



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

SEPTEMBER, 1985 NEWSLETTER

OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	772-5781
Phil Pierce	- Secretary	781-3769
Ted Cunningham	- Chairman, Membership Committee	646-9516

NEXT MEMBERSHIP MEETING

Dr. Joseph M. Pechinski, Professor of Physical Education and Director of the Human Performance Laboratory at the University of Maine at Orono, will discuss the findings of his five years of research on human performance at the regular meeting of the Maine Track Club on Wednesday, September 11, 1985, at 7:00 p.m., at the SMVTI Machine Tool Auditorium in South Portland. This meeting will be of interest to all athletes regardless of physical condition and level of intensity of their sport.

Topics to be covered about the observations and statistics he has gathered on the more than 1,400 people processed through the Human Performance Laboratory at UMO will include oxygen uptake capacity, recovery rates, age group relationships, training adaptation, health and effective functioning during middle and later years (the aging process and its effect on performance), body fat composition and performance, elite performers and their profiles, and his work with cardiac groups, as well as his research in the bio-social aspects of human performance.

Over 60 members and guests attended the August meeting, one of the largest turnouts ever for a meeting. This month's meeting should prove to be equally as popular.

NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, September 25, 1985, at 7:00 p.m., at the Maine Savings Bank board room on Congress Street (2nd floor). All members are welcome to attend. Please be sure to submit any material to be included in the October newsletter at this meeting.

INCORPORATED

The Maine Track Club was declared a nonprofit corporation on August 26, 1985, under Maine law by the Deputy Secretary of State. Incorporation does not affect the tax-exempt status of the Club previously obtained through its affiliation with Road Runners Club of America.



INCORPORATED cont.

Until we were incorporated, the Maine Track Club was operated as an "Unincorporated Association." The effect of incorporation is to provide the officers and members of the Club the benefits of limited liability under corporate law, and gives official recognition of the Club's existence.

MEMBER PROFILE - Brian Gillespie

St. Joseph's College cross-country coach Brian Gillespie will be aiming for his 100th victory this Fall. His four year record at St. Joe's is presently 96-7. His first three teams were NAIA New England Champions. Last Fall, they changed to NCAA Division III and were national ranked all Fall and were runner-up at the National Catholic College Championships at Notre Dame. A remarkable feat when you consider St. Joe's has a male enrollment of 145 and gives no athletic aid.



"Ziggy" graduated from Cape Elizabeth High in 1965. He was a varsity cross-country runner for four years, setting numerous course records. Also, a four year varsity baseball player as a pitcher and outfielder. After high school, it was four years in the Navy, where he ran for the special services in track and cross-country. He was the 5th Naval District Cross-Country Champion two years in a row. He entered UMPG in 1970 majoring in education. Again, it was four varsity years in cross-country and baseball. He was cross-country MVP two years. Gillespie also played semi-pro baseball in the Portland Twi-light League for 13 years. He was founder and player/coach of the strong "Maine Merchants," league champions of two years.

His success at St. Joe's stems from his tremendous involvement in the Maine road racing history. He founded such races as the James Bailey Invitational, and for many years organized the AAU XC Championships. In 1973, Brian organized Maine's first 24-Hour Relay Team. He also was on the team that broke the New England record and ranked 9th in the world among 400 teams sending results to Runner's World Magazine. In 1975, Ziggy organized the Sebago Lake Marathon, southern Maine's first such race. He upgraded women's road racing by finding sponsors such as Maine Savings Bank, for "Women Only" races. Gillespie also installed a new race scoring system in his races, designed to improve event organization and reduce the time lag for posting race results. His system all but eliminated that post race drag and now is still employed statewide.

In 1979, Ziggy and a group of running enthusiasts (see page 18 of the July, 1985 MTC newsletter) organized the Maine Track Club. Also during that year, he organized and directed 27 road races so that southern Maine had, in effect, a year-round race schedule. That year, Rick Krause, Editor/Publisher of the original "Maine Runners Magazine" wrote that if it were not for the late Rollie Dyer and Gillespie, Maine running would be 10 years behind the times. A few years later, at the demise of the "Maine Runner," Krause sent his last copy of his prized booklet to Gillespie, "The greatest contributor to Maine Road Racing in the sport's history." The puzzle of how little St. Joe's can be a national ranked power in cross-country is now solved forever.

Ziggy is married to Ann and has two children. They live in Portland. He sent a note to the Club recently offering his services in connection with the 1986 RRCA convention. "With a guy like that on the team," said Bob Jolicoeur, "how can we miss?"

NEW MEMBERS

A warm welcome to the following new member households that have joined us since last month:

Name & Address	Phone	Occupation	Age/Other Interests
Cliff Fletcher P.O. Box 26 Augusta, ME 04330	W622-4766 H724-3403	CPA, Schatz, Fletcher & Assoc.	50
Ronald, Carol, Tim & Jay Gestwicki 3625 Havenwood Drive Charlotte, NC 28205	H583-4584 Summers	R-Teacher; T-College	R(46); C(40+); J(14)
Jeffrey & Diane Greenhalgh 3 Susan Lane Rochester, NH 03867	H603-335-2270	Ryan Construction Management, Inc.	Both 44 - Sailing, reading
Robert C. Hoover 114 Park Street Portland, ME 04101	W774-4427 H773-1700	Land Planner/ Designer	30 - Art/drawing, fishing
Daniel B. Hutchinson P.O. Box 1467 RFD 3 Wiscasset, ME 04578	W921-2981 H443-4602	Aviation Struct. Mechanic, US Navy	27 - Road racing, track, football, volleyball, softball, cycling
John C. Kester 1115 Washington St. Apt. 8 Bath, ME 04530	W921-2589 H443-6132	Navy MWR-NASB Cook	24 - Swimming, biking
Daniel Lamarre 34 Irving Street Saco, ME 04072	W799-8527 H282-6863	Bus Driver, Brunswick Transco	29 - Football, hockey
Brian McCarthy 150 Spring St., Apt 14 Portland, ME 04101	W774-5911 H871-8675	Dept. Manager Fred S. James (Insurance)	40 - Sailing, tennis, skiing
Bill Muldoon 11 Turner Street Portland, ME 04101	W797-9046 H772-5899	Reporter, WGAN Radio	31 - Photography, reading, hiking
Rick Rand 61 Phipps Road Portland, ME 04102	W343-6384 H773-6528	MGIC Insurance	37
J. Randall & Suzette B. Phillips 81 Babbidge Road Falmouth, ME 04105	W772-7321 H797-0546	Both CPAs	J(36); S(28) Bicycling
Richard W. Scribner 17 Robie Avenue Gorham, ME 04038	W775-0110 H839-4273	SMVTI Freshman; Angelone's Pizza	34 - Basketball, tennis, chess, science, Stephen King novels, cooking
David Smith 3 Fern Avenue Falmouth, ME 04105	W799-8586 H781-4651	Terminal Supvr., BP Oil, Inc.	44
Lilly Vaill Rt. 4, Box 258 St. Augustine, FL 32084	H904-794-2230		48 - Tennis, windsurfing, biking, swimming

Thanks to the following members and organizations for helping our membership rolls grow in August: Maggie Soule, 1; Olympia, 3; Foot Locker, 2; Conrad Demers, 1; Athlete's Foot, 1.

ADDRESS CHANGES

Please make note of the following address changes:

Gregg A. Stanley
30 Riverbend Drive
Yarmouth, ME 04096

Elaine Regina
38 Weymouth Street
Saco, ME 04072

Heidi Bennett
12850 Whittington, Apt. 1716
Houston, TX 77077

Mike Towle & Family
32 Whitworth Drive
S. Portland, ME 04106

Barry Howgate
RD 2, 15 Gray Road
North Yarmouth, ME 04021

MARY WEBBER SHOW

Bob Jolicoeur was guest speaker on Mary Webber's radio show Saturday, August 24, 1985, on WGAN (Portland), WABK (Augusta), and WABI (Bangor) on the subject of running and nutrition. Here's a summary of the 20 minute interview:

In the summer months, Bob runs an average of 70 miles per week (Mary says, "I can only run for the phone!") and so he tries to be careful about what he eats. Runners, especially long distance runners, need to eat foods that will metabolize quickly and easily into energy when the muscles call for it, according to Bob. The foods that convert the best for this purpose are the complex carbohydrates -- foods like pasta, cereals, fruit and rice.

