



# Maine Track Club

P.O. Box 8008, Portland, Maine 04104

OCTOBER 1984 NEWSLETTER

## OFFICERS:

Russ Connors	- President	799-8240
Bob Jolicoeur	- Vice President	799-4127
David Trussell	- Treasurer	767-3212
Dick McFaul	- Chairman, Newsletter Committee	799-4708
Charles Scribner	- Race Committee Chairman	772-5781
Barbara Footer	- Secretary	774-1614

(Sorry for omitting you last time, Barb!)

## NEXT MEETING:

October 10th, SMVTI, at the Machine Tool Auditorium. Join the Fun Run beginning at the gym at 6:00 p.m. The agenda will include a film of the Cape Challenge Half-Marathon, nomination of officers, and discussion of the By-Laws. The Meeting starts at 7:30 p.m. Refreshments will be served after the meeting, courtesy of Maine Savings Bank.

## NEW MEMBERS

Six new members have joined the Club since the last newsletter. They are as follows: Richard A. Graves, age 29, and Pamela A. Graves, age 26, of 91C Margaret Street, South Portland (767-5578). Richard works in the warehouse of Graybar Electric, and Pamela is a veterinary tech for Cape Veterinary Clinic. Charles J. Sloan, age 38, of 8 Hermit Thrush Road, Cape Elizabeth (799-6621). Charles is a mechanical maintenance supervisor at Central Maine Power Company. John T. Webster, age 32, of RFD #1, Box 4080, Poland Springs (998-4842). John is self-employed. Lynn Brian Hughes, 27, of 51 Morning Street, Portland (761-2916 or 865-4003(W)) has moved from Boston to open a new running goods store in Freeport called Yankee Sports and Running Center. Vin Skinner, Jr., 26, of 35 Foreside Road, Apt. A, Cumberland Foreside (780-2157(B) or 781-3619(H)). Vin is a computer programmer/analyst.

Welcome all new members! Hope to see you at the meetings and the races.

## CONGRATULATIONS

Congratulations to Joan Benoit and Scott Samuelson for tying the knot Saturday, September 29th. May they have many fast, little runners.

## MEMBER PROFILE

Jane Dolley put on her first pair of jogging shoes in April, 1978. The K-Mart Specials (Trax) came with blisters every time she ran. Unwittingly, she thought she finally knew why runners never smiled. Only months later, she



learned that Adidas and Nike offered shoes without these discomforts.

Running was not the first of Jane's athletic endeavors. At Deering High School she competed in basketball, tennis, and (of course) cheerleading. She returned to the Portland area after two years at the University of New Hampshire and joined the staff at Union Mutual Insurance.

She revived her tennis interests courting Ken Dolley, a former low hurdle state champion. She claimed his jumping over the net always looked more polished than his backhand.

Jane's taste of competition began also in 1978 with a two-mile race in Gray - time: 15:47. She volunteered only once to hand out water during the Casco Bay Marathon, deciding that running the event would be more fun. She holds on to this belief as she prepares for the 1984 Casco Bay jaunt. She enjoys most the Bowdoin 10-miler. Running has become a habit; 5 to 10 early morning miles along the roads of Yarmouth.

Her leadership qualities shined during the planning of the Cape Challenge Half-Marathon.

#### ATTENTION ALL MEMBERS: IMPORTANT MATTERS!

Important items of interest to all members are included in this newsletter. First is the Club's first draft of proposed By-Laws. Your Executive Committee (Newsletter Committee) has been working very hard on this document for months. Please review it and come to the next meeting prepared to discuss it. If in acceptable form, a vote of the members present may be called to approve it as policy.

The second item of importance is a membership survey on the Club's dues structure. Your input is needed on this one. Results of your responses will be taken into account in setting dues and establishing Club policy on Club uniforms for 1985. Results of your responses will be included in the newsletter. Please complete the survey, sign it and return it immediately to the Club's P.O. Box.

Third, and last, are the nominations for the 1985 slate of officers. Discussion of the slate will be held at the October meeting. This will be your last opportunity to nominate for office for next year. Every member should attempt to make this important meeting.

Nominations are as follows: President - Bob Jolicoeur; Vice President - Jane Dolley; Treasurer - Rick Strout; Race Committee Chairman - Charlie Scribner; Chairman, Newsletter Committee - Dick McFaul; Secretary - Philip Pierce; and Membership Chairman - Bob Ayers.

