



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...



OCTOBER-NOVEMBER, 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 Comm. Chrm.	648-9516
Bob Jolicoeur	Newsletter Comm. Chrm.	799-4127

MEMBERSHIP MEETING - November 12, 7:00 p.m., SMVTI

The election of officers will take place. Please see page 6 for the names of those nominees.

A videotape of the Mt. Washington Road Race will be shown as well as five minutes of the Montreal Marathon. Hope you all can be there!

ANNUAL BANQUET - December 7, 7:00 p.m., Michel's Restaurant, Exit 8

Note the attached Award Nomination form - please fill out and return by October 31.

A menu and order form for tickets to the banquet is also enclosed. Please return by October 31.

NEXT NEWSLETTER COMMITTEE MEETING

On October 29, the current Newsletter Committee will meet with the incoming committee at 7:00 p.m. at Maine Savings Bank (Congress St.) to discuss the December, 1986 newsletter. This newsletter will be the responsibility of the incoming committee. As always, all members are welcome to attend and participate. Coffee and other refreshments are provided.

BRUCE ELLIS QUALIFIES FOR 1988 OLYMPIC MARATHON TRIALS - see pages 4 & 21 for details...



(Bruce)

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Maine Track Club is a non-profit organization.



NEW MEMBERS As we wind our way down to the end of 1986 please remind all your running friends that anyone who joins the club after October 1, 1986, will be paid up for all of 1987. So there is no reason to delay joining. In fact, by joining now a new member gets 14 or more months membership for the one-year price.

Membership in the Maine Track Club can also be a very healthful Christmas present for a family member or running buddy. Membership dues are the same as last year with no present change contemplated. A warm welcome is extended to the following new members. Our thanks to Deb Hewson for two new recruits and Jane Dolley and The Hefflefingers for one new recruit each:

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Sponsor/Interests</u>
David Brink 239 Sherwood Street Portland, ME 04103	(W) 774-2933 (H) 774-9281	Cycle Mania	24/Cycling
James Bunce HOR 31, Box 176 Phippsburg, ME 04562	(W) 443-3311 (H) 389-1244	Bath Iron Works	38/Deb Hewson/xc skiing, bicycling, alpine ski racing, ww kayaking
Sara Cheney 34 Pleasant Ave. Portland, ME 04103	(H) 772-1814	Counselor	33/Hiking, camping, yoga, reading, spinning/knitting
Tom Clements 4 Hunt Club Road Cape Elizabeth, ME 04107	(W) 283-3611 (H) 767-5919	President, Saco Defense, Inc.	39
Jim Geary P.O. Box 8235 Portland, ME 04104	(W) 774-6241	Public Accountant Arthur Young & Co.	26/Triathlons, pasta, pizza, beer & ice cream
Heidi Hanscom P.O. Box 132 So. Casco, ME 04077	(H) 655-4196	Student, Lake Region High School	17/Biking, cross-country swimming, wind surfing, , track
Joan & Harley Lee 9 Avenue 3 Scarborough, ME 04074	(W) 780-2167 (H) 883-3968	Attorney & Wind Energy Developer	32/32/Triathlons, hiking
David Hefflefinger 709 25th Ave. San Francisco, CA 94121	(W) 415-822- 3400 (H) 415-387- 9341	Repossessor National Auto Recovery Bureau	29/Ray&Ruth Hefflefinger
Clint Merrill 19 Quarry Road Brunswick, ME 04011	(W) 443-3311 (H) 729-6498	Engineer - BIW	38/Deb Hewson
Wayne Newland 11 Heiser Ave. Trenton, NJ 08610	(W) 609-890- 3748 (H) 609-298-4598	Educ. Administration	49/Jane Dolley
James F. Orr 51 Wildwood Road Cape Elizabeth, ME 04107	(W) 780-2500	President & COO Union Mutual Life Insurance	43/

New Members continued...

Herb Perry 727 8th Ave., #6 New York, NY 10036	(W) 212-546-1959 (H) 212-397-8891	T.V. Production Admin. Assistant Hunter College freshman	30/Music, theatre, travel
Robert B. Rumrill 7 Fox Court #303 Portland, ME 04101	(H) 871-1094	Attorney	33/Guitar, piano, chess
Rodger B. Smith Chelsie Smith 32 Nutter Way Scarborough, ME 04074	(W) 283-3609 (H) 883-3041	VP & Controller Mutual Fire Insur. Co.	41/Baseball, coaching, reading, photography
Dennis Slatton 65 Lambert St. #11 Portland, ME 04103	(W) 773-3939 (H) 797-3547	Industrial Hygienist Northeast Test Consult.	29/Reading, woodworking
John C. Watson 13 Grove St. #2 Kennebunk, ME 04043	(W) 603-431-7894 (H) 985-4657	Book Publisher - Heinemann Educational Books, Inc., Portsmouth	42
David R. Wilson 106 Cedar St. #1 Bangor, ME 04401	(W) 942-5211	Data Entry Operator & Student at Univers. of Maine - Orono	21/Football, sports medicine, baseball

Changes noted since last newsletter and roster publishing follow:

Allan S. Field: VP East of RRCA, 9643 Sea Shadow, Columbia, MD 21046, (301) 792-0371.
Dick Campbell: 767-3364 (home).
Ken Cole III: 58 Deering St., Portland, ME 04101, 772-0527.
Bob Quentin: 33 Glenhaven Circle, Saco, ME 04072.
Jerry Roberts: 28 Hannaford Cove, Cape Elizabeth, ME 04107.
Rick Littlefield: 775-1000 (work).
Pam Overlock: 916 Washington Ave., Portland, ME 04103, (W) 780-7216 and (H) 775-3086.
Dorothy Ann Stoddard: 22 Reef Road, Cape Elizabeth, ME 04107, (H) 799-6954.
Carol Mills: home number is 772-5441.
Kim Moody: 4717 24th Ave., NE, Apt. 334, Seattle, WA 98105.
Lisa Tagariello: work number is 774-1486.
Cheryl Bascomb: RFD 1, Box 206, Saco, ME 04072.
Rob Laskey: (H) 443-1571.
Ron Deprez: 17 Summer Street, Portland, ME 04102, (H) 772-4312.
John Karrel: 4 Lexington Ave., Atp. 13K, New York, NY 10010, (212) 475-0401
Bears Carpenter/Lisa Karandanis: P.O. Box 593, Old Orchard Beach, Maine 04064.
David Houser: lives in South Portland, not Portland.
Richard Lemieux: 10 Wabun Road, Cape Elizabeth, ME 04107.



MEMBER PROFILE - BRUCE ELLIS
by Bob Jolicoeur

Thirty-five year old Bruce Ellis of Exeter, NH, decided a year ago at the urging of President Jane Dolley, to join the Maine Track Club. It was also about that time that Bruce decided 1986 would be different. He decided after 21 years of running that he was ready to go for it! That is, to qualify for the 1988 World Olympic Marathon.

How is he doing? Well, to put it simply, he is now running "world class times" as evidenced by his 2:18:37 marathon performance at Sugarloaf. At the Twin Cities Marathon on October 12 last week, Bruce was ranked 44th with the 39th fastest marathon time prior to the race (October 12 is the first qualifying day for the 1988 Olympic trials). He finished 16th in a PR time of 2:17:54 thereby qualifying him for the 1988 Olympic marathon trials.

As you know from reading past race results in this newsletter and elsewhere, Bruce has "gotten lucky" many times this year (to use his words) and won a number of key races. I asked him recently, "What does it take Bruce - in addition to the luck of the Irish to do so well - to excel as you are doing?"

First, we must understand the man. Bruce is a modest person and does not want to ever appear arrogant. Nor does he ever want to talk down to anyone or appear to be overly proud. So, in explaining what he feels it takes he wanted to be very sensitive about how it would sound. When you meet and talk to him you can sense his real concern for his fellow runners no matter how fast or slow they are. But excellence in racing is a top priority for Bruce. He is driven; he is motivated - on fire with desire and ambition. A good part of what it takes is right there in that short little sentence. Second, Bruce is extremely strong. He said his strength has always been one of his greatest assets.

His strength is extremely important because it allows him to train very hard without breaking down. Of course he has to be sensible with his training like everyone else and also has to work at keeping his body strong. For that he uses weight training in addition to certain types of running workouts.

1986 saw various phases of training for Bruce that could work for most serious runners. In 1985, Bruce completed 3 marathons in an 11-week period ending with the Honolulu marathon. He then took it easy until about February 1.

Then for about three months he trained very hard on base building, sometimes even doing 35-mile runs. After the Boston marathon he continued his conditioning training by doing double workouts, working up to 170 miles a week, two weeks before the Maine Coast marathon. It is important to note that this also included many hill workouts. "I've done so many hills that I sometimes feel like a mountain goat," he said.

Hills are a definite key to Bruce's current success. "There is nothing like them to build strength and speed," he says. On the average, he runs 120 to 130 miles per week until he begins the speed work phase of his program (this phase follows the base building and strengthening phases).

