addition, lower tissue temperature also results in decreased muscle spasm commonly associated with trauma of soft tissue. When heat is applied, however, the result is reversed. Vasodilation results in an opening of both damaged and undamaged blood and lymph vessels in the area of application. Automatically, swelling, hemorrhage (bleeding), and blood flow would increase. These responses are not desirable in the short and long term treatment of the acute athletic injury. Thus, the tendency to cause bleeding and swelling is increased with heat application and decreased with cold application.

By HERBERT L. KAHN

When the conversation at a recent party turned, as it usually does, to the subject of physical exercise, the director of a research laboratory described how a group of his associates had changed their lives. A couple of years ago, they had been pale and pudgy, and had resolved to improve their health and appearance by regularly jogging. As often happens, running had gotten into their blood, and they had gradually increased their efforts until they were doing seven to 10 miles a day.

"They look marvelous, and they say they feel great," the director concluded. "Of course, they don't do much, because they're tired from all that running."

His listeners chose to regard his comment as a jest. After all, today a regular exercise program is deemed essential for good professional performance. Executives who wish to have any hope for promotion must be physically fit, or at least look as if they are. Every morning the roads and lanes of the nation's most affluent suburbs are aswim with trim, limber business leaders. At lunch time around Washington's Tidal Basin, joggers with lean hawk-like profiles have replaced dogs and pigeons as the primary hazard to tourists. Many senators and representatives look like senior instructors at health clubs. The waistline of at least one well-known senator is watched by the nation as a barometer of his presidential ambitions—if it narrows, pundits infer that he is running, in both senses of the word.

The importance of exercise is only a recent discovery. As little as 15 years ago, adults running along suburban streets

were likely to be intercepted by the police. Squash was far more celebrated as a vegetable than as a strenuous way to replace the luncheon meal. Indeed, Soviet propagandists, with their well-known penchant for obsolete invective, still refer to "Wall Street ruling circles" as "bloated capitalists." And bloated they once were; many of the old Robber Barons, for example, were immensely fat, but they did establish America as an exporter of everything from oil to machinery to automobiles. Today, however, it is easier for a camel to go through the eye of a needle than for a fat man to join a major corporation's board—unless he happens to be the founder.

Why do today's managements refuse to promote, and voters decline to elect, people whose waist sizes exceed their chest measurements? It was not always thus. Julius Caesar, not a bad manager in his day, was quoted by Shakespeare as saying: "Let me have men about me that are fat. . . . You Cassius has a lean and hungry look. He thinks too much: such men are dangerous." Modern managers, who admire the lean and hungry look, are evidently unafraid of its connotations.

Are people promoted because they seem physically fit, or are the physically fit promoted because they perform better? Whichever the answer, exercise is certainly "in." Jogging Magazine estimated 16 million joggers in 1983, up from less than a million in 1968. Moreover, in a special 1983 Census Bureau survey, 37% of the respondents with annual incomes over \$50,000 reported that they ran. In other words, business and political leaders easily outrun

everybody else. If running leads to improved performance, they should be producing better and better results. Are they?

The economic data are, at best, mixed. Everybody knows the trend of the federal budget deficit, which is at least one measure of the skill with which the government is running the economy. It is a little less well known that business bankruptcies have also been rising briskly. Perhaps most alarming is the change in the international merchandise balance, which sums up the ability of U.S. manufacturers to compete against their less athletic Japanese and European rivals. As late as 1975, the merchandise balance was favorable to the U.S.; now it is setting one record after another in the wrong direction.

What to do? Should every runner stop in midstride and reach for a dish of ice cream? Not just yet; the numbers may be scary, but they do not constitute proof.

Further studies are in order. It might take years, however, to prove a causal connection between jogging and the erosion of the international merchandise balance, and we dare not wait. We must begin immediately to convince our counterparts in Japan, Europe and the Third World that physical conditioning is really important. The U.S. government, as part of its foreign aid program, should clandestinely subsidize overseas exercise spas, and provide free running shoes. We have got to start our competition jogging.

Mr. Kahn is a marketing consultant in Weston, Mass.