#### MEDICAL NOTES

Studies looking for a link between running and arthritis are beginning to surface. Dr. Lyle J. Mickeli and associate sent a questionnaire to former collegiate cross country runners and swimmers inquiring about lower extremity joint pain. These investigators followed up the positive responders with telephone interviews. Among this aging population (40-70 years old), severe hip and knee pain was present in 2% of the former runners, and 2.4% of the swimmers. Dr. Mickeli concluded the running-arthritis link is thus far unproved, and that mileage nor years run appear to increase the incidence of degenerative joint disease. (American College of Sport Medicine Meeting - May '84)



# MEMBERSHIP SURVEY

The Maine Track Club only has about 125 memberships. Many feel the Club has much to offer and should maximize its potential memberships. We'd like to know how all our members feel. You can tell us by completing the survey questions below.

- |  | <u>Yes</u>               | <u>No (Check one)</u>    |
|--|--------------------------|--------------------------|
| 1. Should the Club encourage more memberships?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Should the cost of a club uniform be included in first year dues (forced purchase)? | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Which of the following dues structure do you prefer?:                               |                          |                          |

<u>New Members</u> (see footnotes)	<u>Present</u>	<u>Alternatives</u>			
	<u>MTC</u>	<u>Proposed</u>	<u>MRR</u>	<u>MSRC</u>	<u>Other</u>
Single	\$30	\$12	\$ 6	\$10	
Family	40	15	10	12.50	
Students	30	5	3	5	
<u>Renewals</u>					
Single	12	12	6	5	
Family	12	15	10	7.50	
Students	5	5	3	5	
Inactive (out-of-state)	5	5	6	5	
Indicate Choice (check one)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## Footnotes:

- 1) MTC - present dues structure includes the cost of one uniform for new members which is provided only after working one event.
- 2) "Proposed" makes the uniform optional and establishes a differential between single and family memberships on the theory that more costs are incurred at the various social functions for families.
- 3) MRR and MSRC represent the present dues structure for the Maine Road Ramblers (Augusta) and Marathon Sports Running Club (Saco/Biddeford).
- 4) Other - If you prefer some other structure, please indicate by completing the column on the far right.

\_\_\_\_\_  
Member's Signature (or print)

\_\_\_\_\_  
Telephone Number

Please mail completed questionnaire to:

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



### What, Me Run?

Alas, the beer runner's diet isn't the answer either.

The trouble with running is that it takes time. In fact, that's the trouble with everything. You remember when you'd complain to your momma that there was nothing to do. Oh for that problem! If you're like me, making a living, maybe married with kids, writing on the side, building a house or making a garden, you don't have any extra time at all. Yet if you're going to start running, you've got to find the time!

For awhile I did it by getting up at 4:30 am. That was especially effective in the winter when you'd see no cars and no people out there. Also no light and no brains. Anyway, I had to curtail that when my one year old son would get up too, and stay up. He didn't want to go running with me. He just wanted to stay up and ransack the house.

Then I started to run on lunch hours. I persuaded my boss to give me "flex time", which when you think about it has two meanings. (The audience groans.) I would go over to the University of Maine in Augusta which has some fine woods trails, run, shower, and make it back before quitting time.

That worked too, until I began to carpool. UMA is a ten minute drive from the state house complex. A problem. (I should mention here the other problem, and that is that the oxygen deprivation to the brain that running brings on, made my afternoon work output funny — not funny "ha ha," but funny "eeesh") Could I run after work? What, you kidding? Don't you have a four year old and a one year old who think that it's a personal betrayal when you go to work in the first place, for crying out loud?

Lately I've been thinking of running after everybody's asleep at night. The trouble is, I'm usually asleep too. And then if I did it, I wonder how many drunks would be tearing around Winthrop's country roads at that time of night. Just looking for a healthier-than-thou runner to trash.

I've got to do it in the morning, that's all there is to it. I've got to develop the tread of a cat. I've got to go to bed wearing running shoes. I've got to oil the front door. I've got to keep my son up until midnight the night before. I've got to get one of those watches that gives a little beep in my ear without waking up everybody else. I've got to train myself to hear the sucker. And not roll over. And not go back to sleep.

Or I've got to buy a second car. And they say running's a cheap sport.

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by Donald Wismer

(Donald Wismer, a member of the Maine Road Ramblers, writes as a hobby. This column was published in their September, 1984, newsletter, and is reproduced here with permission for your enjoyment.)

### THOUGHT FOR THE RACE DIRECTOR

It is better to build a fence on top of the cliff than to provide an ambulance down in the valley.

David E. Connor, President  
Midwest Financial Group  
Peoria, Illinois

### CONTEMPORARIUM

"Take a minute: look at your goals; look at your performance. See if your behavior matches your goals."

Blanchard and Johnson  
"The One Minute Manager"



## RACE RESULTS

### 7th Annual Bar Harbor 13-Miler (September 15th)

Sandy Utterstrom 1:55  
Al Utterstrom 2:14  
(13.8 miles because he got lost!)