A typical speed workout will include a 1.3-mile fartleack loop on the roads up to 10 times. This he calls his "hand and knees" workout because at the end of it, he crawls home! Unlike most of us who will do one or two speed workouts per week, Bruce does them every other day.

continued...

He has become so good that invitations for all expense-paid trips are starting to roll in. Harold Tinsley was one of the first to line him up. He invited Bruce to run the Rocket City Marathon in December. John Hobbs, race director of the Tenneco Marathon in Houston made the offer in Minneapolis. Bruce thinks December is too soon but is 90% sure he'll go to Houston for the January 18, 1987 race.

Bruce, a self-employed real estate appraiser, often works 60 to 70 hours a week. As an aside, he dislikes morning runs because he's too slow and stiff in the morning (I told him it only gets worse as you get older). So, he generally runs afternoons or early evenings and frequently works until 10:00 p.m. or later.

Bruce and Nancy want desperately to move to Maine. They've targeted the Wiscasset area and spend almost every weekend in Maine. It will definitely be New Hampshire's loss and Maine's gain when they move.

WATER: HOW EIGHT GLASSES A DAY KEEPS THE FAT AWAY

Incredible as it may seem, water is quite possibly the single most important catalyst in losing weight and keeping it off. Although most of us take it for granted, water may be the only true "magic potion" for permanent weight loss.

Water suppresses the appetite naturally and helps the body metabolize stored fat. Studies have shown that a decrease in water intake will cause fat deposits to increase, while an increase in water intake can actually reduce fat deposits.

Here's why: The kidneys can't function properly without enough water. When they don't work to capacity, some of their load is dumped onto the liver. One of the liver's primary functions is to metabolize stored fat into usable energy for the body. But, if the liver has to do some of the kidney's work, it can't operate at full throttle. As a result, it metabolizes less fat; more fat remains stored in the body and weight loss stops.

Drinking enough water is the best treatment for fluid retention. When the body gets less water, it perceives this as a threat to survival and begins to hold on to every drop. Water is stored in extracellular spaces (outside the cells). This shows up as swollen feet, legs and hands. Diuretics offer a temporary solution at best. They force out stored water along with some essential nutrients. Again, the body perceives a threat and will replace the lost water at the first opportunity. Thus the condition quickly returns. The best way to overcome the problem is to give your body what it needs--plenty of water. Only then will stored water be released.

If you have a constant problem with water retention, excess salt may be to blame. Your body will tolerate sodium only in a certain concentration. The more salt you eat, the more water your system retains to dilute it. But getting rid of unneeded salt is easy--just drink more water. As it's forced through the kidneys, it takes away excess sodium.

The overweight person needs more water than the thin one. Larger people have larger metabolic loads. Since we know that water is the key to fat metabolism, it follows that the overweight person needs more water.

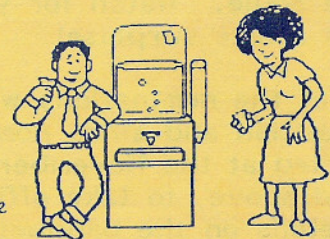
Water helps to maintain proper muscle tone by giving muscles their natural ability to contract and by preventing dehydration. It also helps to prevent the sagging skin that usually follows weight loss--shrinking cells are bouyed by water, which plumps the skin and leaves it clear, healthy and resilient.

Water helps rid the body of waste. During weight loss, the body has a lot more waste to get rid of --all that metabolized fat must be shed. Again, adequate water helps flush out the waste.

Water can help relieve constipation. When the body gets too little water, it siphons what it needs from internal sources. The colon is one primary source. Result? Constipation. But, when a person drinks enough water, normal bowel function usually returns.

How much water is enough? On the average, a person should drink eight 8-ounce glasses every day. That's about 2 quarts. However, the overweight person needs one additional glass for every 25 pounds of excess weight. The amount you drink also should be increased if you exercise briskly or if the weather is hot and dry. Water should preferably be cold--it's absorbed into the system more quickly than warm water. And some evidence suggests that drinking cold water can actually help burn calories.

When the body gets the water it needs to function optimally, its fluids are perfectly balanced. When this happens, you have reached the breakthrough point.



Officers and Committee Heads Nominated

The following Officers and Committee Heads were nominated at the membership meeting of October 8, 1986 to serve for a one year term beginning December 7, 1986 (date of Annual Banquet):

President	Phil Pierce	Clothing	Tom Norton
Vice Pres.	Cheryl Bascomb	Social	Nancy Stedman
Secretary	Susan Stone	Publicity	Maggie Soule
Treasurer	Rick Strout	Statistician	Don Penta
Race Committee	Charles Scribner	Programs	Cheryl Bascomb
Newsletter	Fred Beck	Refreshments	Brian Milliken
Membership	Dennis Connelly	Course Certif.	John Gale
		Photography	Frank Ferland

Fred Beck announced that the newsletter committee which he will chair, will include Jane Dolley, past president, Deb Hewson, John Lavin, Charlie Scribner, and Maggie Soule. Watch for your first newsletter from this group in December. It promises a nice surprise!

None of the nominations were challenged. Only one person has been nominated for each position and since nominations have been closed, all of the above nominees will be elected at the November 12, 1986 Membership Meeting. They will be installed as indicated above, to take office at the Annual Banquet meeting of the club (see separate details on the banquet).

Benoit-Samuelson's entry her last of the fall

By ERNIE CLARK

Sentinel Staff

KINGFIELD — Joan Benoit-Samuelson's appearance at the Kingfield 10K road race Saturday marked a rare chance for central Maine running fans to see the 1984 Olympic women's marathon champion in action.

It also helped Benoit-Samuelson make a decision about her immediate racing future.

"One thing I know is that I'm not running in any serious competitions this fall as of right now," said Benoit-Samuelson, while lying on a rubdown table after winning the women's division here with a time of 34 minutes, 53 seconds.

That declaration seems to rule out Benoit-Samuelson's participation in any of several upcoming major races — including the Oct. 11 Tufts 10K in Boston and the New York and Chicago marathons.

Benoit-Samuelson's decision stems from a chronic right heel injury that has resurfaced.

"It started to flare up in late July," she said. "I ran a race then, and that set it off."

Benoit-Samuelson has twice undergone corrective surgery, but that hasn't kept the injury from hindering her racing and training regimens.

"It's at the point where it causes problems any time I run more than 13 miles," she said. "I feel it all the time, and sometimes it gets to the point when I just can't run on it."

"My training is down to one run a day. Usually I run twice a day."

Injuries have dogged the Freeport resident since she ran to international acclaim. a drive she estimates has included an average of 75 miles of training a week for the last 10 years. Up to now, at least, she has shown a knack for recovery.

Benoit-Samuelson underwent arthroscopic knee surgery just 17 days before the 1984 U.S. Olympic women's marathon trial, but she recuperated in time to win that race before claiming the gold medal at Los Angeles later that summer.

Among the many records Benoit-Samuelson holds is the Kingfield 10K women's course standard. She ran a 33:41 in 1979, the first year of the eighth annual event.

Breaking that record wasn't on her mind Saturday.

"I was just out here to have some fun," she said. "I saw some people I knew during the race, and I helped a friend get a PR."

Courtesy of
Central Maine
Striders newsletter

ODDS + ENDS

TAC Notes...Member John Woods has been named the club's 1986-87 TAC Representative and he's off to a fast pace. Recent meetings were held with Marty Weis, state representative, and John is looking forward to attending the TAC Annual Convention to be held December 3-7, 1986, in Tampa, Florida.

We'll look forward to your reports on TAC activities, John, and how we call on help from TAC's efforts to spread the good word about running throughout Maine and elsewhere!

October Pot Luck Supper A Success

The second pot luck supper in lieu of a regular membership meeting was served to about 60 or more members on Wednesday, October 8, 1986. The business was short and the food was great!

Our thanks to Susan Stone and Bob Antoniuc for organizing the project. Enthusiastic members participating encouraged the club to provide a repeat performance in 1987.

Joanie's Jam for Sam

Jane and Ken Dolley, Cheryl Bascomb and husband David Van Wie, Sandy Prescott and Kathie Christie, provided helpful hands recently to attach three separate labels to each jar of jam plus thread and attach a tag on roughly 30 dozen jars. Jane says "we didn't even make a dent in the project, there are so many." Scott Samuelson was there pitching in with the group which helped to liven up the action.

We hope all members will help Joanie's great cause by buying at least one jar. All profits from the jam go towards starting a national children's newsletter to help further Samantha Smith's dream of world wide peace and cooperation. Joanie's Jam for Sam is available exclusively now at statewide Shop 'N Save supermarkets and all Maine Savings Bank locations. NOTE: 10/17/86

x Joanie's Jam has
x been recalled. A
x piece of glass was
x found in one jar.
x xxxxxxxxxxxxxxxxx



Second Wind

Maine participants did well at the Green Mountain Steel-Man Triathlon August 17th. Leading the Maine delegation in the 1.2 mile swim; 57.6 mile bike ride and 13.1 mile "trek through the hills of Dummerston and back into Brattleboro for the finish" was David Crawford, 37 of Cumberland. David was first in the Mens 35-39 age group in a combined time of 4:37:38. Hot on his heels was 32 year old Paul Merrill of Portland finishing second in the Men's 30-34 age group with his 17th place overall finish in 4:38:22. Nineteen year old Glenn Waters of Cumberland rounded out the Maine males with his 22nd place 4:40:17. The three ran 1:28:19, 1:23:59 and 1:30:29 respectively in the half marathon. Glenn managed to be second in his 18 to 24 age group.

