



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

SEPTEMBER, 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	Membership Committee Chrm.	648-9516
Bob Jolicoeur	Newsletter Committee Chrm.	799-4127

OCTOBER MEMBERSHIP MEETING & POTLUCK SUPPER

The next membership meeting is scheduled for Wednesday, October 8, 7:00 p.m., in the SMVTI cafeteria in South Portland.

Bob Antoniuc and Susan Stone will be organizing the potluck supper for the evening, so please call either one as soon as possible if you plan on attending and what you can bring to the dinner. Call Bob at (H) 878-2766 or Susan at (H) 781-2321.

There will be no guest speaker but the nominations of officers and committee heads will take place so please join us if you have an interest (see below for more information).

ANNUAL ELECTION OF OFFICERS

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

Please indicate your interest in any position by completing the form at the back of the newsletter and submit it to the Club's P.O. Box, or hand deliver it at the October Membership Meeting. Nominations at this meeting will also be accepted from the floor, however, you are urged to submit your nomination well in advance so that proper consideration can be given to alternatives should conflicts arise. Also, some nominations have already been received and we look forward to seeing more interest in the responsibilities of the lead running club in Maine!



Maine Track Club is a non-profit organization.



President Jane Dolley called the meeting to order at 7 p.m. New members Barry Fifield, Cindy Vokey, Bob Laskey and David Houser and guests Manuel Montoya and Mary Giardi all introduced themselves to the group.

Vice President Phil Pierce then introduced the speaker of the evening, Brian "Ziggy" Gillespie, MTC's founding president and coach of the St. Joseph College track team, which has enjoyed great success during the past several years, including a 10-1 record for 1985.

After reminding the Club about the field day planned for September 13 (his lucky number), Ziggy went on to discuss his training philosophy in detail. "We do well not because we're the best, but because by the end of the season we're still healthy," he explained. His team races only on weekends, and during the week they follow a moderate program that includes three weight-training sessions (after running, when muscles are loosened up) to increase upper body strength, which he says is a tremendous asset to running. Rest periods are important for rebuilding cells and preventing soreness. It's better to run only four or five days a week and enjoy it than push too hard and make running a chore, Ziggy emphasized. Needless to say, he does not allow his runners to go out when tired, ill or injured. As a result, his teams are strong and consistent, and individual times improve steadily.

For better race results, Ziggy recommends taking a day off before the race. A slow, three-mile warmup on the morning of the race, followed by one mile and a few sprints just before the race itself--to get your body temperature up--will also help, he says. In fact, you should be perspiring at the starting line! He also recommends running an occasional "race without racing" to see how you do at a "noncompetitive" pace, and learning to "read" other runners as you go along. He concluded by suggesting "fun" things to vary your running, such as making a cross-country circuit of Mackworth Island or the like.

BUSINESS MEETING

Bob Coughlin announced that Roz Randall and Paul Merrill have both qualified to compete in the Ironman Triathlon in Hawaii in October. Should the Club help them out? he wondered. After some discussion it was decided that the Executive Board would consider this question at its next meeting and submit its recommendations to the membership to vote on.

President Jane Dolley reported that the Club made over \$7,000 from the RRCA Convention. She thanked organizer Bob Jolicœur for his work. Bob told the group that the profits came fairly evenly from all aspects of the enterprise, indicating "success in every area," to the satisfaction of both the MTC and the RRCA.

The treasury shows a new balance of over \$11,000. Members were reminded that, in spite of this largesse, any purchase costing over \$500 must still be approved by the membership.

Jane Dolley brought up the issue of the Club's buying a computer to time races, update the membership list and "make us a more efficient Club." She has looked into Compac and Kaypro and estimates the total cost of one of these, with components and software, to be about \$2,000. There was some objection raised as to the quality of Kaypro, and Frank Morong suggested that the Club get the use of a computer rather than buying one. An assistant manager of VALCOM recently joined the Club and it was suggested that he be consulted on this matter.

Kristiansen sets new 5K record

STOCKHOLM, Sweden (AP) — Ingrid Kristiansen of Norway smashed Zola Budd's world 5,000-meter record by more than 10 seconds Tuesday, giving her the fastest times ever in all three long-distance races in women's track.

Kristiansen, running alone most of the race, was timed in 14 minutes, 37.33 seconds in chilly and rainy conditions.

Bruce Ellis set a course record (46:36) in the Schoodic 15K. Nancy Ellis also did well with a 61:46, while Joan Lavin and Jim Hogerty each PR'd with respective times of 65:38 and 61:32. Phil Pierce broke 40 minutes for the first time in a 10K race, the BEU. Jane announced that new member Susan Rose went from an 11-minute mile last year to an 8-minute mile in this year's Jackson Brook Institute run. As if that weren't enough, Susan won that race's door prize--a trip to Bermuda!

Unionmutual's track team did well at the nationals in Los Angeles. Eleven MTC members made up 30% of Unionmutual's team.

Jane Dolley and Charlie Scribner reported that the Cape Challenge had 71 preregistrants at the time of the meeting and that the Bowdoin 10-miler needed finish-line help.

Dave Paul asked for help at the James Bailey race September 21. The new wheel-measured trail is 5.1 miles long and all on campus. This will be Dave's eleventh--and last--year as director of the Bailey's race. He'd like to run it for a change. The modified course will make the new director's job easier, he emphasized.

Sandy Utterstrom asked members who had ordered clothing to see her after the meeting.

Those present were reminded of the following upcoming events: the Londonderry [NH] Old Home Days race on August 16, the Montreal Marathon on September 28, the Oxford Hills Triathlon on August 23 and Sandy Wyman's annual fun run August 16.

Charlie Serritella is doing well after undergoing a procedure to correct a blocked aorta, Sandy Utterstrom reported.

Russ Connors and John Gale each thanked the Club for flowers they received recently in memory of their mothers.

Bob Payne reminded the Club that Rick Hansen, a spinal-cord-injured Olympian, would be at McDonald's Friday afternoon and Saturday morning looking for runners to accompany him around the Boulevard to raise money for spinal-cord research. Hansen plans to finish his one-and-a-half-year, round-the-world wheelchair trip next spring in Vancouver.

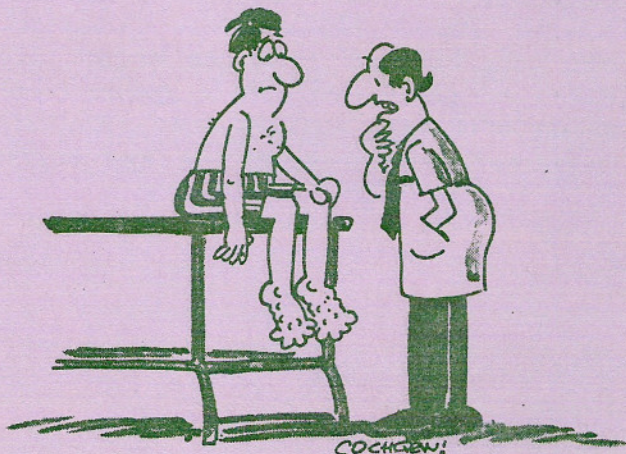
The meeting was adjourned around 9 p.m., after which members congregated to consume various decadent morsels provided by Frank Morong, Sally Patterson, Randy and Suzette Phillips, Rick Strout, Charlie Scribner, Richard Scribner, Roz Randall and Jim Toulouse.

Respectfully,

Maggie Soule

Maggie Soule
Secretary

FUN 'N' GAMES with COCHRAN!



"You've been jogging too much, Mr. Fitzguber. You have cauliflower feet."

NEW MEMBERS - We are pleased to welcome the 20 new members for the month of August, a very large number in recent months and excellent quality! This brings total membership to 334. Changes in addresses and phone numbers follow:

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Sponsor/Interests</u>
Judy Barone 686 Brighton Ave. Portland, ME 04102	W871-2176	Nurse Maine Medical Ctr.	28/Aerobics, nutrition
Jan Beckwermert P.O. Box 1225 Scarboro, ME 04074	W642-4531 H883-2451	Manager The Hanold Co.	30
E. Sears Carpenter 40 Spruce St. #4 Portland, ME 04102	H774-3204	Senior - Kenyon College	23
Calen Colby 365 Main Street Cumberland, ME 04021	W761-1770 H829-3656	Engineer HTA/OEST	23/Auto restoration/ writing
Robert Cotiaux 6 Academy Place #10 Saco, ME 04072	W282-6183 W646-5122 H283-9738	Field Loan Officer Maine Savings Bank	31/Bob Jolicoeur/Hunting/ fishing/antiques
Diane Haberman 97 Dummer Street Bath, ME 04530	W443-3839 H443-3839	Residential Counselor Elmhurst Association	25/Camping/canoeing/ backpacking/music
Lisa Karandanis 40 Spruce Street Portland, ME 04102	H774-3204	Student - Kenyon College, Ohio	23
Richard W. Mulhern 24 Pitt Street Portland, ME 04103	W775-1020 H772-7644	Attorney Kelly, Rimmel & Zimmerman	33
Hank Pfeifle 4 Orchard Lane Kennebunk, ME 04043	W773-8224 H985-7525	Real Estate Sales Century 21 - Balfour	35/Photography
Stephen J. Salter 49 Wildwood Drive Cape Elizabeth, ME 04107	H799-6600	Civil Engineer	29/Triathlons in Australia
Linnea Schwarz 12 Broadmoor Drive Cumberland Ctr, ME 04021	H829-6696	L.L. Bean	31/Guitar/poetry/movies
Lisa Schwarz 12 Broadmoor Drive Cumberland Ctr, ME 04021	H829-6696		29/Jane Dolley/Horses/ music/hiking/poetry/ traveling/sculpture
Greg & Darlene Sharp 114 Commercial St. #3 Portland, ME 04101	W780-7196 H774-7462	Data Processing Consultant - Self- Employed	35/34