### Great Lewiston Mill Festival (September 15th - 5 miles)

Kim Beaulieu (2nd woman)  
Joan Lavin

### Summit '84 Challenge (September 21st - 23 Finishers)

1. Bob Jolicoeur 13:56  
(Approx. 2.5 miles)

### Granite Man Triathlon

Gerry Roberts - 3:23, even  
with a flat tire for the last  
9 miles of the bicycle course!

Note: We are also advised by  
Herb Strom writing from Boulder  
that Peter Dube won a race in  
Canada recently.

### Maine Women's Distance Classic 10K (September 2nd - 45 finishers)

33. Brenda Cushman 56:37

### Camden 4th Annual Triathlon (September - 87 entries)

1.	Dave Harrison	2:13:05
11.	Dick McDonald - 1st Masters	2:21:27
21.	Dick McFaul	2:28:50
23.	Roberta Hickman - 1st Woman	2:29:02
25.	Gordon Chamberlain	2:20:09
27.	Steve Woodsum	2:31:56

### Sugarloaf 10K (September 22nd)

Mike Towle	33:49
Greg Parlin	33:54
Ron Cedrone	37:23*
Scott Strout	37:48*
Dick Lajoie	38:05
Dave Trussell	38:25*
Al Butler	38:39*
Jerome Roberts	40:18*

\*Personal Records

### Congratulations - Cape Challenge Well Done!

Congratulations to Jane Dolley and Barbara Coughlin for an excellent job co-chairing the first annual Cape Challenge. Congratulations are also in order for Werner Pobatschnig for his excellent 5th place finish and time of 1:12:05; new member, Wayne Pelletier for winning the "under 19" category in 1:17:02 (We mistakenly reported his age as 28 in last month's newsletter - Sorry Wayne); Harry Nelson took 3rd in the very difficult 30-34 age group, with a time of 1:17:29; Mike Towle, 3rd place in the equally difficult 35-39 group with a 1:17:08; Jerie Bugbee took first place in the women's 35-39 group in 1:38:19; Bob Coughlin took first (again) in the 45-49 group with a 1:17:47, while Maine Track Club females took all the prizes in the 45-49 age group with Jean Thomas, 1st at 1:48:31; Marion Leschey, 2nd at 1:48:42; and Joyce Cook, 3rd with a 2:05:17. Last, but not least, of the winners was Widgery Thomas taking 3rd in the men's 60 and over category with a 1:53:05. Cheers to all!



This month's newsletter  
courtesy of:

**ONE**  
Maine Savings Bank



## Road racing

**Key Insurance 5-K**  
**Meckworth Island, Portland**  
**Sunday, September 9**  
 1. Rick Crocker, 15:51; 2. Andy Kimball, 16:28; 3. Jeff Crocker, 16:33; 5. George Bockus, 16:36; 6. John Hallie, 17:04; 7. Brian White, 17:06; 8. Ken Payne, 17:18; 9. Peter Dube, 17:25; 10. Gene Colley, 17:35; 11. Pat Maguire, 17:38; 12. Mike Kimball, 18:07; 13. Paul Bucciari, 19:41; 14. Arnold Amoroso, 19:45; 15. Shawn Jeffrey, 20:03; 16. Bill McLean, 20:35; 17. Eliza Jurkowski, 21:17; 18. Dave Warner, 21:30; 19. Diana Chute, 21:39; 20. Grae Amoroso, 22:04; 21. John Murchie, 22:07; 22. James Wright, 22:15; 23. Erik Woresch, 22:20; 24. Tom DeDube, 22:35; 25. Eliza Harrod, 22:35; 26. Yvonne Jurkowski, 24:34; 27. Chris Reele, 24:50; 28. Ray Arsenault, 25:04; 29. Lynn Sicuro, 25:18; 30. Beth Lawler, 25:51; 31. Ann McNaughton, 29:16; 32. Dial Martin, 30:32; 33. Pat Murchie, 33:33.