Courtesy
of
Bob Booker

Three steel-women traveled to Vermont from Maine as well. Deb Hewson won the Womens 30-34 age group by finishing 154th overall in 5:30:50 (1:36:43 half). Rosalyn Randall, 36 of Portland came in 190th in 5:40:02 good for third in the Womens 35-39 age group. She ran an outstanding 1:34:05 half marathon to finish ahead of her Portland friend Barbara Hamaluk. The 38 year old veteran of countless Maine road races finished the triathlon in 247th place in 6:08:06. Barb's 13.1 mile time was 1:45:18. I'd take that after all that swimming (I can't) and bike peddling (I'm afraid to)!

TALKING WITH THE PACK by Nancy Stedman

The question is, "What person has influenced you the most in your running?" Here's what they had to say:

- Dale Rines "My Gorham High School physical education teacher, Eric Pettengill, and cross-country coach, Dean Evans, encouraged me when I first started running."
- Carol Mills "Cindy Ingalls while she trained for her first marathon in the summer of 1982."
- Cindy Vokey "Barry Fifield has inspired and encouraged me with my running. Seeing him and what it has done for him is invigorating."
- Alan Leathers "My neighbor and MTC member, Mike Worden, who started running right before I did, keeps me going. He is a good social runner and since we are about the same speed, I can judge my competitiveness by him"
- Charlie Scribner "Anybody and everybody that I see running influences me. I am also influenced by world class runners such as Joan Benoit Samuelson."
- Dorothy "Nina" Stoddard "Andy Palmer has influenced and helped me in the last year. Being a newcomer to the sport, Andy has spent many hours preparing me for racing and given me the confidence I needed. Roberta Greenfield, my running partner, has given me much encouragement and support when I needed it."
- Roberta Greenfield "As my husband and I ran around Mackworth Island, I always noticed a gentleman who did many laps to our one lap. He influenced me right from the start. I finally introduced myself - his name is David Smith, an MTC member. Nina Stoddard has influenced me along the way. She gives me a real boost when it comes to racing."
- Don Penta "I became interested in running when I turned thirty years old and Dennis Morrill, an old friend and one of Dick Goodie's "Maine Pioneer Runners", noticed me sprinting to the mailbox and encouraged me to take it up."

Spaghetti Pancake

(4 Servings)

This is easiest to prepare in a non-stick skillet. If you don't have one, grease a regular skillet with a generous coating of vegetable-oil spray. You can add herbs or minced hot peppers to taste.

4 cups cooked spaghetti (about ½ pound dry)
1 egg white plus 1 whole egg, lightly beaten
2 tablespoons milk

¼ to ½ cup grated Parmesan
¼ teaspoon dried oregano (optional)
Salt, if desired, to taste

Freshly ground black pepper to taste
Dash cayenne

2 teaspoons butter or margarine

1. In a medium bowl combine the spaghetti, beaten egg white and egg, milk, cheese, oregano, salt, black pepper and cayenne.

2. In a 10-inch skillet (preferably non-stick) heat the butter or margarine. Add the spaghetti mixture, spreading it evenly to form a tight cake. Cook the pancake over medium-low heat until its bottom is golden brown, about 10 minutes.

RECIPES

3. Using the edge of the spatula, divide the pancake into four sections and turn it one section at a time. (If you feel insecure about flipping the pancake, you could also place the entire pan under the broiler — providing its handle is ovenproof — to bake the top, although this method tends to dry it too much.) Brown the pancake on the other side, 3 to 5 minutes.

Thanks to Nancy Stedman for this one

Spiced Yogurt

- 16 oz. plain lowfat Nuform yogurt
 - 6 packets Nutrasweet "Equal"
 - 1 tsp. vanilla extract
 - appliepie spice to taste (¼-½ tsp. approx)
- Mix all together. Adjust sweetener & spice to taste. Refrigerate. Makes 4 ½ cup servings.
- Thanks to Jane Dolley for this recipe.

MEMBERS IN THE NEWS

BRUCE ELLIS is on the October, 1986, cover of Maine Running & Outing magazine. As Bob Booker explains, Bruce deserves it since he has been running world class times and was highly ranked for the October 12 National Championship Twin Cities Marathon in Minneapolis, Minnesota. See Member Profile article elsewhere.

Bodies no longer 'on hold'

By DENNIS HOEY
Staff Writer

SCARBOROUGH — Bob Payne was 39 when he was hospitalized for what his doctors thought was a heart attack.

Now 48 and fully recovered, Payne ran 5,000 meters Sunday to win the master's division (over 40) in the first state Corporate Track Meet at Scarborough High School.

The track meet drew teams from Unionmutual, New England Telephone, Bath Iron Works and Casco Northern Bank and was co-sponsored by The Athletic Congress.

A supervisor with NET, the 5-foot-10 Payne recalled that he hadn't exercised in 21 years when he was brought to the hospital. His weight at the time, 185 pounds, supported that fact.

Since then, Payne, who lives in Raymond, has been putting 30 to 60 miles of pavement behind him a week and his weight has dipped to 152 pounds. His slender frame could belong to a man half his age.

Organizer Lionel Beaucage, 29, of Portland, said he hopes other corporations will field teams in future meets. Beaucage, an outside

machinist for BIW, contends the track meets are intended to be fun and not overly competitive — a mistaken notion he believes may have scared off some companies this time.

Like Payne, many of the athletes interviewed said they had had to put their bodies on hold while taking calls from their career first.

Fran Brennan, a senior vice president with Unionmutual, who lives in Winthrop, said he gave up exercising for 25 years. But, in 1981, Brennan re-evaluated his lifestyle and his body.

"I was overeating, smoking and drinking too much," recalled Brennan, who turns 50 later this month.

He gave up all three of his habits and began jogging three to six miles a day.

"I have lost 30 pounds since I started running," said Brennan, a budding track star, who placed second in the masters division in both the 100- and 400-meter sprints.

Cliff Bolster, BIW's vice president of human resources, fell into much the same rut as Brennan. After finishing school, where he played football and basketball, he did nothing for about 10 years, Bolster said.

Seven years ago, he began to run. After his weight dropped from 190 to 175, the 5-foot-8 Bolster realized he had stumbled upon a good thing.

Now, he is proving to himself that there can be exercise after the age of 18. Bolster was scheduled to compete in the 1,500-meter race. He runs two miles a day.

"I'm not real competitive," said a somewhat nervous Susan Pierter, 26, of Portland, who has never been in an organized athletic event. "I run for fun and for the exercise."

Pierter, a copy writer for BIW's communications department, feels the company's track team is important to employee relations because it brings together personnel from

all parts of the company.

An excited Alberta Silva, 27, of Biddeford was still out of breath when she was asked why she entered Sunday's meet. She had just run the last leg of the women's 400-meter relay, an event her Unionmutual team won.

"I run for the fun of it and Cheryl is a great motivator," said Silva, who confessed her real passion is jazz dancing.

The woman Silva was referring to is a former college teammate, Cheryl Bascomb, 26, who captained Dartmouth College women's cross-country and indoor and outdoor track teams.

Bascomb is the coach of the Unionmutual team and regarded by her competition as being one of the best runners in the meet.

Bascomb, who works in Unionmutual's employee benefits division, lived up to her reputation Sunday by easily winning the 400-meter sprint. She had not been expected to run because of an Achilles' tendon injury.

Bascomb hopes that other corporations will join future track meets and says Unionmutual's team is successful because management has been very supportive. The company sent the team to a national corporate meet in Los Angeles earlier this year.

Sunday's meet also provided the opportunity for some old track stars to relive their glory days.

Glen MacMillan, 30, was a pretty fair runner for South Portland High School's track team. MacMillan, who admits to being out of shape, won his heat in the 100-meter dash.

Others, like Jim Cox, a 30-year-old insulator for BIW, says he doesn't really care about winning. He took up running 2½ years ago for an entirely different reason.

"I love food," admitted Cox, of Brunswick. "The reason I started running is so I can eat and still keep my weight down."



P. P. H. / 15 Sept '86

EVENING EXPRESS, 17 Sept.

Waynflete School fills development staff positions

Waynflete School has named Richard Harder to the newly established position of director of school advancement.

In addition to directing the school's current capital campaign drive, Harder will supervise Waynflete's development, alumni and public information programs.

Harder, 51, received a Master of Science degree from Alfred (N.Y.) University, where he later worked as associate director of development and as vice president for university relations. Most recently he was director of development and assistant headmaster at Lake Forest Academy—Ferry Hall, a private school in suburban Chicago.