THE WALL STREET JOURNAL TUESDAY, JUNE 25, 1985

Therapy helps after injury

By MARK CHAPUT, RPT

4 to 6 hours. Under certain circumstances, compression and elevation should be continued until the acute phase is over.

So when should one use heat with an athletic injury? Approximately 72 hours after the initial injury, and following the acute phase, a contrast bath program can be started in combination with gentle range of motion activities. A contrast bath program consists of alternately placing the injured extremity in warm water at 108 to 110 degrees and cold water at 60 to 65 degrees in 3 minute intervals for a total of 25 minutes. Range of motion activities should also be encouraged during this time. The key components to returning an athlete to play following an acute athletic injury include reduction of pain and swelling, return of range of motion and strength, and the restoration of pre-injury endurance and speed.

The most commonly used technique of cold application is melting ice together with cold water and immersing the body part. Other methods are ice massages in which a block of ice is moved over the skin, and commercial cold packs. Newer methods include cold sprays, primarily chlorofluoromethanes, which produce pain relief by acting as a counter irritant, and chemical plastic envelopes which produce cold by endothermic reaction. (A chemical reaction producing cold.) With any of these above methods, care must be taken not to create further injury due to frostbite.

The commonly used techniques are heat application include hot baths, hydrocollator or other related steam packs, hot water bottles, electric heating pads and chemical packs.

Thus, when dealing with a mild to moderate acute athletic injury and doubts exist whether to apply immediate heat or cold therapy, it is recommended to apply cold during the acute phase. This approach is not appropriate when dealing with severe trauma such as burns and open wounds, as these require immediate medical attention. Lastly, when cold is combined with immobilization, compression, elevation and appropriate medical attention a successful rehabilitation and early return to activity will be facilitated.

Editor's note: A registered physical therapist, Mark Chaput is director of physical therapy for the Sports Medicine Center of Annapolis.

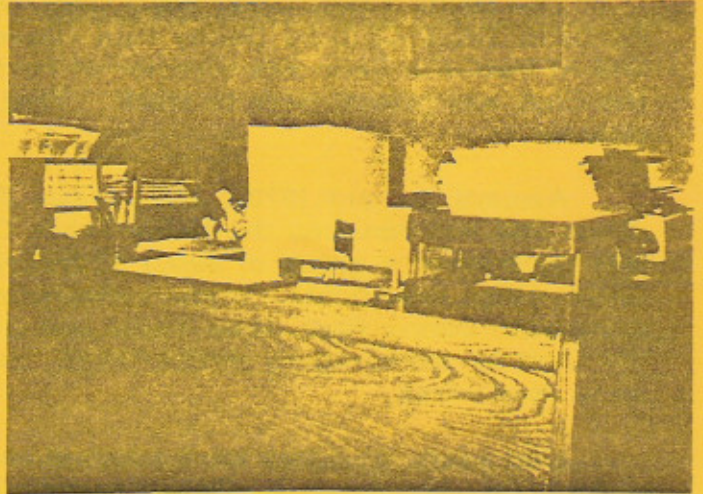
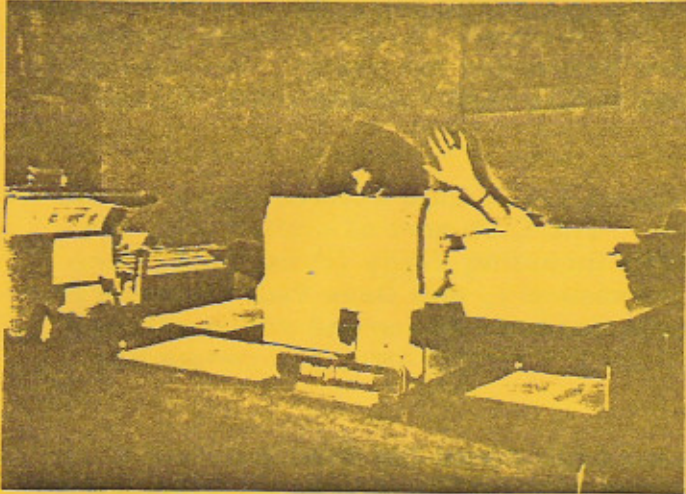
He came here from the Orthopedic Sports Therapy Clinic in Maine in 1984. With special exposure to semiprofessional and high school athletic programs, his area of expertise is in the rehabilitation of orthopedic and sports injuries.

