

Maine Track Club

JULY 1987

Run with a friend . . .



UPCOMING MEETINGS

Next Membership Meeting

August 12, 1987 7:00

SMVTI Machine Tool Auditorium

This meeting will feature a Run and Walking Clinic.

The Grand Finale Highland Lake Fun Run

(about 11 miles)

Starting at 10:00am, Saturday, August 29, 1987

Please join us for this 10th Anniversary and final Highland Lake Fun Run. Challenging, hilly, beautiful views on the run, followed by a picnic and lake activities throughout the afternoon. Beverages and side dishes will be provided along with gulls. Please bring whatever you wish to grill. Anyone wishing to prepare a sidedish, please call Sandy Wyman 878-2391. Feel free to bring spouses, children, and guests as HELPERS are needed (just let Sandy know). This gathering is limited to the first 60 who RSVP with Sandy. Hope you can join us for the Grand Finale!

Directions to Wyman's: (Don & Elnora) 892-8247
From Portland: Take 302 West towards Windham. After you pass Hawkes TV (on Left), watch for signs.
From Windham: Take 302 East from Windham rotary. After you pass Swampscotta Nursing Home, Percy Hawkes Rd will be 1 1/2 or 2 miles on your Left. Watch for signs.



A Glorious Day for our Lobster Picnic!

Blue skies, a nice breeze, and 75 degree temperatures greeted those who attended the second annual Maine Track Club Lobster Bake. Approximately fifty MTC families, friends and members were there. Runners gathered at White's Landing in Falmouth at 10:00 AM, but did not take off on the fun run until 11:00 because we needed to assist Mr. Lumsden in getting all of his equipment down to the beach. That accomplished, runners took off and ran out to and around Macworth Island, and then, stretching the 10K to 8 miles, the runners did the more difficult but scenic Gisland Farm trails, home of the Maine Audubon Society. The pack was led by Bruce Ellis and Bob Payne, followed by Phil Pierce, Harvey, Nancy Ellis, Russ Bradley, Carlton Mendel, Jim Carroll and Ray and Ruth Hefflefinger. Don Penta was quoted as saying: "That was a little further than I wanted to go!"

Runners returned at high noon to a feast of lobster, steamers, corn, salad, potato chips (for Bob Jolicoeur), blueberry brickle and watermelon. With nothing available to drink(!), Phil and Bob Jolicoeur raced to the store and returned with beer and soda to round out the meal in proper fashion.

In short and to summarize, the weather was perfect, and the food superb, as Mr. Lumsden, who has served both the White House Kennedys and the Connecticut/Massachusetts Mafia, did right by us and lived up to his reputation!

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CHARLES A. ISELBORN, D. D. S.

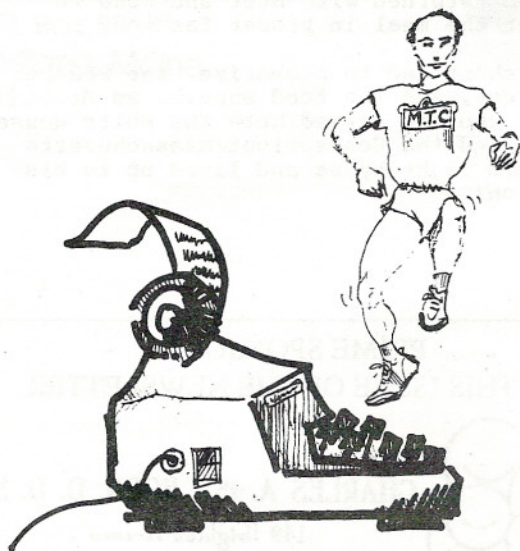
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EDITOR'S COLUMN

Well, it looks like we'll have a strong new editorial team for 1988! Jennifer Rood will be assisted by Phil Pierce in the task and I'm certain the news letter will be in good hands. As the publishing year gets longer (this is the ninth newsletter put together by your current editor and his very able and talented co-editor Deb Hewson) there are some observations about the club and the newsletter which one can't help but make. Perhaps in our last newsletter I'll make a list of these. One conclusion I've come to however, is the importance of timely and typed contributions from a variety of members. Of course, if the newsletter editor was a typist or had secretarial help, perhaps the typing requirement wouldn't be as important. In the current situation, your editor is neither a typist nor has a handy secretary to help out and to some extent the newsletter suffers since there sometimes is simply not enough time to type handwritten notes into material suitable for inclusion. A successful and interesting newsletter is only as good as the contributions to it. So, this is a plea to the members to contribute articles. These could be for inclusion as part of the regular columns such as "Talking with the Pack" or simply columns of general interest such as this month's interesting contribution by Bruce Ellis. Sometimes we will not have room to publish the contribution but will endeavor to do so in a subsequent issue. From time to time we also may have to edit the article to some extent for the sake of space availability.

For those new members who may not have seen directions for typing articles for the newsletter, we would appreciate receiving them typed in a page width of 4 1/2 inches wide. Simply move the typewriter margins in a bit. Send the copy directly to me at 198 Main Street, Yarmouth 04096.



The Maine Track Club Newsletter is compiled monthly. Circulation 400. Related material may be copied with acknowledgement. Design and layout by Deb Hewson. Editor: Fred Beck

OUR VISIT TO GRANDMA'S by Bruce Ellis

Over the river, through the woods and past the Great Lakes we roamed to Grandma's Marathon in Duluth, Minnesota. My overall impressions of the event are stupendous, first class and thoughtful. Folks, this is one of the best. In 22 years, hundreds of races and 18 marathons, I've seen just about everything. Very few races can match Grandma's concern, attention to detail and thoughtfulness to runners of all abilities.

Duluth is similar to Portland. The population is 93,000. It's a large, inland seaport and there seems to be something for everyone. It's far enough away from everywhere else to create independence and individuality. Grandma's Saloon is the original creator of the event which has now been taken over by the city. It's a neat, sportspersons bar and restaurant. The entire city gets excited and turns out for the affair. We found the general population to be very knowledgeable about the race. They knew times, top runners names, the course, etc. There were storefront signs everywhere encouraging the marathoners. Hotel and restaurant people could give directions and general information about the race. That really made it easy to get around and find things. The city was accommodating offering marathon specials in motels and restaurants. Prices are reasonable.

I was invited last December by Scott Keenan the race director. Since then he has been in constant contact, even sending us a Christmas card. Grandma's consisted of 6,000 runners including several world class foreign runners and many top Americans. Pre race publicity boasted the best field ever for this 11th annual running. There was no prize money for the men. But it was a women's national championship with prize money. The course is point to point along the north shore of Lake Superior. They bus all 6,000 runners to the starting line. At the start are numerous porta pits, an aid station, music, refreshments, etc. The course is great for spectators as it is paralleled by a state highway with several short connector roads. A non runner could see the race at many positions. Most of the course is country-fied with the lake coming into view after a few miles offering spectacular scenery and a tail wind most of the time. Due to the country nature of the course, the crowds are pocketed at intersections. They are very supportive and thicken as you get closer to Duluth. The finish is crowded and festive offering a last shot of adrenalin. The course is basically slightly rolling for 22 miles, then a long, moderate uphill followed by 4 miles of flat sections and long gradual downhills. It's a good course, scenic with enough varying terrain to stimulate the mind and a large, very competitive field offering PR opportunities.

The finish line is exciting. Concern for runners comfort was apparent by hundreds of cups of water lining the finishing chute. The attention to detail is impressive. Temporary bleachers add spectators. A huge balloon

Peddie cops Four on 4th in record-setting time

By Stu Cawley
Western Maine Bureau

BRIDGTON — Colin Peddie, the winner of Saturday's Four on the Fourth four-mile road race, had hoped to run 20 seconds faster than his record-setting time of 18 minutes, 46 seconds. But given the circumstances, he was satisfied with his performance.

Prior to Saturday, Peddie believed the race would begin at 9:30 a.m. He was more than a bit surprised when he arrived at the race site at 7:50 and noticed a crowd forming at the starting line. Peddie was still lacing his running shoes when he reached the registration table and had no time to limber up prior to 8 o'clock gun.

"I didn't get to stretch and went out slow," he said. "I wanted to run in the 18:20s but wasn't able to."

After a mile and a half on the hilly course, the former Division I All-America from the University of Virginia began to loosen up. Running alone from that point, Peddie crossed the line a half minute ahead of second-place finisher, Belfast native and former University of Maine great Gerry Clapper, who now resides in Columbia, Md.

Clapper's time of 19:18 also edged the previous course record of

19:22 set last year by Misa Fossas of Boston. Initially expected to defend his title, Fossas was sidelined this year with hip problems.

Still hampered by an Achilles injury suffered in January, Peddie has raced only four times this summer. He entered the Bridgton race primarily to test his rate of recovery, and to prepare for longer races in the fall.

"I shouldn't really be in shape until October and was surprised I did this well without speed workouts," he said.

The previous women's record of 22:46 set by Olympic skier Leslie Bancroft Krichko in 1982 also fell Saturday, as Michelle Hallett of Peabody, Mass., finished in 21:56.

The four-miler was Hallett's first race in Maine since she left Mars Hill to attend Boston College five years ago. After graduating last December, Hallett has been adjusting to her nursing job and training on her own.

"This was my first race since April," she said, "so I was really hungry for a race."

"The second mile was pretty hilly and slowed me down. But I grew up in northern Maine so I'm used to hills... I hit some downhill and got some momentum back."

ROAD RACING

7/18/87 Road racing

Yesterday's race

at Fitchburg
(5 miles)

1. Jim Garcia, Central Mass Striders, 27:03; 2. Bill Forbes, N. Medford Club, 27:37; 3. Kevin Hickey, CMS, 27:44; 4. Wayne Kennison, Saucory Racing Team, 28:25; 5. William Wells, unattached, 28:38. Women — 1. Darlene Beckford, Liberty Athletic Club, 28:41; 2. Laura Holly, unattached, 32:19; 3. Marian Garver, Digital Running Club, 34:51.

Four on the Fourth road race held at Bridgton, Saturday

MEN

10 and under
1. Peter Broomhall, 20:21, Conway, N.H.; 2. Graham Suorsa, 30:09, Bridgton; 3. Cody Rau, 30:32, So. China.

11-13
1. Tim Livingston, 25:41, Conway, N.H.; 2. Tony Rau, 26:50, So. China; 3. Mark Bachman, 31:06, Ramsey, N.J.

14-18
1. Sean Livingston, 20:15, Conway, N.H.; 2. Bob Sprague, 20:50, Conway, N.H.; 3. Stan Smith, 21:02, Windham.

19-29
1. Colin Peddie, 18:46, Boston; 2. Gerry Clapper, 19:18, Columbia, Md.; 3. George Bockus, 20:20, Auburn.

Road racing

L.L. Bean Fourth of July Race
Wheelchair division

1. Stephen Carleton, 33:16
Men

1. Lance Gullani, 32:59; 2. Stephen Salepi, 33:17; 3. Andrew Whelan, 33:22; 4. Mike Labossiere, 33:38; 5. Rick MacDonald, 33:42.

Women

1. Cynthia Lynch, 37:44; 2. Roseanna Prest, 38:36; 3. Linda Keniston, 39:16; 4. Joan Samuelson, 39:57; 5. Rosalyn Randall, 41:18.

1. Andy Palmer, 19:33, Portland; 2. Kevin McDonald, 21:37, Lovell; 3. Gino Valeriani, 22:06, Hebron.

1. Guy Martin, 22:08, Saco; 2. Guy Berthiaume, 22:15, Gray; 3. Charles Pratt, 22:42, Lexington, Mass.

1. Warren Dean, 23:28, Farmington; 2. Paul Alpert, 24:28, Lovell; 3. Tim Carter, 26:42, Center Conway, N.H.

1. Carlon Mandell, 27:11, Portland; 2. John Chandler, 27:26, Laconia, N.H.; 3. John Naffie, 27:26, Londonderry, N.H.

10 and under
1. Abby Kennedy, 31:14, Camp Wygonic, Denmark; 2. Rebecca Cannon, 34:21, Camp Wygonic, Denmark; 3. Tammie Curtis, 35:55, Camp Wygonic, Denmark.

11-13
1. Sara Rebeck, 31:16, Camp Wygonic, Denmark; 2. Rebecca Cannon, 34:21, Camp Wygonic, Denmark; 3. Amanda Nelson, 35:51, Bridgton.

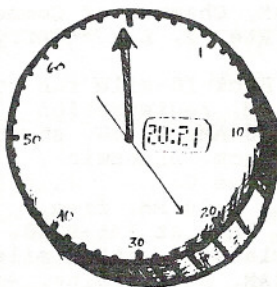
1. Denise Harlow, 25:19, Portland; 2. Kathy O'Grady, 27:36, Rockland, Mass.; 3. Jodi Washburn, 29:16, Intervale, N.H.

1. Michelle Hallett, 21:56, Peabody, Mass.; 2. Debbie Jensen, 24:14, Portland; 3. Kelly Bennet, 24:16, Lewiston.

1. Charlotte Thomas, 23:45, Denmark; 2. Sue Simmons, 26:30, Rockland, Mass.; 3. Carol Weeks, 26:41, Portland.

1. Faye Gagnon, 27:46, Auburn; 2. Sandra Uthstrom, 29:15, W. Falmouth; 3. Carol Homick, 32:38, West Haven, Ct.

1. Judith Bjorn, 30:39, Farmington; 2. Jean Thomas, 31:04, Portland; 3. Pat Fry, 34:20, North Conway, N.H.



Track: Mainers compete in nationals

Vicky Charbonneau of Portland competed in the heptathlon, and Saco's Thayer Redmond competed in the decathlon Tuesday and Wednesday at the 1987 TAC National Junior Olympics at Brigham Young University in Provo, Utah.

Charbonneau finished 11th out of 16 competitors in the 17-18 year old bracket. She scored 3,256 points, 621 coming from a four-way tie for fifth place in the high jump. Charbonneau jumped 4'11" in that event.

Charbonneau, who will be a senior at Portland High School this fall, also scored 516 points with her time of 29.52 in the 200 meters. She picked up 477 points when she ran 2:48.67 in her 800 meter heat, finishing sixth out of nine runners.

Redmond, competing in 17-18 age group, scored 4,881 points to finish 18th out of 23 contestants. His best event was the high jump, where he finished in a nine way tie for seventh place with a mark of 1.77 meters.



Nzau, Smith win Quad City road race

United Press International

DAVENPORT, Iowa — Joseph Nzau of Kenya captured his second Quad City Times Bix-7 men's road race yesterday, and three-time Olympian Francie Larrieu Smith claimed first place in the women's competition.

Three former Boston Marathon champions placed in the top 10 among the men. Bill Rodgers turned in a fourth-place time of 34 minutes 10 seconds. Geoff Smith was fifth in 34:25 and Rob de Castella came in eighth with a 35:04.

Former Boston Marathon winner and 1984 Olympic marathon titlist Joan Benoit Samuel-

son, six months pregnant, placed 19th among the women in 46:07.

Nzau, who captured the 1983 Bix title on the hilly 7-mile course through Davenport, finished in 33:24. Smith's winning time was 38:10.

Nzau, now living in Wyoming, won the Peachtree race July 4 in Atlanta. Bix officials said 75-degree temperatures and 95 percent humidity kept the winner more than 1 minute off the record de Castella set when he won the 1982 race in 32:21.

In addition to Nzau and de Castella, the field of 12,200 runners included three other past Bix champions — Mark Curp, Smith and Rodgers.

List of Members

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

UPCOMING RACES

We're in the transition process of redoing the race schedule presentation in the newsletter. Please bear with us during this transition. The following lists of races have come from a variety of sources in a variety of formats and are not presented like we would like to see them. I'd suggest that if you don't see a race you'd like to enter, that you buy a copy of Maine Running and Outing magazine and look in their list of upcoming events.

- Sept. 12 Bath 6.6 mile road race, information from Kevin McLearn, 1356 Washington St. Bath, Me, 04530.
- August 15 Hancock, N.H., 12:00 noon, for info write Betty Pels, RFD 1, Box 599c, Hancock, NH 03449.
- August 15, Londonderry Old Home Days, 5K and 10 K, 8:15 AM, Chamber of Commerce Prof. Park, Rte. 2, Londonderry, NH, 03053.
- August 16, Bowdoin and Back 10-mile run to Coast, 8:00 AM, registration closes at 7:30 AM, \$7.00, starts at Bowdoin Track, Brunswick, ME.
- August 22 Merrimac Old Home Days, 2 mile road race and walk, 5:00 PM, free, Merrimac, MA, info at 346-9240.
- August 29 Bath 5 mile classic, with 2 mile fun run, 8:00AM, Bath, Maine, 44 Front Street, Bath 04530.

- September 20, 19th Annual Chubb Life RRCA 10 mile National Championship, and 5K Road Race, info from Bob Teschek, One Granite Place, Concord, NH, 03301, (603) 863-2537.
- August 15 Horse of a Different Color 10-mile TAC certified, Prescott Park, Portsmouth, NH, \$9.00, mail to Oxfam America %Ames Stevens, 609 State Street, Apt.8, Portsmouth, NH 03801.
- August 29 Kiwanis Charity Classic, 5:50 PM, Exeter, NH, info from Tom Forbes, P.O. Box 820, Exeter, NH 03833, 603-778-1102.

Also...

Montreal Marathon, Sept. 27, 1987
COMIM, PO Box 1570 Station B, Montreal, Quebec H3B 3L2

Falmouth Road Race, August 16th
Richard Sherman, Box 732, Falmouth, MA 02541

1987 Dartmouth-Hitchcock Marathon & 12.2 Mile Race August 22
Fitness Resources, RFD #, Box 198, Concord, NH 03301

Cape Challenge Half Marathon, Sept. 13, 1987 at SMVTI

Casco Bay Marathon, Oct. 11, 1987 Portland, ME

- August 8 SCHOODIC POINT 15K ROAD RACE. 8:30 am.
Schoodic Point Parking Lot Winter Harbor
- August 8 JOHNSON'S INTERNATIONAL FIVE MILE ROAD RACE
From Calais Main St. Park 9:00 am
- August 9 TOYOTA TRIATHLON SERIES 8 am Naples, Me.
Contact Dave McGillivray (617)396-3001
- August 9 CASCO NORTHERN FIVE MILER 4 pm Univ. of Me
at Presque Isle Contact Dave Maycy
- August 9 9th ANNUAL BLUE HILL DAY 10K ROAD RACE 10:30 am
from Blue Hill town Park
- August 9-15 4th ANNUAL MAINE RUNNING CAMP FOR ADULTS with
Andy Palmer, Tom Mulvey and Virginia Connors
Contact Maine Running Camp PO Box 1217 E. Holden
Me. 04429 843-6262
- August 15 BLUEBERRY FESTIVAL 10K 8:10 am Part of the
annual Blueberry Festival, Wilton Me
- August 16 St. PETERS ITALIAN STREET FESTIVAL 4 miles
3:00pm start at the corner of Federal and
India St. Portland, Me.
- August 22 BLUE HILL 10K MOUNTAIN CHALLENGE 10 am from
the Blue Hill Fair Ground
- August 23 BIATHLON SERIES-THE FITNESS CONECTION 9am
5 mile run, 20 mile bike, starts at the
Fitness Connection, Westminster St, Lewiston
Me 786-2161
- August 30 SUGARLOAF MARATHON AND 15K 7:30 am
Race directors: Chip and Nancy Carey 237-2000 (work)
or 265-2273 (home)



JOEL TITCOMB	1:55:80	(3RD	19-29)
DAVID CRAWFORD	1:55:30	(1ST	30-39)
BARRY FIFIELD	1:57:03	(2ND	30-39)
GORDON CHAMBERLAIN	2:10:14	(2ND	40 &))
BOB COUGHLIN	2:12:14	(4TH	40 &))

ROZ RANDALL	2:13:00	(2ND	30-39)
MARIE WOOD	2:30:30	(5TH	30-39)
BARBARA HAMALOCK	2:32:35	(7TH	30-39)

JANE DOLLEY	2:07:37	1ST WOMANS TEAM
DEBBIE SAWYER	2:09:15	2ND WOMANS TEAM
PATTY TITCOMB	2:00:49	4TH MIXED TEAM
CHERYL BASCOMB	2:02:34	? MIXED TEAM
HARLEY LEE	2:12:23	? MIXED TEAM

Led by first-place finishes in the women's 5,000 meters and the president's relay, Unum took runner-up honors in the United States Corporate Athletics Association National Track and Field Championships in the Division II competition, held at the Massachusetts Institute of Technology here Saturday and Sunday.

Unum trailed only SRI among the eight teams representing companies with 5,000 or fewer employees. Unum finished with 231 points, 46 points off the lead.

In the women's 5,000 meter event, Unum's Barbara Coughlin, Terri Morris and Joan Lee each captured their respective age divisions in a winning effort.

The president's relay consisted of three legs. Fran Brennan ran 800 meters, Mike Curry ran 400 meters and company president Jim Orr ran the 1600-meter anchor leg, to give Unum its second win on the nine-event program. . .

50 Mile Canoe Race

Three Maine Track Club members participated in and finished one of the most grueling canoe races in the country, "The Kennebec 50". Bob Coughlin, Gordon Chamberlain and Barry Fifield paddled C-1 (one person canoes) for 46 miles on the Kennebec River from Caratunk to Norridgewock on July 11th 1987. To get an idea of the distance, it would be the same as from Conway NH to intown Portland.

Elapse time for C-1 ranged from 6 hours, 20 min. to 9 hours, 54 min. The three from MTC placed 1st, 3rd and 4th, including Barry setting a course record.

The highlight of the race was Gordon's battle with the "Man Eating Eddy" (a backward-circling current of water or whirlpool). Gordon's canoe took a submarine dive under the waves and he was suddenly in the river clutching his canoe while the waves pulled his bow under. Performing an incredible maneuver, he grabbed the canoe's rope with his teeth and swam out of the hole safely.

The long hard paddling (including tricky Class II whitewater) was interrupted by portages up to 1 1/2 miles long through mud, brush and woods, running while carrying a canoe.

Bob, Gordon and Barry are thrilled about completing this race and feel it was an adventure of a lifetime. They are planning to return next year and would like to stir up some interest.

July 8, Membership Meeting

Cheryl Bascomb started the meeting by introducing Sandy Wyman (MTC member) who ran through Finland on the Suomi Juodsee relay. It was a 5 day run that started in the northern most part of Finland and finished in the southern most part. It was very interesting and Sandy enlightened us on some Finnish points of view from politics to running.

Guests this evening: Jean Hackett, Elizabeth Miller, Debbie Jensen (she came in as 3rd women in the Bridgton 4 miler) and () Reynolds (sorry I missed your first name). Katie Alman was here, a new member from Boulder Colorado.

Phil Pierce gave the Treasurer's report for Rick Strout, all is doing well with the treasury. The June newsletter gives a report of the funds present.

Upcoming races:

Pat's Pizza: July 18, race director: George Prescott
George needs volunteers. There could possibly be 500 runners. The Rainbow System for results will be used.

Bowdoin & Back 10 Miler: August 16: 10-15 people are needed to help in the chute and with results. Call Ken Dolley if you would like to help.

BEU-10 K for the Kidney Foundation has been cancelled.

The new Membership Roster was available for members. The costs were prohibitive for mailing the rosters; \$400-500 for the club roster to be photocopied. A limited number are available..

Sandy Utterstrom thanked everybody for helping with the TAC Track Meet.

Dennis Connelly reports that we now have 319 members.

Social Events:

- Jane and Ken Dolley's brunch after the Pat's Pizza race

- August 1 Fun Run and Lobster Bake for the whole family at Phil Pierce's house.

- Sandy Wyman's Highland Lake Fun Run on August 29. This is the 10th annual and the final: 11.2 challenging miles starts at 10 am. Swimming, and partying for all. Please bring your own food.

SUGARLOAF MARATHON SUNDAY AUGUST 30. Bruce Ellis is encouraging every who signs up for it to sign up as a team (MTC). By the way, Nancy Ellis ran a 3:11 at the Grandma's marathon, which is a new PR, congratulations Nancy!!!!

Carlton Mendell on July 11 will be doing a 24 hour run 100.5 miles. He won the race last year and set a record for his age group. Good luck Carlton!

Kim Moody finished 4th in the Western States and had a "24 hour bug" from the middle to the finish of the race.

Charlie Sarritella is training people to race walk and setting up classes.

Maggie Soule announced that she had sent out press releases to all the major running magazines of Jane Dolley's position as Vice President East of the RRCA.

Phil reported that the Business Digest will be publishing an article about The Maine Track Club in the August issue.

Don Penta announced that there is a 3 miler on July 18 in Gorham, by the High School on Route 114, sponsored by the Gorham Arts Council.

August 9 Triathlon on Long Lake, Swim: 1 mile, Bike 25 mile and Run 6.2 miles.

Future Meetings: August: Run and walking clinic to be held at SMVTI

On Sept. 12, at 1:00 am Ziggy Gillispie will be holding the St. Joseph's Women's Invitational 5 K run. Contact Cheryl Bascomb if you are interested in being on the MTC team. Officer Candidates are needed for next year.

October meeting: Presentation on volunteering.

John Gale encouraged members to participate in the Sunday fun runs beginning in Payson Park at 7:00 am. Please join the fun!!!!!!

Please relay any funny running incidents to Sandy Wyman to help make our banquet more fun!!!!!!

Auan Milliken

MEMBERSHIP ADDITIONS

Since our last newsletter was published the following 6 new members have joined the Track Club:

<u>NAME & ADDRESS</u>	<u>PHONE</u>	<u>OCCUPATION</u>	<u>AGE/SPONSOR/ INTERESTS</u>
Ralph Duquette 74 Marlboro Street Belmont, Ma. 02178	(B)617/426-0135 (H)617/484-7190	Paralegal	29
Lois Brommer 40 Frederic Street Belmont, Ma. 02178	(B)617/482-1390 (H)617/484-0313	Paralegal	23
Timothy Christian 52 Edgewood Road So. Portland, Me. 04102	(B)871-0111 (H)799-3738	Physician (Me.Med.Ctr.)	31
Gary White 116 Crestview Dr. Portland, Me. 04103	(B)775-5843 (H)797-0155	Sr.VP,CFO (Sun Savings)	39/Cycling
Marla Keefe RR#2, Box #1239 Casco, Me. 04015	(B)775-9620 (H)655-7350	Secretarial (N E Telephone)	34/Bob Payne Aerobics,Cooking, Nautilus, Reading
Robert Tifft 1300 North Hill Rd. Buckfield, Me. 04220	(B)622-0951 (H)336-2523	Coordinator (Me.Seat Belt Coalition)	34/Cynthia Tifft Golf, Tennis, and Music



The Maine Track Club has gone through a number of changes over the years. This is normal for a growing, dynamic organization. Growth, however, brings its own problems. The structure and process of the organization can sometimes overshadow its reason for existence. We occasionally forget the reason why most of us joined the Club in the first place. I (and I suspect many others) joined the Maine Track Club to find other people to run with. As our Club gets larger and continues to attract new members, this opportunity becomes an increasingly important means of integrating these people in our activities. Unfortunately, it becomes very intimidating for new members to hook up with the various groups that are training together on weekends.

In order to rectify this situation, I would like to resurrect a Club activity that has been forgotten over the past year or so. The Sunday morning group run from Payson Park has always been an important activity on the MTC schedule of events. During the summer and fall months, it has provided an easy way for members to hook up for long runs. The start used to look like a small mob scene during the month or so before Casco Bay! The group easily accommodated a variety of paces and distances and, most importantly, offered a tremendous amount of encouragement and support. I ran my first marathons a result of the encouragement I received on Sunday mornings. As an additional benefit, I made many good friends during the hours spent together on the roads to Falmouth and Yarmouth.

I would like to suggest that the many groups who are now running together on weekends make an effort to meet at Payson Park at 7 AM on Sunday mornings to renew this important Club activity. Water is generally available on the course mostly due to the efforts of Sandy Utterstrom and Jean Thomas as well as a great deal of good company. Please feel free to touch base with me if you have any questions or if you would like to help by putting water out before you run.

John Gale

ROAD RUNNERS CLUB of AMERICA



PERSONAL FITNESS PROGRAM



The ROAD RUNNERS CLUB of AMERICA advocates physical fitness through running. It sponsors the PERSONAL FITNESS PROGRAM as a means of encouraging and motivating the beginning runner. The program is also intended to provide a challenge for those already in a regular running program.

To participate in the PERSONAL FITNESS PROGRAM, register before the end of the third month of a 6-month period (January-June or July-December). You will receive a Running Diary for recording your mileage throughout the 6-month period. A form will be sent to you for your final mileage report. You need not be a RRCA member to participate.

Everyone is a winner. All program participants receive an attractive embroidered emblem and a certificate suitable for framing. To recognize individuals according to the total miles they run, (1) each participant receives an emblem for the mileage category they complete during the 6-month period (see NOTE below), (2) each participant receives a certificate which includes their name and total miles completed during the 6-month period.

Use the registration form below to enter the program.

NAME _____ AGE _____ SEX _____
STREET/BOX ADDRESS _____
CITY _____ STATE _____ ZIP _____

SIX-MONTH MILEAGE CATEGORIES

(Check only one)

- ☐ Under 250 Miles
- ☐ 250 Miles (10 Miles per Week)
- ☐ 500 Miles (19 Miles per Week)
- ☐ 750 Miles (29 Miles per Week)
- ☐ 1000 Miles (38 Miles per Week)
- ☐ 1500 Miles (58 Miles per Week)
- ☐ 2000 Miles (77 Miles per Week)

CLUB Maine Track Club

- ☒ Member of the RRCA
- ☐ Not yet a member of the RRCA
- ☐ Send me information on the RRCA

Please register me for the following 6-month period: (Check only one)

- ☐ JAN 1 through JUN 30 (Register by MAR 31)
- ☐ JUL 1 through DEC 31 (Register by SEP 30)

Registration Fee: \$5.00 for RRCA Members
\$6.00 for non-members

Make check payable to: RRCA Personal Fitness

Mail form and fee to:

PAUL HORNJAK, DIRECTOR
RRCA PERSONAL FITNESS PROGRAM
111 BARNSBURY DRIVE
LIMA, OHIO 45804

NOTE: You will receive the emblem for the actual category in which you finish no matter which category you select. If you select 500 miles but are able to run only 325 miles, you will receive the 250-mile emblem. On the other hand, if you select 250 miles and end up running 525 miles, you will receive the 500-mile emblem. The mileage categories are prominently displayed on the emblems with the exception of the "Under 250 Miles" category which contains a star.