Assisting Harder in Waynflete's capital campaign will be his wife Mimi, a former teacher who also worked in the alumni office at Lake Forest.

Also new to Waynflete's devel-



Harder



Soule

opment staff is Margaret Soule of Yarmouth, who will handle public relations, the school newsletter and the alumni bulletin. Soule, a writer and editor, was formerly editorial coordinator at J. Weston Walch, Publisher.



Ferland

10/4/86 - PPH

Francis A. Ferland, CPCU, of Cumberland has joined Morse, Payson & Noyes as a vice president and account executive in the Commercial Insurance Division. Ferland previously was manager of the Portland office of the Dunlap Corp.

MAJOR PURCHASE CONSIDERED

From: Kenneth Dolley

Subject: CLUB COMPUTER

AT THE LAST MEETING KEN DOLLEY GAVE A REPORT ON THE PLUSES AND MINUSES OF THE CLUB ACQUIRING A PERSONAL COMPUTER (PC). THE INVESTIGATING COMMITTEE CONSISTED OF CHARLIE SCRIBNER, JOHN LAVIN, FRED BECK, DENNIS CONNELLY AND KEN. THEIR CHARGE FROM JANE DOLLEY WAS "INVESTIGATE THE FEASIBILITY OF THE MAINE TRACK CLUB ACQUIRING A PC.

CRITERIA USED WERE PRICE, QUALITY, SERVICE, FLEXIBILITY, EXPANDIBILITY, STABILITY OF THE VENDOR AND EASE OF USE. COMPANIES CONTACTED WERE RADIO SHACK, MAINLINE, HIGGINS, VALCOM, COASTAL, COMPUTERLAND, ENTRE' AND HARPER. AMONG THE POSSIBLE APPLICATIONS DISCUSSED WERE RACE REGISTRATION AND RESULTS, STATISTICS, THE NEWSLETTER, EXPANDED MEMBERSHIP LISTS AND BIOS, VARIOUS MAILINGS, CLOTHING INVENTORY ACCOUNTING, BUDGETS, FINANCES. THE CLUB COULD GAIN INCOME FROM RACE MANAGEMENT THROUGH THE SOFTWARE AND HARDWARE WE WOULD OWN.

FOR THOSE WHO KNOW THE LINGO THE CONFIGURATION NEEDED WAS DETERMINED TO BE 640K, 2 DISKS, BAR CODE READER (FOR RACES), DOS, WORD PROCESSING PACKAGE, PRINTER AND dBASE. PRICING BASED ON THAT CONFIGURATION WOULD APPROXIMATE 33-3400 DOLLARS.

FOOD FOR THOUGHT--THE PC CAN PERFORM ALL THE FUNCTIONS ABOVE PLUS MANY MORE. HOWEVER SOMEONE (MORE THAN ONE) MUST LEARN IT AND OPERATE IT. PUTTING TOGETHER A NEWSLETTER REMAINS TIME CONSUMING, HARD WORK. IF YOU FOUL UP THE FINISH LINE AT A RACE THE RESULTS, COMPUTERIZED OR NOT, WILL ALSO BE FOULED UP. I'M SURE THERE ARE MANY OTHER EXAMPLES YOU CAN THINK OF.

THE MAINE TRACK CLUB IS COMPRISED OF INDIVIDUAL AND FAMILY MEMBERS ORGANIZED TO PROMOTE FITNESS IN RUNNING, BOTH RECREATIONAL AND COMPETITIVE AT ALL LEVELS. THE QUESTION TO ASK IS WILL THE ACQUISITION OF A PC ENHANCE THAT PURPOSE.

NO DECISION HAS BEEN MADE. JANE IS ASKING THE MEMBERSHIP TO BE PREPARED TO DISCUSS THE SUBJECT AT A FUTURE MEETING. ANYONE WHO FEELS THEY MAY NOT BE ABLE TO MAKE A MEETING SHOULD FEEL FREE TO CALL ME OR ANY MEMBER OF THE COMMITTEE.

KEN DOLLEY

Ken

NOTE to New York City Marathoners: An MTC member from New York has graciously offered accomodations for two marathon runners if they need a place to stay (with sleeping bags). Please call John Karrel at (212) 475-0401.



Phil Pierce: Incoming President

MAINE TRACK CLUB
Membership Meeting
Wednesday, September 10, 1986
SMVTI

New members introducing themselves to the group were Jan Beckwith, Steve Wilson, Bob Jacobs, Steve Salter, Roger Smith and Jay Pieri. Sandee Prescott, although not a new member, announced that this was her first meeting. Bob Fuller introduced himself as a guest.

Vice President Phil Pierce congratulated President Jane Dolley on the successful management of this year's Cape Challenge race. Race winner Bruce Ellis was also cited for his world-class time of 1:07.

"I don't have any hints on how to make you run faster, but perhaps I can help you look better on film," said the speaker of the evening, professional sports photographer Fred Scribner. Showing slides on every sport from pole vaulting to hot-air ballooning, but featuring running events like the Bonne Bell 10K, the RRCA Convention races and the Boston Marathon, he emphasized the importance of keeping the light behind you, finding a good neutral background and establishing a position that enables you to "fill the frame" with your subject. Bridges make good vantage points for filming road races. To capture lead runners, ride just ahead of them in the back of a station wagon. The best light conditions occur in the early morning or late afternoons, Scribner told his audience.

Steve Salter informed the Club about UNICEF's First Earth Run to be held September 18 and encouraged members to either run or help out.

Jane Dolley thanked the Club for sponsoring the Cape Challenge event, which will cost the Club \$900, although expenses were cut by \$1,000 from last year. Without a sponsor, of course, profits are hard to come by. Jane and Barb Coughlin both mentioned the need for better communication with the South Portland Police Department regarding the race. On a lighter note, 40% of the award winners were MTC members, and there were lots of PRs.

Vin Skinner announced that all MTC entrants finished the Camden triathlon, with Bob Coughlin coming in second and Paul Merrill sixth. Jane Dolley presented Roz Randall with a Budweiser triathlon award and a Brodie's award.

Fred Beck will be editor of next year's Newsletter, and Dennis Connelly will be membership chair. Nominees are still needed for the offices of vice president and secretary.

Nancy Stedman asked for volunteers to join MTC's women's team for the cross-country race at St. Joseph's College on September 13, and Sandy Utterstrom said that long-sleeved Club T-shirts are now

available.

Ken Dolley reported to the Club on the estimated cost and possible uses of a computer. For a dual disk drive machine with a bar code reader, word processor and data manipulation programs plus a printer, the going price is about \$3,000. Such equipment would assist MTC in handling race registration and results, keeping statistics, updating the membership list, keyboarding the Newsletter, managing clothing inventory and a budget and enticing other groups to have MTC manage their races. Some discussion followed. Members were asked to consider this information for further discussion at the next meeting. Rick Strout emphasized that no decision would be made unless approved by the membership.

Bob Antoniuc gave Club members the following assignments for the potluck supper October 8: A-E, dessert; F-L, beverage; M-R, salad; S-Z, main dish. The supper will be held at the SMVTI cafeteria, which is straight ahead from the crossroad as you drive onto the campus.

After the Treasurer's report, Charlie Scribner and Dave Paul asked for helpers at the James Bailey race September 21. Charlie also announced a new race to be put on by the Portland Fire Department on October 5. Starting at the Bramhall Fire Station, it will follow the old Roma 5.5 course, and there will be long-sleeved T-shirts for the first 100 entrants.

Bob Coughlin reintroduced the question, brought up at the last meeting, of subsidizing the Hawaii Ironman triathletes, and a fervent discussion ensued. Although Jane Dolley and Phil Pierce pointed out that the By-laws specifically forbid donating Club funds to assist individuals, and Jean Thomas cautioned that such action might hurt MTC's non-profit status, Ironman participant Deb Hewson suggested that the foursome going to Hawaii could be regarded as a team (they call themselves "Team Maine") and thus eligible for MTC funding. Dick McFaul proposed that the MTC donate \$500 to "Team Maine" for their Hawaii trip, and the proposal was passed by a majority vote.

Bruce Ellis, whose Sugarloaf Marathon time was the second fastest marathon time ever in the state of Maine, announced that the MTC had won the team award in that race. He's looking for another MTC team to enter the Benjamin's 10K on October 5.

Bruce also recommended that fellow Club members have their diets computer-analyzed by dietician Ann-Marie Davee. It costs only \$25, and Bruce found the results very enlightening. Ann-Marie and her husband are attending school this year at Orono.