Chaput is an avid runner, weightlifter and rugby football enthusiast, traveling to Ireland in 1982 as a member of a United States team. He holds degrees both from the University of Maine and the University of New England.

(From: THE CAPITAL,
June 25, 1985)

NEWSLETTER PRODUCTION DEPARTMENT

With memberships now over 200, we thought you'd like to see the pile before the newsletter gets assembled. In spite of the growing burden every month, it's clear to see that Sheryl Kieran at Maine Savings Bank enjoys putting out the newsletter.



Thanks, Sheryl. We know it would never get done without your hard work and dedication. We continue to get compliments on the newsletter almost every month. This month, Kevin Purcell wrote the letter reproduced below to express his feelings:

June 7, 1985

Mr. Russ Connors
Maine Track Club
P.O. Box 8008
Portland, ME 04104

Dear Russ,

I have been receiving the MTC newsletter for the last two years. I can only say that the progress made in the last six months has been.....phenominal!

As a former editor of a club newsletter (The Maine Road Ramblers), I am aware of the dedication and work involved in putting together a quality product on a monthly basis. You are to be congratulated for a fine job. I'm quite sure that your newsletter is one of the most valued parts of membership in the Maine Track Club.

Once again, congratulations on making the MTC newsletter a first-class offering and keep up the good work.

Sincerely,

Kevin M. Purcell

cc: Bob Jolicoeur

MAINE TRACK CLUB HISTORY

This month's profiled member, Dave Paul, has been around running a long time. During the interview for the "Profile" column, Dave spilled a little of the history for us. It goes something like this:

The Maine Track Club, Dave tells, was started in the early 1970s as the Greater Portland Track Club by Danny Paul (Dave's fast brother), Brian Gillespie (Ziggy), and Al MacCann (who was director of Portland Recreation for years). In those days, the Club was geared more to track. That was before road running really became popular.

Around the mid-1970s, the Greater Portland Track Club entered into a second phase and was renamed the Maine Track Club. The Club sort of drifted until the late 1970s when a group of about 12 individuals including Ziggy (President), Gene Coffin (Vice President), Wayne LaRochelle (Treasurer), and Dave Paul (Secretary), along with Danny Paul, Mike Towle and Charlie Scribner recharged and revitalized the Club by encouraging memberships, developing a strong logo, and conducting many road races.

Last year, By-Laws were adopted and the Club joined the Road Runners Club of America. On March 4, 1985, the Club became a 501(c)(3) tax exempt organization, and now has the power to raise tax deductible contributions for worthwhile purposes related to running. The future history of the Club, of course, depends on all of us.

RECIPES

Thanks to Sandy Utterstrom for sending us her favorite recipe for breakfast. You've all heard of breakfast pizza...now it's Sandy's breakfast cookies:

Breakfast Cookies

1/3 cup whole bran cereal	1/4 cup brown sugar twin
1/4 cup orange juice	1/4 cup egg beaters (1 egg)
1 cup whole wheat flour	1/4 cup honey
1 cup quick-cooking oats	1-1/2 teaspoons vanilla extract
1/3 cup dry milk powder	1-1/2 teaspoons grated orange rind
1 teaspoon low salt baking powder	1/2 teaspoon grated lemon rind
1/2 teaspoon baking soda	1 cup finely chopped walnuts
1/4 cup low salt promise margarine (softened)	1/2 cup raisins
	1/2 cup finely chopped dates

Preheat oven to 375°. Grease baking sheets. In a small bowl, stir bran cereal and orange juice; set aside for 5 minutes.

In a medium bowl, combine flour, oats, milk powder, baking powder, baking soda and set aside.

In a large mixer bowl at medium speed, beat margarine and brown sugar until light and fluffy. Beat in egg until well blended. Add bran cereal mixture, honey, vanilla, orange and lemon rind. Beat until blended. At low speed, beat in flour mixture until moistened. Stir in walnuts, raisins, and dates.