Maureen Sproul 7 Grasmere Road Portland, ME 04101	W773-7211 H773-3116	Investments Shearson Lehman Brothers, Inc.	30/Hiking
Scott Strout 335 Forest Avenue Bayview Court #3 Portland, ME 04103	W772-1244 H773-1247	Benefit Management Group	24
Walter W. Webber P.O. Box 9 So. Bristol, ME 04568		Boat Builder Farrins Boat Shop	56/Sailing/rowing/hiking/ biking
Chuck & Myra Willson 20 Hartford Avenue Falmouth, ME 04105	H781-3855	Finance Manager	46/46
David Whitney P.O. Box 122 So. Freeport, ME 04078	W775-0835 H865-9281	Mortgage Banker Boston Five Mortg. Corporation	26
Stephen A. Wilson 217 Vaughan St. #6 Portland, ME 04103	W774-2022 H774-5791	Collections Rep. Ford Credit	25/Music/antiques
John R. Lunt Cynthia Lunt 68 Hastings St. Portland, ME 04102	H772-3572	Truck Driver	27
David Fenderson 6 Willard Street So. Portland, ME 04106	W772-6514 H767-3274	Sales Engineer Maine Lubrication Service	23/Team triathlons
Rebecca Harkavy 104 Clifford Street So. Portland, ME 04106	H767-2360	Student So. Portland High	14/Brian Gillespie/Reading/ music/bike riding
Maidli Townsend RFD #2, Box 217 Freeport, ME 04032	W865-4761 H865-6570	Product Developer L.L. Bean	33/Cycling/tennis/skiing

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

Garrett Clough is no longer a member - heading to Africa for 2 years.

Dick Campbell now lives at 965 Broadway, So. Portland and number is 767-3364.

The correct phone number for Bob Morris is 452-2606.

Steve Moriarty is longer a member.

THIS MONTH'S NEWSLETTER PUBLISHED COURTESY OF



THE RUNNER'S EDGE
A Contemporary Running Column by Phil Pierce

THE FALMOUTH ROAD RACE - AUGUST 17, 1986

This race, founded 14 years ago by Tommy Leonard, has now become one of the most famous road races in America. The number of world class runners who show up for this race each year continues to increase. The race has a number of unusual features which I will describe, such that if you are contemplating running this race, you can be adequately prepared - good contingency planning can make this race a very enjoyable experience.

First, find a place to stay that will not cost you an arm and a leg. One hundred thousand people show up for this race, so register for your lodging early (December, 1986 for the August, 1987 race is good planning). If, of course, you have friends who will put you up, so much the better. Again, early planning is indicated.

Second, be prepared for traffic before and after the race. Allow plenty of time for everything. The only time there will be no traffic is during the race itself.

Third, go to this race with the idea of having a real good time. It is a social happening, much like the Boston Marathon. There are no other 7.1 mile races to my knowledge; therefore, whatever you do here sort of stands by itself.

On the day of the race, get up early and arrive at the registration area as early as possible. I was there by 6:45 a.m. and it paid off - no lines and plenty of time to be bussed to Woods Hole, plenty of time to stretch, and plenty of time to warm up - I did a leisurely 5 miles, hydrated well, and visited the john several times.

An unusual feature of this race is the color coded number staggered start. The wheel-chair entries start at 9:50 a.m., the Elite Runners (200+) at 10:00 a.m. and the rest of us (6000+) at 10:02 a.m. Therefore, at 9:00 a.m., I lined up at the starting line (my green number entitled me to do this).

A snow fence had been set up in the street such that a 500x100 foot area was reserved for the Elite Runners to warm up in. I watched the Elite Runners warm up, the Welch sisters, Arturo Barrios, Ed Eyestone, Bruce Bickford, etc. I talked at great length with Johnny Kelly who had spotted me in my Kelly green Maine Track Club Appearance Outfit. I talked with runners from Texas, California, Colorado and other states.

When the Elite Runners took off at 10:00 a.m., hundreds of "bandits" fell in behind them. This was discouraging as 6,000 of us stood and watched. Later, we would catch these "runners" and give them a piece of our mind! Finally, at 10:02 a.m. we took off. We caught the several hundred, if not thousand "bandits" at mile 1 (done in exactly 6:00) and proceeded to pass them for the rest of the race. They did slow us down just as in the Boston Marathon, but it was certainly fun passing them.

The course is beautiful with ocean, woods, fields, fine estates, a lighthouse, mansions, etc., all along the course. The road is paved with gently rolling hills and long declines, nothing difficult really. At the very end of the course, one encounters the only hill on the course. Experienced runners sprint up the hill and down the other side to the finish. I sprinted only down the other side since this was my first experience at Falmouth. I crashed through the Bates Cross Country Team as they approached the Finish Line hand-in-hand at a somewhat slower pace than I! Please pardon the immodesty at this point - finishing is a big time with me and I often lose control when I see a finish line.

While standing in the finishing chute an attractive reporter requested an interview for Channel 7 T.V. in Boston. Without hesitating I stepped out of my finishing order and was interviewed dripping wet so to speak. After the interview, I went through the chute and to the great after-the-race party; all you could eat and drink, a live band, all for runners and non-runners alike - the whole nine yards.

To summarize, this race is exquisitely organized and orchestrated from beginning to end. My wife thoroughly enjoyed herself and would not mind at all going again. This in and of itself is a major breakthrough and speaks to the real excitement engendered by this race. The finish line setting is spectacular and beautiful, lending itself to great views for everyone positioned on the hill (100,000+).

The race itself is replayed several times on ESPN and you may still be able to see it if you wish. The race is in the class of and at the level of the Boston Marathon in several respects. Spectators provide water all along the route - much needed as Falmouth is often hot and humid relative to Maine. The course is relatively easy, like Boston. The level of excitement is very high.

I have written about this race because apparently, very few Maine runners go to this race. I saw Bob Wenn - who was allowed in as an Elite Runner only at the last minute since he arrived 10 minutes late to pick up his number and therefore did not get a number! Mike Frost, MTC member, unable to run because of recent knee surgery, had registered and showed up to watch the race. He runs it every year and loves it. My wife, my brother Larry and his wife, Maine Track Club members Jim and Maureen Puckett, and George and Donna Salter of Rhode Island went to the Brothers Four for an after-the-race celebration. This historic-to-this-race watering hole is to be torn down for condos shortly after Labor Day. It will not be there next year but we probably will all return.

(Editor's note: Phil finished in a respectable 47:20.15 minutes behind winner Arturo Barrios. "No real need to give Barrios a 2-minute headstart," commented Phil, "at least, not yet!")

Member in the news...



Carlton Mendell

I HAVE NEVER LIKED going into oxygen debt," says **Carlton Mendell**, 64, of Portland, Maine. "Back when I was in high school, I ran the half-mile, and the second lap always seemed too anaerobic for me."

Mendell's formula for avoiding oxygen debt is pretty simple: run long, run slow. He ran his first marathon in 1977 and completed his 51st last May in 3:17. His personal record is 3:03, and he once finished fourth in the 60-and-over age group at the Boston Marathon. "I may be getting a little slow in my old age," Mendell says, "but that's because I've been too lazy to do my intervals."

Lazy? Just to make sure he doesn't get too inactive, Mendell also runs ultras. Two years ago he was the outright winner of the Maine Rowdy Ultimate 24-Hour, punching in with 125½ miles on the Bowdoin College track.



PAID ADVERTISEMENT

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Suite 400
Portland, ME 04101
(207) 772-9587

James C. Munch, Jr. JD, CLU
Licensed Consultant

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

August 21, 1986

Dear Jane:

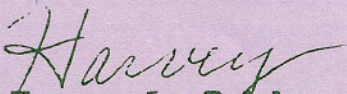
I think Hank Pfeifle had a great idea - advertising in our newsletter. I enclose my business card and would appreciate your including this letter and the card in the next addition of the newsletter.

At Diversified Planning, we work with individuals and businesses in insurance and financial planning. I'd welcome the opportunity to be of service to anyone who might find my services useful.

Business # (207) 363-2518
Home # (207) 985-3517

It's discouraging living in Kennebunk! So many good runners: Hank, Lawson Noyes, Bob Sholl, Amoroso.

Thanks Jane.


Harvey L. Rohde, Jr.

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KIM MURPHY



Recovering

Late last month Neal Workman of Cumberland unloaded his Saab and wheeled the contents on a gurney to the third floor of Mercy Hospital.