"But most important," says Bob, "is to be sensible about eating habits. I watch what nutritionists say; I read about what's good; I listen to speakers at the Maine Track Club. I gather all this information and then apply it to my lifestyle. And it's got to be practical or it won't work."

According to statistics, we Americans eat much more protein than necessary, so Bob does not concentrate on protein in his diet. In fact, he almost totally omits red meat from his diet -- once a month would be a lot for him, he says. And of course, simple carbohydrates like chocolate bars convert too quickly to be of benefit to a runner. He also avoids salt, fats and fried foods.

(Taken from Maine Savings Bank's in-house newsletter, "Page One.")

POST CASCO BAY RECEPTION

Priscilla and Bob Jolicoeur are again inviting all Maine Track Club members, spouses and guests to a post marathon party at their home in Cape Elizabeth starting at noon. Free beer, wine, coffee, tea, soft drinks, and buffet will be served. Partially subsidized by Maine Savings Bank. The Maine Road Ramblers and the Maine Coast Roadrunners are also being invited this year.

Come share your successes, strategies, aches, pains, and war stories with your fellow runners from the three leading running clubs in Maine.

(Directions to the Jolicoeur house will follow.)



ANNUAL ELECTION OF OFFICERS

Hard to believe, but it's that time of the year again according to the By-Laws which state that "Officers shall be nominated in October and elected by ballot in November." The By-Laws of the Club also specify that the newly elected officers will serve for one year beginning "with the close of the Annual Meeting."

The present officers of the Club who are also serving as its board have agreed to serve as the Nominating Committee. To make matters easier, please indicate your interest in any positions by completing the form at the back of this newsletter and submitting it to the Club's P.O. Box, or hand-deliver it to Bob Jolicoeur at the September membership meeting.

A meeting of the Nominating Committee will be held on September 25th to establish the slate. Nominations from the floor will also be accepted at the October meeting, however, anyone interested in serving is urged to make this known to the Nominating Committee well in advance so that proper consideration can be given to alternatives should conflicts arise.

Officer positions for the 1985-1986 year are indicated on the form (same as this year's). Also shown on the form are Committee responsibilities you may wish to consider. While these Committee heads are not officially officers, in accordance with the By-Laws they represent increasingly important functions of the Club and are expected to be needed more in 1986 as we continue to grow and take on greater responsibilities as the lead running club in Maine.

Help your Club win the Race for Excellence by becoming active in a leadership position. Throw your hat in by simply signing the form and sending it in.

RRCA CONVENTION UPDATE

Volunteers are needed to assist Bob Jolicoeur with the workload on the convention. Priorities include solicitation of additional sponsors (need sales types for job). Part of the task here is to identify prospects both in the area and outside for mailings and personal contact. We only need 5 or 6 more sponsors...companies or individuals who could benefit from their association with the convention.

The biggest plum left is the sponsorship of the 5K race. This can be had for only \$1,000. Also needed is the same kind of effort for exhibit booth sales at \$250 each. Prospects include all the running goods stores, health food products, shoe companies, personal service outfits such as massage therapists, etc. Candidates can include out-of-state groups as well. The Maine Track Club will surely take a booth and promote memberships. Exhibit booths are a great opportunity to meet runners (mostly from Maine and other New England states) face to face.

Contact Bob Jolicoeur now and start prospecting. Proceeds of all exhibit booth sales are split with the RRCA and go mostly to offset convention expenses. A great way to do your part.

Etonic Shoes put up for sale

Portland, Maine, Evening Express,

Friday, August 2, 1985

BROCKTON, Mass. (AP) — Colgate-Palmolive has put Etonic Shoes, which employs 100 at its headquarters here and 700 more in Maine, on the auction block.

Etonic, which makes athletic shoes, has been a part of Colgate-Palmolive since 1976. It has been based in Brockton since 1876.

John Larsen, an Etonic vice president, said news of Etonic's sale was

a surprise. He said Etonic was profitable, but refused to release sales or earnings figures, according to The Boston Globe.

A Colgate spokesman said the maker of toothpaste, soap and other consumer products had no buyer in mind. Colgate said the sale is part of a restructuring that involves the sale of several other Colgate-Palmolive subsidiaries.

EUGENE J. CRONIN

Members of the Maine Track Club were saddened to learn of the death of one of its honorary members, Eugene J. Cronin.

Gene and his wife, Tese (Teresa), have welcomed members of the Maine Track Club and other Mainers traveling from all over the world into their home. Each year at the Boston Marathon signs were put up on their front lawn reading "Welcome Mainers." Their daughter, Mary, and son-in-law, Kevin McShane, live in New Sharon, Maine.

Gene's obituary and a letter from Kevin follow.

Our heartfelt sympathy to the Cronin family.

18 Hayden Rowe Street
Hopkinton, Mass. 01748
Monday, 8-12-85

Dear Russ,

One of my father-in-law's pleasures in the last couple of years was in showing his friends the hat and jacket that was given to him as an honorary member of the Maine Track Club. Marathon Day was a special time for Gene. Opening his door to strangers was as natural to Gene as drawing a breath. Gene made many friends of the runners who found hospitality at 18 Hayden Rowe for a few hours each Patriots Day morning.

The easiest way I could think of to notify his many runner-friends of his passing was to ask you to put something in your newsletter.

I have enclosed a copy of Gene's obit' for you. I smile thinking of how surprised some folks were when they read Gene's obit'. Gene was a quiet man about his own accomplishments.

On Patriots Day morning 1985 Gene was anxious to be a gracious host, as usual, and made light of his illness when, quite obviously, he was not well. The idea of closing the house to folks so that he could get his rest was not an idea Gene would entertain. He thoroughly enjoyed having a houseful of runners and he kept us busy looking up finishing times of all his visitors the next day.

Last January Gene's doctors diagnosed his illness, amyloidosis (sp?). Cause unknown. Terminal. Treatments would ease his discomfort, but no cure. He was told he had six months at the outside. Of all of the possible courses of action a person in his situation could have taken, it was so predictable what Gene would do. He gave his doctors free rein to try many different treatments so that the doctors could learn more about the disease to better be able to assist someone else at some future date. Gene was somewhat disappointed when he learned that his organs wouldn't be suitable for transplants due to the disease. He asked for an autopsy for still more information that would be of help to the doctors. Always thinking of others...

Mary and I celebrated our 12th wedding anniversary yesterday amidst all the family who had gathered for Gene's funeral. For 12 years I have never allowed anyone to tell in-law jokes without them having to listen to my story of what great in-laws I was blessed with. I learned a lot from knowing Gene Cronin for the past 12 years. He was special.

EUGENE J. CRONIN cont.

When you let Gene's runner-friends know of his passing please be sure to stress how much Gene enjoyed their efforts on Marathon Day. He so enjoyed seeing people putting so much effort into something they were doing. That was the way he lived his whole life; he always gave his best effort.

We look forward with pleasure to seeing you.

Sincerely,

Kevin McShane

Eugene J. Cronin, 73

HOPKINTON — Eugene J. Cronin, 73, an inventor and former specialist for the Federal Bureau of Investigation, died Sunday night in St. Vincent Hospital, Worcester, after a short illness. He lived at 18 Hayden Rowe St.

During the late 1930s, he worked for Geophysical Co. in Dallas, Texas., in seismic exploration throughout Louisiana, Texas and Oklahoma.

Mr. Cronin was later a special agent in the FBI from 1941 to 1947 and also taught in the FBI school and worked in the bureau's technical laboratory, both in Washington, D.C.

During World War II, he served in counter-intelligence in Europe. He received a personal letter of commendation from then-FBI Director J. Edgar Hoover for service to his country.

Inventor

During the late 1940s, he founded Cronin Associates in Menlo Park, Calif., to conduct research and development on biophysical, geophysical, ultrasonic and communication equipment. He also developed food processing and seismic surveying equipment plus numerous electric, optical and ultrasonic devices, for which he held several patents.

Mr. Cronin joined Baird Corp. in Bedford in 1957, where he oversaw contracts, administration and sales, and was director of exports. He retired in 1973.

Mr. Cronin was an active member of the Society of Former Special Agents of the FBI, the Hopkinton Personnel Committee and the Boston College Alumni Association. He was a member of the Society of Exploration Geophysicists, the Optical Society of America, the International Trade Association and the World Trade Center of New England. He was a member of St. John the Evangelist Church.

Education

Mr. Cronin graduated from Boston College in 1934 and attended McGill University Medical School in Montreal and Johns Hopkins University Medical School in Baltimore.

He leaves his wife, Teresa (Dolan) Cronin; a son, Gerald F. Cronin of Hopkinton; two daughters, Mary McShane of New Sharon, Maine, and Suzanne Hite of Phoenix, Ariz.; a brother, Gerald F. Cronin of Lowell; a sister, Mary C. Finnerty of Dracut; five grandchildren, and several nephews and nieces.

He was born in Lowell, son of Cornelius and Julia (Dean) Cronin, and lived here 28 years.

BOOK REVIEW - The Runner - Energy and Endurance, by Eric Newsholme and Tony Leech, \$12.95 plus \$1.50 p&p.

Any MTC runner who desires to follow their glucose carbons through the Krebs cycle should read The Runner. Actually, this 152 page book is a misnomer since the text deals with muscle metabolism which applies to every sport equally. Perhaps the runner was singled out because the authors run and more people jog than row. Even the most intrigued of us will be driven to the Maine Medical Center library unless s(he) holds a degree in Physiology. The marathoner who wonders why he's feeling poorly at 22 miles would do better looking at his training schedule than in one of the eight chapters compiled by authors Newsholme and Leech. Photographs of well known runners appear at the beginning of each chapter but are unrelated to the information which follows. Using the 10 system, for the average runner this book deserves a 3!

Dick McFaul, MD

COURSE CERTIFICATIONS

Maine National Bank's 5 mile course in Portland was declared certified on July 12, 1985, by TAC/RRTC National Certifier, Peter Riegel.

Great news also from Peter Riegel on the Cape Challenge Half-Marathon course which became certified on August 12, 1985. Our thanks to John Gale for doing all the paperwork on this one.

Bob Jolicoeur, Phil Pierce, Jennifer Pierce (daughter), and Don Penta measured the Falmouth Lions 10K course on July 26, 1985, and submitted the application to Greg Nelson, Maine Certifier, on August 14, 1985.

That's two down and one to go. Also in process is the laying out of possible courses for the RRCA convention races. 5K and 10K routes have been mapped out on paper. Various alternatives are being examined and once selected, the courses will be measured and applications submitted. Our target is for this phase of the work to be completed by the end of September.

TREASURER'S REPORT - August 31, 1985

Checkbook Balance, July 31, 1985	\$2,725.98
Receipts	687.93
Disbursements	<u>1,008.24</u>
Checkbook Balance, August 31, 1985	<u>\$2,405.67</u>
Baxter Boulevard Running Path	<u>\$16,043.74</u>

Complete Treasurer's Report will be available at the membership meeting on September 11, 1985.

Rick Strout, Treasurer



AWARDS COMMITTEE FORMED

Bob Payne, Jane Dolley, Charlie Scribner, Art Quint, Russ Connors, Sandy Wyman, and Bob Jolicoeur will serve on the Awards Committee. Any other members interested are welcome to join. Just call Bob Jolicoeur, Chairman of the Committee.

The first meeting of the Committee was held at Jane Dolley's house on September 4, 1985, to get the ball rolling. Discussion of the various categories of awards and preliminary selection standards were discussed. The committee agreed to solicit input from the entire membership through a separate mailing which is in the process of being prepared.

Please give this some serious thought and plan to submit your suggestions to the committee. The Club has become too large for a few people to know everything everyone has accomplished. We also realize how important it is to recognize outstanding achievement. Only with your help can we do a good job. When you receive the special mailer in about one week, we urge you to respond. It's important for us to hear from you.

This month's newsletter courtesy of



BAXTER BOULEVARD UPDATE

Funds continue to trickle in. Since the last newsletter, we've received a \$3,000 check from Unionmutual Charitable Foundation plus several additional contributions as follows: Gene R. Cohen, \$200; Casco Northern Bank, \$500; and John J. Fyalka (Springfield, IL), \$250.

Groundbreaking is now scheduled for mid-September but is subject to change. We are awaiting word from Terry Lunt's office.

Portland, Maine, Evening Express, Wednesday, August 21, 1985

Boardroom Reports □ August 15, 1985

Dr. Henry A. Solomon, Cornell University Medical College

How to exercise ...and how not to

Exercise is sold as a panacea today, but the benefits are often myths. Believing these myths can be harmful. Before starting an exercise routine, remember that:

- The belief that exercise protects against heart disease leads people to ignore symptoms of potential heart attacks. Examples: Shortness of breath, weakness, pain in shoulders and arms. During strenuous exercise, most people expect discomfort and push through these typical warning signals.

- There are many ways to exercise safely: (1) Don't exercise to the point where you feel exhausted or have discomfort around your chest. (2) Plan your exercise before you start, to avoid getting into a situation where you feel pressured to keep going. (3) If you must run, cushion the impact on your joints with good sneakers and a soft running surface.

- Stress tests can be a trap. Designed to detect heart disease and establish safe levels of exercise, stress tests do neither reliably. Reason: Stress tests show only limited types of response to the specific activity of the stress test, and only on the day of the test. They aren't sensitive or specific enough to diagnose coronary disease. And heart disease doesn't necessarily interfere with exercise performance.

- "Runner's high" is a dangerous myth. The sense of tremendous strength and total relaxation that marathoners describe actually eludes all but a very few people. Moreover, those who do attain this high seriously jeopardize health by ignoring signals of fatigue and pain.

- Runners who continue to exercise through colds and flu can do long-term damage to their hearts. Viral infections can cause myocarditis, an inflammation of the heart muscle. When people continue to run despite sniffles and muscle aches, they increase the risk of developing heart problems later. Many cases of chronic heart failure are due to earlier episodes of viral myocarditis. Important: Avoid exercising during any viral infection.

- The safest exercise is walking regularly and at a good pace. That gives the body conditioning so that it can respond to reasonable physical demands with ease. How fast to walk: Three miles per hour or a mile in twenty minutes, once or twice a day. Alternative: Stationary bicycles. They give you control over how much to exercise because you decide how long, how fast and how hard to pedal.

Dr. Henry A. Solomon is author of the useful new book *The Exercise Myth*, Harcourt Brace Jovanovich, 757 Third Ave., New York 10017, \$12.95.

Portland, Maine, Evening Express,

Thursday, August 29, 1985

Extension service plans health, fitness program

GORHAM — Health Works, a free health and fitness educational event sponsored by the Maine Cooperative Extension Service and the Maine Extension Homemakers Council, is set for Sept. 14 at Bailey Hall at the University of Southern Maine.

The program will feature 19 workshops on topics including nutrition, childhood immunizations, osteoporosis, first aid, menopause, cancer, weight control, stress and treatment and prevention of back pain.

Other workshops will introduce participants to fitness programs, jogging, and some of the more exotic ways to keep fit — yoga and belly dancing.

All workshops will be presented

by health experts from the Cooperative Extension Service and other Maine organizations.

Visitors to Health Works also can take in health exhibits and ride a seat-belt convincer. Special booths will offer free health tests, including a health-age computer analysis, stress profile and blood pressure examination.

Keynote speaker Carl J. Sardegna, executive vice president of insurance operations for Union Mutual, will discuss the importance of taking responsibility for one's health.

A special time-out room for parents and children will be provided.

For more information, contact county offices of the Cooperative Extension Service.

Do You Gain More Weight If You Eat Fast?

Only if you also eat more food, suggest some researchers, and that's a distinct possibility.

(From: "American Health," September, 1985)



Study: Jogging meets deep needs

LOS ANGELES (AP) — Jogging meets many deep-seated psychological needs that most runners are not conscious of until they are prevented from running, according to a new study described here at the annual convention of the American Psychological Association.

About 14,000 psychologists attended the five-day meeting, which ended yesterday.

Many people begin running simply to get exercise, but they end up running for far more complex reasons, said Dr. Connie Chan, an assistant professor at the University of Massachusetts who conducted the study. "I'm a runner myself," Chan said, "and more and more I began to notice a marked change in people

who had to stop running" because of running-related injuries.

To evaluate those changes, Chan designed a study using two groups: 40 runners who had to give up running for two weeks to recuperate from injury and 40 who continued running a minimum of 30 miles a week over those same two weeks.

At the end of the period, Chan gave both groups a set of standardized psychological tests that evaluated mood, depression and self-esteem. Those prevented from running, she found, were significantly more depressed, anxious, tense and confused than active runners. They were significantly less vigorous and suffered from greater overall mood disturbance.

"The surprise," Chan said, "was at the extent of these changes. I thought there would be some, but I didn't expect such dramatic significance in how terrible they felt."

Those prevented from running, she said, imagined their bodies had fallen apart after just two weeks of no running. Substitute exercise such as swimming, biking and hiking did not provide many of them with the psychological benefits of running.

For the joggers in the study, running had become their only coping mechanism for reducing stress, combating depression and elevating

mood, she said. In this regard, the runners are not psychologically healthy, she said. "They put all their eggs in one basket," she said. "Nothing else satisfies them. When they are deprived, they are devastated."

The more people run, she said, the more likely they are to suffer running injuries such as tendonitis or knee problems. Thus compulsive runners should be cognizant of their dependence on running, she said, so that if they are ever deprived of running they will know how important that loss can be to their mental health.



MINUTES OF THE MAINE TRACK CLUB
AUGUST 14, 1985

President Bob Jolicoeur opened the meeting at 7:11 p.m. New members were introduced and included Phil Jones, Roy Morejon, Bruce Stedman, and Bill Muldoon. Guests included Bob Gould, Dick Stills, Carole Mills, Ronald Gestwicki, and others.

Vice President Jane Dolley then introduced the speakers for the evening, Dr. Alan Leathers and Dick Brink. Alan discussed bicycle touring, explaining how he became involved in it. He handed out an outline of his talk and explained some terminology that many of us were unfamiliar with; e.g., sag wagon and panniers. He discussed his trip to Nova Scotia, touring from Halifax to Yarmouth. He identified a day trip here in Portland from Casco Bay Lines to Bailey Island and return by boat...about 45 miles. In September he plans to tour Virginia with his family.

Dick Brink then discussed competitive racing or cycling, which has increased dramatically during the past five years. Now, almost every weekend there is a cycle race in southern or central Maine. He stated that cycle racing is well developed in New Hampshire, with Citizen Series Racing available every weekend. This is the third year of the series and it is well organized. Maine racing tends to be less organized with no schedule available.

Dick explained the United States Cycling Federation (USCF) which is an exclusive cycling organization or federation with licenses necessary, money prizes, novices excluded, etc. There are only two USCF races in Maine (one occurred recently at the Yarmouth Clam Festival, I believe). Such races are well organized and fast. Dick's group holds time trials out in Gorham each week.

Regarding work ratios, Dick felt that 10 miles of running a week equalled about 400 miles biked a week. He concluded by stating his opinion that running does more for cycling than cycling does for running. Following Dick's and Alan's talks, several good questions were raised from an interested audience.

Following the presentation was the business meeting. Vice President Jane Dolley announced that Dr. Joseph M. Pechinski, Professor of Physical Education at the University of Maine in Orono and Director of the Human Performance Laboratory there, would be next month's speaker.

The Secretary's Report for July was corrected as follows: Jane Dolley announced that Dennis McWhorter of the Mail Runner's Outlet will donate \$200 (not \$2,000) in merchandise for prizes for the Cape Challenge in September." With this change, the Secretary's Report stood as printed.

The Treasurer, Rick Strout, reported a Club balance of \$2,725 and \$12,280 in the Back Cove account, with

ey displayed the brilliant yellow Cape Challenge certification appeared imminent and that entries Cape Challenge race date is September 8th.

- Cape Challenge - Jane Dolley t-shirt for 1985, and stated that c were coming in ahead of last year.
- Strout's Run for Liberty.

MINUTES cont.

manage the race (Casco Bay the next day).

- Bailey's Race - Dave Paul spoke eloquently regarding possible PRs on this course. The race is scheduled for September 29, 1985, and the traditional children's race will also be held.

- The 10K Kidney Foundation Race is scheduled for October 6th on the Perfect 10K course. Help needed!

- Falmouth Lions 10K Race - Phil Pierce warned MTC members that this course, starting on a corner and mostly (but not all) downhill would be a psychological challenge and physical thriller to all runners who yearned for a new 10K PR. More on this one next month.

- It was noted that the Wyman's had invited all MTC members to an outing/fun run at Highland Lake on August 25, 1985.

ne" and "Lifetime" Cardiovascular fitness

the business meeting, President Bob Jolicoeur RCA convention, May 1986. All MTC members tion to be successful.

nominating Ralph Thomas for induction in and seconded; unanimously approved by

s the time to begin planning for the annual 's Restaurant, Westbrook, Maine.

voted.

Phil Pierce, Secretary

Soule for acting as Secretary Pro Tem in

ay, August 16, 1985, to greet Ethan Minton and at noon after completing a 600 mile, , 5 days a week on the average, and raised or Save the Children, a non-profit hunger

k is not finished, and the run was "only ered him with champagne to celebrate the

University of Southern Maine's "Hearti program.

For the next several minutes of th outlined a proposed program for the R will need to be involved for the conver

Next topic was a discussion about the Maine Sports Hall of Fame. Moved the membership.

Bob Payne mentioned that now wa MTC banquet, December 1st at Verrillo

Motion to adjourn - 9:08 p.m.; so

P.S. - Sincere appreciation to Maggie July. Deeply appreciated.

ETHAN W. MINTON

Bob Jolicoeur was on hand Saturd as he arrived at Tommy's Park in Portl 5 week run. Ethan ran 20 miles a day approximately \$10,000 in the process fo relief organization.

Ethan told the press that his worl the beginning." The small crowd show success of his run.

RACE RESULTS

St. Mary's Road Race - August 9, 1985

Biddeford, ME - 127 Finishers

1. Stuart Hogan	14:24	39. Bob Jolicoeur	17:40
2. Rock Green	14:27	58. Wanda Haney	18:53 F
3. Jon Rummier	14:30	87. Nancy Stedman	20:54 F
19. Kathy Tracy	16:39 1st Woman	93. Don Penta	21:29
20. Lisa Wakem	16:41 2nd Woman	98. Bruce Stedman	22:02
23. Bob Payne	16:48	116. Charlie Sloan	25:35

Schoodic Point 15KM Road Race - August 10, 1985

Winter Harbor, ME - 157 Finishers

Dave Horne and Russ Bradley participated and finished 107th in 71:39 and 109th in 71:49, respectively. Thanks to Russ for these results.

Our Lady of Sebago Fun Run (7K) - August 10, 1985

Sebago Lake, ME - 70 Finishers

1. Kevin Lyons	23:43	12. Richard Scribner	27:10
2. Ken Whitcomb	24:34	25. Raphael DePrez	29:57
7. Lee Allen	25:51	26. Jane Dolley	30:20

Thanks to Jane for these results.

Winthrop Lions 10K - August 11, 1985

Winthrop, ME - 56 Finishers - Certified Course

1. Tom Thibeau	54:00	10. Bob Jolicoeur	59:03
2. Dana Maxim	54:55	12. Bob Payne	59:21
3. Jerry Allanach	55:35	14. Linda L. Keniston	59:32 1st Woman
4. Bob Coughlin	56:06		

The Lions also conducted a 4 mile race won by Scott Roberts in 21:19. First woman was Ann England in 25:02. There were 74 finishers.

Blueberry Festival 10K - August 17, 1985

Wilton, ME - 89 Finishers

8. Harry Nelson	36:03
15. Bob Payne	37:52
21. Alan Leathers	39:45
29. Denise Harlow	41:16
39. Mike Worden	43:08

PPH,
8/19/85

Race Day,
8/18/85

Good Sports 10 Miler - August 18, 1985

Brunswick, ME - 349 Finishers

1. Rock Green	51:19	71. Barry Howgate	1:02:25
2. Andrew Whelan	51:38	74. Ron Cedrone	1:02:38
3. Danny Paul	52:31	97. Mike Reali	1:04:30
4. Lance Guliani	52:43	106. Al Butler	1:05:18
5. Jeff Sanborn	52:46	111. Herb Strom	1:05:33
17. Dan Hutchinson	57:25	115. Scott Strout	1:05:48
25. John Eldredge	58:29	117. Dick Lajoie	1:05:57
28. Bob Coughlin	58:39	119. Rick Strout	1:06:05
41. Brian Milliken	1:00:22	125. Joseph Isgro	1:06:59
52. David Smith	1:01:08	128. David Trussell	1:07:13
56. Virginia Connors	1:01:20 F	140. Philip Pierce	1:08:08
58. Bob Jolicoeur	1:01:23	155. Bob Cushman	1:09:07
64. Frank Ferland	1:01:39	166. Sandy Wyman	1:09:52 F
66. Russ Connors	1:01:43	169. Gary Monroe	1:09:59

FALMOUTH, Mass. (AP) — Here are the results of the 7.1-mile 12th Annual Puma-Falmouth Road Race on Sunday:

MEN'S RESULTS	
1. Dave Murphy, Louisville, Ky.	32:02
2. Steve Jones, London	32:06
3. Rob de Castella, Boulder, Colo.	32:09
4. Mike Musyoki, El Paso, Texas	32:19
5. Barry Smith, Great Britain	32:33
6. Simeon Kigen, Boulder, Colo.	32:34
7. Mark Culp, Kansas City, Mo.	32:37
8. Adrian Leek, Johnson, Tenn.	32:43
9. Don Norman, Republic, Pa.	32:46
10. Greg Meyer, Holliston, Mass.	32:48
11. John Gildewell, Fairborn, Ohio	32:49
12. Peter Butler, Calgary, Alberta	32:55
13. Gidamis Shingo, El Paso, Texas	32:54
14. David Clarke, Great Britain	32:58
15. Gianni DeMadonna, NYC	33:02
16. Jon Richards, Great Britain	33:09
17. Sol Bego, West New York City	33:12

18. Bernie Ford, Great Britain	33:13
19. John Tuttle, Douglasville, Ga.	33:21
20. Julian Goller, Great Britain	33:22

WOMEN'S RESULTS	
1. Joan Benoit, Samuelson, Maine	34:17
2. Leslie Welsh, Boston	36:52
3. Judi St. Hilaire, Boston	37:12
4. Dianne Rodger, New York City	37:38
5. Francie Larrieu Smith, Texas	37:59
6. Ellen Reynolds, Durham, N.C.	38:00
7. Gail Kingma, Seattle, Wash.	38:01
8. Katie Ishmael, Madison, Wis.	38:18
9. Anne Ford, Great Britain	38:27
10. Marty Cooksey, St. Louis, Mo.	38:28
11. Linda McLennan, Fram., Mass.	38:45
12. Paula Fudge, London	38:49
13. Jon Merrill, New London, Conn.	38:57
14. Louise McGrillen, Dublin, Ire.	39:24
15. Regina Jacobs, Palo Alto, Calif.	39:30

RACE RESULTS cont.

Good Sports 10 Miler cont,

181. Ted McCarthy	1:11:02	284. Don Penta	1:19:43
185. Barbara Coughlin	1:11:13 F	302. Marion Leschey	1:21:54 F
192. Donald Stanhope	1:12:11	303. Robert Caron	1:21:56
223. Jane Dolley	1:14:24 F	312. Pat Rulman	1:23:05 F
235. Joan Lavin	1:15:28 F	313. Widgery Thomas	1:23:17
244. David Conley	1:15:55	314. Jean Thomas	1:23:38 F
246. Russ Bradley	1:16:18	315. James McGovern	1:24:17
254. Cliff Fletcher	1:17:37	332. Sandy Utterstrom	1:27:54 F
261. Bill Davenny	1:18:11	339. Brenda Cushman	1:32:30 F
262. David Horne	1:18:13	342. Laura Krause	1:33:47 F
265. Fran Brennan	1:18:21	347. Susan Davenny	1:37:42 F
267. J. Gay Thomas	1:18:40 F	349. Charles Serritella	2:14:17

At least 47 members completed this superb race which starts and finishes on the Bowdoin Track. Congratulations to Dan Hutchinson and Virginia Connors for being first MTC finishers with Virginia taking first woman overall. See Charles Serritella's picture taken from the August 23, 1985, The Times Record (of Brunswick). Bob Jolicoeur has complete results if anyone is interested.

Special thanks to the following members who helped Rob Jarratt with the race: Charlie Scribner, Richard Scribner (no relation), Sandy Utterstrom, Jean Thomas, Steve Palmer, Maggie Soule, Widgery Thomas, Ted Cunningham, Rick Strout, Ken Hutchins, Warren Wilson, Joyce Cook, Lloyd Cook, Dennis Morrill (non-member), Barbara Footer, and John Keller. You did a great job and deserve to take a bow.

By the way, John Eldredge, 2nd MTC finisher in this race, did it on about 30 miles of running per week. How does he do it? John admits to being a skier first and has been doing lots of "roller skiing" in Falmouth in addition to his running. Nice going, John!

Wells Beach 10K - August 24, 1985

67 Finishers

1. Bob Winn	29:42
2. Andrew Whelan	31:07
? Karen Johnson	46:45 1st Woman
? Ted Cunningham	57:39

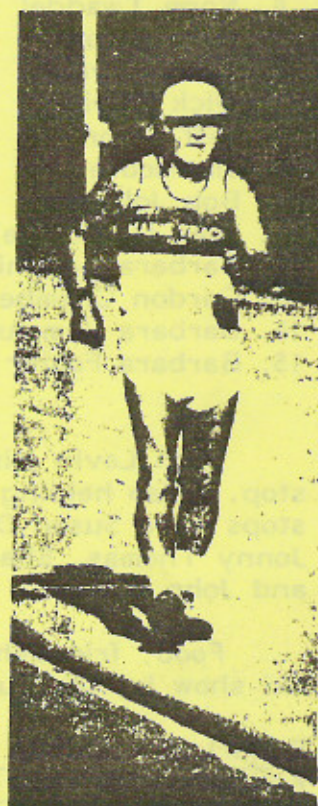
"If all the year were playing holidays,
To sport would be as tedious as to work."

William Shakespeare
(1564-1616)
Henry IV, Part I

From the Maine Sunday Telegram

"Neil Weygandt of Pilgrim Gardens, PA, won the Rowdy 24-hour Ultramarathon at Bowdoin College last weekend (8/24/85), covering 128.5 miles, and beating American record holder Bernd Heinrich of Vermont.

Heinrich, a 45 year-old professor of zoology at the University of Vermont, still holds the U.S. 24-hour ultramarathon record of 156 miles."



ON HIS WAY — Walker Charles Serritella of Porter heads around the Whittier Field track during the Good Sports 10-miler Sunday. (George Almasi photo)



RACE RESULTS cont.

Highland Lake Fun Run (11.1 miles) - August 24, 1985 Westbrook, ME - 31 Participants

A great time was had by many members of the Maine Track Club at the Highland Lake Fun Run and outing which followed. Don Wyman and Mrs. Wyman were most gracious to open their home and allow this gross invasion of privacy (thanks to daughter and Club member, Sandy). We must emphasize that most runners did not consider this a race and, therefore, you'll understand some of the times reported below:

1. Russ Connors (tie)	1:16:45	16. Jean Thomas	1:36:54 F
2. Bob Coughlin (tie)	1:16:45	17. Al Mack	1:36:58
3. Dick McFaul (tie)	1:16:45	18. Gay Thomas	1:39:50 F
4. Norm Twaddel	1:18:49	19. Jane Dolley	1:41:03 F
5. Herb Strom	1:19:45	20. Bob Cushman	1:41:04
6. Sandy Wyman	1:20:40 1st Woman	21. Bill Davenney	1:41:05
7. Dick Lajoie	1:22:45	22. Bob Caron	1:41:30
8. Jeff Nixon	1:24:04	23. Terry McGovern	1:41:32
9. Jim Moore	1:24:05	24. Don Penta	1:43:22
10. Bob Jolicoeur	1:28:30	25. Ethan Mattor (tie)	1:45:55
11. Joan Lavin (tie)	1:32:37 F	26. Ray Morin (tie)	1:45:55
12. Barbara Coughlin (tie)	1:32:37 F	27. Jeff Morris	1:46:09
13. Gordon Chamberlain (tie)	1:35:20	28. Sandy Utterstrom	1:47:55 F
14. Barbara Hamaluk (tie)	1:35:20 F	29. John Gale (tie)	2:11:15
15. Barbara Footer	1:36:42 F	30. Widgery Thomas (tie)	2:11:15
		31. Al Utterstrom	2:13:06

John Lavin joined the group for about 4 miles before taking his post at a water stop. Also helping with traffic control, course direction (flag people), and water stops were Susan Davenney, John Gale's fiancée, Lisa, Ken Dolley, Priscilla Jolicoeur, Jonny Thomas, Shana and Adam Mack, 3 McFaul children, Amy Lajoie, Laura Mattick, and John Mattor.

Food, friendship, and water activities followed the fun run including a water ski show by the Luckson Ski Team.

Sugarloaf Marathon - August 25, 1985 Kingfield, ME - 59 Finishers

Rock Green won this one. Mike Reali, we are told, did a great job with a 3:05, and Alan Leathers was very pleased to qualify for Boston with a 3:09.

Windsor Fair (5 Miles) - August 31, 1985 33 Finishers Rick Strout 31:58

Parsonsfield Bicentennial Road Race - 4 miles August 31, 1985 - 38 Finishers (Hilly Course)

1. Joel Croteau	23:18	10. Richard Scribner	26:49
2. Joel Titcomb	24:15	18. Gail Kinney	27:50 1st Woman
5. Bob Jolicoeur	25:15	21. Patricia Rulman	31:57 F



Road racing 8/25

The results of the Maine Women's 10k Classic held Sunday in Gardiner:

1. Rose Presl	38:04
2. Kim Moody	38:20
3. Linda Keniston	38:41
4. Wanda Hanev	39:03
5. Diane Wood	39:27
6. Annie Blumer	40:33
7. Mimi Mattson	40:47
8. Denise Harlow	42:24
9. Janie Ray	42:44
10. Claudia Takacs	45:49

PPH 8/26/85

RACE RESULTS cont.

Brode's 10K - September 2, 1985

Tontine Mall, Brunswick, ME - 150 Finishers

1. Doug Ingersoll	31:44	24. Bob Jolicoeur	36:58
2. Ken Botting	32:01	54. Rick Strout	39:45
3. Dan Paul	32:30	55. Dave Trussell	39:53
11. Bob Coughlin	35:06	63. Jerry Roberts	40:08 PR
18. Paula Cole	36:07 1st Woman	111. Jane Dolley	45:10 F
21. Dave Smith	36:33	124. Don Penta	47:20

Cool, drizzly conditions made this a perfect day for a road race. Attendance is growing for this popular race. Popsicle sticks system used...caused delays in posting results.

Congrats to Bob Coughlin on his great performance, and Bob Jolicoeur set a PR by 1 second for a certified 10k distance...PR also for Jerry Roberts.

Maine Event Triathlon - July 28, 1985

Gardiner, ME

Sketchy results given to you in last month's newsletter but now Greg Nelson has rendered a full report to all participants. Here's how we did in individual performances:

Runners (Certified 10K Course) - 147 Finishers

1. Paul Plissey	30:56	61. Kim Moody	38:15 F
2. Keith Woodward	30:58	86. Dave Canarie	40:36
3. David Westover	31:21	97. Gordon Chamberlain	41:54
45. Randy Hastings	36:55	106. Gary Monroe	43:04
50. Joel Titcomb	37:19	111. Gay Thomas	44:04 F
56. Bob Jolicoeur	37:49	123. Russ Bradley	46:46

6 Mile Canoe - 147 Finishers

45. Kim Moody (with Jane Waddle)	56:10
48. Randy Hastings (with Judi Remley)	56:32
88. Gordon Chamberlain (alone)	1:02:58
140. Dave Canarie (with Bill Burdett)	1:17:25

28 Mile Bike

1. Doug Day	1:06:00
4. Dick Brink	1:10:25
70. Gordon Chamberlain	1:24:22
97. Marie Wood	1:30:26
139. Joe Wildman	1:53:34

Bob Jolicoeur has complete results including team rankings if anyone would like a copy.

South China Bike Race - July 21, 1985 - 20 Miler

Senior Men - 80 Finishers

1. Eddie Quinn	45:27	21. Mark Welch	47:24
2. Ted Brown	45:28	33. Joel Titcomb	47:41

Veteran Men - 57 Finishers

1. Chris Bovie (35)	48:27
2. Hugh Caggianno (38)	48:39
28. Gordon Chamberlain	52:01

Senior Women - 17 Finishers

1. Sue Elias	49:55	10. Marie Wood	60:57
2. Carla Karver	50:00	14. Patricia Rulman	67:25

Veteran Women - 9 Finishers

1. Marcia Giglio	58:08
2. Joan Welch	59:41

Thanks to Marie Wood for sending in these results.