Drop by tablespoonfuls onto baking sheets, about 1-1/2 inches apart. Bake for 10 to 12 minutes or until medium brown. Cool cookies on wire racks. Store in an airtight container. Makes 3 to 4 dozen.

MINUTES OF THE MAINE TRACK CLUB

JUNE 12, 1985

President Bob Jolicoeur called the meeting to order at 7:15 p.m., at SMVTI. Guests introduced included Gretchen Hill and Earl Harvey, and new members introduced included Tom Cannon, Dail Martin, and Ellen Minor.

Vice President Jane Dolley introduced the speaker for the evening, Mr. Michael Perry of L.L. Bean. Mr. Perry spoke on "Sea Kayaking the Coast of Maine." He stated that sea kayaking was a relatively new sport in the U.S., and that sea kayaks are really decked-over canoes. He showed dozens of slides of trips up the Maine Coast, and entertained several questions from the audience following the slide presentation.

The business meeting followed Mr. Perry's presentation. Rick Strout, Treasurer, reported \$1,017.50 on hand as of May 31, 1985, with \$8,840.91 accumulated for the Back Bay Running Path. The Secretary's Report stood as printed in the June newsletter.

Jane Dolley remarked about the progress of the Cape Challenge Half Marathon and stated that she and a number of MTC members would be running in the New England Track Meet at Turner Falls, Massachusetts. Jane, Barbara Coughlin, Greg Dugas, Vin Skinner, Dave Canarie, and Fran Brennan would be running for the Corporate Cup Relays, being sponsored by Union Mutual.

Tom Kane, an invited guest, spoke about the upcoming Walk and Roll Race, encouraging MTC members to participate.

Charlie Scribner, MTC Race Director, made some remarks regarding upcoming races:

- Perfect 10K, July 14th - Ted Cunningham stated that help is needed; 26 more volunteers specifically. There may be an organizational meeting following the next MTC meeting in July.
- Pat's Pizza Race - Will start at 8:00 a.m., on July 21st. T-shirts will be given to helpers.
- Business Equipment Unlimited 10K - Scheduled for October 6th on the Perfect 10K course.
- Cape Challenge - On target.
- Lions Race - Tentatively scheduled for November 3rd. The Club was polled and preferred 10K over a 4 or 5-miler.

Bob Jolicoeur commented that he thought the Maine Coast Marathon had been well run. He then elaborated on the complexities of redoing and certifying the Maine National Bank 5-miler course. Bob briefly mentioned re-organizing the MTC and expanding the present committee structure. Bob also updated us on the fundraising effort for the Baxter Boulevard Path. Funds from large contributors have not been forthcoming (yet), but the Perfect 10K may provide impetus. \$10,000 more is needed.

Bob then updated us on the status of our bid for the 1986 Road Runners Club of America convention. Sponsors are being obtained; e.g., L.L. Bean, Tom's of Maine, Maine Savings Bank, Delta Airlines, Taylor Wines, Holiday Inn, and others pending. Our application will be resubmitted by June 15th and we will see.

MINUTES cont.

Papers to incorporate the Maine Track Club as a Maine corporation, non-profit organization (tax exempt) are in process. Maine Track Club is already a 501(c)(3) tax exempt organization, but it was discovered recently that it was never incorporated.

The Secretary moved as follows for the purpose of converting stock donated to the MTC to cash:

"Resolved, that the Maine Track Club is hereby authorized to sell, assign, and transfer stocks, bonds, evidence of interest, evidence of indebtedness, and other obligations, all other securities, corporate or otherwise, now or hereafter held by the Maine Track Club in its right or in any fiduciary capacity, and to execute any and all instruments necessary, proper or desirable for the purpose; further, that any past action in accordance herewith is hereby ratified and confirmed; and further, that any officer of this corporation is hereby authorized to certify this resolution to whom it may concern."

Moved and passed unanimously.

Bob then mentioned the YMCA fundraiser; Sandy Utterstrom gave a "brief" clothing report, and the meeting adjourned at 9:07 p.m.