**Cape Challenge (13.1 miles)**  
**Sunday, September 9**  
 1. Rick Green, 1:08:31; 2. Danny Paul, 1:08:34; 3. George Towle, 1:11:23; 4. Steven Grubel, 1:11:55; 5. Werner Polachnick, 1:12:05; 6. Jim Kowalski, 1:13:30; 7. Lawson Naves, 1:14:35; 8. Phil Stuart Jr., 1:14:51; 9. Gordon Scannel, 1:16:15; 10. Brian Mino, 1:16:38; 11. Richard L'Heureux, 1:16:43; 12. Wayne Pelletier, 1:17:02; 13. Mike Taylor, 1:17:16; 14. Rod Culbertson, 1:17:18; 15. Harry Nelson, 1:17:29; 16. Phil Coffin, 1:17:47; 17. Bob Coughlin, 1:17:47; 18. Bob Hunt, 1:17:52; 19. Wayne Clarke, 1:17:53; 20. Barry Fillet, 1:17:56; 21. John Hammond, 1:18:01; 22. Greg Nelson, 1:18:28; 23. Lynn Price, 1:18:35; 24. John Mathieu, 1:19:38; 25. Gary Weber, 1:19:53; 26. Gene Rayk, 1:20:01; 27. Kolpin Smith, 1:20:21; 28. Stewart Jordan, 1:20:40; 29. John Tarline, 1:20:58; 30. Michael Lally, 1:21:07; 31. Doug Swallow, 1:21:14; 32. John Compton, 1:21:17; 33. Brian Milliken, 1:21:27; 34. Michael Simoneau, 1:21:29; 35. Owen Barber, 1:21:30; 36. Judson Esty-Kendall, 1:21:46; 37. Stephen Douglas, 1:21:46; 38. Ben Creighton, 1:22:07; 39. Harry Schmitz, 1:22:13; 40. Peter Fisher, 1:22:16; 41. Bob Cannovich, 1:22:18; 42. Michael Martin, 1:22:20; 43. Kevin Jenkins, 1:22:24; 44. Bob Villanueva, 1:22:40; 45. Don Wilson, 1:22:42; 46. Kent Macdonald, 1:22:49; 47. Jack Mercier, 1:22:53; 48. Stanley Sheldon, 1:22:59; 49. Clifford Webster, 1:22:59; 50. Charles Taylor, 1:23:07; 51. Peter Bastow, 1:23:13; 52. John Macneary, 1:23:15; 53. John Cole, 1:23:18; 54. Joseph Warkum, 1:23:19; 55. Mike Barton, 1:23:21; 56. Paul Cole, 1:23:27; 57. John Cyr, 1:23:33; 58. Steve Caron, 1:23:41; 59. Tony Owens, 1:23:51; 60. Richard Matthews, 1:24:07; 61. Bob Payne, 1:24:11; 62. Don Horden, 1:24:24; 63. Peter Horden, 1:24:27; 64. Michael Meenan, 1:24:44; 65. Frank Ferland, 1:24:53; 66. Edison Daughy, 1:24:59; 67. Tom Allen, 1:25:16; 68. Bob Randall, 1:25:19; 69. Ron Gervais, 1:25:31; 70. John Edwards, 1:25:34; 71. Joe Plaza, 1:25:36; 72. Marc D'Amour, 1:25:47; 73. Ron Cedeno, 1:26:05; 74. Ken O'Quinn, 1:26:06; 75. Doug Moody, 1:26:09; 76. Lenny Hatch, 1:26:18; 77. Cameron Brown, 1:26:37; 78. Don Best, 1:26:43; 79. Gary Bazzani, 1:26:48; 80. Al Dingley, 1:27:11; 81. Tom Coughlin, 1:27:12; 82. Dick Laible, 1:27:20; 83. Joe Tockle, 1:27:22; 84. Gary Rogers, 1:27:26; 85. Dave Trussell, 1:27:29; 86. Curt Shigo, 1:27:35; 87. Lawrence Malt, 1:27:38; 88. Gerry Mirabile, 1:27:38; 89. Michael Adams, 1:27:40; 90. Doug O'Leary, 1:27:44; 91. Walter Smith, 1:27:52; 92. Wes Kormerel, 1:27:54; 93. Scott Strubel, 1:27:58; 94. Mike Reilly, 1:27:58; 95. John Nichols, 1:28:11; 96. Jack Reagan, 1:28:23; 97. Ruth Rohde, 1:28:29; 98. Phil Vazina, 1:28:33; 99. Bob LaNiera, 1:28:39; 100. Roger Gobeil, 1:28:47; 101. Bob Ingerowski, 1:28:54; 102. C.J. Carlsion, 1:28:55; 103. John Gale, 1:28:56; 104. Rick Strubel, 1:29:06; 105. Robert Marquis, 1:29:09; 106. James Madden, 1:29:11; 107. David Koch, 1:29:15; 108. Michael Hayes, 1:29:17; 109. Roger Boudous, 1:29:26; 110. George Prescott, 1:29:34; 111. Paul LaChance, 1:29:35; 112. Lee Nicely, 1:29:43; 113. Charles Blossom, 1:29:45; 114. Robert Wright, 1:29:46; 115. Denise Harlow, 1:29:46; 116. L. Dean Rasmussen, 1:29:47; 117. Ron Paquette, 1:29:48; 118. Ed Meyers, 1:29:51; 119. Gilbert Cole, 1:29:52; 120. Al Butler, 1:29:53; 121. Alan Leathers, 1:29:54; 122. Crisp Freeman, 1:30:03; 123. Terry Cole, 1:30:14; 124. Peter Maietta, 1:30:21; 125. Joe Costa, 1:30:23; 126. Henry Wolstat, 1:30:26; 127. Debbie Sawyer, 1:30:34; 128. James DeMint, 1:30:39; 129. