



# Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

## AUGUST, 1986 NEWSLETTER

### OFFICERS

Jane Dolley	President	846-6018
Phil Pierce	Vice President & Chairman of Program Committee	782-3760
Rick Strout	Treasurer	829-3216
Maggie Soule	Secretary	846-3631
Charles Scribner	Race Committee Chairman	772-5781
Ted Cunningham	Chairman, Membership Committee	648-9516
Bob Jolicoeur	Chairman, Newsletter Committee	799-4127

## REMINDER

The next Membership Meeting is scheduled for August 13, 7:00 p.m. in the SMVTI cafeteria. All members are welcome. The guest speaker for this month is Brian "Ziggy" Gillespie, Cross-Country Coach at Saint Joseph's College in No. Windham. Brian will be speaking on four different areas:

Understanding your body related to running

Racing

Understanding intervals

The importance of weight training

September Membership Meeting - On September 10, 1986, Fred Scribner, III of Cambridge, MA (Charlie's brother) will provide a show and tell program on Sports Photography. Fred has done some fancy work for Yachting magazine, Runners World and Sports Illustrated. His work has included a wide range of interesting sports topics and events that all members should find most interesting.

A question and answer period will follow Fred's slide presentation. Come prepared to ask your questions about equipment, lighting exposure, techniques, and timing. Fred is a Dartmouth College alumni and a graduate of Harvard Law School and has been active in the field of criminal law.



Maine Track Club is a non-profit organization.





NEW MEMBERS - We are pleased to welcome the 14 new members for the month of July, a larger number than in recent months and excellent quality! This brings total membership to 315. Membership renewals and changes in addresses and phone numbers follow:

<u>Name &amp; Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Peter C. Bernard 5 Powder Horn Dr. Scarborough, ME 04074	W883-9324 H883-3009	Student Assumption Coll.	21/Reading, weightlifting flying
Douglas P. Drummey 174 Glenwood Ave. Portland, ME 04103	H775-1043	Foreman Lucas Tree	47/Hiking, biking Dail Martin - Sponsor
Barry Fifield 520 Summit St. Portland, ME 04103	W443-3311 H797-4828	Designer BIW	29/Bicycling, fishing, skating, triathlons, canoeing, photo- graphy
Monique Garsoe 20 West St. #21 Portland, ME 04102	H773-3389	Aerobics & Nautilus instructor	23/Art, camping, hiking Tom Norton - Sponsor
Robert S. Green RR #2, Box 487 Gorham, ME 04038	W892-8548 H892-8340	Dentist	38
Rob Laskey P.O. Box 668 Bath, ME 04530	W443-3311 H443-5711	Microfilm Tech. BIW	23/Basketball, baseball, hik- ing, politics, volunteer work
Jim Malloy 80 Grove St. Vernon, CT 06066	H203-872-7888	Sales Rep.	42/Computers, reading, photo
Donna Morong 6 Jamestown Court So. Portland, ME 04106	W774-3921 H773-8229	R.N./Nursing Sup. Osteopathic Hospital	31 / Frank Morong - Sponsor
Pamela K. Overlock 65 Juniper Ledge Yarmouth, ME 04096	W780-7216 H846-3489	Information Center Consultant Unionmutual	26/Biking, hiking, skiing Tom Norton - Sponsor
Allen L. Pusch RR 2, Box 398 Yarmouth, ME 04096	W871-2959 H846-9598	Pathologist Maine Med. Ctr.	52
Bill Tribou 6 Round Hill Road Granby, CT 06035	H203-653-4332	Retired	66
Cindy Vokey 520 Summit Street Portland, ME 04103	W774-5761 H797-4828	Medical Secretary Rheumatology Assoc.	28/Bicycling, canoeing, hiking, aerobics, x-c skiing
Bob Wilson 70 Phipps Road Portland, ME 04102	W775-5055 H773-3068	Owner/Manager Valcom Comp. Ctr.	39/Camping, skiing, travel, racquetball, canoeing Charlie Scribner - Sponsor



## New Members continued...

Robert M. Wyman  
22 Maquoit Road  
Brunswick, ME 04011

W871-8536  
H729-3922

Supervisor 49/Walking, x-country, skiing,  
US Postal Serv. hiking

## RENEWALS

Joan Welch  
80 Chenery St.  
Portland, ME 04103

W797-4148  
H772-8742

Physical Therapist 48/Cycling, tennis, skiing

Maurice C. Hothem  
4 Mountain Road  
Falmouth, ME 04105

W797-4148  
H797-3549

Physician 50

Changes noted since last newsletter and roster publishing include the following:

Andrew L. Meyer's new address is 253 Falmouth Road, Falmouth, 04105.

Bob Quentin now lives at 21 Scrimshaw Lane, Saco, 04072.

Isabella Firth's home phone number is 282-3626.

Roz Randall's new phone number is 773-8573.

Pat Buckley new address is P.O. Box 1513, Portland, ME 04104.

Sandra Wyman now lives at 95 Percy Hawkes Road, RFD, Westbrook, ME 04092.

Mailings for Phil Coffin, III will temporarily be sent to Hewes, Douglas, Whiting,  
& Quinn, Attorneys at Law, 103 Exchange St., P.O. Box 7108, Portland, 04112.

**CHICAGO — JOGGERS MIGHT BE INTERESTED** in a new hazard that has been discovered by a physician.

It's not as common as the heart attacks, torn ligaments, broken ankles, dog bites, muggings, and other jogging risks we hear about.

But it is something that joggers might give some thought to avoiding, since it can be painful and debilitating.

The physician, Dr. Melvin Hershkowitz of Jersey City, writes about the hazard in the New England Journal of Medicine. Dr. Hershkowitz, a jogger, was himself the victim.

He said it occurred last Dec. 3, when he went for his usual 7 p.m. jog in a park near his home.

His clothing — and it is relevant in describing this case — consisted of flare-bottom, double-knit polyester trousers, Dacron-cotton boxer-style undershorts, a cotton T-shirt, a cotton dress shirt, a light wool sweater, an outer nylon shell jacket over the sweater, gloves and sneakers.

It was an extremely cold evening, 8 below zero, which contributed to an even more severe wind-chill factor.

The first 25 minutes of jogging were uneventful, Dr. Hershkowitz reports. He normally jogs at least 30 minutes and has been doing so for many years. He is 54.

However, after 25 minutes, he began experiencing an "unpleasant, painful, burning sensation."

**THE PAIN OCCURRED IN A PART** of the body that might be described as an appendage common to males.

He wrote: "From 7:25 to 7:30 p.m. this discomfort became more intense. The pain increased with each stride as the exercise neared its end. At 7:30 p.m. the jog ended."

Dr. Hershkowitz said he went home and examined the afflicted area. He said his diagnosis was that he had suffered a severe case of "early frostbite."

As a physician, Dr. Hershkowitz knew that the way to treat frostbite was to bring the temperature of the frostbitten area back to normal body temperature.

So, he wrote, he took the following steps:

Immediate therapy was begun. The polyester double-knit trousers were removed. In a straddled standing position, the patient created a cradle for rapid rewarming by covering the "afflicted area" with one cupped palm.

Response was rapid and complete. Symptoms subsided 15 minutes after the onset of treatment, and physical findings returned to normal.

However, Dr. Hershkowitz wrote, there were side effects.



**Mike  
Royko**

**HE SAID THEY OCCURRED WHEN** his wife happened to come home from a shopping trip and walked in while he was treating his frostbite.

As he described it, she saw him "standing, legs apart, in the bedroom, nude below the waist, holding the afflicted area in his right hand" while, at the same time, flipping the pages of a medical book with his left hand.

He described his wife's reaction this way: "Spouse's observation of therapy produced rapid onset of numerous, varied and severe side effects (personal communications)."

Dr. Hershkowitz analyzed the frostbite this way: "The syndrome was assessed as tissue response to high air velocity penetrating the interstices of polyester double-knit trouser fabric and continuing through anterior opening of Dacron-cotton undershorts, impacting upon receptor site of target organ to produce changes described."