It was piled six feet high with lobster packs for the nurses and staff who pulled him through a fairly close call with Legionnaires' disease.

"Those nurses do everything," he said. "The doctors come in and wave their hands like Moses once a day. But the nurses are the ones. They keep going and going."

"I made so many nice friends. The nurses are always there, you see, and when you're not feeling good and counting the dots on the ceiling, they're right there. Always."

To show his thanks he went to the Lusty Lobster in South Portland, paid \$500 for 45 two-lobster travel packs and one three-lobster pack.

The three-pack was for Mercy's chaplain, Sister Mary Michael, and the two nuns who live with her.

"What a sensitive woman," said Workman about Sister Mary Michael. "She was the nicest woman I think I've ever met. She came in to see me every day."

He also had special praise for head nurse Sue Mulcahy and his own nurse, Sandy Lorfano, who became a friend to Workman and his wife, Linda.

Workman thinks he may have gotten Legionnaires' disease in a New Orleans hotel.

His business, Debt Management Services of Portland, takes him everywhere collecting debts for Maine lobster and seafood shippers.

Legionnaire's disease is a bacterial pneumonia. There have been about 20 cases of the disease reported to the state since 1982, when Maine started keeping records on it.

Maine Medical Center reported two deaths from it in 1984.

The deadliest national outbreak was 10 years ago at a Philadelphia Hotel. More than 182 people died.

Workman showed up at Mercy with a 105-degree fever and was treated for three weeks, he said. He lost 16 pounds.

His wife lost weight, too. From worrying.

"Next time, I told my wife we're going to Gloria Stevens instead," Workman said. At the hospital, when he was feeling better, they called him Slat.

"They told me afterward I had a 30 percent chance of not making it. I was a sick boy."

He was delirious for much of the time.

"Once I moved the furniture out of my room. I took my IV out and walked down the hall. I climbed up on my bed and said I had gotten hit by a truck. I saw my father-in-law in the IV bag."

It was a distressing situation which included lots of testing.

Workman can't get over the dedication and concern of Mercy's staff, the people who pulled him through.

"A lot of good came out of it. There was a lot of pain and suffering but it gave me a chance to set priorities. Now I look mah-velous," he said, doing a Billy Crystal routine.

"All in all, it was a scary experience. But the big thing is these nurses. They were unbelievable."



Neal Workman

Member in the news

Portland Evening Express, August 14, 1986

HIGHLAND LAKE FUN RUN- August 16, 1986

It was an off and on drizzly day, but that didn't stop thirty plus runners from running in the 9th annual Highland Lake Fun Run. Russ Connors, not to be outrun by a female, especially daughter Virginia, held on to his lead for a first place finish. Don and Elnora Wyman (Sandy's parents), once again were hosts for the sixty or so runners, friends, and family members. Although a dampish picnic was had, water conditions were excellent for the afternoon's barefoot water ski show. Thanks go to the Morejon family, Jodi Reali, Sue Davenney, Ken Dolley, and John Karrel's camp associates, Jan Wydra, Deb Duskansky, Meg Wrenn, and Maggie Hanson for water stop coverage; John Lavin, for slowing the cars on Route 302 (also known as 3-0-zoo); Bruce Stedman, for his photography efforts- we'll have some good shots for the banquet! Results follow... keep in mind this was just a fun ?? run of 11.2 miles.

1. <u>Russ Connors</u>	1:14:26	16. <u>Barbara Footer</u>	1:31:22
2. <u>Virginia Connors</u>	1:15:04	17. <u>John Woods</u>	1:35:06
3. <u>Greg Dibias</u>	1:15:06	18. <u>Jean Thomas</u>	1:36:21
4. <u>George Towle</u>	1:15:07	19. <u>Jane Dolley</u>	1:36:21
5. <u>Herb Strom</u>	1:18:17	20. <u>Nancy Stedman</u>	1:37:02
6. <u>Mike Reali</u>	1:18:17	21. <u>Don Penta</u>	1:37:30
7. <u>Norman Twaddell</u>	1:19:08	22. <u>Barbara Coughlin</u>	1:38:18 *
8. <u>John Karrel</u>	1:21:54	23. <u>Joan Lavin</u>	1:38:18 *
9. <u>Donna Hubert</u>	1:22:05	24. <u>Warren Wilson</u>	1:38:54
10. <u>Sandy Wyman</u>	1:22:05	25. <u>Bill Davenney</u>	1:40:24
11. <u>Richard Littlefield</u>	1:24:34	26. <u>Warren Foye</u>	1:41:17
12. <u>Don McGilvery</u>	1:24:45	27. <u>John Mattor</u>	1:46:44
13. <u>Frank Braun</u>	1:26:39	28. <u>Mel Fineberg</u>	1:49:03
14. <u>Dennis Morrill</u>	1:27:00	29. <u>Sandy Utterstrom</u>	1:53:22
15. <u>David Paul</u>	1:27:00	30. <u>Julie Motherwell</u>	2:15:00

* time does not include the 7 mile warm up run from Portland to Highland Lake

LOST AND FOUND:

one gray sweatshirt with blue stripes on sleeves

one yellow hair dryer

call Sandy, 878-2391

August 5, 1986

Susannah Beck of Yarmouth, Me. finished second in the 1,500 (4:33.87) behind three-time champ Suzy Favor of Wisconsin. Tasha Downing of Dorchester, Mass. finished second in the 400 with a personal best time of 53.26 and her Boston Bullets teammate Valerie Harris was sixth in the 800 (2:13.85).

Checkbook Balance - July 5, 1986

\$3,464.89

Receipts:

Maine National - Race Fee	\$ 125.00	
Officer Friendly - Race Registration	\$ 206.00	
Memberships	\$ 215.00	
Clothing	\$ 38.70	
Cape Challenge - Race Fee	\$ 78.00	
Interest	\$ 61.02	
		\$ 723.72
		\$4,188.60

Disbursements:

* Jane Dolley - Reimbursement	\$ 50.98	
Expenses Pot Luck Supper		
* Charlie Scribner	\$ 75.00	
Timing Maine Nat'l Bank Race		
Postmaster, Portland	\$ 22.00	
Ms. Marie Davis	\$ 50.00	
Speaker - July meeting		
TAC - Insurance	\$ 25.00	
Mark Hoffmaster Race		
Charlie Scribner - Timing	\$ 25.00	
Bridgton the 4th Race	\$	
		\$ 247.98

Checkbook Balance - August 5, 1986

\$3,897.61

Baxter Blvd. Running Path

\$ 886.43

RACA CONVENTION ACCOUNT

\$ 7,288.23

Richard K. Strout
Richard K. Strout
Treasurer



World junior performer Susannah Beck.

Boston Running News
Aug/Sept. 1986

Some people dream of going to Hawaii for a relaxing vacation in paradise.

Paul Merrill and Rosalyn Randall dream of going to Hawaii to spend a day sweltering in the heat and putting their bodies through one of the most grueling tests of athletic endurance man has developed.

A recurring nightmare?

For most people, maybe. But not these two.

Merrill, a 32-year-old lab technician from Portland, and Randall, a 36-year-old veterinarian from Westbrook, have spent the last four years preparing for this "dream," and unless there are last-minute problems, they will probably see it come true in just about two months.

Merrill and Randall have qualified for the World Championship Ironman Triathlon in Hawaii, an event that has received national media attention the last few years and spawned a fledgling sport that many triathletes believe is the ultimate test of man's athletic endurance.

"I'm pretty excited about it," says Merrill. "No, I'm more than pretty excited about it. I'm really excited about it."

And well he should be. Merrill has spent half of his waking hours in the last three years running, biking and swimming to prepare for this day. In the meantime, he has amassed some pretty impressive statistics, including:

• A fifth-place finish in the national Ironman Triathlon cham-

Running in Maine



Tom Welch

pionships in Cape Cod two years ago.

• A ninth-place finish in the same event last year, with a second place finish in his age division (30-34).

• And an impressive 109th-place finish in this year's Boston Marathon, in which he set a personal record of 2:33.26.

Briefly, the ironman triathlon, or "ultra" triathlon, involves swimming 2.4 miles, bicycling 112 miles and running 26.2 miles — a full marathon — all without stopping.

"I've really been surprised with the success I've had," says Merrill, who started running just four years ago because he was "overweight and in terrible shape."

"A friend of mine talked me into running in a race, which I did, and later that year I trained for and entered the Casco Bay Marathon."

Merrill not only finished, but he finished in a time that many marathoners take years to reach.

"I thought breaking three hours would be a miracle," he says. "When I came in in 2:54, I figured I had some ability."

Since then, Merrill has competed in three ironman triathlons

and a half dozen marathons. And, as the saying goes, he's not getting older, he's getting better.

"What really surprises me — pleasantly, I might add — is that I keep improving," says Merrill, who will form what he calls "Team Maine" with Randall when they go to Hawaii to compete.

Randall has been competing in triathlons for four years. Qualifying for the Ironman Championship, she says, is the biggest challenge she's faced since she started running 10 years ago.

"This is something I've been working toward for a long time," she says. "It's exciting." But, like Merrill, she hasn't gotten to where she is without a lot of hard work and sacrifice.

"I guess you kind of have to be single," says Randall, a 1968 Westbrook High School graduate. "I average four hours of training on work days and as many as 10 hours a day on weekends and non-work days. You don't have much time for anything else."

Randall played basketball and was a member of the swim team at Westbrook. And being a strong distance runner (she has run a 3:11 marathon), she is naturally qualified for the grueling triathlon.

"I've been working really hard, so I think I can go there and do pretty well," says Randall, who finished the Cape Cod national championship in 11 hours, 36 minutes.

Merrill and Randall qualified for the Oct. 18 Ironman Triathlon by placing among the top three in their age divisions (Randall is in the

Hawaii beckons Mainers for ultimate tri- athletic test

35-39 group) at Lake Placid, N.Y., two weeks ago.

For Merrill, the ability to run,

swim and bike didn't just happen by accident. He was a competitive swimmer with the Greely High School swim team in the early 1970's, and he also was a sprinter for the Greely track team in the spring.

MST 8/14/86

RACE RESULTS

A race that was overlooked back on July 26 was Bruce Ellis winning the 9th Lobster Classic, a 10.2 mile race ran in 53:21, in Hancock. Bruce also placed first in the August 9 Schoodic Point 15K in a time of 46:38. Congratulations to our New Hampshire member!

Special Note: Bruce broke the MTC course record for the Schoodic race!

Road racing

10k For Kidneys

August 3 in Portland
1. Aliso Fossas, 31:10 (course record);
2. Tim Swape, 33:48; 3. George Towle,
33:54; 4. Dan Daigle, 34:55; 5. Steven
McGrath, 34:58; 6. Tony Owens, 35:07; 7.
Frank Brune, 36:27; 8. Richard Mulhern,
36:49; 9. Roland Thibault, 38:58; 10. Miek
Cirillo, 38:58; 11. Brian Miliken, 37:27;
12. Richard Monison, 37:33; 13. Gary
Elick, 37:34; 14. Larry Kinner, 37:49; 15.
Ken Duffy, 38:03; 16. Bob Jolicoeur,
38:14; 17. Russ Connors, 38:16; 18. John
Edwards, 39:19; 19. Bob Laniga, 39:41;
20. Daniel Tobey, 39:43; 21. Donna Hu-
bert, 39:45; 22. Philip Pierce, 39:57;
23. Pat Reny, 40:05; 24. James Ho-
gerty, 40:02; 25. Herb Strom, 40:38; 26.
Dan Fitzgerald, 41:54; 27. David Fend-
erson, 41:54; 28. Carol Weeks, 42:02; 29.
Summer Weeks, 42:02; 30. Duane Sim-
mon, 42:13; 31. Richard Stoll, 42:15; 32.
Kim Vandermeulen, 42:17; 33. Bob Cus-
man, 42:20; 34. Joe Wathen, 42:23; 35.
Joseph Vokev, 42:23; 36. Thomas Bas-
sals, 42:44; 37. Judy Barone, 43:07; 38.
Barb Coughlin, 43:38; 39. Doug Wood,
43:47; 40. Mike Kay, 43:52; 41. Maureen
Spraul, 43:53; 42. Mike Nixon, 44:06; 43.
Raphael DePrez, 44:12; 44. Scott
Humphrey, 44:30;
45. Susan Stone, 44:51; 46. Charles
McCatherin, 45:25; 47. T. Sawyer, 45:36;
48. Fran Denard, 45:39; 49. Richard
Cavanaugh, 46:03; 50. Bruce Allen, 46:13;
51. Bill Elpee, 46:31; 52. Russ Bradley,
46:39; 53. Lee Akerly, 46:57; 54. Claude
Doutre, 47:17; 55. Jane Chessie, 47:31; 56.
John Woods, 47:37; 57. Woody Woodbury,
48:10; 58. Cathleen Eastman, 48:46; 59.
Edd Cabrol, 48:54; 60. Barb Footer,
49:00; 61. Rick O'Brien, 49:07; 62. Kim
Tarnower, 49:14; 63. Rachael Dostle,
49:35; 64. Marlon Leschey, 49:57; 65.
Terri Ann Conroy, 50:07; 66. Elizabeth
Jurkowski, 51:08;
67. John Scott Brennan, 51:21; 68. Win-
ifred Wood, 51:25; 69. Ray Charest, 51:26;
70. Kathryn Osgood, 51:48; 71. Paul
Peters, 52:28; 72. Arthur Granholm,
52:42; 73. Melvin Fineberg, 53:26; 74.
Jean Pierre Lamoureux, 53:38; 75.
Georgianna Hogerty, 53:41; 76. Lisa Ho-
gartello, 53:52; 77. Terri Morris, 55:00; 78.
Amy Johnson, 56:15; 79. Susan Young,
56:45; 80. Steve Soreff, 56:59; 81. Claire
Edwards, 57:02; 82. Brian Paradis, 57:26;
83. Peter Connell, 57:27; 84. Dali Martin,
59:22; 85. Pam Sullivan, 1:02:15; 86.
Sharon Norton, 1:01:16; 87. Lilly Valli,
1:03:51; 88. Robert Floyd, 1:05:30.

Rockland Lobster Festival 10K - August 3, 166 Finishers

First Man: Jim Newbert 32:04

First Woman: Anne Marie Davee 37:59

MTC Members:

Peter Vachon 40:55 PR
Joan Lavin 42:30 PR

Congratulations to
Joan Lavin for beating
her previous best 10K
by 2:24!

Schoodic Point 15K - August 9, 175 Finishers

1. Bruce Ellis 46:38 (see above)

First Woman: Cynthia Lynch 56:09

MTC Members

57. James Hogerty	1:01:32	PR
59. Nancy Ellis	1:01:46	
90. Joan Lavin	1:05:38	PR
101. Barb Coughlin	1:07:29	
125. Russ Bradley	1:10:59	
131. Barb Footer	1:13:02	
160. Georgianna Hogerty	1:20:30	

Dixville Notch International Marathon - Held over the weekend of August 9 in Dixville, featured a marathon, a 12-miler and relay race. Member Tom McMillan placed 8th with a time of 3:53:32 in the marathon and Don Penta ran the 12-mile race in a time of 1:38:13 placing 16th. Great races, Tom and Don!

Union Mutual Life Insurance Company recently placed 4th in Division II of the United States Corporate Track Association National Championships in Los Angeles, CA. MTC members Cheryl Bascomb and Marion Bouchard teamed with Michelle Roberge to capture the gold in the women's relay in 4 minutes 33.16 seconds. The combined times of 11 other Unionmutual employees earned a silver medal in the women's 5k road race. MTC President Jane Dolley placed 4th in this 5k race, while member Fran Brennan teamed with Steve Smith and Mike Curry to win the silver medal in the President's relay in 9:50:61.

The combined efforts of all Unionmutual employees resulted in 3 gold medals and 14 silver. Congratulations! And thank you to Jane Dolley for these results...

The Falmouth Road Race, the 7.1 mile race held each year in Massachusetts, had an extremely strong field on August 17. Two Maine residents competed: Joan Benoit Samuelson placed 5th in the women's division with a time of 38:01 and Andy Palmer from Hiram placed 35th in a time of 34:29. See Phil Pierce's column earlier in the newsletter for a full account of this race.

Fun Run to Benefit The Animal Shelter - 5K
West Kennebunk, August 22, 113 finishers

Top Men:

1.	Lewis White	15:57
2.	Trey Cassidy	16:00
3.	David Glendon	16:18
4.	Jonathan Hakr	16:31
5.	Phillip Jessen	16:47

Top Women:

10	Laura Duffy	18:09
19	Melanie Gianopolos	19:30
27	Suzanne Pearson	20:40
30	Kristen Berube	20:54
33	Nancy Stedman	21:26

Top Master: 9. John Noyes 17:56

Other MTC finishers include:

31.	Rob Laskey	21:02	56.	Bruce Stedman	23:50
44.	Don Penta	22:18	96.	Robert Lloyd	28:56

Congratulations to Nancy Stedman for her sub 7:00 minute mile pace and her husband, Bruce's, first race of the year and much better than anticipated performance. A nice informal evening run in the countryside around West Kennebunk for a very good cause.

BEU Perfect 10K
August 3, Portland, 88 finishers

Top 5 places:

1.	Misa Fossas	31:10	29.	Sumner Weeks	42:02
2.	Tim Swape	33:48	31.	Richard Stott	42:15
3.	George Towle	33:54	33.	Bob Cushman	42:20
4.	Dan Daigle	34:55	38.	Barb Coughlin	43:38*
5.	Steven McGrath	34:59	41.	Maureen Sproul	43:53*

Other MTC finishers include:

6.	Tony Owens	36:09	43.	Raphael DePrez	44:12
8.	Richard Mulhern	36:49	45.	Susan Stone	44:51*
11.	Brian Milliken	37:27	52.	Russ Bradley	46:39
13.	Gary Flick	37:34	56.	John Woods	47:37
16.	Bob Jolicoeur	38:14	59.	Edd Cabral	48:54
17.	Russ Connors	38:16	60.	Barb Footer	49:00*
22.	Phil Pierce	39:57	61.	Rick O'Brien	49:07
24.	James Hogerty	40:09	64.	Marion Leschey	49:57*
25.	Herb Strom	40:39	70.	Kathryn Osgood	51:48*
26.	Dan Fitzgerald	41:54	73.	Melvin Fineberg	53:26
27.	David Fenderson	41:54	75.	Georgianna Hogerty	53:41*
28.	Carol Weeks	41:59*	76.	Lisa Tagariello	53:52*
			81.	Claire Edwards	57:02*
			84.	Dail Martin	59:22

Congratulations to Steven McGrath for 5th place and to race director Phil Coffin for doing a great job and to all volunteers as well.