(419) 227-8844

RACE RESULTS

Spring Point Festival 4 miler - 186 Fin. South Portland, Me - 27 June '87

Top Men:		
1	Jim Toulouse (MTC)	39 21:26
2	Richard Mulhern (MTC)	33 22:15
3	Manuel Montoya	31 22:26
4	Kent MacDonald	32 22:32
5	Jeff Bengtsson	28 22:37

Top Women:		
21	Jennifer Rood (MTC)	26 24:28
44	Jean Hackett	28 26:57
50	Leslie Couture	19 27:32
67	Bonnie Cate	38 28:38
70	Cindy Tiffit (MTC)	33 28:55

Top Masters:		
6	Jim Paterson	46 22:39
71	Sandy Utterstrom (MTC)	43 29:00

Top Veterans:		
19	Peter Bastow (MTC)	50 24:23
90	Jean Thomas (MTC)	51 30:08*

Top Senior:		
45	Carlton Mendell (MTC)	65 27:00

Other MTC Finishers:		
13	Bob Coughlin	48 23:13
16	John Lunt	27 24:05
22	Gary White	39 24:37
23	Bob Jolicoeur	50 24:41
26	Roy Morejon	44 25:04
27	Richard Marino	38 25:08
29	Mark Finnerty	28 25:24
34	Norman Locke	28 25:51
35	Rick Strout	48 25:52
37	Richard Stott	42 25:58
38	Rodger Smith	41 26:05
40	Keith Parsons	31 26:12
47	Bill Green	33 27:09
48	Dale Rines	34 27:14
51	Richard Scribner	35 27:33
54	Raphael DePrez	47 27:55
55	Peter Holloway	45 27:58
56	Frank Morong	54 28:01
59	Fred Stone	51 28:12
64	Don Penta	41 28:30
73	Russ Bradley	63 29:12
78	Terri Jordan	14 29:22*
80	Richard Manthorne	45 29:26
88	Carey Jordan	14 30:03*
92	Bob Perkins	44 30:19
93	Robert Coggeshall	14 30:25
94	Rick O'Brien	40 30:27
96	Warren Foye	39 30:29
114	Edd Cabral	42 32:15
122	Mel Fineberg	51 33:46
124	Stanley Harmon	65 34:15
135	Gordon Chamberlain	49 35:20
138	Ruth Hefflefinger	58 36:05*
142	Linda Dion	36 36:40*
145	James Carroll	77 37:11
149	Benjamin Davenney	10 38:00
150	William Davenney	42 38:01
151	Jill Morejon	8 39:12
152	Jan Bastow	51 39:28*
153	Susan Morejon	34 39:29*
159	Pat Buckley	49 40:02*
167	Margaret Coggeshall	14 48:33*
170	Samantha Harmon	12 52:53*

Congratulations!
Jennifer Rood, 1st, Open*
Sandy Utterstrom, 1st, 40 thru 49*
Cindy Tiffit, 1st, 30 thru 34*
Jean Thomas, 1st, 50 thru 59*
Terri Jordan, 1st, 11 thru 14*
Carey Jordan, 2nd, 11 thru 14*
Jill Morejon, 1st, 7 thru 10*
Jim Toulouse, 1st, Open
Richard Mulhern, 2nd, Open
Robert Coggeshall, 1st, 11 thru 14

"People Die, Dreams Don't", Terry Fox 5k 474 Finishers - Bangor, Me - 10 May '87

Top Men:		
1	Bob Everett	15:18.6
2	Dan Deering	15:23.7
3	Roy Morris	15:31.4

Top Women:		
33	Rose Prest-Morrison	18:24.0
35	Robin Emery-Rappa	18:31.2
44	Anne-Marie Davee	18:58.9

MTC Finishers:		
42	David Wilson	18:54.0
231	Katherine Christie	24:17.2*

Biddeford Pool Spring 3.5 Miler - 47 Fin. 23 May 1987

Open:		
1	Kevin Kein (MTC)	19:36
10	Kristen Cooke	24:28*

Other MTC Finishers:		
21	Bob Perkins	26:48
35	Isabella Firth	31:04*
36	Kathryn Osgood	31:05*

Monmouth Apple Blossom 15k - 36 Finishers Monmouth Academy - 31 May '87

1	John Fitzgerald	23 50:48
2	Dick Hoisington	32 55:11
3	Tom Thibeau	29 57:02
4	Neill Miner	38 57:10
5	Randy Hastings	32 57:43
9	Chase Pray	44 64:00
13	Anne-Marie Davee	30 70:21*
30	John Woods (MTC)	69 81:14

Fleet Feet Five Miler - 52 Finishers Caribou, Me - 7 June '87

1	Bob Everett	27 24:29
2	Rusty Taylor	35 27:00
12	John Woods	43 31:01
16	Cynthia Reinhardt	24 31:44*
19	Darlene Higgins	46 32:43*
26	Lloyd Smith (MTC)	38 35:12

4th Annual Celebrate Gorham 3 Miler 46 Finishers - 11 July '87

Top Men:		
1	Ken Botting	14:17
2	Kevin Kein (MTC)	15:08
3	Mark D. Snow	15:28

Top Women:		
12	Wanda Haney (MTC)	16:55
22	Rosalyn Randall (MTC)	18:49
24	Sally Scotton Bond	19:12

Top Masters:		
4	Guy Lindwell	15:35
45	Pat Buckley (MTC)	28:26*

Other MTC Finishers:		
6	Joel Titcomb	16:12
11	Lee Anderson	16:51
14	Patrick Kein	17:03
16	Dennis Smith	17:13
19	Les Berry	18:02
23	Richard Scribner	18:54
25	Dale Rines	19:13
27	Phil Bartlett	19:37
29	Don Penta	20:28
35	Dorothy Stoddard	21:43*
36	Bob Perkins	21:59
41	Stanley Harmon	24:31

** Omission **

Doc's Tavern 3 Miler:		
16	Bob Hoover	16:18

The Great Maine Race - 53 Finishers East Harpswell, Me - 7 June '87

Top Men:		
1	Stephen Grygel	29 50:12
2	Lance Guliani	28 52:25
3	Mutweb Alfawair	26 54:46
4	Joel Croteau	43 55:06
5	Dale Dorr	39 56:47

Top Women:		
24	Sandra Wyman (MTC)	31 66:54
27	Gladys Dewick	33 67:39
29	Joan Lavin (MTC)	39 68:19
33	Karen Tilberg	30 70:09
34	Nancy Lovetere (MTC)	43 70:37
35	Barb Coughlin (MTC)	44 70:52

Other MTC Finishers:		
7	Bob Coughlin	48 57:26
31	William Davenney	42 69:25
32	Bill Green	33 69:50
37	Al Mack	37 72:14
38	Jean Thomas	51 72:54*
40	Sandy Utterstrom	43 73:11*
43	Barbara Footer	35 76:49*
44	Katherine Christie	42 77:12*
46	Warren Foye	39 78:21
47	Bob Cushman	49 78:50
48	Susan Davenney	38 78:51*
51	Mel Fineberg	51 81:48
53	Ruth Hefflefinger	58 98:01*

Congratulations!
Sandra Wyman, 1st, Open*
Joan Lavin, 3rd, Open*
Nancy Lovetere, 1st, Masters*
Barbara Coughlin, 2nd, Masters*
Sandy Utterstrom, 3rd, Masters*
Jean Thomas, 1st, Veterans*
Ruth Hefflefinger, 2nd, Veterans*
Bob Coughlin, 2nd, Masters

9th Annual Casco Country Run - 217 Fin. Miles - Casco Village, Me - 25 July '87

Top Men:		
1	Terry Drost	29 22:41
2	Kevin Way	18 22:56
3	Mark Snow	20 23:07
4	Richard Perry	18 23:37
5	Dick Rafferty	35 23:52

Top Women:		
38	Hanley Denning (MTC)	17 27:34
44	Jennifer Allen	17 28:28
46	Deb Hewson (MTC)	31 28:34

Top Masters:		
7	George Clark	42 24:21
92	Jean Thomas (MTC)	51 32:22*

Other MTC Finishers:		
8	Bob Payne	49 24:24
16	Phil Pierce	45 25:42
22	Bob Jolicoeur	50 26:23
37	Dick Littlefield	38 27:33
48	Fred Stone	51 28:51
55	Bob Wyman	50 30:21
59	Dick Manthorne	45 30:43
67	Russ Bradley	63 31:08
72	Don Penta	41 31:20
113	M. C. Hothem	50 33:49

Congratulations!
Hanley Denning, 1st, Open*
Deb Hewson, 1st, Submasters*
Jean Thomas, 1st, Masters*
Bob Payne, 1st, MTC & 2nd, Masters
Phil Pierce, 3rd, Masters
Bob Jolicoeur, 1st, Veterans
Russ Bradley, 1st, Seniors

Deceptively slow times; this charming lakes region country race can be tough with very hot and humid conditions.

First time MTC participants included Deb Hewson, Hanley Denning, Russ Bradley, Bob Jolicoeur, and Phil Pierce.

MORE RACE RESULTS

Pat's Pizza Classic 1987 - 427 Finishers
Yarmouth, Me - 18 July '87

Top Men:

1 Tim L. Wakeland	22	24:27
2 Danny Paul	33	25:11
3 Jason A. Cakeuros	22	25:28
4 Stephen G. Grygiel	29	25:55
5 Patrick G. O'Malley	20	26:21

Top Women:

49 Wanda Haney (MTC)	21	29:14
52 Debbie Jensen	28	29:28
69 Lauren J. Corey	25	30:05
80 Deb Rasmann (MTC)	34	30:35
88 Jennifer Rood (MTC)	26	30:56

Top Masters:

13 Guy A. Lindwall	40	27:19
172 Faye M. Gagnon	42	33:47*

Other MTC Finishers:

15 Joel C. Titcomb	28	27:32
19 Jerry Allanaesh	37	27:43
21 Peter Dube	24	28:00
27 Alan R. Quinlan	31	28:13
30 Tony Owens	38	28:21
35 Bill C. Skerritt	27	28:31
36 Bob Coughlin	48	28:32
38 John M. Eldredge	32	28:45
62 Brian H. Milliken	34	29:51
64 Tom Allen	31	29:56
70 George Liming	36	30:08
74 David A. Smith	45	30:21
78 Lee M. Anderson	17	30:34
81 Bob J. Jolicoeur	50	30:36
82 Lee Allen	32	30:38
83 Peter R. Carleton	29	30:39
86 Greg F. Dugas	32	30:47
92 John F. Braccio	33	31:04
97 Roy Morejon	44	31:10
100 Philip S. Pierce	45	31:17
105 Fred Beck	54	31:22
111 Donald R. McGilvery	35	31:37
117 Rosalyn Randall	37	31:58*
120 David J. Houser	37	32:04
121 Norman R. Locke	28	32:06
122 Tim Smith	30	32:07
127 Tom W. Norton	35	32:20
130 Joan Sarles Lee	33	32:29*
133 Carol A. Weeks	38	32:31*
134 Charles S. Probert	43	32:32
136 Sumner C. Weeks, Jr.	38	32:37
143 Keith A. Parsons	31	32:45
146 Richard Marino	39	32:53
148 Bob Hazzard	55	32:57
149 Walter W. Webber	56	32:58
159 Richard S. Stott	42	33:24
161 William A. York	45	33:25
163 Ken Casey	35	33:32
164 Dale S. Rines	35	33:33
165 Richard W. Scribner	36	33:35
169 Clint P. Merrill	38	33:41
176 Hanley G. Denning	17	33:54*
181 Peter D. Vaehon	29	34:03
186 Frederic V. Stone	51	34:17
187 Raphael P. DePrez	47	34:22
188 William C. Davenney	42	34:23
192 Maidli P. Townsend	33	34:40*
193 Deb Hewson	31	34:40*
194 Patti Locke	24	34:41*
204 Al Mack	32	34:56
210 Gregg A. Stanley	32	35:13
213 Walter Smith	45	35:22
216 David E. Hutchinson	48	35:25
229 Warren Foye	39	35:45
230 Cindy R. Tiff	33	35:46*
237 Denise T. Bouchard	34	35:55*
241 Rob Laskey	24	36:01
242 Jeri L. Schroeder	40	36:02*
251 Donald P. Penta	41	36:21
257 Douglas C. Aiken	34	36:34
266 Russ V. Bradley	63	36:52
274 Robert M. Wyman	50	37:16
286 Michael S. Denning	41	37:38
294 Marcel P. Bouchard	35	37:57
297 Edd J. Cabral	42	38:06
309 John P. Woods	69	38:26

355 Mark A. Clinch	31	40:07
366 Philip D. Meyers	42	40:43
373 Michael S. Reall	33	41:18
379 Maurice C. Hothem	50	41:26
387 Wayne I. Newland	50	42:21
389 Marina J. Denning	42	42:26*
403 Susan A. Morejon	34	44:03*
417 Lilly S. Vaill	50	46:56*
419 Dail M. Martin	38	47:16*

Congratulations!

Wanda Haney, 1st, Open*
Deb Sawyer-Rasmann, 1st, 30 - 34*
Jennifer Rood, 5th, Open*
Rosalyn Randall, 1st, 35 - 39*
Joan Sarles Lee, 2nd, 30 - 34*
Carol A. Weeks, 2nd, 35 - 39*
Hanley G. Denning, 1st, 16 - 18*
Jeri L. Schroeder, 2nd, 40 - 44*
Lilly S. Vaill, 2nd, 50 - 59*
Joel C. Titcomb, 1st, MTC
Jerry Allanach, 2nd, 35 - 39
Bob Coughlin, 3rd, 45 - 49
Bob J. Jolicoeur, 1st, 50 - 54
Fred Beck, 2nd, 50 - 54
Bob Hazzard, 1st, 55 - 59
Walter W. Webber, 2nd, 55 - 59
Frederic V. Stone, 3rd, 50 - 54
Russ V. Bradley, 1st, 60 - 69
John P. Woods, 3rd, 60 - 69

MTC Improvements, Part IV --

Pat's Pizza Classic 5 Mile (15
Faster & 19 Slower in 1987)

	'86	'87	-Diff.	-%Diff.
William C. Davenney	37:35	34:23	3:12	8.51
Warren C. Foye	37:48	35:45	2:03	5.42
Russ V. Bradley	37:53	36:52	1:01	2.68
Rob Laskey	36:44	36:01	0:43	1.95
Philip S. Pierce	31:54	31:17	0:37	1.93
Donald R. McGilvery	32:13	31:37	0:36	1.86
Keith A. Parsons	33:19	32:45	0:34	1.70
John F. Braccio	31:36	31:04	0:32	1.69
George Liming	30:31	30:08	0:23	1.26
Tom W. Norton	32:41	32:20	0:21	1.07
Ken Casey	33:53	33:32	0:21	1.03
Carol A. Weeks	32:48	32:31	0:17	0.86
Sumner C. Weeks, Jr	32:50	32:35	0:15	0.76
Dale S. Rines	33:44	33:33	0:11	0.54
Jennifer Rood	30:59	30:56	0:03	0.16

Special thanks to Race Director George
Prescott and Ted Cunningham for sending
me complete Classic results.