Respectfully,

Maggie Soule
Maggie Soule, Secretary



BLUEBERRY FESTIVAL 10K
Wilton, August 16, 95 finishers

Top 5:

1	John Fitzgerald	31:49	20	James Hogerty	40:56
2	Kevin McDonald	34:25	21	Rick Strout	41:12
3	Dick Hosington	34:40	41	Tia LaMarre	44:23*
4	Bill Hine	35:18	68	Cliff Fletcher	50:07
5	Trant Colford	35:22	80	Susan Rose	53:39*
			84	Georgianna Hogerty	55:33*
<u>MTC finishers:</u>					
11	Bob Coughlin	36:56			

SENTINEL 10K CLASSIC
Waterville, September 14, 89 finishers

1	James Newett	32:23
2	Chris Bovie	32:58
56	Dave Horne	45:35
65	Russ Bradley	47:00
71	Warren Wilson	48:08

WOMEN'S DISTANCE CLASSIC 10K
Gardiner, September 14, 30 finishers

1	Cynthia Lynch	37:05
2	Roseanna Prest	37:41
3	Wanda Haney	37:56
21	Georgianna Hogerty	52:16
27	Dail Martin	59:23

Below are Race Results of members overlooked over the past few months - courtesy of Maine Running & Outing magazine:

- **Oyster Festival 10K, Damariscotta, July 12: Edward Lopes finished 19th in 40:54; Bill Tribou (Granby, CT) was 33rd in 43:35; Cliff Fletcher was 55th in 49:17; and Sally Paterson came in 78th in 54:35.
- **Hancock Lobster Classic 10.2 Miler, Hancock, July 26: Nancy Ellis came in 24th in a time of 1:11:56.
- **Maine TAC Track Meet, Scarborough, August 2: John Kester placed 2nd in the 10,000 meter run in 36:50 and 5th in the 5,000 meter run in 18:27. Rob Laskey placed 4th in the shotput with a throw of 38'9"; and Rebecca Harkavy placed 2nd in the 400 meters in 65.86.
- **7th Annual Pine Tree Triathlon, Waterville, August 26: Bob Coughlin placed 12th in the 10K race in 37:44.
- **Northeast Harbor 5-Miler, Northeast Harbor, August 30: Barbara Footer placed 78th in a time of 38:01.8.
- **Sugarloaf Marathon, Kingfield, August 24: Roz Randall placed 9th for the women's division in a time of 3:41:27 and Sally Paterson placed 2nd in the over 40 group in 3:59:52.

ULTRAMARATHON
Bowdoin College, September 14, 50 miles

Phil Pierce came in 2nd in the 1986 Ultramarathon held at Bowdoin College in 6:43 (behind Brian Bourgoin's winning time of 6:07), an improvement of 20 minutes over last year. A super performance by incoming club president who continually shows us what hard work and toughness can do. On October 12, Phil came in 69th in the Casco Bay Marathon in 3:05:51.

Another tough guy is 64-year-old Carlton Mendell who completed the ultra in over 7:00 (exact time not available yet) and Casco Bay in 3:12:18. Carlton is running the Marine Corps Marathon in a few more weeks.

Phil and Carlton are an inspiration to us all and we're lucky they are members of the Maine Track Club!

****Lewiston-Auburn Jaycees 3rd Annual Mill Festival, Lewiston/Auburn, September 13: 5-mile**
Peter Dube, 6th in 27:23; Peter Bastow, 24th in 31:37; Don McGilvery, 26th in 32:05;
George Liming, 45th in 34:33; and Joan Lavin, 53rd in 35:33.

ST. JOSEPH'S COLLEGE WOMEN'S INVITATIONAL VS. MAINE TRACK CLUB
5k Cross-Country, No. Windham, September 13, 1986

Individual Finishers:

1	Debbie Sawyer	MTC	19:46	8	Karen Sandora	StJ	26:35
2	Kathy O'Grady	StJ	20:32	9	Kim Potmesli	StJ	27:04
3	Rosalyn Randall	MTC	21:10	10	Cheryl Selent	StJ	32:01
4	Nancy Stedman	MTC	22:14	11	Christina Dow	StJ	32:01
5	Cindy Vokey	MTC	22:22	12	Ellen Roftery	StJ	33:15
6	Roberta Greenfield	MTC	25:03	13	Laura Boutaugh	StJ	33:17
7	Denise Dugas	StJ	26:35	14	Mary Ann Bacon	StJ	39:05

<u>Teams:</u>	Maine Track Club	19
	St. Joseph's College	36

Positions determined by the summation of the positions of each team's first five finishers. Jennifer Rood bravely participated with a very sore and possibly injured foot - a very loyal MTCer.

WADDLE-FOURNIER MEMORIAL 10-MILE
Topsham, September 14, 47 finishers

1	George Towle	55:05	<u>Other MTC finishers</u>		
2	Dan Barker	55:59			
3	Steve McGrath	56:52	6	Jim Harmon	59:31
4	Bob Coughlin	58:24	7	John Kester	60:31
5	Lawson Noyes	59:17	10	Joel Titcomb	62:09
			20	Don McGilvery	68:33
			39	Katherine Christie	80:30*
			42	Patty Titcomb	82:48*

A great showing for the Maine Track

A great showing for the Maine Track Club with five members placing in the top 10 spots!

BIW CORPORATE TRACK & FIELD MEET Scarborough, September 14

Employees from BIW, New England Telephone, Unionmutual and Casco Northern Bank recently competed in a track and field meet. Members from the Maine Track Club participated as follows: Bob Payne and Jerry Allanach for New England Telephone; Marian Bouchard, Joan Sarles Lee, Barb Coughlin, Ken Dolley, Jane Dolley, Vin Skinner, Greg Dugas, Cheryl Bascomb, Fran Brennan, Dave Canarie, all for Unionmutual; and for BIW, Rob Laskey and Clint Merrill.

Results are below with MTC members underlined. Congratulations to everyone who participated!

MALE

Open

• 400 — 1, Beaucoupe, BIW, 55.0; 2, Nottling, NET; 3, Canarie, UM.
• 100 — 1, Knowlton, BIW, 11.32; 2, Huber, UM; 3, Johnson, UM.
• 200 — 1, Beaucoupe, BIW, 23.91; 2, Lapasse, BIW; 3, Johnson, UM.
• 800 — 1, Guliani, BIW, 2:07; 2, Nollins, NET; 3, Skinner, UM.
• 3000 — 1, Canarie, UM, 11:34; 2, Laskey, BIW.
• 1600 relay — 1, Bath Iron Works (Blake, Palmer, Lapasse, Knowlton), 3:54.9; 2, BIW "B" team.
• Shot put — Palmer, BIW, 35-8; 2, Huber, UM; 3, Johnson, UM.
• High jump — 1, Palmer, BIW, 5-6 1/4; 2, Skinner, UM; 3, Moore, BIW.
• Long jump — 1, Knowlton, 18-4, BIW; 2, Johnson, UM; 3, Palmer, BIW.
• 400 relay — 1, Bath Iron Works (Knowlton, Lapasse, Moore, Beaucoupe), 46.7; Union Mutual; 3, New England Telephone.
• 5000 — 1, Flanders, UM, 16:45; 2, Smith, UM; 3, Laskey, BIW.
• 1500 — 1, Guliani, BIW, 5:26; 2, Skinner, UM; 3, Harper, NET.

Submasters

(30-39)

• 400 — 1, Merrill, BIW, 59.4; 2, Whelan, UM.
• 100 — 1, MacMillan, CN, 12.58; 2, Dugas, UM; 3, Cox, BIW.
• 200 — 1, Merrill, BIW, 26.91; 2, Cox, BIW; 3, Allanach, NET.
• 800 — 1, Gendron, NET, 2:25.7; 2, Loux, UM; 3, Parsons, UM.
• 3000 — 1, Dugas, UM, 10:38; 2, Harper, NET; 3, O'Toole, BIW.
• 1600 relay — 1, Bath Iron Works (Blake, Doherty, Cox, Merrill), 4:19.34; 2, Union Mutual.
• Shot put — 1, Laskey, BIW, 39-9; 2, Cunningham, BIW; 3, MacMillan, CN.
• High jump — 1, Currier, NET, 4-10; 2, Gendron, NET.
• Long jump — 1, Parsons, NET, 13-1; 2, Turner, BIW.
• 400 relay — 1, Bath Iron Works (Blake, Doherty, Cox, Merrill), 53.44; 2, New England Telephone.
• 5000 — 1, Dugas, UM, 17:45; 2, Gendron, NET; 3, O'Toole, BIW.
• 1500 — 1, Edwards, CN, 5:09; 2, Parsons, UM.

Masters

(40-plus)

• 400 — 1, Brume, NET, 1:00.5; 2, Brennan, UM; 3, Payne, NET.
• 800 — 1, Fortiguerra, NET, 12.84; 2, Brennan, UM; 3, Doherty, BIW.
• 200 — 1, Fortiguerra, NET, 27.57; 2, Doherty, BIW; 3, Brennan, UM.
• 800 — 1, Brume, NET, 2:33; 2, Comstock, UM; 3, Moore, NET.
• 3000 — 1, Payne, NET, 10:49; 2, Mercier, BIW.
• 1600 relay — 1, New England Telephone, 4:34.2.
• Shot put — 1, Comstock, UM, 21-11.
• High jump — 1, Dolley, UM, 4-4; 2, Comstock, UM.
• Long jump — 1, Fortiguerra, NET, 15-3 1/2; 2, Doherty, BIW; 3, Comstock, UM.
• 5000 — 1, Payne, NET, 18:27; 2, Mercier, BIW; 3, Sylvester, NET.
• 1500 — 1, Brume, NET, 4:53; 2, Comstock, UM; 3, Moore, NET.