Sugarloaf 15K & Marathon
August 23, 108 finishers (15K), 50 finishers (Marathon)

Marathon

1.	Bruce Ellis	2:18:37	Beat course record by approximately 5 minutes	
2.	Barry Giblin	2:32:55		
3.	Todd McGraw	2:35:58		
4.	James Walton	2:36:43	First Female:	Ann Marie Davee 2:54:40
5.	Steven McGrath	2:40:53		
7.	Barry Fifield	2:42:33		
39.	Deb Sawyer	3:13:24	Third woman overall	
43.	Carlton Mendell	3:17:23		
	James Hogerty	3:29:??	place not available	

Congratulations to Bruce Ellis for another great run and a new record - as he says, "I got lucky again." The Maine Track Club marathon team also won the Sugarloaf team award!

15K

1.	Peter Lessard	49:58	Other MTC finishers included:	
2.	Ron Newbury	51:21		
3.	Tim Oakes	52:16	20.	Nancy Ellis 60:38 PR 2nd woman
4.	Paul Thompson	54:13	41.	Thomas Norton 63:52 PR
5.	Jack Thornhill	54:18	48.	Joan Lavin 64:57 PR
			62.	Russ Bradley 69:51 first in age group
			85.	Georgianna Hogerty 76:27 PR by 4 minutes

Good Sports 10-Miler
August 24, Brunswick, 233 finishers

Top 5 Places:

1.	Lance Guliani	53:10
2.	George Towle	55:41
3.	James Toulouse	56:45
4.	Allen Pierce	57:27
5.	Tomas Mendez	57:53

Top Women:

14.	Laura Morse Duffy	1:00:16
61.	Mimi Mattson	1:07:20
82.	Deb Hewson	1:09:34
96.	Sandra Wyman	1:11:16
107.	Ronda Morin	1:12:26

MTC Finishers include:

7.	Alan Quinlan	59:01	65.	Fred Beck	1:08:06
12.	Tony Owens	60:09	72.	George Prescott	1:08:46
16.	Joel Titcomb	60:55	75.	John Gale	1:09:01
21.	John C. Kester	1:01:29	84.	Don Sanborn	1:10:06
23.	Tom Allen	1:02:01	88.	Don McGilvery	1:10:47
27.	Bob Payne	1:02:16	94.	Bob Cushman	1:11:12
28.	Brian Milliken	1:02:23	101.	Brian Hall	1:12:11
32.	Ron Cedrone	1:03:06	102.	David Trussel	1:12:16
40.	Bob Jolicoeur	1:04:24	106.	Howard Spence	1:12:24
43.	Michael Reali	1:04:40	109.	Barb Coughlin	1:12:38*
47.	Frank Ferland	1:05:20	121.	Bob Hazzard	1:14:00
48.	Alburn Butler	1:05:22	126.	Nancy Lovetere	1:14:41*
58.	Michael Towle	1:06:51	130.	Russ Martin	1:15:15
60.	David Smith	1:07:15	133.	Ken Casey	1:15:32
62.	Rick Strout	1:07:34	141.	Bob Wilson	1:16:26

Good Sports 10-Miler continued...

146. Susan Stone	1:16:46*	204. Rick O'Brien	1:27:01
156. Terri Jordan	1:18:16*	205. Sandra Utterstrom	1:27:11*
169. Don Platt Penta	1:19:56	206. Barbara Footer	1:27:12*
171. Jean Thomas	1:20:07*	212. Cliff Fletcher	1:27:55
172. Fran Brennan	1:20:12	214. Susan Davenney	1:28:38*
177. Katherine Christie	1:21:38*	218. Melvin Fineberg	1:30:48
184. John Woods	1:22:52	219. Warren Foye	1:31:06
190. Joseph Croteau	1:24:20	222. James McGovern	1:32:30
195. William Davenney	1:24:54	225. Brenda Cushman	1:35:37*
201. Lisa Tagariello	1:24:55*	228. Toni Parise	1:36:34*

Congratulations to Jim Toulouse for placing 3rd in this race and to members Deb Hewson and Sandra Wyman for placing in the top five women. Also, Charlie Scribner wishes to thank all MTC volunteers who assisted this year. The number of runners were down but there were several reasons for that, including Sugarloaf and the change in date, but look for a return to the normal crowd next year. This year's course was measured by John Gale, MTC course certifier.

Bath Elks Club Races August 30, 34 finishers (2-mile), 70 finishers (5-mile)

2-Miler

1. Josh Hanna	10:21:86	
2. James Cox	10:56:81	
4. Bob Jolicoeur	11:22:49	1st, 40-49
14. Bob Perkins	14:01:58	
15. Roberta Greenfield	14:12:99*	1st female
16. Dorothy Stoddard	14:46:73*	2nd female

Congratulations to Bob Jolicoeur for a PR for the two miler and first place in the over 40 age group. Also to Roberta Greenfield for winning the women's division. Our apologies to Roberta and Dorothy Stoddard for missing their names in recent races. They're both doing great!

5-Miler

1. Barry Fifield	26:38:17	
2. Bill Babcock	26:54:22	
7. John Mathieu	29:50:72	2nd, 20-29
13. Bob Jolicoeur	30:29:35	
14. Ed Lopes	31:25:00	1st, 30-39
16. Deb Hewson	31:58:92*	1st female
30. Carlton Mendell	34:36:58	2nd, 50+
46. John Woods	37:27:15	

Congratulations to Barry Fifield, one of our newest members, for winning this one only one week after completing the Sugarloaf Marathon. Also to Carlton Mendell for 2nd in 50+ for doing the same. Deb Hewson took first place female and appears to be on a winning streak after recently qualifying for the Honolulu Ironman Triathlon.

FASCINATING FACTS

In the past three years, Americans reduced their intake of bacon by 21 percent; hot dogs, eggs, and beef by 16 percent; fresh pork by 14 percent; refined sugar and sugary foods by 29 percent; salty foods by 21 percent; butter by 5 percent, and other fats and oils by 11 percent. In that same time, Americans also increased their consumption of fruits and vegetables by 25 percent, poultry by 17 percent, and fish by 15 percent.

From the University of California, Berkeley, Wellness Letter ☆

Thanks go to Bruce & Nancy Stedman for photographing the following races: St. Mary's 3-Miler, BEU 10K, and Bruno's 3-Miler.

For your information, MTC member Mike Frost is recovering from knee surgery...

More Race Results...

Brodie's 10K
September 1, Brunswick



1.	Danny Paul	31:41 (course record)
2.	C. Bovie	32:53
3.	P. Cole	33:28
4.	R. Newbury	34:04
5.	Steve McGrath	34:18 (PR by 41 sec.)

MTC finishers:

7.	John Eldredge	35:20
8.	Bob Coughlin	35:21 (PR by 45 sec.)
19.	Bob Jolicoeur	37:41
29.	Phil Pierce	39:12 (PR by 47 sec.)
30.	Rick Strout	39:24
37.	Don Sanborn	40:43
45.	Don McGilvery	41:25 (PR)
48.	Roz Randall	41:52* (3rd woman, 1st 30-39)
58.	Jane Dolley	43:14* (course PR by 2 min., 4th woman, 2nd 30-39)
59.	Dave Trussell	43:14 (drafted behind #58)
66.	Nancy Lovetere	43:59* (1st, 40-49)

Phil Pierce was more than happy to whip Rick Strout by 12 seconds...a good race for both guys. Many other Maine Track Club members were there and we'll get their names, places and times for next month's newsletter. We know Bob Hazzard, John Woods, and Pat Titcomb ran, with John being the oldest finisher and Pat receiving an award in her age group...more later...

Best news of all, the Maine Track Club took the team trophy!

Coastal Silkscreen 5K Cross Country Race
September 6, St. Joseph's College, No. Windham, 64 finishers

Top finishers:

1.	Stu Hogan	15:32
2.	Scott Roberts	15:38
3.	Jody Norton	15:39
4.	George Bodus	15:47
5.	Ken Botting	15:50

A tough, hill course consisting of 3½ loops around the campus, then into the woods, finishing on the football field. Congratulations to Wanda Haney for being the first woman!

MTC Finishers;

15.	Bob Jacobs	17:35
21.	Greg Dugas	17:53 (1st, 30-39)
26.	Wanda Haney	18:55* (1st, open)
29.	Peter Bastow	19:30 (1st, 50+)
37.	Bob Cushman	20:35
38.	Fred Stone	21:26
43.	Nancy Stedman	21:49* (1st, 30-39)
53.	Bruce Stedman	24:32
56.	Roberta Greenfield	26:02*
57.	Dorothy Stoddard	26:04*
59.	Terry McGovern	27:13
60.	Maggie Soule	27:21*

As Race Director for the 10K for Kidneys, I would like to extend my heartfelt thanks to the following MTC members:

Nancy Stedman, Richard McFaul, Dick Scribner, Bob Jacobs, Pat Buckley, Jennifer Rood, Dave Horne, Jim Williams, David Canarie, Chris Ziagos, Alison Bergland, Karen Woodsum and children, Tom MacMillan, Ken Hutchins, Mike Towle and daughter, John Mattor, Dale Rines, Carlton Mendell, Bruce Stedman, Ann Stoops, Alan Quinlan, Ken Dolley, Jane Dolley, Fred Beck and especially Charlie Scribner and my secretary, Lisa Tagariello.

I apologize if I neglected anyone. Everyone did a splendid job. I believe that the race was a success and one of which the club can be proud.

Phil Coffin
Phil Coffin



Cape Challenge Half-Marathon
 September 7, So. Portland, 272 finishers

<u>1</u>	Bruce Ellis	1:07:28	56	Bruce Podler	1:26:55
<u>2</u>	Stanley Bickford	1:07:48	<u>57</u>	Richard Littlefield	1:26:57
<u>3</u>	Ralph Duquette	1:09:22	58	Gary Rogers	1:27:32
<u>4</u>	Danny Paul	1:09:42	59	David Silk	1:28:07
<u>5</u>	Lance Guliani	1:11:20	60	Francis Preshong	1:28:13
<u>6</u>	Paul Cole	1:12:26	61	David Medara	1:28:25
<u>7</u>	Jim Toulouse	1:14:14	62	James Jackson	1:28:35
<u>8</u>	Steve McGrath	1:15:06	<u>63</u>	Rick Strout	1:28:44
<u>9</u>	Ron Newbury	1:16:36	<u>64</u>	Hubert Strom	1:28:50
<u>10</u>	Gordon Scannell	1:16:37	<u>65</u>	Deb Hewson	1:28:56*
<u>11</u>	Lawson Noyes	1:16:43	<u>66</u>	Carol Weeks	1:29:26*
<u>12</u>	Donald Harden	1:16:47	67	Don Best	1:29:28
<u>13</u>	Barry Fifield	1:17:31	<u>68</u>	David Fenderson	1:30:03
<u>14</u>	Stephen Fluet	1:18:47	69	Joe Cesta	1:30:09
<u>15</u>	Judson Esty-Kendall	1:19:12	70	Jack Reagan	1:30:28
<u>16</u>	Dennis Weeks	1:19:33	71	Ray Shevenell	1:30:30
<u>17</u>	John Eldredge	1:19:52	72	William Pavlisko	1:30:32
<u>18</u>	Harry Nelson	1:19:52	73	Terry Clark	1:30:34
<u>19</u>	Dale Dorr	1:20:17	74	William Everett	1:30:38
<u>20</u>	Gary Cochrane	1:20:20	75	Roger Borduas	1:30:48
<u>21</u>	Thomas Frederick	1:20:44	76	Douglas Smith	1:30:49
<u>22</u>	Charles Nichols	1:21:00	77	Neal Bond	1:30:55
<u>23</u>	Tony Owens	1:21:03	78	William Nelson	1:31:07
<u>24</u>	Muzzy Barton	1:21:38	79	Tom Getchell	1:31:13
<u>25</u>	Michael Carter	1:21:49	80	Thomas Caron	1:31:25
<u>26</u>	John Lunt	1:22:05	81	Peter Connell	1:31:31
<u>27</u>	Larry Kinner	1:22:16	82	Jo Comeau	1:31:38*
<u>28</u>	Richard Morrison	1:22:22	83	David Comeau	1:31:39
<u>29</u>	James Geary	1:22:33	84	Mike Daly	1:31:58
<u>30</u>	Ronald Cedrone	1:22:46	85	Peter Roper	1:31:59
<u>31</u>	Dennis Smith	1:22:58	<u>86</u>	David Paul	1:32:06
<u>32</u>	Don Wilson	1:23:05	87	Michael Barden	1:32:13
<u>33</u>	Paul LeTarte	1:23:08	88	Al Dingley	1:32:20
<u>34</u>	Stewart Jordan	1:23:23	89	Len Sanborn	1:32:30
<u>35</u>	Michael Cirillo	1:23:26	<u>90</u>	John Gale	1:32:33
<u>36</u>	Bob Jolicoeur	1:23:28	<u>91</u>	James Hogerty	1:32:44
<u>37</u>	Phil Vezina	1:23:39	92	Tim W. Smith	1:32:47
<u>38</u>	Russ Connors	1:23:43	93	Charles Probert	1:32:48
<u>39</u>	Randy Jordan	1:23:49	<u>94</u>	Carlton Mendell	1:32:51
<u>40</u>	Michael Butterfield	1:24:02	95	Donald McGilvery	1:33:00
<u>41</u>	Nathan Lake	1:24:11	<u>96</u>	Thomas Norton	1:33:07
<u>42</u>	Malcolm Kidd	1:24:16	<u>97</u>	Howard Spence	1:33:10
<u>43</u>	Joseph Meehan	1:24:32	98	Jeffrey Preble	1:33:31
<u>44</u>	Stanley Sheldon	1:24:57	99	Walter Webber	1:33:42
<u>45</u>	Frank Ferland	1:25:04	<u>100</u>	David Houser	1:33:54
<u>46</u>	David Smith	1:25:16	101	Ken Sylvester	1:33:56
<u>47</u>	Gerry Mirabile	1:25:35	102	William A. York	1:34:06
<u>48</u>	Bruce Bell	1:25:51	103	Carol McRea	1:34:17*
<u>49</u>	Mim Nelson	1:26:06*	104	Jonathan Wolkow	1:34:19
<u>50</u>	Mike Reali	1:26:08	105	Marjorie Adams	1:34:33*
<u>51</u>	Al Butler	1:26:15	106	Ron Labbe	1:35:09
<u>52</u>	John Edwards	1:26:23	107	Lester Rozinsky	1:35:12
<u>53</u>	Gregory Baston	1:26:30	108	Mark Morse	1:35:19
<u>54</u>	Michael Mosley	1:26:37	109	Orlando Delogu	1:35:20
<u>55</u>	Ken O'Quinn	1:26:46	110	Gail Kinney	1:35:42*

Cape Challenge continued...

111	Reginald Grant	1:35:44	166	Robert Fillion	1:43:30
112	John Belanger	1:35:47	167	David Conley	1:43:58
113	Joan Lavin	1:35:52*	168	Robert Neault	1:44:27
114	Bill Gayton	1:35:54	169	Jean Thomas	1:44:42*
115	Raphael DePrez	1:36:10	170	Philip Bartlett	1:45:15
116	Julie Millard	1:36:17*	171	Kip Jordan	1:45:35
117	Donald Carter	1:36:19	172	Len Mulligan	1:45:48
118	Barbara Russell	1:36:23*	173	Warren Wilson	1:46:35
119	John Howe	1:36:25	174	Jeffrey Babino	1:46:42
120	Leon Hadiaris	1:36:27	175	Sandee Prescott	1:46:50*
121	Steve Stedman	1:36:31	176	Don Penta	1:47:51
122	Tony Gomersall	1:36:35	177	Beth Hassinger	1:48:03*
123	John Conley	1:36:41	178	Mark Long	1:48:45
124	Richard Jewell	1:36:46	179	Lynne Hans	1:49:07*
125	Arthur Porter	1:36:47	180	Laurent Gilbert, Sr.	1:49:18
126	Gary Barrett	1:36:54	181	Joe St. Hilaire	1:49:31
127	Brian Haley	1:37:09	182	Gregory Sharp	1:50:41
128	Jason Logan	1:37:10	183	Darlene Sharp	1:50:41*
129	Barbara Regan	1:37:12*	184	Ellen Spring	1:51:21*
130	Ken Casey	1:37:47	185	Tony Anthony	1:51:23
131	Frank Morong	1:37:50	186	Marian Leschey	1:51:38*
132	Tim Smith	1:38:03	187	Eleanor Vance	1:51:43*
133	Marian Bouchard	1:38:04*	188	Dennis Morrill	1:52:04
134	Jim Nelson	1:38:15	189	Laurie Battisti	1:52:10*
135	Mike O'Brien	1:38:16	190	Brian Himelbloom	1:52:11
136	Andrea Lapointe	1:38:25*	191	Lee Akerley	1:52:15
137	David Benn	1:38:26	192	Rick O'Brien	1:52:38
138	George Colombo	1:38:39	193	Cathleen Eastman	1:52:44*
139	Walden Vickerson	1:38:40	194	David Mosley	1:52:48
140	Paul D'Amboise	1:38:40	195	Edd Cabral	1:53:15
141	Rodger Smith	1:38:43	196	Jane Clifford	1:53:24*
142	Karen Milliken	1:38:50*	197	Arabella Eldredge	1:54:36*
143	Richard Lemieux	1:38:55	198	John Mattor	1:54:47
144	Bob Wilson	1:40:02	199	Sean Riley	1:55:09
145	Roger Pike	1:40:42	200	Joseph Croteau	1:55:18
146	Ellen Chandler	1:40:42*	201	Priscilla Peale	1:55:33*
147	Gerald Poirier	1:40:53	202	Dave Wiggins	1:55:34
148	Jerry Saint Amand	1:41:10	203	Sue Davenney	1:56:03*
149	Stoddard Chaplin	1:41:20	204	Robert Clark	1:56:19
150	Michael Lacroix	1:41:25	205	David Goodwin	1:56:21
151	David Volin	1:41:26	206	Sally Paterson	1:56:23*
152	Andrew Meyer	1:41:46	207	Dennis Connelly	1:56:28
153	Bill Davenney	1:41:46	208	Linda Crawford	1:57:51*
154	Ernest Dieckmann	1:41:47	209	Cliff Fletcher	1:57:51
155	Peter Hall	1:41:48	210	Sr. Jean Fletcher	1:58:54*
156	Laurel Kane	1:42:01	211	William Tozier	1:58:56
157	Bob Akerley	1:42:09	212	Jeanne Berthiaume	2:02:56*
158	Bob Morrison	1:42:18	213	Carlene Anderson	2:05:15*
159	Jerry Crasnick	1:42:20	214	Nancy Frederick	2:06:33*
160	Kathryn Perry	1:42:21*	215	Susan Rose	2:06:44*
161	Cindy Vokey	1:42:30*	216	Beverly Garber	2:08:13*
162	Richard Cavanaugh	1:42:35	217	Penelope Chatterton	2:10:59*
163	Russell Bradley	1:42:48	218	Robert Cotiaux	2:19:04
164	Betsy Barrett	1:43:04*	219	Joyce Cook	2:27:11*
165	Dan Barrett	1:43:05			

MALE

FEMALE

Open

1	Bruce Ellis	1:07:28
2	Stan Bickford	1:07:48
3	Ralph Duquette	1:09:22
4	Danny Paul	1:09:42
5	Lance Guliani	1:11:20

Open

1	Mim Nelson	1:26:06
2	Deb Hewson	1:28:56
3	Carol Weeks	1:29:26
4	Jo Comeau	1:31:38
5	Carol McRea	1:34:17

19 and under

1	Mark Morse	1:35:19
2	Robert Clark	1:56:19
3	-	

19 and under

1	-	
2	-	
3	-	

20-29

1	Barry Fifield	1:17:31
2	Stephen Fluett	1:18:47
3	Thomas Frederick	1:20:44

20-29

1	Julie Millard	1:36:17
2	Barbara Russell	1:36:23
3	Barbara Regan	1:37:12

30-34

1	Steven McGrath	1:15:06
2	Gordon Scannell	1:16:37
3	Dennis Weeks	1:19:33

30-34

1	Gail Kinney	1:35:42
2	Andrea Lapointe	1:38:25
3	Darlene Sharp	1:50:41

35-39

1	Jim Toulouse	1:14:14
2	Ron Newbury	1:16:36
3	Donald Harden	1:16:47

35-39

1	Marjorie Adams	1:34:33
2	Joan Lavin	1:35:52
3	Betsy Barrett	1:43:04

40-44

1	Lawson Noyes	1:16:43
2	Gary Cochrane	1:20:20
3	Francis Preshong	1:28:13

40-44

1	Eleanor Vance	1:51:43
2	Sr. Jean Fletcher	1:58:54
3	Susan Rose	2:06:44

45-49

1	Bob Jolicoeur	1:23:28
2	David Smith	1:25:16
3	Bruce Bell	1:25:51

45-49

1	Marion Leschey	1:51:38
2	Sally Paterson	1:56:23
3	Penelope Chatterton	2:10:59

50-59

1	Russ Connors	1:23:43
2	Nathan Lake	1:24:11
3	Herb Strom	1:28:50

50-59

1	Jean Thomas	1:44:42
2	-	
3	-	

60 and over

1	Carlton Mendell	1:32:51
2	Russ Bradley	1:42:48
3	-	

60 and over

1	-	
2	-	

Paul Cole was the first wheelchair finisher in 1:12:26 and placed 6th overall.

A cool, overcast morning provided the necessary elements for setting PRs in this year's Cape Challenge. Ron Cedrone beat his best by over 3 minutes. Many members took trophies. Congratulations to Bruce Ellis for a spectacular time. Bruce's performances lately have been at the "world class" level and seem to be attracting fast competition to our races. Stan Bickford, who came in second in the race, is a case in point.

This year's Cape Challenge proved unusually eventful too for Cliff Fletcher who was coaching Linda Crawford from Augusta through her first half-marathon completion. It seems somewhere in the second half of the race Cliff had to assist a lady in distress who's undergarment was coming apart. Cliff found time while racing to fix the garment with a pin and saved the day for the lady whom he later found out was a nun by the name of Jean Fletcher (also happens to be Cliff's wife's name by coincidence). Nice going, Cliff. Good thing you were on your best behavior!

Linda Crawford, who works in the Attorney General's office, has been accepted in the New York City Marathon. With only seven weeks to go, Cliff and she are working very closely to make sure she will be ready. Her goal is to complete the marathon under 4 hours.

PHIL PIERCE HITS WALL IN TRAINING RUN!

Phil Pierce, training for the September 14 Rowdy Ultra 50-Mile race, hit the wall, just didn't have anything left. These ultra runs are certainly grueling events and along with Carlton Mendell, who usually runs these, we wish them the best of luck on the weekend!



P.O. Box 42888 • Tucson, Arizona 85733

August 16, 1986

Directors Ken Young
Statistician, Record Keeper
(602) 326-6416

Jennifer Hesketh Young
Administrative Officer
(602) 326-6416

Bob Jolicoeur
MTC
PO Box 8008
Portland, OR 04104

Dear Bob:

Just a quick note to point out an error in the race results presented in the August 1986 issue of your newsletter on page 11.

The second (or third) finisher, depending on who you talk to, was Sheldon Larsen who tied (or was an inch behind) Domingo Tibaduiza. Fourth was Buck Logan in 1:06:55, and then Joseph Stanley in 1:07:43, etc.

This caught my eye because Sheldon is a good friend of ours and began his mountain racing here with us in our series. He's a very special young man and wrote to say he had a wonderful visit to New England for the race.

Thank you again for a wonderful time in Portland in May.

Sincerely,

NATIONAL RUNNING DATA CENTER, INC.

Jennifer C Young

Jennifer Hesketh Young



UPCOMING RACES - MAINE

- September 13 3rd Annual Great Lewiston Mill Festival - 5-mile race 10:00 a.m., one mile fun run, 11:15 a.m., downtown Lewiston (Lisbon St.).
Contact: Lewiston-Auburn Jaycees, P.O. Box 3054, Lewiston, 04240.

- September 14 7th Annual Waddle-Fournier Memorial 10-Miler - 9:00 a.m., Mt. Ararat School, Topsham. Contact: Jane Waddle, RFD 2, Box 2152, Brunswick, 04011.

- September 14 2nd Annual Sentinel 10K Classic (and one mile fun run) - 9:00 a.m., 10K, 8:30 a.m., one-mile, Castonguay Square, Waterville. Contact: Central Maine Striders, P.O. Box 1177, Waterville, 04901, attention to Jerry Saint Amand.

- September 14 The Rowdy Ultra - a 50-mile Race - Meet at the "Polar Bear" at the Bowdoin College between 6:30 and 7:00. Contact: Gary Cochrane, 30 Cumberland St., Brunswick, ME 04011, 725-8413.

- September 14 Maine Women's Classic - 10K at 10:00 a.m., Gardiner Sportsman's Club, Cobbossee Ave., Gardiner. Contact: Maine Road Ramblers, c/o J. Schwerdel, 15A Meadow Road, Augusta, ME 04330, 622-4507.

- September 18 First Earth Run - 6:00 p.m., 10K from Monument Square to Baxter Boulevard and back. Benefit the United Nations Children's Fund with a relay torch with Joan Benoit Samuelson and Governor Brennan just two participants. Volunteers and flag people are also needed. Contact: Steve Salter, 799-6600.

- September 20 3rd Annual Danville Junction Brick and Rail Run - 2-mile fun run at 9:30 a.m., 10K at 10:15 a.m. at Danville Junction, Auburn (one mile from Exit 12, Me. Tnpk.). Contact: David Young, P.O. Box 152, Danville, ME 04223, 786-2129.

- September 21 James Bailey Cross Country 5 Mile - USM at Gorham. Contact: Dave Paul, Maine Track Club, P.O. Box 8008, Portland, ME 04104.

- September 21 18th Annual Chubb Life Run - RRCA 10-mile National Championship & 5K Road Race/Fitness Walk - 10 mile at 10:10 a.m., 5K at 10:00 a.m., Contact: Chubb Life Run, c/o TTAC, Box 594, Concord, NH 03301.

- September 21 9th Annual Gray Race - 4 miles at 9:30 a.m. Gray-New Gloucester High School, Gray. Contact: Yankee Running Club, Guy Bethiaume, Box 726, Gray, 04039.

- September 27/
28 Kingfield 10K Weekend - 10K at 11:15 a.m. (Saturday), kids one-mile race at 10:15 a.m. (Saturday). Contact: Nancy or Chip Carey, Kingfield 10K, Kingfield, ME 04947, (w)237-2000 or (h)265-2273.

- October 5 Benjamin's 10K Road Race - 12 noon, starts at corner of State St. and Forest Ave, Bangor. Contact: Benjamin's restaurant, 942-7492.

- October 12 Casco Bay Marathon. - 7:00 a.m. Contact: Charlie Porter, 839-6593.

- October 18 4th Annual 10K Autumn Gold - 11:00 a.m. at Willey's (High St.) in Ellsworth. Contact: Down East YMCA, 667-5647 or Chamber of Commerce at 667-5584.

- October 19 Downeast 4-Mile Classic - 1:00 p.m. at the Sanford-Springvale YMCA, Sanford, ME. Contact: Richard L'Heureux, RFD 2, Box 103, North Berwick, ME 03906, 676-2265.
- October 19 Waldo County Challenge Triathlon - 2 or 1 person, canoe, bike, run. Contact: Waldo County YMCA, 125 High St., Belfast, ME 04915, or 338-4598.
- October 26 9th Annual Great Pumpkin Race - 1.5 mile at 9:00 a.m., 10K at 10:00 a.m. at Our Lady of Victory Church, Seaside & Route 9. Camp Ellis and ending at Wormwood's Restaurant, Camp Ellis, Saco, ME. Contact: Ken Dion, P.O. Box 233, Saco, 04072.
- November 11 Veterans Day Road Races - half-marathon and 5K at 10:00 a.m. at Hodgkins School, Augusta. Benefit American Heart Association. Contact: Greg Nelson, 138 Maine Avenue, Gardiner, 04345, 582-5607.
- November 27 Gaspings Gobbler Road Races - 10K and 2 mile at 10:00 a.m. at Augusta Civic Center. Contact: Walt Taylor, RFD 2, Box 7850, Winthrop, 04364, 395-4223.

UPCOMING MARATHONS & RACES
OUTSIDE MAINE

- September 14 Jim Witt 5 Star Road Race - 5 miles at 10:00 a.m. and 1 mile at 9:30 a.m. Lowell, MA. Contact: Greater Lowell Road Runners, Box 864, Lowell, MA 01853.
- September 21 5th Annual Wilton 15K Road Race and 2-Mile Fun Run - 10:00 a.m., 2-mile, 11:30 a.m., 15K, Wilton, NH. Contact: Walter Bausha at (603) 880-3338 days, (603) 654-2481 evenings.
- September 21 Dixville Notch International Marathon - Colebrook, NH, 10:00 a.m.. Contact: Rick Tillotson, RFD 1, Dixville Notch, NH 03576.
- September 21 Great Guilford 10K Race - Guilford, CT, 10:00 a.m. Contact: Mike Marak, 48 Valley Shore Dr., Guilford, CT 06437.
- September 21 Clarence DeMar Marathon - Keene, NH, 8:00 a.m.. Contact: Pete Hanrahan, P.O. Box 168, Gilsum, NH 03448.
- October 5 3rd Annual Leaf Peepers Half-Marathon - 11:00 a.m., Waterbury Recreation Field, Waterbury, Vermont. Contact: Darragh Ellerson, Upper North Street, Box 170, Montpelier, VT 05602.
- October 12 Tufts 10K for Women - 12:00 noon, Beacon Street, next to Boston Common, Boston, MA. Contact: Conventures, Inc. 45 Newbury St., Boston, MA 02116, (617) 267-0055.
- October 12 Nute Ridge Half-Marathon - 1:00 p.m., Farmington, NH. Contact: Race Director John Nolan at (603) 755-2405.
- October 26 Ocean State Marathon - 11:00 a.m., Newport, Rhode Island. Contact: Kevin Pilkington, 591 Angell Street, Providence, RI 02906, (401) 273-0615.

- October 26 America's Marathon - Chicago - 8:45 a.m., Daley Plaza, Chicago, IL. For entry booklet, send large SASE to America's Marathon/Chicago 1986, 214 Erie Street, Chicago, IL 60610.
- November 2 New York City Marathon - 10:45 a.m. Contact: New York Road Runners Club, P.O. Box 881, FDR Station, New York, NY 10150-0881. Send a SASE (business).
- November 23 Boston Peace Marathon - 10:30 a.m., Old North Bridge, Concord, MA, finishes Fanueil Hall, Boston. Contact; Boston Peace Marathon, P.O. Box 60, Boston, MA 02130, send SASE.
- November 23 Philadelphia Independence Marathon - Chris Tatreau, Memorial Hall, Philadelphia, PA 19131.
- November 27 Atlanta Marathon - Julia Emmons, Atlanta Track Club, 3097E, Shadowlawn Ave., Atlanta, GA 30305, (404) 231-9064.
- December 6 Blue Angel Marathon - Pensacola, FL, NAS Recreation Dept., NAS Pensacola, FL 32508 (904) 452-2317.
- December 7 California International Marathon - Sacramento, CA. Sacramento Long Distance Running Association, Box 161149, Sacramento, CA 95816, (916) 447-2786.
- December 7 Dallas White Rock Marathon - Steve Shopoff, Box 743335, Dallas, TX 75374-3335, (214) 526-5318.
- December 7 Honolulu Marathon - John Kelleher, 3435 Waialae Ave., #208, Honolulu, HI 96816, (808) 734-7200.
- December 13 Island Marathon - Charleston Running Club, Box 39536, Charleston, SC 29407, (803) 881-0876.
- December 14 Tampa/St. Petersburg Marathon. Jim Moohan, 415 Cactus Circle, Seffner, FL 33584, (813) 688-8635.
- December 21 Heart of San Diego Marathon - In Motion Race Consultants, 2320 Chicago St., San Diego, CA 92110, (619) 275-0996.

NOTE: Below are two races inadvertently omitted:

- September 21 9th Annual 5-Mile College Towne Classic - 1 p.m., 2-mile fun run at 12:30 p.m., Amherst, MA. Contact: 5-Mile Race, P.O. Box 659, Amherst, MA 01002, or Leukemia Society of America, Western Mass. Chapter, 31 Elm St., Suite 552, Springfield, MA 01103, (413) 788-0586. Races to benefit the Leukemia Society.
- October 5 5.5-Mile Run for Fitness - for Portland's Fire Prevention Week, 9:00 a.m., Bramhall Fire Station start at 780 Congress St. Contact: Jerry DiMillo, Portland Fire Department, 109 Middle Street, Portland, ME 04101.



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

Maine Track Club Clothing Order

The following is a list of clothing that is available to Maine Track Club members. Each piece is imprinted with the Maine Track Club name and logo. Some articles are on hand now; others have to be ordered.

The prices quoted are based on a minimum order of 10. Of course, the more pieces that are ordered, the less expensive each is. Our current Club practice is to accumulate orders from the members until at least 10 are received. Smaller orders can be placed but the prices stated below will be increased. Feel free to call me if you have any questions. I may also be able to order you clothing not on the list.

Please use the attached form to place an order. Enclose your check made out to "Maine Track Club." Mail to: Sandy Utterstrom, 19 West Circle, West Falmouth, Maine 04105. I will notify you when your order is ready.

Sandy

Sandy Utterstrom

Available Items

Hooded Sweatshirts	\$16.50	Singlet top (Dolfin)(women)	\$ 5.00
Izko All-Mesh singlet tops (men)	8.75	Short-sleeve T-shirt-green	5.25
Short-sleeve sport shirt(green)	12.25	Baseball hat	3.25
Running shorts-yellow(men)	10.00	Visors	3.00
Running shorts-green(unisex)	11.00	Knit hat	7.00
Singlet top (unisex)	11.00	MTC Patch	3.00
sweat pants green	13.75	Nylon windsuit-green	40.00
sport shirt yellow	13.50	R.R.C.A. convention shirt blue	8.00
		short sleeve large & ex large	

Please order the following:

	<u>S</u>	<u>M</u>	<u>L</u>	<u>XL</u>	<u>Price</u>
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	\$ _____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____
_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	_____

Amt. enclosed: \$ _____
Total

☐ Please place my order even if you do not have a minimum of 10. I understand the price will be more than stated above.

Name (please print) _____

Telephone # _____

Make checks payable to: Maine Track Club.

Mail to: Sandy Utterstrom, 19 West Circle, West Falmouth, ME 04105

ALL PRICES ARE SUBJECT TO CHANGE

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 1987, and hereby wish to submit my name for consideration by the Nominating Committee.

OFFICERS

Check One or More

President ----- ☐

Vice President ----- ☐

Treasurer ----- ☐

Secretary ----- ☐

Race Committee Chairman ----- ☐

Chairman of Newsletter Committee ----- ☐

Membership Chairman ----- ☐

I have read the By-Laws of the Maine Track Club dated January 9, 1986 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 ----- ☐

Clothing Committee Chairman ----- ☐

Social Chairman ----- ☐

Course Certification Chairman ----- ☐

Publicity & Promotions Chairman ----- ☐

Special Projects Chairman ----- ☐

(RRCA convention, for example)

Signature of Member

Comments (if any):

Note: Please return this page to MTC, P.O. Box 8008, Portland, ME 04104.