He said he continues to jog, but "wearing an athletic supporter and old tight cotton warm-up pants used in college cross-country races in 1939. No re-occurrences are expected."

**AFTER I READ ABOUT THIS EXPERIENCE**, I phoned Dr. Hershkowitz in New Jersey to ask if he had any other advice to offer joggers.

"Nothing more than that they should dress warmly when it is cold," he said.

Dr. Hershkowitz said that after his article appeared he heard from a few other people who had similar experiences with frostbite.

"Not from joggers. But I heard from a man who rides his bicycle even in extremely cold weather. He agreed that it was a painful experience."

"And a man in Vermont, who takes long walks in the winter, wrote that this once happened to him. He said he avoids it by walking with his hands over, uh, that area. I would think this might make people wonder about him."

"But the nicest letter I received was from an 81-year-old lady in a nursing home. She said that she and the other elderly ladies read my article and they were all cackling over it. She thanked me for giving them all a good laugh."

He said his wife recovered from the shock brought on by his frostbite treatment.

"At first, she did not know what was going on. But after I explained the situation to her, she understood. I think."

Mike Royko's column appears each Tuesday and Thursday in The Patriot and The Evening News and in the Sunday Patriot-News.



Each of us responds to what we eat in a different way, she emphasized, so if you plan to experiment with your diet do it during training, not on the day of a race.

Davee closed by recommending three books: Food for Sport, by Smith; Fit or Fat, by Bailey; and The Athlete's Kitchen, by Clark.

**BUSINESS MEETING**

Charlie Scribner reported that Pat Titcomb could use additional volunteers in this Sunday's Mark Hoffmaster Memorial.

Helpers should report in at Westbrook Junior High School on Bridge Street at 7:30 a.m.

MTC will not be working the Pat's Pizza race this year, so members can all feel free to run it. Following the race, members are invited for brunch at Jane and Ken Deller's. Don't miss it.

It does not deny the power spectrum. First of all, it explains what. Second, it helps remove the logic and from science, then preventing science after science. Third, it ends division, and fourth, it interferes the mind.



ington runners before and after

ing adjourned and members grin and chortle at Dolley Mt. Washington race and the lobby were consumed with remorse to wicked glee, since cream cheese, chocolate-chip forbidden fodder in the view of Artler, John Gale, John Keller, Gerger, Marie Wood, George implicated as procurers in this

cheduled for September 13. The St. Joseph's Invitational, as it's called, used to be an all-male event, but now that the college has a women's team--and Ziggy is their coach--he wants to encourage women members of MTC and other clubs to compete with them, making the event a state championship. The women's course will be a 5K, half through woods and half through fields. The men's course, a 4.5 miler, is reputed to be "very tough." Ziggy promises post-race videotapes, refreshments and lots of help from the nuns. There will be three awards in each five-year age category. Those not racing are asked to help with the chute and the times.

President Dolley reminded the Club that the slate for next year's officers is wide open for nominations. "We need new people to step in," said Vice President Phil Pierce, who will accept the presidential nomination.

Bruce Ellis reminded the Club that he's looking for an MTC team to run the Sugarloaf Marathon, which is scheduled, unfortunately, on the same day as the Brunswick 10-miler. Nevertheless, he has already enlisted Steve McGrath and Carlton Mendell.

Ski Club for hosting the Mt. Wash their race.

With no further business, the meet dispersed around the auditorium to photos of the L.L. Bean races, the Bath triathalon. Refreshments in emotions ranging from bittersweet most of the items--pepperoni and brownies and the like--constitute our guest speaker. Al and Tammy Dave Horne, Ruth and Ray Heffle Prescott and John Lavin have been dietary scandal.

Respectfully,

Naggie Soule, Secretary

ills

lobster bake, over. He's an he reads a lot: ospitality, neault on CBS ot only to his

. "Real" food scribe the menu. rved in a ngredients pur- lemons for the

ed her family - family restaurant who eats well. lete and natural. is the one who ht to have a advance from

-country. Running itive skier for the rathon - a 40-65K e: 1st year - a and 3rd year - the y event. Dick any.

## MEMBER PROFILE - Dick Marino

by Carol M

Dick Marino, one of the MTC members responsible for the convention attended Portland schools. He graduated from the University of Denver intelligent fellow. After all, he joined the Maine Track Club. And Fanny Farmer, Joy of Cooking, Julia Childs, Restaurant Business, H Independent Restaurant. Furthermore, he rarely misses Dr. Bob Ar TV. Is this guy really a runner? He sure is, and "real" applies not only to running but also to his business and his philosophy.

Ruby's Choice, Dick's restaurant, is one block from the Civic Center is served. Actually, "wholesome and fresh" are better words to describe Fake food, more common than most people realize, has never been seen at Marino restaurant. Menu items are prepared daily on premise from ingredients chased for their quality: beef for the burgers, flour for the buns, and pies. Just like Mom's cooking when you were a kid!

Dick's Mom, whose name is Ruby, emphasized two things as she raised two boys and a girl = in their Congress Street apartment above the Roma: food and exercise. Consequently, Dick is a healthy guy. His knowledge of the basic food groups and correct nutrition is complete. His body appreciates the input because he exercises a lot. His Mom started Dick on his favorite exercise - skiing. Believing a child ought to have a winter sport, Ruby drove her son to the mountains and watched him grow from novice to expert.

Today, Dick is still on skis, but they are the skinny ones for cross-country is Dick's training technique for his snow sport. He's been a competitive skier past three to four years. He's particularly fond of the Canadian Marathon event which finishes in Ottawa. The event is a three-level structure where each person skis to go the distance; 2nd year - the distance plus a pack, the distance, the pack, and all of the person's provisions for the two-day trip. Dick has skied competitively in Maine, New England, California, and Germany.



About 10 years ago, as Dick approached the twilight zone of his thirties, he recognized his body whisper - "thirty-time is good-habit time!" He started to join his older brother, Mike, three or four times a week on a loop from the Roma around Baxter Boulevard and back. His attitude was, and remains, casual. Running is his weekly activity to burn off work energy, to cleanse whatever is dirty, to induce sweat, and to make friends. Racing is simply a measure of his progress. That attitude has served Dick well. His endurance is on target for his skiing. Cross-country ski competition requires motor and muscle. Dick loves it because it's easy on the body joints and because it requires a technique, a physical ability: agility, balance, coordination, strength, forward momentum.

Owning Ruby's Choice also serves Dick well. His total hours are rigorous, but the hours are flexible. He can work around his running and skiing. He's the boss. Dick would love to serve you a healthy meal at Ruby's Choice. Stop in any Monday or Wednesday night - Dick's nights. He'll show you how to order at the counter. Then he'll join you, your family and your friends at one of the comfortable booths or at one of the window tables. You name the topic - sports, health, food, drink, Portland, and the conversation will be off and running.

### THE RUNNER'S EDGE

A Contemporary Running Column by Phil Pierce

### O U R      L O S S

This month we will lose the presence of one of our most notable runners, Kimberly Moody. She will soon depart for the University of Washington where she will enter the doctoral nursing program. This loss is bitter - sweet, sweet because we know and wish her well in her pursuits on and off the road. She is so well rounded - athletic, intelligent and social that it is no surprise. But bitter, because we will miss her and mourn our loss...

I have this mental image of Kim tucked in my mind that I wish to share with you. Picture this if you will: You are driving up State Street in Portland, up from Deering Oaks to Longfellow Square. As you approach Longfellow Square, suddenly there appears Kim, flying down State Street against the traffic and against the wind, her hair aflying. That mighty stride is impressive, exaggerated by the down hill slope. Her face is a vision of concentration and her form is solid and smooth. She is gone in an instant and the whole visual experience could not have taken 5 seconds, yet it is powerful and lasting.

So it is with Kim. Her quiet presence and her friendly smile will be gone from club meetings and races. As a very social person, Kim always took the time to talk with and run with others - before the race, during the race, and after the race. Her presence was reassuring and comforting, because she did not judge others by their speed or endurance, or by some external standard of excellence. She only expected you to be what you could be, and that was fine with her. It is the unconditional positive regard for others that is her most remarkable gift, and we shall miss that acceptance of ourselves by her which was given so naturally and freely. That, my friends, is our unique loss.

Kimberly, remarkable person that she is, is at the cutting edge of life and we wish her well as she proceeds to the West Coast. A measure of sadness hovers over the East, however, along with the hope of her triumphant return someday.



☐ 295 Ocean House Road  
Cape Elizabeth, Maine 04107  
(207) 799-5000 – 799-8523

☒ 192 State Street  
Portland, Maine 04101  
(207) 773-8224

☐ 49 Main Street  
Freeport, Maine 04032  
(207) 865-6311

July 7, 1986

Jane Dolley  
Maine Track Club  
P.O. Box 8008  
Portland, ME 04104

Dear Jane,

Could you run this letter and the accompanying business card in the Maine Track Club newsletter. I welcome the opportunity to advertise in this forum, and if I am the first to do so, I hope it encourages other runners to announce their business endeavors.

Yes, I am now in real estate. If any members of the Maine Track Club or their friends need any assistance in buying or selling real estate, I will be happy to provide them with all of the real estate services at my disposal.

Business # (207) 773-8224

Home # (207) 985-7525

Thank you Jane. Hope to see you on the roads.

Sincerely,

*Hank Pfeifle*

Hank Pfeifle



**BALFOUR**  
192 State Street  
Longfellow Square  
Portland, Maine 04101  
Business (207) 773-8224  
Residence (207) 985-7525

**HANK PFEIFLE**  
Sales Associate



# TREASURER'S REPORT

Checkbook Balance - March 31, 1986

\$4081.88

## Receipts:

Sale of club clothing	1015.90	
Memberships	842.00	
Race Fee - April Amble	365.00	
Race Fee - Boys Club	200.00	
Interest	65.76	
		<u>2488.66</u>
		\$6570.54

## Disbursements:

Coastal Silkscreen - Clothing	1654.94	
Sandy Utterstrom - Clothing	293.11	
Printing, letterheads, envelopes and race flyers	316.75	
Club Banner	285.00	
Scott Robert Scholarship	200.00	
Race supplies	47.60	
Program Ad TAL Regional	100.00	
Postage and P.O. Box Rental	65.00	
Potluck Supper	25.04	
Miscellaneous Expenses	118.22	
		<u>3105.66</u>

Checkbook Balance - July 5, 1986

\$3464.88

RRCA Convention Account (separate report to come)

\$7881.19

Baxter Boulevard Running Path

\$ 886.43

Richard K. Strout  
Treasurer

## TALKING WITH THE PACK by Nancy Stedman

While talking with the pack, I asked them "what they did to keep physically fit besides run?" Here's what they answered:

Brian "Ziggy" Gillespie: "Besides running 40-45 miles/week, I do quite a bit of upper-body weight training."

Russ Bradley: "I just run, nothing else. I run almost every day putting in 30 miles/week."

Sally Paterson: "In the summer, I swim and occasionally bike. And in the winter, I'm just glad to keep a heart beat!"

Dave Canarie: "I like swimming, biking, yoga, and spectator sports."

Carol Weeks: "I do lap swimming year-round. I also believe in stretching and moderate calisthenics. I also play tennis and golf for enjoyment."



Bob Cushman: "I refrain from eating red meats and try to eat breads and salads to keep my weight down. I use a stationary bike and a rowing machine."

Brenda Cushman: Brenda was not available at the time so her husband, Bob, answered for her: "Brenda bikes and rows far more than I do. She runs in all weather but doesn't watch her weight as much as I do."

Lisa Tagariello: "In winter, I do Tae Kwan Do. I maintain a low fat, high carbohydrate diet year-round and stretch a lot."

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ODDS & ENDS

Jerry Roberts got hooked Sunday, July 27, 1986. The lucky lady is from Springfield, MA. Best of luck to both!

Bob Antoniuc also was scheduled to trek down the alter with an out-of-stater in July. We're looking forward to meeting her, also.

Speaking of wedding bells, Susan Stone and Brian Milliken will be tying the knot in November (if I heard that right).

Russ Connors sends his thanks to the MTC for the very nice bouquet of flowers sent with our sympathies on the passing away of his 82-year-old mother, Virginia.

BAA Qualifying times for the 1987 Boston Marathon have been relaxed by 10 minutes in both the men's and women's open division (under 40). See chart below.

"The size of the field was a little short this year," said David F. D'Allessandro, Sr. VP at John Hancock. The new times, he said, are "a step in the right direction. The BAA feels the optimum number of entries is about 7,500...especially if they can get them wearing numbers."

"The issue that remains unresolved is the one of thousands of unregistered runners out on the course who haven't signed a waiver of liability. That leaves the BAA and the cities and towns, but especially Boston, at considerable risk. It's like letting an unlicensed driver take your car. You're responsible for his actions."

BAA qualifying times		
	Men	Women
Under 40	3:00	3:30
40-50	3:10	3:40
50-60	3:20	3:50
over 60	3:30	4:00



Youth Formula  
Though maybe not adding  
years to your life,  
Exercise merits three  
cheers  
For bachelor or maid, hus-  
band or wife—  
It surely adds life to your  
years.

—Ruth Boorstin.



7/3/86

Dear Members of the Maine Track Club,

Please send me two (2) registration forms for the Cape Challenge. While I am writing to request these, I would also like to take the opportunity to thank the Club for something very special. I happened to catch myself in one of those ridiculous "I'll try anything once" moods so I decided to run the 26th Annual Mount Washington ROAD RACE. (The last time I was in one of these moods, I woke up under the pier at Old Orchard with a mouthful of feathers...but that's another story! Anyway, how hard could it be? I mean I was in shape! I'd done my hill work! I was ready!!! Guys, I am not a religious person by nature but somewhere around 5.2 miles and several million miles above the earth's surface (I swear I heard something about cruising at an altitude of 33,000 ft. and my seat cushion could be used as a flotation device), I found myself request an audience with the big guy. Not the CEO of Nike Corp, but The Big Guy, you know "he maketh the heaven" and unfortunately, the mountains and prayed for any one of the following:

- 1) a stray lightening bolt or wayward bus to strike me (I figured I was half way up anyway!)
- 2) temporary rental of mountain goat legs
- 3) the ability to fly
- 4) a reversal of time just back to the submitting of my application  
or back to the day the 1st ying yang looked up and said "hey, let's run up that!"  
or back to the creation of inclined surfaces.
- 5) at the very least, just a five foot section of level pavement!

Needless to say, I received none of these things. What I did receive, however, was a brief stretch of running with our President, Jane Dolley. A divine intervention? Maybe not exactly, but she gave me the inspiration I needed to carry on. I was suffering from altitude sickness and my head was swirling and Jane said something that made me realize why she is where she is. She said "I hear the parking lot up top is almost level and since you're more than halfway there, you might as well keep going, I mean it's closer than turning around!" She either said that or "God, do you look terrible". Anyway, I was inspired and finished the race in 1:51 and change (look, at that point I would have taken sometime in August and been satisfied!). But when I got to the summit and put on my MTC sweatshirt, I found myself amidst some of the nicest, most refreshing company I can remember being with in

quite some time. I left the Coors Light on the tail gate and began to talk with the other members of the MTC. Honestly, I have never been happier about joining an organization in my life. You all made me feel so proud of myself and so welcome that it was as if my family had met me at the summit. I will wear the green and gold proudly in each race I enter from here on; and next year for Mount Washington, I'll watch it on TV,...no....I'll be home sleeping,...no...I'll drive up and....NAH, I'll run it again.

Again, thanks for making me feel so good.

May you always run on a slight downgrade with a nice soft wind at your back.

Sincerely yours,

Richard Robinov  
(1 year member)

### TAKE UP THE CHALLENGE !

St. Joseph's women's cross-country team, coached by Ziggy Gillespie, has challenged the women's MTC to a 5K race on September 13. The 3.1-mile race, covering half roads and half woods, will start at 10:00 a.m. at the college in No. Windham. Splits will be given at every mile and St. Joe's will provide the awards and refreshments after the race.

The MTC men have been invited to participate in a men's cross-country college meet with St. Joe's versus Brandeis University, Fitchburg State, Norwich University, Lyndon State, Coastal Track Club and St. Joe's Track Club on September 13 at noon. The 4.5-mile course also covers half roads and half woods. Splits will be given at every mile. Team standings will be announced after the race.

Let's take up the challenge and put together a women's and men's team consisting of 15-20 members each. All interested runners please call Nancy Stedman at (H) 774-4013 or (W) 846-9055 or see her at the August 13 Membership Meeting.



# RACE RESULTS

Following up on Kim Moody and Joan Benoit Samuelson

## Moody finishes second in Western States 100-miler

Kim Moody of Portland, one of the top ultramarathoners in the country, finished second among the women in the Western States 100-miler this past week.

Moody, who attracted national attention in last year's 100-miler when she lost the lead after taking a wrong turn on the course, finished the grueling 100-mile cross-country race in an unofficial 20 hours, 5 minutes.

Moody, who couldn't be reached for a comment, struggled with blisters and kidney problems during

this year's race, according to a member of her family. She had hoped to complete the race somewhere between 18 and 20 hours.

Last year, Moody was maintaining a record-setting pace when she got lost near the 77-mile mark. Apparently, a fork in the road had been marked for both the ultramarathon and a horse race — with the same color ribbons.

That race, and Moody's unfortunate wrong turn, were featured on ABC's Wide World of Sports this winter.

## Benoit ARs in Central Park and at Old Kent and finishes 2nd to Gertrude at Bay to Bonkers

Joan Benoit Samuelson won the NYRR's Trevira Twosome with a time of 53:18, setting an American record and finishing 15th overall. Jan Merrill of Connecticut finished sixth in

57:33 in the April 26 race....Merrill raced again the following week, finishing 10th at Lilac Bloomsday in 41:42....Local Brits Malcolm East and Geoff Smith finished 10th (2:17:09) and 13th (2:18:55) respectively at the May 4 Jersey Waterfront Marathon. Beth Nelson of East Harwich, Mass. was 14th woman in 2:49:16.. ..Old friend Greg Meyer won his hometown race, the May 10 Grand Rapids, Mich. Old Kent River Run 25K in 1:16:38. Benoit Samuelson blitzed the course in 1:24:43 to chalk another AR. Another race, another AR—go Joanie go....Another race, another AR. Joanie clocked 39:10 for 12K at the May 18 San Francisco run-in and humanfest known as Bay to Breakers (Bonkers). However, the AR (AAAAARRRRR, AAAAAARRRRR, AAAAAARRRRR) Kid from Freeport finished second to Grete Waitz, who ran a splendid 38:41, second-fastest alltime to Ingrid Kristiansen's

Itasca, Ill. Oktoberfest time of 38:34, set last fall. Geoff Smith was sixth in the men's race in 36:04.

## 26th Mt. Washington Road Race - 7.6 miles

Pinkham Notch, Gorham, NH, June 28, 700 finishers

### Top Men:

1	Gary Crossan	1:02:10
2	Domingo Tibaduiza	1:03:12
3	Buck Logan	1:03:12
4	Joseph Stanley	1:07:43
5	Sean Hanley	1:07:59

### Top Women:

49	Chris Maisto	1:19:26
80	Leslie Thompson	1:23:18
95	Peg Donovan	1:25:09
146	Martha Rockwell	1:28:39
175	Bunny Brauns	1:30:31

### Other MTC Finishers:

21	Bruce Ellis	1:13:11
55	Joel Titcomb	1:20:36
111	Bob Coughlin	1:25:54
129	Michael Reali	1:27:30
137	Ronald Cedrone	1:27:53
167	Frank Ferland	1:30:03
169	Gordon Chamberlain	1:30:08
210	George Waterhouse	1:32:41
252	Alburn Butler	1:35:22
256	Michael Frost	1:35:30
266	Vin Skinner	1:36:23

### Other MTC finishers cont.

307	Carlton Mendell	1:38:55
331	Philip Pierce	1:40:16
365	Russ Connors	1:42:14
423	John Gale	1:46:28
443	Dave Canarie	1:47:28
446	Jane Dolley	1:47:39*
505	Richard Rubinov	1:51:40
516	Barbara Coughlin	1:52:01*
542	Harvey Rohde	1:55:22
689	Warren Foye	2:33:30

### First in 60+ - Carlton Mendell

### Top Masters:

20	Sumner Brown	1:12:26
146	Martha Rockwell	1:28:39*



10th ANNUAL BRIDGTON FOUR ON THE FOURTH  
Bridgton, July 4, 647 finishers

Top Men:

1	Misa Fossas	19:21.9
2	Andy Palmer	19:31.4
3	Mark Whalley	19:51.4
4	Henri Bouchard	20:06.0
5	Roy Morris	20:20.2

Top Women:

Leslie Bancroft-Krichko	23:15.5
Karen Sprague	23:30.0
Nicole Fogarty	23:54.0
Roseanna Prest	24:15.0
Sharon O'Hagen	25:18.0

MTC Finishers include:

38	Jim Harmon	22:47.7	161	Carlton Mendell	27:07.7
44	George Waterhouse	23:07.1	179	Tom Norton	27:42.5
70	Gary Flick	24:01.3	189	Ken Casey	27:51.5
78	Bob Payne	24:20.2	244	Don Penta	28:49.0
97	Jennifer Rood	25:19.1*	283	Dawn Vance	30:14.9*
125	Joel Titcomb	26:03.2	331	Randy Phillips	31:40.0
134	Richard Littlefield	26:21.6	332	Suzette Phillips	31:42.1*
139	Paul Alpert	26:30.2	354	Eleanor Vance	32:09.9*
159	Carol Roy Weeks	27:04.9*	381	Sandra Utterstrom	32:53.2*
160	Sumner Weeks	27:06.8	530	Albert Utterstrom	39:13.1

Uncharacteristically mild conditions for this usually notoriously hot race made it possible for both Misa Fossas and Andy Palmer to break Andy Helpin's 1981 course record of 19:43. Among many outstanding performances by MTCers were Carlton Mendell, first in 60+; and Carol Weeks, second female, 30-39 age group. A bit of a results spindle scramble was the only negative in a very enjoyable and well-organized event.

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10K FOURTH OF JULY

Freeport, July 4, Usually 400+ runners

Top 5 places:

1	Dan Barker	34:22
2	Barry Fifield	34:31
3	Joan B. Samuelson	34:48
4	Jim Toulouse	34:55
5	Gordon Scannell	35:00

Congratulations to our newest member Barry Fifield for a second place finish! And congratulations to honorary member Joan Benoit Samuelson for her third place finish and Jim Toulouse for coming in fourth place.

Other MTC finishers included:

18	Tony Owens	36:44	49	Michael Frost	39:26
19	Bob Coughlin	36:49	50	Deb Sawyer	39:41*
24	Tom Allen	37:18	59	Dave Canarie	40:12
25	Frank Ferland	37:26	60	James Hogarty	40:13
28	Greg Dugas	37:40	74	Rick Strout	41:04
31	Ron Cedrone	38:10	75	Roz Randall	41:05*
35	Vin Skinner	38:30	81	John Braccio	41:22
43	Russ Connors	39:05	94	Richard Scribner	42:11
45	Al Butler	39:17	97	Herb Strom	42:24
46	Michael Reali	39:21	98	John Gale	42:25

Only the top 100 finishers published in local paper - sorry we couldn't report all MTC members.



# BATH HERITAGE DAYS 5-MILE ROAD RACE

Bath, July 4, 56 finishers

## Top five places:

1	Todd Coffin	24:33
2	Lance Guliani	24:58
3	John Sackett	26:07
4	Joe Bennett	28:06
5	Jim Paterson	28:08

## 1.5-Miler, 73 finishers

1	Anthony Anderson	7:44:59
14	Tracy Pooler (first female)	9:41:36

## Other MTC finishers included:

6	John Mathieu	28:18
10	John Kester	30:04
11	Bob Jolicoeur	30:56
12	Ed Lopes	31:05
28	Donna Seamans (first female)	35:46*

Included among the runners at the Bath Heritage Days races was a now familiar sight at many road races - Albert Giasson, 67, who finished the 1.5-miler in 11:34:57 (about 7:42 per mile). Albert told me he was a runner in his early and mid-20s. He ran the 15th Boys' Club race in Portland in 1944 he recalls and had to get special

permission from Bath Iron Works for time off from the war effort just to run the race. Then back to shipbuilding. The war ended a few months later and so did Albert's running.

Albert gave up running for 40 years! He doesn't really know why but in 1984, 40 years to the day he ran the Boys' Club race again. He's back running on doctor's advice. Albert had gained about 60 pounds and developed diabetes. The doctor said "change your ways or else", so when he started running and racing again, Albert's wife said "you're crazy" and he replied, "No, I'm dying."

Two years later he looks fit and is back down to 137 pounds. The diabetes is under control and he says the running and racing is doing wonders for him. Welcome back Albert. You're an inspiration to us all.

Bob Jolicoeur

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## BATH TRIATHLON

Bath, July 6

1-mile swim, 25-mile cycle, 10K run

Individual Men	19-29	<u>Joel Titcomb</u>	3rd	2:15:25	Congratulations to all for a great performance and extra cudos to <u>Deb Hewson</u> for achieving 1st overall women & <u>Barbara Hamaluk</u> for 1st woman in her age group. Also, member <u>C.R. Davis</u> was on a mixed team with 2 other Woolwich residents, but their finishing time is unknown.
		<u>John Mathieu</u>	10th	2:22:49	
	30-39	<u>Paul Merrill</u>	2nd	2:12:44	
	40-49	<u>Bob Coughlin</u>	3rd	2:34:32	
Individual Women	Open	<u>Deb Hewson</u>	1st	2:25:02	
	30-39	<u>Barb Hamaluk</u>	1st	2:40:05	
MTC Team (oldest) placed second		<u>Marie Wood</u> (swim)		25:13	
		<u>Joan Welch</u> (bike)		1:13:00	
		<u>Jane Dolley</u> (run)		43:31	



On Saturday, July 12, two club members participated in the Maine TAC 25 and over Men's and Women's Masters Championship held at Scarborough High School. Carlton Mendell ran the 5K in 20:11:07 and Jane Dolley ran the 1500 finishing in 5:38:27. It was a great experience and both Jane and Carlton urge more Maine Track Club members to participate in these events.

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### TINMAN TRIATHLON

Wellesley, MA, July 13, over 200 finishers (approx.)

Deb Hewson	5:14:44	3rd in age	Race Notes: 1.2-mile swim, 56-mile cycle, 13.1-mile run.  Great race because of the cool temperatures. It poured buckets of rain in the run.
Gordon Chamberlain	5:19:07	3rd in age	
Roz Randall	5:20:05	4th in age	
Bob Coughlin	5:23:02	4th in age	
Barbara Hamaluk	5:39:54	6th in age	

\*\*\*\*\*

### 1ST MARK HOFFMASTER MEMORIAL 5-MILER

Westbrook, July 13, 126 finishers

#### Top 5 places:

1	Rock Green	26:36
2	John J. Keller	26:45
3	Ron Newburg	27:23
4	David Libby	27:34
5	Kevin Way	27:36

#### Top Women:

26	Wanda Haney	30:15
41	Donna Hubert	32:16
65	Carol Roy Weeks	34:24
75	Heidi Garceau	35:38
78	Barbara Russell	35:47

Masters: 8 Joel Croteau 27:59

#### MTC finishers:

12	Steven McGrath	28:35	77	Fred Stone	35:45
15	Jim Harmon	29:03	83	Dave Horne	37:22
16	Tony Owens	29:16	87	Russ Bradley	37:38
17	Kevin Kein	29:18	88	Dave Conley	37:38
18	Dennis Smith	29:26	90	Don Penta	37:50
22	Tom Allen	30:04	93	Doug Palmeter	38:20
25	Brian Milliken	30:10	94	Rick O'Brien	38:35
29	Bob Payne	30:33	98	Jean B. Frankovic	39:13*
34	Russ Connors	30:53	99	Joseph Croteau	39:14
36	Bob Jolicoeur	31:37	102	John Brennan	39:36
40	George Liming	32:12	104	Carol Poirier	39:50*
46	Rick Strout	32:41	106	Jean Thomas	40:14*
48	Richard Littlefield	33:03	107	Warren Wilson	40:17
53	Tom McMillan	33:42	108	Suzette Phillips	40:39*
57	Richard Scribner	33:46	109	Randy Phillips	40:40
61	Jim Kein	34:08	110	Eleanor Vance	40:55*
63	Don McGilvery	34:14	111	Marion Leschey	41:02*
66	Frank Morong	34:27	112	Warren Foye	41:20
67	Gerald Poirier	34:37	113	Deana Vance	41:44*
70	Dale Rines	35:09	116	Sandra Utterstrom	42:20*
71	Bob Cushman	35:14	118	Isabella Firth	42:52*
72	Gary Monroe	35:21	121	Brenda Cushman	44:16*
73	Sumner Weeks	35:26	123	Margaret Soule	45:33*
			124	Robert P. Antoniuic	46:53

Out of 126 finishers, 40% were MTC members, great club participation! Deceptively tough course with everyone running one to two minutes slower than usual for 5 miles. The conditions were mild although the humidity was high.



**PAT'S PIZZA CLASSIC 5 MILES**  
Yarmouth, July 19, 375 finishers

Top 5 runners:

1	Hank Pfeifle	24:06	24:06
2	Jason Cakouros		25:13
3	Danny Paul		25:26
4	Robert Hillgrove		25:41
5	Rock Green	25:50	25:50

Top 5 Women:

61	Deb Sawyer	29:57
78	Cheryl Bascomb	30:50
85	Diane Fournier	30:58
86	Jennifer Rood	30:59
104	Roz Randall	31:42

Other MTC finishers included:

8	Barry Fifield	26:23
22	John Kester	27:56
27	John Eldredge	28:08
28	Tony Owens	28:10
31	Phil Coffin	28:21
32	John Strout	28:22
34	Greg Dugas	28:27
35	Bob Coughlin	28:29
39	Tom Allen	28:42
43	Steve Woodsum	28:48
44	Ron Cedrone	28:50
45	Brian Milliken	28:51
51	Vin Skinner	29:11
53	Frank Ferland	29:16
56	Bob Jolicoeur	29:37
70	George Liming	30:31
81	Scott Strout	30:53
88	David Horne	31:02
89	Rick Strout	31:02
110	Phil Pierce	31:54
111	Deb Hewson	31:56*
112	Peter Vachon	31:58
120	Don McGilvery	32:13
123	Gordon Chamberlain	32:18
134	Carol Roy Weeks	32:48*
135	Sumner Weeks	32:50
140	Richard Stott	32:59
144	Richard Littlefield	33:10
146	Bob Cushman	33:12

159	Frank Morong	33:36
164	Jane Dolley	33:43*
165	Dale Rines	33:44
167	Frederic Stone	33:47
170	Ken Casey	33:53
176	Barbara Coughlin	34:06*
188	Joan Lavin	34:54*
197	David Horne	35:14
211	Don Penta	35:50
225	Arabella Eldredge	36:21*
233	Rob Laskey	36:44
254	Bill Davenney	37:35
259	Warren Foye	37:48
260	Russ Bradley	37:53
271	Jean Thomas	38:15*
272	Barbara Footer	38:15*
280	Allen Pusch	38:37
287	Warren Wilson	38:53
289	Jean Frankovic	38:54*
290	Suzette Phillips	39:00*
291	Randy Phillips	39:00
305	Susan Davenney	40:33*
315	Lisa Tagariello	41:12*
317	Claire Edwards	41:15*
323	Melvin Fineberg	41:50
332	Maggie Soule	42:34*
338	Brenda Cushman	43:25*
346	Ruth Hefflefinger	45:37*
352	Dail Martin	45:59

Congratulations to Debbie Sawyer for being the first woman to cross the line and to new member Barry Fifield for placing 8th overall and the first MTC finisher!

It was a cool 60 degrees, humid, light drizzle, perfect racing conditions and certainly main PRs. A very fast certified 5-miler; results handled fairly well with a few spurious skrew-ups.

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Essex County Ultra Marathon - July 19-20, Westport, NY

Congratulations to Carlton Mendell for his first place finish at the Essex County ultra-marathon and 24-hour relay races held in Westport, New York on Lake Champlain. From July 19, noon to July 20, noon, Carlton ran 100.5 in what he said was a "well-run race in extremely hot temperatures."

Approximately 25 ultra-marathoners and four relay teams, consisting of ten people each, competed on a half-mile AAU certified cinder track. Carlton finished 8½ miles ahead of the second-place finisher. Carlton has competed in several ultra-marathon events.



8TH CASCO DAY COUNTRY RUN 4-MILER  
Otisfield-Casco Village, July 26, 188 finishers

Top 5 places:

1	Erich Reed	21:37
2	Kevin Way	22:02
3	Larry Greer	22:27
4	Mark Snow	23:32
5	Richard Rafferty	24:05

Top Women:

12	Karen Sprague	25:14
28	Kristin Fancher	27:39
36	Coleen Brady	28:42
39	Maureen Sproul	28:51
57	Marilyn Delarno	30:15

MTC finishers:

7	Bob Payne	24:18	32	Richard Littlefield	28:22
8	Tom Allen	24:33	53	Don Penta	30:05
9	Frank Ferland	24:47	74	Rosemary Ginn	32:17*
29	Paul Alpert	27:40	85	Dick Manthorne	33:03
			100	Tom Courtice	34:34

Hot (at least 80 degrees) and humid; no PRs except a personal course record by Bob Payne. Results and awards handled well; strategically placed water stops (2) and hoses along course.

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TWO MEMBERS HEADED FOR HAWAII!!

In a surprise finish of the Ironman Triathlon in Lake Placid, NY on July 26, Paul Merrill and Roz Randall both qualified for the well-known World Championship Ironman Triathlon to be held this October 18 in Hawaii.

The race was a half-marathon consisting of 1.2-mile swim, 56-mile cycle, and 13.1-mile run, while the World Championships will be double that mileage. A true endurance test to say the least! Paul completed his race in 4:42:00, placing 3rd in his age group and Roz came in 3rd also in her age group (35-40). (Her time is unavailable).

There were only 47 places for qualifiers out of a total of 500 entrants. Quite a feat for Paul and Roz. The top 8 finishers and the top 3 in each age group qualified.

Of interesting note, Paul explained that Roz did not realize she had qualified until she returned home. Our best of luck to Paul & Roz for the World Championships as I'm sure we'll be relaying more information until that time.

NOVA SCOTIA MARATHON  
Barrington, NS - July 27, 1986  
19 Finishers

Bob Jolicoeur came in 8th in the Nova Scotia Marathon Sunday July 27. Who else in the club can say that except the likes of Paul Merrill and Jim Toulouse? So what if there were only 19 finishers! Bob actually couldn't believe anyone would put on a marathon for only 26 starters and 19 finishers but the crowd at the Awards reception was assured the event would be repeated for the 17th time next year.

Bob's time was 2:59:44 (said he'd take anything under 3 hours) and was 6th master.... another unbelievable fact about this race. There were 9 masters finishers and 2 women out of the 19 finishers with 6 of the masters finishing in the top 8 in the race. The race was certified to be 26 miles 385 yards by the Nova Scotia Track and Field Association and sanctioned by Run Nova Scotia, a group similar to the RRCA. Three other Americans finished the race which was won by Mike Hamilton of Middleton, NS in 2:32:46. The woman's division was won in 3:53:05 by Marie Harvey also of Middleton.



ST. MARY'S FESTIVAL 3 MILER  
Biddeford, August 1, 150 finishers

1	Ken Botting	14:29:48	81	Katti Towle	21:19:10*
2	Stuart Hogan	14:41:53	83	Russ Bradley	21:40:96
3	Rock Green	15:00:11	87	Rick O'Brien	21:50:70
22	Wanda Haney	16:59:66*	96	Susan Rose	23:13:38*
34	Jim Hogerty	18:01:19	101	Georgianna Hogerty	23:20:32*
37	Rich Littlefield	18:14:63	113	Jean Frankovic	24:47:34*
45	Richard Scribner	18:41:52	117	Margaret Soule	25:34:19*
46	Bob Jolicoeur	18:58:49	126	Kelly Towle	25:59:85*
52	Carol Weeks	19:15:93*	127	Charles Towle, Jr.	26:00:34
53	Sumner Weeks	19:16:74	132	Stanley Harmon (64)	26:29:09
54	Rob Laskey	19:17:04	137	Sally Paterson	27:07:57*
62	Doug Palmeter	20:05:75	146	Brian St. Pierre	30:46:11
76	Dave Horne	20:57:50	147	Charles Scribner	39:09:39
79	Nancy Stedman	21:09:72*			

Congratulations to Wanda Haney for winning the women's division with an average per mile pace of 5:40. Bob Jolicoeur ran this race 5 days after completing a marathon. Carol Weeks was 2nd woman overall and first in her age group. Nancy Stedman was 2nd in her age group and Susan Rose was 1st in her age group. The recorded times in this race are suspected to be approximately 16 seconds too slow based on Bob Jolicoeur's watch and comments received from others in the race. Our thanks to Bob Jolicoeur for these race results.

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Ron Cedrone recently ran in the York Day 5K, a TAC Certified course, finishing in 18:06 and placing 17th out of 232. He said it was quite muggy an hour before the race and still managed a new PR by 33 seconds, although hoping to break the 18-minute mark.

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Deb Hewson recently completed the SportsAid Triathlon in Medford placing 10th in the women's division. She swam 1 mile, cycled 40 miles and ran 10 miles all in 3:40:00. Great run, Deb!

\*\*\*\*\*

Member Marie Wood recently competed in the New England Masters Long Course Swimming Championship at Brown University, RI (August 2-3). She placed first in four events in the 30-35 age group: 100m freestyle, 1:17:69; 200m backstroke, 3:04:56; 100m backstroke, 1:26:78; 50m backstroke, 38:60; and finished 3rd in the 50m freestyle, 34:32.

A knee injury forced her back to the pool and into a sport which she has not competed in since 1966. Nice going, Marie, and best of luck in future swim competitions (you can't keep a good gal down!)

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THANK YOU's are in order to the following members for photographing races: Brian Milliken at the Maine Coast Marathon; John Lavin at Pat's Pizza Race, and Dennis Connelly for the Mark Hoffmaster Race.

Any club member willing to photograph any upcoming races please call Nancy Stedman at (W) 846-9055 or (H) 774-4013. Film will be provided and credit will be given for working a race.

Another THANK YOU to Don Penta for supplying many of the race results in the newsletter!



**TAC REGION I JUNIOR OLYMPICS VOLUNTEERS** - The Jr. Olympics, held June 28-29 at the Expo, was an astounding success and a lot of fun, too! Thanks go to the following Maine Track Volunteers who helped George and The Portland Track Club to a successful weekend: Mike Towle, who coordinated all the track events, including disputes on finishing times! Jean Thomas and Sandy Utterstrom, the first members to appear and the last to leave. They worked as judges at the finish line for both days, eight plus hours in the hot sun per day! Ted Cunningham and Terry McGovern who toiled for both days as timers and judges. Peter Vachon, another double duty volunteer, he worked the long jump event.

Bill, Sue and Benjamin Davenny became triple jump experts on Saturday, and Joan and John Lavin were our Sunday pros. The shot put event was enthusiastically covered by Bruce and Nancy Stedman on Saturday, with Brian Milliken and Susan Stone stepping in on Sunday. Jerie Bugbee was sited in the field doing measurements for the shot put and discus. Don Penta kept the long and triple jump pits in top condition.

New member John Mattor handled the high jump most competently, and Maggie Soule demonstrated an apt aptitude towards the finicky photocopy machine in the pressbox - like some of us, all it needed was a little coaching! Other timers and judges were Peter Dube, Eric Hertz, John Conley (both days) and Jean Frankovic. Al Mack helped out on concessions.

Other helpers included George Prescott, John Keller, Laurie Munson, and Charlie Scribner. The well-received reward for their efforts was a post meet party at Highland Lake. The meet will be held in Portland again next year, so you may give some thought to join us then. George said he couldn't have done it without the support from the Maine Track Club!

Sandy Wyman

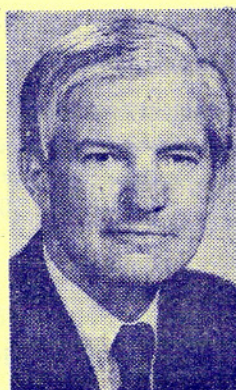
A new club member, Susan Rose, showed tremendous improvement over last year's time in the JBI 4-mile race, dropping from 11 min. miles to 8's! She won her 40+ age division and also won the free trip to Bermuda! Congratulations, Susan, for doing so well in that race and enjoy your trip.



#### MEMBERS IN THE NEWS...

Portland  
Evening  
Express

July 19, '86



**Wildman**

The **Emery-Waterhouse Co.** of Portland has named **Emery H. White Jr.** senior vice president for marketing and **Joseph Wildman** vice president for dealer services. White came to the company in January 1985 and now takes over all purchasing and sales functions. Wildman, who has been with the company for nine years, is responsible for franchising Trustworthy Hardware Stores and Golden Rule Building Supply Centers.

### Littleton to host triathlon Aug. 24

**LITTLETON, N.H.** - The fifth annual Littleton Hospital Triathlon (run, canoe and bicycle relay race) will be held at 10 a.m. Sunday, Aug. 24 at the junction of I-93/302, exit 42 at Littleton.

Sponsored by the Littleton Hospital Association, the entry fee is \$30 per four-person team; \$25 per three-person team; \$20 per two-person team; and \$15 per one-person team.

Checks should be made payable to Littleton Hospital. Officials said prior registration is preferred.

For additional information, write Littleton Hospital Triathlon, c/o Barbara Brady, 107 Cottage Street, Littleton, N.H. 03561.



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 \* UPCOMING RACES - MAINE \*  
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- August 16 Highland Lake Fun Run - Approx. 11 miles. Limited to first 80 registered. Contact Sandy Wyman at 878-2391 or Don & Elenora at 892-8247.
- August 16 Blueberry Festival 10K - Maine's 9th certified 10K of the year, 9:10 a.m., Contact Bill Yates, Box 525, Wilton, ME 04294, 645-4623.
- August 23 Bruno's - 3 mile race, 6:00 p.m. at 33 India St., Portland. For info call John, Bob or Kevin at 773-3530 or 773-4196.
- August 24 The Good Sports 10-Miler - 8:00 a.m. from Bowdoin College track. Contact Rob Jarratt at 729-9949.
- August 24 The Sugarloaf Marathon & 15K - Maine's second fully certified marathon in the Triple Crown series; 7:00 a.m. from Cathedral Pines in Stratton. Contact Nancy or Chip Carey at 237-2000 or 265-2273.
- August 30 8th Annual Windsor Fair Shrine Day 5-Mile Road Race - 8:30 a.m. from the fairgrounds. Contact Bill McFarland at 445-2433.
- August 30 Bath Elks Five-Mile Classic & 2-Mile Fun Run - 8:00 a.m. for fun run, 8:45 a.m. for 5-miler, both start from Commercial St. in Bath behind the Elks Club.
- August 30 Skowhegan Log Day 10K Road Race - 9:00 a.m. from Picnic Area, Route 2, Skowhegan. Contact Diedre Laney, 474-3116.
- September 1 6th Annual Brodies Labor Day 10K - The 10th fully certified 10K of the year in Maine. Contact Brodies 10K, Tontine Mall, Brunswick, ME 04011.
- September 1 24th Annual Bangor Labor Day Road Race - One of Maine's oldest and best respected road races. Only 11 men and two women have ever won this ol' race! 9:00 a.m. from Bass Park Grandstand. Full certified 5-miler. Contact Bob Booker at 843-6262.
- September 7 Maine Track Club's 3rd Annual Cape Challenge - Maine's second of three full certified half marathons, 9:00 a.m. at SMVTI in So. Portland. Contact Maine Track Club, P.O. Box 8008, Portland, ME 04104 or call evenings at 846-6018.
- September 13 3rd Annual Lewiston/Auburn Jaycees Great Lewiston Mill Festival - 5-mile road race and 1-mile fun run, 10:00 a.m. from downtown Lewiston (Lisbon, between Ash and Main). Contact Lewiston/Auburn Jaycees, P.O. Box 3054, Lewiston, ME 04240.
- September 14 7th Annual Waddle Fournier Memorial 10-Mile Race - 9:00 a.m. from Mt. Ararat School in Topsham. Contact Robert Waddle, RFD 2, Box 2152, Brunswick, ME 04011.
- September 14 2nd Annual Sentinel 10K Classic - 9:30 a.m. from Castonguay Park in Waterville. 1-Mile fun run, too. \$5-10K, \$2-fun run.



Upcoming Races - Maine (continued)

- September 14 The Rowdy Ultra - A 50-Mile Race - One of the nations best Ultras! Meet at the "Polar Bear" at Bowdoin between 6:30 and 7:00. Pre-register by September 8 to get a t-shirt. Course records: Bernd Heinrich, 5:22:48; Kim Beaulieu, 6:22:56. Contact Gary Cochrane, 30 Cumberland St., Brunswick, ME 04011, 725-8413.
- September 14 Maine Women's Classic Road Race - 10:00 a.m. start from Gardiner Sportsman's Club, Cobbossee Ave., Gardiner. Contact Linda LaRue-Keniston, Box 278, Dryden, ME 04225, 685-9412 evening, 645-2556 days.
- September 20 "Danville Junction" Brick and Rail Run - Fun Run at 9:30 a.m. with 10K at 10:15 a.m. at Danville Junction, Auburn, ME (1 mile from exit 12, Maine Turnpike). Contact David Young, P.O. Box 152, Danville, ME, 04223, 786-2129.

September 21 James Bailey Cross Country 5-Mile

HS.

Pinet starts at 9:00 a.m. and costs \$5. Gray New Gloucester  
Contact Guy Berthiaume, Box 726, Gray, ME 04039.

042-7492.

October 5

Benjamin's 10K - 12:00 noon, Bangor, ME. Call Benjamin's at  
No race day registration.

3172,  
6593.  
ng.