UPCOMING RACES - OUTSIDE MAINE

- Sept. 7 - Glendi '81 - 5 mile race, Springfield, MA. 11:00 a.m. A Greek celebration. Contact Walter H. Childs, Sr., TAC, P.O. Box 1484, Springfield, MA 01101, or call (413) 566-3145.
- Sept. 8 - Chubb Life Run - 10 miles at 9:00 a.m., 5K at 9:10 a.m. Check in at YMCA, Warren Street, Concord, NH. Contact Chubb Life Run, c/o TTAC, Box 594, Concord, NH 03301.
- Sept. 21 - Six Mile Run (10,000 meters) - 5:00 p.m., Newton, MA. Defending champions Greg Meyer & Joan Benoit. Contact Gary Deangelis, 492 Waltham Street, W. Newton, MA 02165, or call (617) 969-5906.
- Sept. 21 - Buffalo/Niagara Falls International Marathon - 8:30 a.m. from Buffalo, NY to Niagara Falls, Canada. Contact Marathon, P.O. Box 23, Bidwell Station, Buffalo, NY 14222.
- Sept. 22 - Le Marathon International de Montreal - Contact COMIM, Case Postale 1570, Succursale B., Montreal, Quebec, Canada H3B 3L2, or call (514) 879-1027.
- Sept. 22 - Dixville Notch - 12 mile race and marathon. Marathon starts in Errol, NH at 10:00 a.m. 12 mile race starts at Dixville Notch at 11:00 a.m. Both races finish in Colebrook, NH. Contact Rick Tillotson at (603) 255-3191.
- Sept. 22 - Syracuse Run for Women - Certified 10K and 5K Fun Run at Onondaga Lake Park, Liverpool, NY. 10:00 a.m. and 11:30 a.m. Contact Linda P. Oja, Freihofer Syracuse Run for Women, 333 Miles Avenue, Syracuse, NY 13210.
- Sept. 22 - Clarence DeMar Marathon - 8:00 a.m., Keene, NH. Certified course. All runners report at 5:30 a.m. at the Spaulding Gymnasium, Keene State College. Deadline for registration is September 4, 1985. Contact Clarence DeMar Marathon, Box 168, Gilsum, NH 03448.
- Sept. 22 - NH Air National Guard - 10K at 1:00 p.m. from Lincoln-Averman School, Hampton Falls, NH (on Rt. 1). Contact Craig LeBlanc, (603) 436-6943 days or Gloria Jose, (603) 332-8018 evenings.
- Sept. 29 - The Governor's Cup (Masters only) - 5 mile road race, 3 mile competitive walk, 1 mile fun walk at noon on Charles Street between Boston Common and Public Gardens. For Masters 40 years and older. Contact Penny Carver, Dept. of Elder Affairs, 8 Chauncy Street, Boston, MA 02111, or call (617) 727-4092.
- Oct. 6 - Leaf Peepers Half Marathon - 11:00 a.m. Start and finish at the Waterbury, Vermont Recreation Field. Certification pending. Contact Waterbury Area Lions Club, P.O. Box 6, Waterbury Center, VT 05677. (Bob Jolicoeur has applications.)
- Oct. 6 - Saucony Freedom Trail Road Race - 8 miles at noon from Waterfront Park, Boston. \$10,000 prize money. Contact Saucony Freedom Trail Road Race, P.O. Box 233, Boston, MA 02101.
- Oct. 13 - AMJA Ultramarathons - RRCA 50 miler and 100 KM National Championship. Contact Noel D. Nequin, MD, Cardiac Rehabilitation Center, Swedish Covenant Hospital, 5145 N. California Ave., Chicago, Illinois 60625, or call (312) 989-3804.
- Oct. 13 - Nationwide Bank One Marathon - 9:00 a.m., Columbus, Ohio. Contact Nationwide/Bank One Marathon, Corporate Processing, Columbus, Ohio 43271-0980, or call (614) 889-9079.
- Oct. 14 - Tufts 10 - 10K (formerly Bonne Bell 10K). Boston. \$15,000 prize money. Contact Conventures, Inc., 45 Newbury Street, Boston, MA 02116 for race form.
- Oct. 20 - America's Marathon/Chicago - 10,000 runners in 1984 - won by Steve Jones. 12,000 runners expected this year. Big purse. Contact America's Marathon/Chicago, 214 W. Erie, Chicago, Illinois 60610, or call (312) 951-0660.

UPCOMING RACES - MAINE

- Sept. 7 - Corporate Run for Heart - 10K, 8:00 a.m. USM, Portland Gymnasium. American Heart Association Benefit. Donations & pledges appreciated.
- Sept. 7 - Jonesport 5 Miler & 1 mile fun run - 11:00 a.m. Contact Dave Alley at 497-2843.
- Sept. 8 - Cape Challenge Half-Marathon - 9:00 a.m., from SMVTI, South Portland. Contact Cape Challenge, c/o MTC, P.O. Box 8008, Portland, ME 04104. Certified course.
- Sept. 14 - Epstein's of Maine Five Aces Road Race - 5K at 9:00 a.m., from Pendleton Grade School, Brewer. Contact Epstein's at 527 South Maine Street, Brewer, ME 04412.
- Sept. 14 - Great Lewiston Mill Festival - 5 mile race at 10:00 a.m., and 1 mile fun run at 11:15 a.m. Downtown Lewiston on Lisbon Street between Ash and Main Streets. Contact Lewiston-Auburn Jaycees, 112 Field Avenue, Auburn, ME 04210.
- Sept. 15 - Sentinel 10K Classic - 9:00 a.m., at Castonguay Square, Waterville, ME. Contact Jerry Saint Amand at 873-6753. (Bob Jolicoeur has applications.)
- Sept. 15 - YMCA Cardiac Run - 5K at 11:00 a.m., from the Bangor Motor Inn. Contact Bangor YMCA Cardiac Run, 127 Hammond Street, Bangor, ME 04401, or call 942-6313.
- Sept. 21 - 8th Annual Bar Harbor Half Marathon - Athletic Field, Lower Main Street, Bar Harbor, ME. Call 288-5103.
- Sept. 21 - Autumnfest Classic - 4 mile walk, run, roll at 9:30 a.m., at SMVTI in South Portland. Benefit The AIDS Line. Contact Laura M. Smith at W780-4085 or H797-2350.
- Sept. 28 - Old Mill Pub 10K - 9:30 a.m., from Downtown Skowhegan. Flyers available soon.
- Sept. 28 - Kingfield 10K Weekend - Contact Chip Carey, Kingfield, ME 04947, or call 235-2100 or 264-2273.
- Sept. 29 - James Bailey X-Country Run - 1.5 mile Children's Race (12 and under) at noon, and 5 mile x-country race at 1:00 p.m. from Hill Gymnasium, University of Maine-Gorham. Contact David E. Paul or Lloyd Cook at 641 Allen Avenue, Portland, or call 797-4242 or 797-3725.
- Sept. 29 - Volksmarsch - Portland/Peaks Island - 10K starting at Fort Allen Park on Portland's Eastern Promenade. Start anytime between 7:00 a.m. and 2:00 p.m. \$3.50 registration includes ferry boat ride to and from Peaks Island.
- Oct. 6 - 10K for Kidneys and 2 mile Fun Run for ages 6-14 at 10:00 a.m. on Portland's Perfect 10K course starting on Preble Street across from the Athletic Attic. Contact Phil Coffin of the MTC or Kidney Foundation of Maine, P.O. Box 1134, Portland, ME 04104, or call 772-7270. See flyer and write-up.
- Oct. 6 - Benjamin's 10,000 Meter Road Race - 12:00 noon at Benjamin's Tavern in Bangor. Fast course, re-certification pending. Contact Benjamin's Tavern at 942-7492. (Bob Jolicoeur has a few applications.)
- Oct. 8 - United Kick Off Run - United Run to kick off United Way of Greater Portland fund-raising campaign (non-competitive).
- Oct. 12 - Stroh's Run for Liberty II - 8K at 10:00 a.m. from SMVTI. Certified course. Medallion and certificate to each person completing the course. Contact Rick Strout of MTC at 829-3216.
- Oct. 13 - Casco Bay Marathon - Expo Building, 7:00 a.m.
- Oct. 20 - Volksmarsch - 10K - Start and finish at Ramada Inn on outer Congress Street, Portland. Non-competitive group walk. Start anytime between 8:00 a.m. and 1:00 p.m. Contact Peter Borghini at 775-1000 ext. 2467.

UPCOMING RACES

10K for Kidneys - October 6, 1985

On August 22, 1985, the Portland Evening Express ran an article written by Kim Murphy (her column) about Melissa Timm and her parents. The article relates the difficulties faced by Melissa and her parents, Linda and Doug, as a result of being born with a defective kidney. Melissa didn't make it, but the fight to help those with kidney problems goes on and Doug Timm, owner of Business Equipment Unlimited (Portland) has agreed to sponsor the 10K for Kidneys on October 6, 1985.

Phil Coffin of the Maine Track Club is race director. A 2 mile fun run for ages 6-14 will also be held. Help the Kidney Foundation of Maine by volunteering your assistance to Phil, or by running the race. His home phone is 854-9192 in Westbrook. A race registration form is included with this newsletter.

Stroh's Run for Liberty II - 8K - October 12, 1985

The second annual "Run for Liberty" is just around the corner and it is not too early to be marking your calendar for this great event. Volunteers are needed to assist on the various committees. The committees are as follows:

Organization - Race Directors
Rick Strout - Race Director
Tom Cannon - Assistant Race Director

Other committees: Finish Line, Registration and Results, Medical Crew, Splits - each mile, Mile Markers and Signs, Traffic Control & Route Directors, Banners, Tables & Trash Barrels, Refreshments, Water Stations, T-shirts, Awards & Presentations.

The following Club members have signed up to help: Alan Leathers, Kim Moody, Marion Leschey, Bruce Stedman, Frank Ferland, Brian Milliken, Phil Jones, Ken Hutchins, Laurie Quint, Roy Morejon, Bob Caron, Russ Connors, Widgery Thomas, Bob Coughlin, Greg & Patrick Dugas.

We still need another thirty (30) members to fill all of the committee slots. A sign-up sheet will be available at the next meeting. If you cannot attend, call Rick Strout, H829-3216, or W774-5643. Chairpersons are needed for each committee...if you want to volunteer to chair a committee, call Rick early before your favorite committee is filled.

Second Annual

CAPE CHALLENGE

CAPE CHALLENGE - September 8, 1985

Certified course - 9:00 a.m., SMVTI.
This the the race of the month!!!

A man was running through a suburban neighborhood in New Orleans and saw a new tennis ball next to the curb. He scooped it up and since he had no pockets, he tucked it in his shorts. A few blocks later, a woman out picking up her newspaper openly stared at the bulge in his shorts. Embarrassed, the runner explained, "Tennis ball."

"Oh, you poor dear," she said, "I have tennis elbow and I know how painful that can be!" - The Runner's Handbook



UPCOMING RACES - OUTSIDE MAINE cont.

- Nov. 3 - Ocean State Marathon - 11:00 a.m., Newport, RI. Certified course. Contact Kevin Pilkington, 591 Angell Street, Providence, RI 02906, or call (401) 273-0615.
- Nov. 3 - Marine Corps Marathon - 9:00 a.m., Washington, DC. Contact Marine Corps Marathon, P.O. Box 188, Quantico, VA 22134, or call (703) 640-2225. (Sandy Utterstrom has registration forms.)
- Nov. 24 - Philadelphia Independence Marathon - Contact Philadelphia Independence Marathon, Memorial Hall, Philadelphia PA 19131.
- Nov. 24 - Boston Peace Marathon - Features international parties throughout the week in different locations in Boston and International Peace Breakfast. Route: Concord, Lincoln, Lexington, Arlington, Cambridge, Boston. Joan Benoit is listed as Honorary President of the Worldwide Running Club for Peace (sponsor). Write Boston Peace Marathon, Box 60, Boston, MA 02130 for info.

Portland, Maine, Press Herald, Tuesday, August 20, 1985

Benoit returns in top form



Another record for Joanie

Olympic marathon champion Joan Benoit Samuelson of Freeport is all smiles as she breaks the tape in record time, capturing the

women's division of the 7.1-mile Falmouth, Mass. Road Race Sunday. Her 36 minutes, 17 seconds clocking bettered her own mark.

By JOHN McKAY
Quincy Patriot Ledger

FALMOUTH — Since she won her gold medal at the women's Olympic marathon last year, Joan Benoit's world has been upside down.

She has done less of what she does best in the past year, so she has done less of what she's accustomed to doing: Winning.

"I've had so many commitments," she said, "and then when it's time to run and meet those commitments, I haven't been able to."

The Leggs mini-marathon in New York last spring really ticked her off. She was uncharacteristically out of the picture after the first mile and was left in the dust by Francie Larrieu-Smith and Judy St. Hilaire of Brighton.

"I've got to go back to Maine," Benoit said after that, "and re-evaluate where I am."

The self-analysis ended yesterday.

She returned to form, breezing past opponents who buried her three months ago, winning the Falmouth Road Race in a course record 36:17.7. She took more than four seconds off her previous record in winning the race for an

incredible sixth time.

She led from the start, with second-place Leslie Welch the only runner to stay remotely close, finishing in 36:52. St. Hilaire was third in 37:12, Dianne Rodger of New Zealand (37:38) fourth and Larrieu-Smith fifth in 37:59.

"I have quieted my schedule

considerably," Benoit said. "Once I got home, I felt a lot better. When you're on the road, your routine is all confused. You can't run on specific courses and you don't have a home to speak of. I'm not making many commitments. I didn't even commit myself to this race."

She worked toward it. She ran twice daily some weeks. Last week, for example, she ran 14 miles in the morning three days in a row, followed by a 10K run in the afternoon. She felt, then, that she was ready to compete yesterday.

"I didn't expect to win," she said. "I wanted to make sure I was ready to run and with this year's women's field, I wanted to be competitive and run with the horses."

"At three miles, I sensed there was no one with me and told myself it was time to start pushing, but this was totally unexpected."

"I don't know why, but my best races are the easiest. I needed confidence today, especially with THIS field. That's why I wanted to be competitive. This race is special to me. I didn't want to commit myself too early and not be able to run well. The crowds here are special; they never let you get down."

"I started my career here. Perhaps some day I'll end it here."

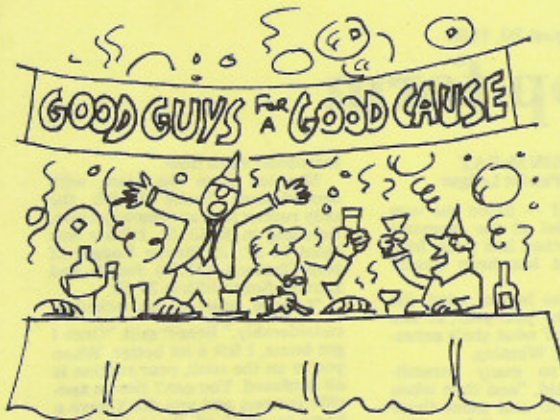


ANNUAL BANQUET (Response Requested)

The Annual Awards Banquet and Installation of Officers will be held on December 1, 1985, at Verrillo's. In addition to the many awards to be presented to various deserving Club members, Bill Green, sports newscaster for News Center 6 (WCSH-TV) will be our featured attraction. Bill has been close to the Club and receives our monthly newsletter. He has also run marathons and knows what running is all about. We think you'll enjoy him.

An Italian-American buffet will be served for \$8.75 to members and \$10.75 to non-members, including tax and gratuity, with the Club subsidizing the member discount.

Here's what we'll get (you don't have to eat it all):



Ziti in Sauce
Sausage & Peppers
Meat Balls
Chicken Oreganata
Oven Roast Potatoes
Zucchini & Tomatoes

or

Green Beans Marinara
Roast Steamship Round of Beef
and Baked Ham (Carved at the table
for groups of 100 or more, otherwise
sliced in advance)

Tossed Salad - House & French Dressings
Raw Vegetable Platter
Ice Cream or Sherbet Served
Rolls & Butter
Beverage



The agenda for the evening will go roughly as follows:

Social Hour (Cash Bar)	6:00 p.m.
Dinner	7:00 p.m.
Awards	8:00 p.m.
Program, Slides & Various Good Times	9:00 p.m. (or earlier)

Please forward your reservations by November 20, 1985 to MTC Banquet, P.O. Box 8008, Portland, ME 04104 with check payable to the Maine Track Club.

Name of Person(s) Attending	<u>Reservations</u> Telephone #	Amount
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
Total Amount Enclosed		\$ _____

ELECTION OF OFFICERS AND APPOINTMENT OF COMMITTEES

Yes, I would like to serve as an Officer and Board member of the Maine Track Club in 1986, and hereby wish to submit my name for consideration by the Nominating Committee.

OFFICERS

Check One or More

President -----	<input type="checkbox"/>
Vice President -----	<input type="checkbox"/>
Treasurer -----	<input type="checkbox"/>
Secretary -----	<input type="checkbox"/>
Race Committee Chairman -----	<input type="checkbox"/>
Chairman of Newsletter Committee -----	<input type="checkbox"/>
Membership Chairman -----	<input type="checkbox"/>

I have read the By-Laws of the Maine Track Club dated January 9, 1985, and I understand the duties and responsibilities of the officers for which I have indicated an interest above. I further pledge that I will faithfully execute those duties and responsibilities to the best of my abilities.

Signature of Member

No, I do not wish to be considered for officership this coming year. However, I would be willing to assume major responsibilities in the Maine Track Club for one of the following committees:

COMMITTEES

Program Chairman -----	<input type="checkbox"/>
Clothing Committee Chairman -----	<input type="checkbox"/>
Social Chairman -----	<input type="checkbox"/>
Course Certification Chairman -----	<input type="checkbox"/>
Publicity & Promotions Chairman -----	<input type="checkbox"/>
Special Projects Chairman ----- (RRCA convention, for example)	<input type="checkbox"/>

Signature of Member

Comments (if any):