WOMEN

Open

• 400 — 1, Bascomb, UM, 1:19; 2, Conley, UM.
• 100 — 1, Alberta, UM, 15.59; 2, Ringer, BIW; 3, Yates, BIW.
• 200 — 1, Conley, UM, 36.37; 2, Pierler, BIW; 3, Yates, BIW.
• 800 — 1, Buchard, UM, 2:46; 2, Pierce, BIW.
• 1600 relay — 1, Union Mutual, 5:05.2; 2, BIW.
• Shot put — 1, Silva, UM, 26-2 1/2; 2, Bascomb, UM; 3, Conley, UM.
• High jump — 1, Conley, UM, 3-10; 2, Silva.
• Long jump — 1, Silva, UM, 12-1; 2, Conley, UM.
• 400 relay — 1, Union Mutual, 63.8.
• 1500 — 1, Buchard, UM, 3:26; 2, Pierce, BIW.

Submasters

(30-39)

• 400 — 1, Barrett, UM, 1:24; 2, Yates, BIW; 3, Currier, NET.
• 100 — 1, Blakely, UM, 15.43; 2, Cox, BIW; 3, Dolley, UM.
• 200 — 1, Dolley, UM, 32.0; 2, Cox, BIW.
• 800 — 1, Barrett, UM, 3:13; 2, Gilbert, BIW; 3, Currier, NET.
• 3000 — 1, Sarles-Lee, UM, 11:52.
• 1600 relay — 1, New England Telephone, 4:37.8.
• Shot put — 1, Blakely, UM, 19-4 1/2; 2, Barrett, UM.
• High jump — 1, Keefe, NET, 3-4; 2, Guertle, NET; 3, Blakely, UM.
• Long jump — 1, Burke, NET, 12-1 1/2; 2, Barrett, UM; 3, Keefe, NET.
• 400 relay — 1, New England Telephone, 1:13.6.
• 5000 — 1, Dolley, UM, 20:43; 2, Currier, NET.
• 1500 — 1, Sarles-Lee, UM, 3:33; 2, Gilbert, BIW; 3, Colasanti, NET.

Masters

(40-plus)

• 100 — 1, Izenberg, NET, 21.05.
• 200 — 1, Izenberg, NET, 38.88.
• 800 — 1, Izenberg, NET, 4:22.
• Shot put — Coughlin, UM, 15-1 1/2; 2, High jump — 1, Coughlin, UM, 3-4.
• 5000 — 1, Coughlin, UM, 20:40.

INDOOR TRACK WORK-OUTS

The Bath Iron Works track team has made arrangements to reserve Bowdoin College's indoor track throughout the dark winter months.

Practices will be Mondays and Thursdays, 7 p.m. - 9 p.m., beginning November 4. We would like to extend an invitation to members of any of the state's corporate track teams.

We want to encourage greater participation in friendly corporate running competitions. Some are already planned for this winter. For further information, please contact me. I hope to see you at the track!

Rob Laskey (443-1571) Secretary to BIW track team and recent new member of Maine Track Club.

This month's newsletter published courtesy of

ONE
Maine Savings Bank



JAMES BAILEY'S CROSS-COUNTRY RUN - 5.1 MILES

September 21, 1986

1	Myron Whipkey	28:04
2	Gregory DiBiase	28:30
3	George Towle	28:46
4	Jim Toulouse	29:47
5	Duke Coughlin	31:02
6	John Eldredge	31:21
7	Jim Harmon	31:29
8	Frank Brume	31:47
9	Arne Lingk	31:53
10	Joel Titcomb	31:58
11	Pat Connell	32:03
12	Bruce Jardine	32:10
13	Gregory Dugas	32:21
14	Mike Towle	32:24
15	Gerry Myatt	32:32
16	Phil Vezina	33:06
17	Wanda Haney	33:34*
18	Les Berry	33:40
19	Steve Gifford	34:02
20	Jonathan May	34:08
21	Christopher Abaldo	34:18
22	Kevin Shute	34:25
23	Roy Crawford	34:26
24	Deb Sawyer	34:29*
25	Stephen Harriman	34:36
26	Thomas Caron	34:56
27	Lloyd Crocker	35:04
28	Amos Wright	35:05
29	John Davis	35:23
30	Bob Wilson	35:58
31	Scott Brown	36:03
32	Neal Hardy	36:04
33	Larry White	36:20
34	Lee Crocker	36:28
35	Tim Corcoran	36:30
36	Dale Rines	37:09
37	Frank Morong	37:55
38	James Harrington	38:10
39	Bob Gilman	38:10
40	Carlton Mendell	38:15
41	Joan Sarles Lee	38:24*

42	Ronald Bartlett	38:28
43	Richard Scribner	38:52
44	Shelby Brown	39:08
45	Gordon Chamberlain	39:13
46	Stanley Arnold	39:18
47	Heidi Hanscom	39:20*
48	Dennis Morrill	39:30
49	Paul Cote	39:32
50	Gretchen Hardy	39:56*
51	Mark Morse	40:02
52	Bruce Little	40:32
53	S.M. Hall	40:46
54	Arabella Eldredge	41:05
55	Rick O'Brien	41:08
56	David Stokes	41:13
57	Warren Wilson	41:14
58	Janet Oliver	41:31*
59	Don Penta	41:58
60	James Legere	42:24
61	George Neubauer	42:30
62	Art Greene	42:48
63	Terrie Martin	43:02*
64	Claire Irvin	43:10*
65	Stephen Barnes	43:57
66	Warren Foye	44:05
67	Michael Fitzpatrick	44:36
68	Lou Hamlin	44:56
69	Pat Titcomb	45:21*
70	Dan O'Leary	45:23
71	Barbara Kucine	46:08*
72	Mark Clinch	46:54
73	Ellen Parker	47:42*
74	Susie Hamlin	47:43*
75	Philip St. Jacques	49:30
76	Michelle Hamlin	50:07*
77	Maggie Soule	50:34*
78	Bill Lovett	51:40
79	Sara Cheney	52:25*
80	Judy Kelly	58:56*
81	Kris Stagg	58:51
82	Sheldon Kretschmer	61:01

Male Open

1	Myron Whipkey	28:04
2	Greg DiBiase	28:30
3	Jim Harmon	31:29
4	Arne Lingk	31:53
5	Joel Titcomb	31:58

Male 30-39

1	George Towle	28:46
2	Jim Toulouse	29:47
3	John Eldredge	31:21

Male 40-49

1	Duke Coughlin	31:02
2	Frank Brume	31:47
3	John Davis	35:23

Male 15 + under

1	Amos Wright	35:05
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Male 50+

1	Frank Morong	37:55
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Female Open

1	Wanda Haney	33:34
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2	Heidi Hanscom	39:20
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3	Gretchen Hardy	39:56
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Female 30-39

1	Deb Sawyer	34:29
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2	Joan Sarles Lee	38:24
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3	Arabella Eldredge	41:05
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Female 40-49

1	Maggie Soule	50:34
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2	Judy Kelly	58:46
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JAMES BAILEY CROSS-COUNTRY continued...

Female 15 + under

1 Shelby Brown 39:08

James Bailey Children's 1.5 Mile Run

1 Daniel Berube	9:35	15 Joyelle Decker	12:43
2 Kristen Berube	10:23	16 Danielle Losier	12:50
3 Ryan Kemna	10:52	17 Jaclyn Ouillette	13:01
4 Kory Crawford	11:01	18 Sean White	13:23
5 Greg Popp	11:04	19 Jaime Anderson	13:31
6 Michael Caiazzo	11:13	20 Katie Maloney	13:35
7 Kristen Jankowiak	11:16	21 Leah Ouillette	13:47
8 Jennifer Reali	11:18	22 John Reali	13:51
9 Martin Howgate	11:28	23 Danielle Reali	13:53
10 Bridget Foley	11:30	24 Su Im Chung	13:55
11 Lindsay Huff	11:33	25 Michelle Reali	14:11
12 Jason Muldering	11:34	26 Sarah Sturges	15:19
13 Mary Maloney	11:39	27 Greg Caiazzo	16:45
14 Matthew Cordo	11:57	28 Joshua Sturges	17:51
		29 Jessica Sturges	18:02

Please note: Results of kid's run not complete in Portland Press Herald.

Male 8 + under

1 John Reali 13:51
2 Greg Caiazzo 16:45

Male 9 + 10

1 Ryan Kemna 10:52
2 Greg Popp 11:04
3 Mike Caiazzo 11:13

Male 11 + 12

1 Dan Berube 9:35
2 Matt Cordo 11:57

Female 8 + under

1 Lindsay Huff 11:33
2 Mary Maloney 11:39

Female 9 + 10

1 Kristen Berube 10:23
2 Kory Crawford 11:01
3 Bridget Foley 11:30

Female 11 + 12

1 Kristen Jankowiak 11:16
2 Jennifer Reali 11:18
3 Sarah Sturges 15:19

James Bailey Volunteers

Race Director: David Paul

University of Southern Maine
Coaches and Team*

Jeff Paul*

Mel Paul*

Joyce Cook*

Lloyd Cook*

Joan Lavin*

Lori Towle*

Mike Towle

Barbara Coughlin*

Denise Harlow

Charles Harlow

Coleen Flanders

Patty R. Titcomb

Joel C. Titcomb*

Cindy Vokey

Marie T. Wood

John Gale*

Pat Connell

Becky Slatton

Dennis Slatton

Dave Smith

Ross Lovell

Warren Wilson

Rick O'Brien

Dale Rines

Greg Dugas

Art Greene

Linnea Schwarz

Ken Hutchins

Conrad Diemers

Jim Toulouse

Frank Ferland

Phil Pierce*

Wiley Welsh

Don Penta

MONTREAL INTERNATIONAL MARATHON
September 28, 1986 - approx. 10,000 starters

by Bob Jolicoeur

Nine Maine Track Club members completed the 8th running of the Montreal Marathon and one member dropped out at 21.7 miles with a pulled calf muscle. Here are the results (official times and places will be available in a few weeks):

Alan Quinlan	2:47:25		
Russ Connors	2:57:30	Al Butler	3:07:31
Bob Jolicoeur	3:01:30	Ron Cedrone	3:15:30
Carol Weeks	3:05:40 *	Mike Reali	3:15:42
Herb Strom	3:07:28	John Gale	3:39:10

Jerry Roberts suffered an injury to his calf which started bothering him a lot around 20km. Medics along the route taped it up for him and Jerry went on to the 35km mark at the Cerat home where the spouses of the MTC runners had gathered to cheer us on. Once there, he was able to shower and receive appropriate care and sympathies from everyone, especially new spouse "T."

Hosting the reception home for the MTC crowd during and after the race were Camile and Rita Cerat with the assistance of Georgette and Gerald Proulx of Old Orchard Beach. Georgette, Gerry and Priscilla Jolicoeur coordinated the wonderful preparations which included mounds of fruits, sandwiches, munchies and all kinds of liquid refreshments. Dozens of friends of the Proulx and Cerats helped to make everyone feel welcomed and comfortable. The Maine Track Club banner was prominently exposed on the second floor balcony of the Cerat house at 35km. Spouses got a good deal of exercise too as they moved to various vantage points along the route to cheer the runners on. Bob's daughter Nan also helped with the cheerleading.

Mike and Barbara Frost followed the runners all along the entire route shooting film for the club (both prints and video). A recent knee operation prevented Mike from competing but since he was registered for the race he and Barbara thought they would come anyway for the great fun and to document the race for future prosperity.

Also running with camera in hand for seven miles was Sumner Weeks who took many excellent action shots. Bob Jolicoeur had some Maine Track Club painters caps printed especially for the marathon. A few hats are left over for \$3.75 each if anyone would like one. Gerry and Georgette Proulx gave everyone from the MTC a free Seashore Realty T-shirt in club colors.

The marathon was won by Abebe Mekonnen of Ethiopia in 2:10:30.3. Canadian Andre Viger of Sherbrooke won the wheelchair division in a course record of 1:50:59.8 while the first woman, Ellen Rochefort of Quebec City, finished in 2:35:50.4, a PR for her.

Cool temperatures and overcast skies with some drizzle all morning provided ideal conditions for the 10,000 or so runners. Congratulations to Alan Quinlan for being the first MTC finisher in approximately 150th place overall and to all MTC finishers for a great showing.

(See Ron Cedrone's article following for the "Montreal Experience" from the racer's viewpoint.)



MONTREAL MARATHON MEMORIES

by Ron Cedrone



On Friday and Saturday September 26 & 27, hopeful members of the Maine Track Club arrived in Montreal for Sunday's 7th running of the Montreal International Marathon. Club members Russ Connors, Mike Reali, Al Butler, John Gale, and myself jogged one last 5K of the course on Saturday and attempted to calm the last minute jitters. While most of us watched our diets - carbohydrate-loaded, and saw our normal digestive processes bind, Herb Strom broke every dietary rule of the dedicated marathoner and arrived at the starting line lighter, at the envy of some of us normally "regular" guys.

Sunday morning broke with overcast skies, 50 degrees F, and a light breeze - perfect conditions in my mind and most of my fellow runners. At the start on the Jacques Cartier bridge, track club members Russ Connors, Bob Jolicoeur, Herb Strom, Al Butler, Mike Reali, Jerry Roberts and myself lined up in a "pack", with Carol Roy Weeks not far away. Luckily we were well placed among the throngs of 10,000 runners and it took most of us only about 30 seconds to cross the start line where all six lanes of the bridge were solid humanity.

The packed thinned out rapidly, most of the track club was together still at 5 miles with the exception of Russ Connors, who showed all he meant business by breaking free after the first mile and Bob Jolicoeur, who inched ahead at first, and then pulled away at 15 miles. We were pumped up by the crowd of 1,000,000 who lined the street shouting "C'est bon, Maine Track Club."

A threesome of "rat packers", namely myself, Al Butler and Mike Reali, stayed together and hit 20 miles with Carol Weeks in 2:20, where Carol left the "weak" behind. At that point loomed the dreaded wall and its many perils. Between 20 miles and the 35Km (21.7 miles) point of the course, I summoned

my remaining physical and mental reserves to push with Mike and Al past Maine Track Club spouses, official track club video recorders, Mike and Barbara Frost, our hosts, the Cerats, the Proulx's and throngs of cheering Montreal natives in front of the track club banner.

Just around the corner, Al showed his famed bulldog tenacity and held the pack that would bring him in under 3:10, the time required for the gold medals we all coveted. Mike and I faltered almost simultaneously, made many a false start, the wall and my lack of regularity caught up to me with stomach cramps and proved my undoing.

As I was walking through a tough spot, with Mike within shouting distance at about 23 miles, who comes blowing by us but Herb Strom looking fresh as a daisy, and shouting encouragement to the weary. Our brief attempt to stay with him was for naught, few runners finishing in over three hours could have stayed with Herb, who pulled the ultimate coup, he evened the score for Phil Pierce by blowing past Al Butler in the last hundred yards, a la Casco Bay, 1985 style (where Al did the same to Phil!)

Meanwhile, Mike and I continued our "march of death" together. At 24 miles we consoled each other when it was obvious that our goal of sub 3:10 had slipped away. Misery loves company!

When all was said and done, age and the "weekender" (get it?) sex had triumphed over youth as shown by the above results. At the finish line, Herb helped a delirious Al Butler take his shoes off, and Mike and I embraced and leaned on each other as we were given our silver medals - no gold today, and a bag of fruit which quickly disappeared. We found a tree ten feet from the Molson beer truck and I summoned the strength to make multiple

Montreal Marathon Memories continued...

trips to the tap before we headed outside the snow fence to meet our spouses and other well wishers.

Following a mile walk that felt like ten, we partied at Camile and Rita Cerat's, (friends of the Jolicoeur's and the Proulx's) who opened their house to the track club!

Nothing in all my running experiences has yet to achieve the mental high I felt in the last kilometer of the race where the deafening roar of the crowd, that was now at least 10 deep, pumped you up as you headed for home. For a moment, I felt, in my own way like Joan Benoit Samuelson must have as she entered the Olympic Stadium. Somehow, after doing the survival shuffle for 3 miles, I sprinted that final stretch and finished totally euphoric!

Montreal is an experience none of us will ever forget, and most hope to relive some day. Truly this is a class city, a class race that anyone can run, and I highly recommend it.

Long winded and ecstatic...Ron



CHOC PADRINOS SOUTH COAST CLASSIC 10K - Cosa Mesa, CA, September 21, approx. 2250 finishers

While vacationing in California, Bob Jolicoeur found this super race only 6 miles from Newport Beach where the family was staying. It was precisely one week before the Montreal Marathon and therefore perfect timing for a trial run.

Bob's time was 38:38 which was good enough for 3rd place in the 45-49 age group.

IRONMAN TRIATHLON - Honolulu, Hawaii, October 18, 1986

Four Maine Track Club members participated this year: Paul Merrill, It was shown on live telecast Saturday,

Roz Randall, Deb Hewson, and Barb Hamaluk. (Oct. 18) on ESPN.

The club made a small contribution toward the cost of the trip for our members. The club banner which had just returned from Montreal also made the trip to Hawaii. Our members performance will be included in next month's newsletter .

TWIN CITIES MARATHON Minneapolis, Minn. - October 12, 1986

Bruce Ellis set a PR of 2:17:54, came in 16th and qualified for the 1988 Olympic Marathon Trials. Had he run two seconds faster he would have placed 15th and also won \$1,000 cash. But Bruce said he didn't care because qualifying for the Olympic Trials was much more important.

It was a horrible day weather-wise in Minneapolis. Cold, rainy and windy-

like, 35 degrees and strong head winds for the last five miles. All the more reason why Bruce was so pleased with his performance. Nancy (spouse) did not run because she is still hurting from an August knee injury but was there to provide encouragement and support.

We are excited about your performances, Bruce, and wish you the best of success as you continue your progress towards an Olympic win in 1988!

CASCO BAY MARATHON Portland, October 12, 314 finishers

Top Ten:

1	Robert Gerrity	2:31:22
2	Jonathan Williams	2:32:57
3	Jim Toulouse	2:34:20
4	Lance Guliani	2:37:47
5	Arthur Feeley	2:38:20
6	G. Corbett III	2:41:41
7	James Thompson	2:43:40
8	Steven McGrath	2:44:30
9	Joel Croteau	2:46:26
10	Don Harden	2:46:33

Top Women:

59	Kim Goff	3:03:37
70	Debbie Sawyer	3:05:59
108	Susan Cone	3:17:05
169	Elaine Regina	3:35:53
171	Louise Dunlap	3:36:35

MTC Finishers:

12	Barry Fifield	2:47:38
13	Harry Nelson	2:47:45
14	Bob Coughlin	2:47:59
17	James Harmon	2:49:17
23	John Eldredge	2:50:58
28	J. Esty-Kendall	2:53:38
33	Frank Ferland	2:55:31
37	David Hefflefinger	2:57:13
39	Brian Milliken	2:57:43
62	Tom Allen	3:04:37
69	Philip Pierce	3:05:51
70	Debbie Sawyer	3:05:59*
90	Carlton Mendell	3:12:18
92	David Trussell	3:13:03
93	Jim Geary	3:13:20
95	Don McGilvery	3:13:33
103	Webber	3:15:51
110	Richard Littlefield	3:18:02

123	William York	3:21:08
131	Raphael DePrez	3:23:56
161	Rick Strout	3:33:38
169	Elaine Regina	3:35:53*
173	Jean Thomas	3:36:52*
180	Leonard Sanborn	3:38:43
182	Cindy Vokey	3:39:09*
195	William Davenney	3:42:24
215	Roy Morejon	3:48:51
218	Valerie Abradi	3:50:59*
220	Al Mack	3:51:15
225	Robert Green	3:53:19
253	Don Penta	4:02:25
289	Richard Scribner	4:26:42
297	Melvin Fineberg	4:36:35
305	Dennis Connelly, Sr.	4:44:52
310	Ed Cabral	5:00:46
312	Mark Clinch	5:06:45

Congratulations to Jim Toulouse and Steven McGrath for 3rd and 8th place positions, respectively and to Deb Sawyer for coming so close to copping 1st place female. (See category finishers last page of newsletter)

Cross Country Notes...September 19...Denise Harlow (1st, 19:59) led Catherine McAuley to victory over Lewiston & Thornton over the Lewiston 3-mile course... Rebecca Harkavy (2nd), Terri Jordan (3rd), and Terri's sister Carey (5th), led South Portland over Bonnie Eagle and Sanford over the Sanford 5k course; although Wendy Delan of Bonnie Eagle blazed through for first in 15:58.3 - 43 seconds faster than the first individual finisher in the boys' meet!

Jeffrey Paul is a leading harrier with Andy Palmer's Deering squad...September 20... Brian Gillespie's St. Joseph's College men's team ranked 4th in the New England Coaches Division 3 poll and finished second to Brandeis in the Southeastern Mass. Invitational Tournament held in North Dartmouth, Mass....September 13...in St. Joseph's own Invitational Meet in No. Windham, they finished second to Brandeis but defeated Fitchburg State and Lyndon State...Brian's brand new women's squad finished second to a hardy bunch of MTC women

A HEARTY THANK-YOU TO ALL 1986 CAPE CHALLENGE VOLUNTEERS!

Valerie Abradi
Jane Ashley
Walter Ashley
Timothy Ashley
Rebecca Ashley
Brian Alward
Pat Buckley
Jan Beckwermert
Marilyn Bronzi
Al Barthelman
Penny Barthelman
Tammy Butler
Donna Boden
Bob Butcher
John Braccio
Peter Bastow
Carl Comstock
Ted Cunningham
Lloyd Cook
Bob Cushman
Ellen Cedrone
Lesley Cedrone
Marco Cedrone
Steve Caron
James Carroll
Ken Dolley
John Davis
Marina Denning
Hanley Denning
Seth Denning
C.R. Davis
Mike Delcourt
Conrad Demers
Phil Dube
Judson Esty-Kendall
Barbara Footer
Mike Frost

Barbara Frost
Kim Frost
Dan Fitzgerald
Mel Fineberg
Donna Graves
Rosemary Ginn
Elaine Goodrich
Roberta Greenfield
Lisa Gale
Georgianna Hogarty
Ken Hutchins
Ray Hefflefinger
Dave Horne
Ruth Hefflefinger
Bob Hazzard
Terri Jordan
Carey Jordan
John Keller
Mary King
Cynthia Kendall
John Lavin
Marian Leschey
Alan Leathers
Genny Leathers
Peter Leathers
Anne Lanouette
Ross Lovell
Dick Lajoie
George Liming
Rick Mulhern
Dick McFaul
Terry McGovern
Roy Morejon
Sue Morejon
Morejon children
Tom McMillan
John McGovern

Meaghan Owens
Norma O'Brian
Kathryn Osgood
Jim Puckett
Maureen Puckett
Toni Parisi
Suzette Phillips
Phil Pierce
Connie Pacillo
Kateri Piecuch
Alan Quinlan
Jodi Reali
Bob Rodman
Dale Rines
Charlie Scribner
Maureen Sproul
Greg Stanley
Nancy Stedman
Maggie Soule
Jim Singer
Eileen Stergiou
Lisa Schwarz
Jeanette Strickland
Susan Sharkey
Dick Scribner
Mike Schumacher
Kris Sorensen
Lisa Tagariello
Janet Tortorella
Mike Towle's daughters
Myra Willson & son
Chuck Willson
Marie Wood
Bob Wyman
Sandy Wyman
John Wood
Joe Wildman
Jane Wildman

Cape Challenge notes...

Last month we gave you full details on the results of the Cape Challenge half-marathon. Jane Dolley reports that the race generated a financial deficit of \$886.40 with the largest expense being \$1063.96 for 334 T-shirts.

The reason for the deficit was this year's loss of a sponsor which in the past had always absorbed the shortfall. Fortunately for the club, Jane announced that ValCom Computer Center, 470 Forest Avenue, Portland, has agreed to sponsor the 1987 race. Our thanks to new member, Bob Wilson, for his role in obtaining this sponsorship.

UPCOMING RACES - MAINE

- October 19 Downeast 4-Mile Classic - 1:00 p.m. at the Sanford-Springvale YMCA, Sanford, ME. Contact: Richard L'Heureux at 676-2265.
- October 19 Tara Putnam 5K Scholarship Run - 2:00 p.m., Middle School on Route 157, East Millinocket. Contact Tom at 746-3608 or Mike at 746-3439.
- 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 (SASE).
- October 26 The Jungle Race - 9:00 a.m. from Quahog Lobster, Inc., Pinkham Point Rd., Brunswick. Registration on race day. For information call 725-6222.. About 3 miles of rough cross country.
- November 2 Falmouth Lions 10K Road Race - 11:00 a.m., Falmouth High School, plus a 1-mile fun run and race walk, Falmouth, ME. Contact: Dr. Len Saulter, 9 Colonial Village, Falmouth, 781-2003 (day).
- November 9 3rd Annual Katahdin Regional Family Y 5K - 2:00 p.m. from the Stearns High Gym in Millinocket. Contact: Gina Nadeau, 51 River Drive Park., Millinocket, ME 04462, 723-6680.
- November 9 Veterans Memorial Road Race - 4.5-mile run, 1:00 p.m., Wiscasset High School, Gardiner (Rt. 27). Contact: Wiscasset Recreation Dept., Municipal Bldg., Wiscasset, ME 04578.
- 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 16 Great Osprey Ocean Run - 6.2-miles, 11:00 a.m., Wolf's Neck Park, Freeport. For more information, call 865-6171.
- November 23 Cape Elizabeth Turkey Trot - 5.8 miles, Contact: Maine Track Club, P.O. Box 8008, Portland, ME 04104.
- November 27 Shaw's 4-Miler - 8:30 a.m. at the Portland Expo. Contact: George Towle, Portland High School, 284 Cumberland Ave., Portland, ME 04101, 775-5631 or 761- 2197 (evenings).
- November 27 Gasping Gobbler Road Races - 10K and 2 mile at 10:00 a.m. at Augusta Civic Center. Contact: Walt Taylor, RFD 2, Box 7850, Winthrop, ME 04364, 395-4223.
- December 6 Maine Track Club Annual Membership Race - (for members only - details to be announced).