October 12

Casco Bay Marathon - Write to Casco Bay Marathon, P.O. Box  
Portland, ME 04104 for application or call Charlie Porter at 839-  
\*ME-85015-GN\* The final jewel in the Triple Crown of Marathon

TRIATHLON

each on  
mile  
Camden,

September 7

6th Annual Tinman Triathlon - 9:00 a.m. from Barretts Cove B  
Megunticook Lake in Camden. 1/2-mile swim, 26.5-mile cycle, 6.6-  
run. Contact Fred Kneedler, Camden, YMCA, P.O. Box 416, C  
ME 04843.

UPCOMING RACES - OUTSIDE MAINE

ket, NH.

August 9

Newmarket 10K - 9:00 a.m. at Police Station, Main St., Newmar  
Contact Paul Beaulieu at 603-659-2531.

league

August 9

Budweiser King's Road Race - 10K, 9:00 a.m. at North Little L  
Field, Manchester, NH. Call 603-225-6760 for information.

Park, NJ.  
6.

August 9

1986 Men's & Women's Master TAC 10K Championship - Asbury I  
Contact AP 10K, Box 2287, Ocean, NH 07712, or (201) 531-415

mile  
hon  
ns or

August 10

Dixville Notch - 12-Mile Relay, 9:45 a.m. at Dixville Notch, 12-  
individual race at 9:00 a.m., same place and International Mara  
at 9:00 a.m. in Errol, NH. Bob Jolicoeur has several applicatio  
contact Rick Tillotson at (603) 255-3191.

Contact

August 16

Londonderry Old Home Day 5K/10K - 8:00 a.m. and 8:30 a.m..  
Chamber at (413) 434-7438.



## RACES OUTSIDE MAINE (continued)

- August 24 Summer Classic 10K - 9:30 a.m. at Natick High School, West St., Natick, MA. Limit first 1,200 entrants. Contact The Middlesex Striders, Summer Classic 1986, P.O. Box 1061, Framingham, MA, 01701. Certified course.
- August 24 Jimmy Burchfield's Classic - 8 miles at 5:00 p.m.. Start and finish at Classic Restaurant, Box 9202, Providence, RI 02904.
- September 7 Boston Runaway Weekend - 10K at 10:00 a.m.. Call (617) 275-5500, ext. 558 for information.
- September 14 Jim Witt - 5 miles at 10:00 a.m. TAC Certified. Write Greater Lowell Road Runners, Box 864, Lowell, MA 01853.
- September 21 Chubb Life Run - RRCA 10-mile National Championship at 10:00 a.m. (two fast loops, no hills) Concord, NH. Forms available from Chubb Life Run, Turtle Town A.C., Box 594, Concord, NH 03301 (enc. SASE).
- September 21 Wilton 15K - 11:30 a.m., Wilton, NH. Contact Walter Bausha at (603) 880-3338 or (603) 654-2481.
- September 21 Governor's Cup - 5 mile race, 12:00 noon, start and finish on **Charles** Street at the Boston Common, Boston, MA.
- September 28 Montreal Marathon - 9:10 a.m., Contact Receptour, 1010 Ste. Catherine St., West, Room 1212, Montreal, Quebec H3B353 CANADA or tel. (514) 871-9637.

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TAC Olympic Tapes Available - The TAC's official publication "RECORD" for the summer of 1986 just released announces the availability of four VHS tapes, representing filming of many of the 1984 Olympic games for only \$30 each. Why only \$30? Well, they have not been edited, and there is no narration, but the tapes are dubbed with titles which indicate the names of the competitors.

Running time for tape "D/Sprints and 800's" is 2 hours and 23 minutes and "C/Hurdles" is 48 minutes. Other tapes available are "A/Jumps" and "B/Throws". To order simply send \$30 for each tape (shipping and handling is already included) specifying which tape you want to: TAC/USA, P.O. Box 120, Indianapolis, Indiana, 46206, Attn: National Coach/Coordinator.

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Susanna Beck (member Fred Beck's daughter) is surely making her mark - Congratulations to her and her proud family!

### **Woodhead, Beck make Pan Am mark** WINTER PARK, Fla.

On Saturday, Susannah Beck of Yarmouth, Maine, finished second in the 1500 meter run in a time of 4:33.46. Suzy Favor of Stevens Point, Wis., won with a time of 4:26.84.

Portland Press Herald, 7/7/86

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## **Locally**

### **Woodhead, Beck place nationally**

TOWSON, Md. — Lewiston's Jane Woodhead and Yarmouth's Susanna Beck have qualified for the National Junior track and field team which will compete in the World Games in Athens Greece later this summer.

Beck, the top distance runner in Maine in her class, finished second in the 1,500-meter race in a time of 4:33.87.



## Board Profiles



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PROPPeople is published four times a year by People's Regional Opportunity Program. Twelve thousand copies are printed and distributed throughout Cumberland County free of charge. Opinions expressed are those of the writers and not necessarily those of People's Regional Opportunity Program or its Board of Directors.



**NAME:** Gary Flick  
**SEAT:** National Association of Accountants  
**SECTOR:** Private  
**YEARS ON BOARD:** 2  
**TERM EXPIRES:** 1987

**WORK:** Professor of Accounting at Westbrook College (4 years) and Staff Accountant for the firm of Berry, Dunn, McNeil & Parker in Portland.

**FAMILY:** Wife, Judy; three children: Christopher, 7; Matthew, 4; Heather, 2.

**HOBBIES:** Running

**BACKGROUND:** Received an M.B.A. in Accounting and Finance and a B.S. in Math Education from Michigan State University. Lake Region High School graduate. Gary taught at Michigan State and was Accounting Manager for Ingham County, Michigan, before coming back east to his present positions.

#### WHAT DO YOU SEE AS THE GREATEST SOCIAL SERVICE NEEDS IN CUMBERLAND COUNTY?

Low-income people have barriers standing in their way of breaking the cycle of poverty. We need to realize what these barriers are — social, economic, cultural, whatever — and figure out how to knock them down.

We can only do so much of throwing services over the barriers, saying, "Here's your housing, here's your heat." In the long run, we need to commit more money and time to teaching low-income people how to break down the barriers than to direct service remedies.

### Mission Statement

"PROP is a Community Action Agency that will actively address the social, economic, educational and health needs of all individuals and families who have insufficient resources, or are at economic, physical, social or emotional risk."

"PROP will work within Cumberland County and the State of Maine to promote and ensure equal access to opportunities and available resources, and to rectify the conditions and attitudes that create inequality, foster discrimination, and tolerate injustice."

"PROP has a strong commitment to the involvement of people in the process of helping themselves. By using a wide variety of strategies, such as self-help, coalition building, advocacy, and direct services when necessary, PROP will work with other organizations to develop programs and to impact on public policy, and public awareness of the issues."



## MAKE HAY WHILE THE SUN SHINES, BUT USE A SUNSCREEN

Overexposure to the sun is by far the most common cause of skin cancer (premature aging and wrinkling too).

The best way to protect yourself against the risk of skin cancer is to use your head: Don't overexpose your skin to the sun. Avoid the sun when it is strongest — about 11 a.m. to 4 p.m. considering daylight saving time. If you can't avoid the sun, protect yourself with clothing, a wide-brimmed hat, and a sunscreen. And remember these things about ultraviolet rays:

- They are reflected off many materials, so shade gives only partial protection. Sand, water, and snow reflect about 50%.
- They can burn you on overcast days and when you're swimming.
- They can burn you more quickly at higher altitudes where there is less atmosphere to filter them.

### WANTED: TRIED AND TRUE RECIPES

To satisfy popular demand, I'm writing a sequel to The Athlete's Kitchen. I'd appreciate your help. I'm looking for "tried and true" recipes that are easy to prepare, have fewer than eight ingredients, are basically wholesome, and are made from commonly eaten foods. In return for the use of the recipes that I select, I'll give you a credit line and a free copy of the new book, which is untitled at this point (a title would be appreciated, too!).

Send recipes to: Nancy Clark, RD, Sports Medicine Brookline  
830 Boylston St., Brookline, MA 02167

Thanks for your help.

— Nancy Clark