Pat's Pizza Volunteers

Many thanks to the many volunteers who helped
with the Pat's Pizza race: Irv and Donna
Felker, Dick Lemieux, Paul Burke, Mike
O'Brien, Joe Wildman, Joan Lavin, A'herry
Nelson, Tony Solvo, Bob Perkins, Jane Kuasma,
Herb and Evie Strom, Marion Leschey, Maggie
Soule, Dennis Connolly, Marie Wood, Sue
Yandell, Charlie Scribner, Ted Cunningham,
Marie Wood, Pat Buckley, Lori Prescott,
Sande Prescott, Ken and Jane Dolley, Jean
Thomas, Ruth Hefflefinger, Jan Beckermert,
Sandy Wyman, Sandy Utterstrom, Kate Ullman,
Katheryn Telford, Mel Pineburg, Ken Dionne,
and Elizabeth Miller.

Globe, 26 July '87

ROAD RACING

Quad City Times Bix-7 Race

at Davenport, Iowa

(7 miles)
1. Joseph Nzeu 33:24; 2. Mark Curp
33:43; 3. Ashley Johnson 34:05; 4. Bill
Rodgers 34:10; 5. Geoff Smith 34:25.

Women
1. Francie Larrieu Smith 38:12; 2.
Cynthia Wette 38:43; 3. Nan Dock-Davis
39:16; Also, 19. Joan Benoit 46:07.

Road racing

Special Olympics Fund Run

Two Miles
1. Michael Adams, 10:10; 2. Ken Houle,
10:11; 3. Scott Martel, 10:57; 4. Bill Wells,
11:17; 5. Eric Orfman, 11:37; 6. Bruce
Nelson, 11:50; 7. Mitch Carr, 11:50; 8.
Conrad LeBel, 12:52; 9. Patrick Flanagan,
12:00; 10. Dominique Neveux, 12:03;
11. Daniel Berube, 12:13; 12. unavailable;
13. David Audi, 12:31; 14. Thomas Lever-
rier, 12:37; 15. Danny Boothby, 12:52; 16.
Peter Connell, 12:54; 17. Ray Putnam,
12:56; 18. Marie Cote, 13:00; 19. Chris
Cote, 13:01; 20. Richard Durkee, 13:04.

Men's overall

1. Michael Adams, 10:10.

Men's 1-14

11. Berube, 13:12:13.

Men's 15-19

4. Wells, 19:11:17.

Men's 20-29

5. Orfman, 28:11:37.

Men's 30-39

6. Bruce Nelson, 34:50.

Men's 40-49

29. David Boothby, 48:13:47.

Men's 50-59

32. Thomas Baum, 55:13:52.

Men's 60 and over

82. Oswyn Hammond, 62:16:51.

Women's overall

25. Michelle Mercier, 13:16.

Women's 1-14

66. Jacqueline Ouellette, 16:50.

Women's 15-19

106. Brenda LeConte, 15:18:01.

Women's 20-29

62. Diane Whilcomb, 27:15:54.

Women's 30-39

57. Linda Goulet, 33:15:29.

Women's 40-49

98. Muriel Theriault, 42:17:26.

Women's 50-59

214. Brenda Foresman, 52:25:21.

Women's 60 and over

222. Madeline Davis, 61:25:36.

Five Miles

1. Ken Houle, 26:36; 2. Thomas Larose,

26:36; 3. Jack Mahurin, 27:25; 4. Michael

Turner, 28:00; 5. Guy Martin, 28:07; 6.

Steve Podgajny, 28:14; 7. John Gardner,

28:35; 8. Frank Brume, 29:27; 9. Bob

Hunt, 29:50; 10. James Cotis, 29:54; 11.

Brian Corcoran, 29:57; 12. Brent Elwell,

30:01; 13. Larry Kinner, 30:04; 14. Chris-

topher Mansfield, 30:09; 15. Donald Wil-

son, 30:17; 16. Bob Payne, 30:22; 17.

Donald Harder, 30:24; 18. Mark Jariz,

30:36; 19. Barry Sargent, 30:53; 20. Scott

Mariel, 31:11.

Men's overall

1. Ken Houle, 26:36.

Men's 1-14

93. Andy Marlone, 8:41:24.

Men's 15-19

11. Corcoran, 18:29:57.

Men's 20-29

4. Turner, 20:28:00.

Men's 30-39

6. Podgajny, 28:16.

Men's 40-49

5. Martin, 40:28:07.

Men's 50-59

33. John Parker, 55:33:30.

Women's overall

41. Leslie Couture, 34:05.

Women's 1-14

113. Kristen Holmes, 13:43:23.

Women's 15-19

150. Jennifer Pease, 15:56:45.

Women's 20-29

49. Joy Eon, 27:39.

Women's 30-39

68. Bonny Cote, 38:27:28.

Women's 40-49

82. Jean Smith, 40:39:57.

Women's 50-59

143. Paulette Soulier, 54:25.

Women's 60-69

178. Laurette Allain, 62.



Nantucket Cranberry Classic 10K June 6, 1987 - 263 Finishers

1 Neil Wood, Weymouth, MA	31:51:68
12 Martha Perkins, Cambridge, MA (1st Female)	36:09
13 Ron Bourque, Brokton, MA (1st Masters)	36:15:91
29 Bob Jolicoeur, (2nd Masters)	38:36:29

Bob was accorded celebrity status in a write-up on
him in the race write-up brochure and said his first
trip ever to Nantucket was a very enjoyable
experience, particularly since his second place
masters finish won him a free dinner-for-two prize
at the North Wharf Restaurant, one of the island's
great seafood places.

P.P.H., 27 July '87

American flag marks the area. Commentators announce as many runners as they can. Medical facilities are immediately available. Refreshments consisting of fruit, yogurt, mineral water and cookies are plentiful. Everyone gets a finishers medal and a finishers t-shirt. Several tents offer shelter for a large awards ceremony. Souvenir tents are open until the day after the marathon so you can stock up on memorabilia if you have a good effort. The post race party can't be beat. For those who can still stand, the Booze Brothers rock and roll group played until 2AM. Beer and refreshments were still on hand until then.

Nancy had a great day by running a PR 3:11:58. This is a tremendous effort due to the heat and humidity. This makes life very difficult for me because we have a little game between us whereby I try to stay 1 hour ahead of her. She keeps threatening me with a 3:05. I didn't PR but I think I had by best marathon effort ever due to the heat. I finished 5th in 2:19:06. I was first in my age group.

I ran very steady for 20 miles, then hit the wall on the hill at 22. I was a hurting buckaroo over the last 10K. You betta believe I was talking to the Lord. But, again the strong feeling I have for my affiliation with the Maine Track Club and my respect for you as individuals carried me through. I admire all of you and appreciate all your running efforts. I just want you to be proud of me and realize how much that singlet means to me. Focus your eyes next April, because if you look hard among all the Reeboks, Pumas and New Balance, you'll see an M.T.C. shirt in there.

After the race, director Keenan teated us and others to a 4 day "fishing trip" to Superior National Forest along the Canadian border. We stayed at a beautiful lodge called Borderland. Nance and I then embarked on the final leg of our vacation, a wilderness canoe trip through the Boundary Waters Canoe Area. An area similar to our own Maine wilderness.

In appreciation for his kindness, I gave Scott some packages of Grandma's brand cookies, a 6-pack of Portland Lager beer(brewed in Wisconsin), a can cooler from a noteworthy spot in our beloved state and a Maine Track Club t-shirt(which he politely wore).

I'm not sure if we'll go back next year. But another visit to Grandma's is definitely in the future. It's an event deserving consideration for your marathon calendar - 3rd Saturday, every June. Don't you think it's time you visited your Grandma?