Phil Pierce, Secretary

EXTENDING YOUR LIFE

Lifestyle

A recent article in Running & Fit News reports that the U.S. Department of Health and Human Services, National Institute on Aging has concluded after many years of study that to enhance the length and quality of your life, you should adopt the following lifestyle: (1) do not smoke; (2) eat a well-balanced diet; (3) maintain your desirable weight; (4) exercise regularly; (5) have regular check-ups; (6) follow your doctor's advice; (7) stay involved and active; (8) relax; (9) get enough sleep; (10) drink alcohol only in moderation; (11) use seat belts; (12) avoid exposure to sun and cold; (13) practice good safety habits; (14) be positive; (15) expect to live a long time - plan ahead; and (16) find out what makes you happy and do it.

(Running & Fit News, April 1985)

Cholesterol Check

Item #5 above recommends regular check-ups. Medical Update, Vol. VIII, #4, page 2 says:

"Your cholesterol count is as important as your blood pressure level in determining risk of heart disease. Americans should have their cholesterol checked when they turn 21 and rechecked every five years after 30, according to Dr. Robert Levy, Columbia University College of Physicians and Surgeons and a central figure in the National Institutes of Health 10-year study on cholesterol and heart disease. People who have high cholesterol levels by age 21 should be rechecked more frequently, Levy added. Heart disease risk is believed to increase sharply in people whose cholesterol exceeds 200 milligrams per deciliter. Levy advises individuals with levels above 235 to change their diet."

UPCOMING RACES - MAINE

- July 6 - Celebrate Gorham '85 Road Race - 3 miles at 9:00 a.m. - 1.5 miles for children 12 years and under at 8:30 a.m. Contact Gorham Arts Council, P.O. Box 126, Gorham, ME 04038.
- July 6 - Perry to Eastport - 7.2 miles at 10:00 a.m. Report to the Eastport Municipal Auditorium by 9:00 a.m. Contact Dennis M. Cline, RFD Box 48, Eastport, ME 04631.
- July 6 - Funland 5K - 10:00 a.m., from Funland Park in Caribou. Mike Bosse, Race Director (Aroostook Musterds).
- July 6 - James Bailey Gardiner Common Road Race - Certified 5 miles at 8:00 a.m., Gardiner Common. Contact Russ Martin, 31 Cedar Street, Augusta, ME 04330, or call 622-1258 (Maine Road Ramblers).
- July 7 - Shipbuilders Triathlon - Swim 2K, Bike 40K, and run 10K at 10:00 a.m., at City Waterfront Park, Bath, ME.
- July 13 - 7th Annual Rotary 10K - 8:30 a.m., Damariscotta, ME, at Great Salt Bay School. Contact Bill Murdoch, Damariscotta Newcastle Rotary Club, P.O. Box 687, Damariscotta, ME 04543, or call 563-5780.
- July 14 - Portland's Perfect 10K & Fun Run - 10K at 8:00 a.m.; 2-mile Fun Run at 9:30 a.m., at Athletic Attic, Back Cove, 295 Forest Avenue, Portland. Contact Doug Ingersoll at 775-6244.
- July 19 - Pa's Promenade Prance - 3 miles at 7:00 p.m., from Pa's at 104 Washington Avenue, Portland (across from Nissen's). Limit - 300 runners.
- July 20 - Pat's Pizza 5-Mile Run - 8:00 a.m., from the restaurant in Yarmouth. Contact Wes Rothermel at 846-4314(H).
- July 20 - Old Hallowell Day - 5 miles at 8:00 a.m. Contact The Starting Block, 154 Main Street, Hallowell, ME 04347. Race day registration at Hallowell City Hall.
- July 20 - Belgrade Lakes Country Fair 10K Run - 9:00 a.m. at Belgrade Lakes Regional Health Center. Registration in front of Day's store. Contact Bob Garreti, P.O. Box 11, Belgrade, ME 04917.
- July 20 - The Great Crate Race Road Race - 8:00 a.m., in South Thomaston - 5.5 miles. \$4 pre/\$5 post, T-shirts to first 50 participants. Contact Susan Tripp, Box 660, South Thomaston, ME 04858.
- July 27 - Casco Day Country Run - 4 miles at 9:30 a.m., at Old Casco Fire Barn next to Town Hall on Route 121 in Casco Village. Contact Casco Firemen's Association, c/o Robert Farthing, P.O. Box 309, South Casco, ME 04077.
- July 27 - Milford Sesquicentennial 4.2 Mile Run - 9:00 a.m., at Dr. Lewis S. Libby School, Milford, ME. Contact Mrs. Elnora Scofield, P.O. Box 353, Milford, ME 04461.
- July 27 - Opera House Renovation 10K - Waterville, Maine, at the Opera House. 9:00 a.m. Contact Ken Vlodek, Central Maine Striders, P.O. Box 1177, Waterville, ME 04901, or call 872-2118.
- July 27 - Hancock Lobster Classic - 10.2 miles and 2.5K children's run. 8:30 a.m., Hancock, ME.
- July 28 - Deering Oaks Family Festival - Track and Field Competition - three events per athlete only. Running events at 10:30 a.m., at the Exposition Track. Contact George Towle at 761-2197.
- July 28 - Key Bank/Maine Event Triathlon 1985 - One of Maine's finest triathlons. 10:00 a.m., runners start on Pond Road, across from Gardiner Junior High School. For more info contact Maine Event, c/o Maine Road Ramblers, P.O. Box 264, Augusta, ME 04330.
- August 4 - Maine Lobster Festival 10K - 8:30 a.m., Rockland, ME. Call 594-7035.
- August 4 - York Day Road Race - 5K certified course. 9:00 a.m., at York High School. Contact York Recreation Department, P.O. Box 9, York, ME 03903.

UPCOMING RACES cont.

- August 10 - Kittery Recreation Dept. 6.8 Miles - 9:00 a.m., Fort Foster Park. Call 439-3800.
- August 10 - Schoodic Point 15K Road Race - 8:30 a.m., at Schoodic Point parking lot. TAC certified. Limit - 200 runners. Contact Winter Harbor Chamber, c/o Al Groth, P.O. Box 8, Winter Harbor, ME 04693.
- August 11 - Winthrop Lions Club - 15K and 4-mile races at 8:30 a.m. at Winthrop High School. Contact Robert Hodgkins, 64 High Street, Winthrop, ME 04364, or call 377-2053.
- August 17 - Blueberry Festival 10K - 9:10 a.m., at Kineowatha Park Lodge in Wilton, ME. Contact Bill Yates, Box 525, Wilton, ME 04294, or call 645-4623.
- August 18 - The Good Sports 10-Miler - 8:00 a.m., at Bowdoin Track. Contact Rob Jarratt at The Good Sports, 3 Pleasant Street, Brunswick, ME 04011, or call 729-9949.
- August 24 - Highland Lake Fun Run - 11.2 miles at 10:00 a.m., from the Wyman's lakefront home. Grills and free beer provided. All MTC members and guests welcome. Helpers for the run appreciated. RSVP by August 17th to facilitate planning: Donald Wyman, 95 Percy Hawkes Road, RFD, Westbrook, ME 04092, or call 892-8247, or call Sandy Wyman (see MTC roster).
- August 24 - Wells Beach 10K - 8:00 a.m., Church Street. Contact Stacy Sand, Town Hall, Wells, ME 04090, or call 646-5826.
- August 25 - The Sugarloaf Marathon - Contact Sugarloaf Marathon '85, Chip Carey, Kingfield, ME 04947, or call 237-2000.
- Sept. 8 - Cape Challenge - See registration form attached to this newsletter.

UPCOMING RACES - OUTSIDE MAINE

- July 18 - Manufacturers Hanover Corporate Challenge - 3.5 miles, Boston, MA. Contact Coventures, 45 Newbury Street, Boston, MA 02116, or call (617) 267-0055.
- July 21 - San Francisco Marathon - 8:00 a.m. Contact San Francisco Marathon, P.O. Box 27385, San Francisco, CA 94127.
- July 21 - Butternut 15K - 2-mile Fun Run at 9:00 a.m., 15K at 10:00 a.m., at Butternut Basin, Great Barrington, MA. This is a NEAC men's open and men's masters championship. Contact Jane Murdock, Hospice of South Berkshire, P.O. Box 428, Great Barrington, MA 01230, or call (413) 528-4786.
- August 18 - Falmouth Road Race - 7 miles, Falmouth, MA. Contact John Carroll, Jr., P.O. Box 732, Falmouth, MA 02541, or call (617) 540-4417.
- Sept. 2 - New Haven 20K Road Race - 8:30 a.m. Contact New Haven Road Race, Inc., P.O. Box 1893C, New Haven, CT 06508, or call (203) 281-1060.
- Sept. 7 - Glendi '81 - 5-mile race, Springfield, MA. 11:00 a.m. A Greek celebration. Contact Walter H. Childs, Sr., TAC, P.O. Box 1484, Springfield, MA 01101, or call (413) 566-3145.
- Sept. 22 - Le Marathon International de Montreal - Contact COMIM, Case Postale 1570, Succursale B, Montreal, Quebec, Canada H3B 3L2.
- Sept. 22 - Dixville Notch 12-Mile Race and Marathon. Marathon starts in Errol, NH at 10:00 a.m. 12-mile race starts at Dixville Notch at 11:00 a.m. Both races finish in Colebrook, NH. Contact Rick Tillotson at (603) 255-3191.
- Nov. 3 - Marine Corps Marathon - 9:00 a.m., Washington, DC. Contact Marine Corps Marathon, P.O. Box 188, Quantico, VA 22134, or call (703) 640-2225.

TAC TRACK SCHEDULE

The Athletics Congress Track and Field Schedule for this summer follows. It features many events that should be of interest to Club members, from mid-week developmental meets to the State Track Meet in August. If you are curious how fast you can run the mile, or the 400, half or two mile these races offer you good opportunities.

- July 10 - Senior Olympic Development "B" - 6:00 p.m., Orono High School. Cliff McCormick (866-4089).
July 13 - Maine TAC 25 & Over Men's & Women's Masters Championship - Noon, Scarborough High School. Steve Ross (883-3617).
July 24 - Senior Olympic Development "A" - 6:00 p.m., Windham High School. John Casavola (892-4444).
July 28 - Oaks Festival Track Meet. George Towle (761-2197).
July 31 - Senior Olympic Development "B" - 6:00 p.m., Scarborough High School. Ron Kelly (883-2747).
August 3 - Maine TAC 5K Men's & 3K Women's Racewalks, Bowdoin College; Frank Sabasteanski Memorial-Maine TAC Men's & Women's Track and Field Championships - 11:00 a.m., Bowdoin College. Entry deadline; July 27. More info: BPOE 2043, Attn: TAC, Park Row, Brunswick, ME 04011. Dave Watson (443-6171).

Senior "A" Meets feature the 100, 440, 1 mile, and 3 mile while "B" Meets feature the 220, 880, and 2 mile. Both meets have Men's and Women's Open, 16 & Under, Jr. Master (30-39), and Master Divisions. Cost of the meets are 50¢ per athlete. You must be a member of TAC, cost \$6. I have some applications if you need them.

In all meets where team scoring is involved (Championship Meets), only your Club shirt can be worn. All other participants MUST wear shirts bare of all logos and advertisement. So if you run the State Meet, be sure to register as a Maine Track Club member and wear your club singlet.

For the Junior Olympic Track and Field schedules (14 and under), contact John Sinclair, Yankee Athletic Club, 155 Pine Street, Lewiston, ME 04240, or call 784-8216.

Listed below are the names, addresses and telephone numbers of this year's officers of the Maine Association/TAC:

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|-----------------|--|
| President: | Ronald Kelly
105 Maple Avenue
Scarborough, ME 04074
883-2747 |
| Vice President: | Roland Trottier
25 East Avenue, P.O. Box 23
Lisbon Falls, ME 04252
353-8857 |
| Treasurer: | Carol Trottier
25 East Avenue, P.O. Box 23
Lisbon Falls, ME 04252
353-8857 |