TREASURER'S REPORT

July 7, 1987



Richard K. Strout

Richard K. Strout
Treasurer

Balance on Deposit, June 6, 1987

\$6,676.53

Receipts:

Newsletter Ad.- T. Owens	\$ 50.00	
Officer Friendly	460.00	
Membership	27.00	
Milk Run Race	648.00	
Lawn Sale Proceeds	663.07	
Newsletter Ad- Milliken	60.00	
Interest- June	33.03	
		<u>1,941.10</u>
		8,617.63

Disbursement:

*Dale Rand Printing	20.00
Race Forms	80.00
*SMVTI- Rental Gym	60.00
*SMVTI- Perry Hodell	60.00
*John Gale- TAC Insurance	13.55
*Maggie Soule- Postage	150.70
*Rainbow Racing System	
*Brian Milliken- Expenses	381.57
Officer Friendly Race	
*Nancy Stedman	29.77
Expenses	
*Portland Track Club	100.00
ad TAC Region Jr. Olymp.	
*Postmaster Portland	28.00
Box Rental	
*Valcom Computer Cent.	28.00
Cape Challenge Entries	
	<u>951.59</u>

Funds on Deposit, July 7, 1987

\$7,666.04

Baxter Boulevard Running Path

\$934.14

Cycling

THOMASTON — The New Hope Bike Trek, sponsored by New Hope for Women, will be held Saturday and Sunday, Aug. 29-30, beginning at the Midcoast Community College in Thomaston with an 8:30 morning registration. The journey will cover 50 miles each day over coastal and inland routes.

Saturday night will be spent at Tanglewood 4-H camp in Lincolnville, with supper and breakfast provided. The cyclists will return to Tanglewood on Sunday, for a cookout scheduled for 3 p.m.

New Hope for Women is a non-profit project in Midcoast Maine. To enter the event, participants must raise \$150 in pledges, which will support services to women and children in Knox, Lincoln, and Waldo counties.

Additional information and registration may be obtained by calling 594-2128 from 9 a.m. to 5 p.m. Monday through Friday.

THE RUNNER'S EDGE

A Contemporary Running Column by Phil Pierce

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

The Scientific Side: Triglycerides, Cholesterol, Exercise, and Diet.

Fats in the blood are called triglycerides. This is the same type of fat found in fat deposits under your skin. Since fat is not soluble in water or blood, the triglyceride molecules are attached to a blood protein. Cholesterol is also not soluble in water, so it is included in a package of triglycerides, cholesterol and protein, which together form a lipoprotein. These proteins are soluble in water and make it possible to dissolve fat in the bloodstream.

When your total cholesterol is measured -- a common measurement for a medical examination--it is for a total of the cholesterol in your blood. But that doesn't tell you anything about the size of the different fatty-cholesterol particles (lipoproteins). The size can be quite important. The smallest lipoproteins are dense and contain less fat. These are called the high density lipoproteins (HDL) and the fraction of the total cholesterol that is in these HDLs is called HDL-cholesterol. These protect against the development of fatty-cholesterol deposits in the arteries.

The medium-sized lipoproteins contain more fat (triglycerides) and are called low-density lipoproteins (LDL). The portion of the total cholesterol in these is called LDL-cholesterol. These are the fatty-cholesterol particles that tend to deposit in the walls of arteries and cause blockages, resulting in heart attacks, strokes and other problems.

Then there are very large lipoproteins that contain lots of fat. These have very low density and are called very-low-density-lipoproteins (VLDL). The main function of these is to transport fat through the bloodstream. They do not cause fatty-cholesterol deposits in the arteries.

There are now three ways to reduce LDL-cholesterol, and increase HDL-cholesterol:

1. Exercise helps clear fat. Studies show that exercise tends to increase the HDL-cholesterol and lower the triglycerides. It may also lower the LDL-cholesterol. These effects are exactly what is needed to decrease your risk. In a recent study by investigators from Brown University in Providence, Rhode Island, 10 healthy males who ran an average of 32 to 121 kilometers a week were studied before and after running a marathon. The researchers wanted to see how the prolonged vigorous exercise affected the fatty-cholesterol particles. Previous results of tests taken immediately after exercise have been inconclusive, but this study, done 24 hours before the marathon and 18 hours after the race, showed that there was a significant clearing of fat from the blood

after exercise. Fat clearance in the marathoners was increased an average of 76 percent, while HDL-cholesterol increased an average of 10 percent.

2. Even more important than exercise is diet: Ingesting less fat. Diet is the first priority in decreasing your risk related to cholesterol. That means limiting your calories sufficiently to eliminate, or prevent, the accumulation of excess body fat. Limiting your total fat intake is important. It is particularly important to limit your saturated fat intake, found mostly in red meats, dairy products (except protein-fortified skim milk and non-fat dry milk powder) and such vegetable oils as coconut oil and palm oil. Limit your cholesterol intake as well.

What about using fish in the diet? That is popular now, and it is a good idea. The choice of fish should include some fish from cold sea water such as salmon, sardines, herring and mackerel. There is evidence that strongly suggests such fish contain highly polyunsaturated fat, which may help to lower total cholesterol and increase the HDL-cholesterol level. It may be premature to buy fish-oil preparations, such as Parke-Davis' Promega, but they are available.

The methods of food preparation are important. If you use fat in preparation, use an oil rich in polyunsaturated fats and low in saturated fats, such as safflower oil, sunflower oil or corn oil.

3. As a last resort, now there is effective drug therapy. One key finding of the new study is that diet and combination drug therapy can achieve substantially greater reductions of blood cholesterol than previously demonstrated. And that, according to heart institute officials, suggests a larger role for drugs in the future treatment of coronary heart disease, which affects some 5 to 6 million Americans, and perhaps in the treatment of those with elevated cholesterol levels.

The study also makes a strong case, Blankenhorn says, for reducing blood cholesterol to a level below 200 milligrams per deciliter, the level now recommended by both NIH and the American Heart Association. "These findings suggest that the target level should be on the low side of 200-between 185 and 200," Blankenhorn says.

To summarize, if exercise alone was enough, then Jim Fixx would still be alive. Although exercise can drive up your HDL-cholesterol (mine is 80 milligrams per deciliter, the highest my physician had ever seen), it may not be enough to drive down LDL-cholesterol to under 150 milligrams per deciliter, which the Framingham study suggests is the safest level.

If you do not know your cholesterol levels, you should learn what they are. Insist on a breakdown of HDL-cholesterol and LDL-cholesterol, and find out which of several methods are used to determine the levels since the method used affects the results. That is another whole column!

Q I'm anemic and always feel tired. This hampers my marathon training. Please help.

A Runners, more so than others, tend to develop iron-deficiency anemia. Some factors contributing to this problem include taking large amounts of aspirin (which can cause stomach



bleeding), drinking lots of coffee or tea (which may interfere with iron absorption), restricting red meat intake (the best dietary source of iron) and losing iron through internal bleeding (a common occurrence with serious competitors). I recommend you see both a sports physician, to determine the cause of the anemia, and a nutritionist. NANCY CLARK, MS, RD

Q After running competition, my upper thighs ache for 48 hours. Should I run anyway?

A You are experiencing delayed onset muscle soreness (DOMS). DOMS is characterized by very sore muscles 24-48 hours after strenuous exercise and is caused by microscopic tears in your muscles, resulting in inflammation. Runners usually experience the most DOMS. Continuing to run while still sore can cause further damage to the muscles. Try to refrain from running for two or three days after the race. There is evidence to suggest that if you do more downhill running during your training, you will experience a lot less DOMS.

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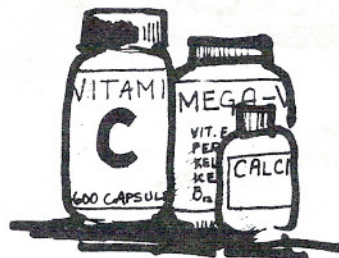
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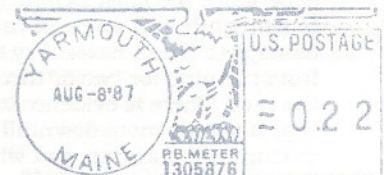
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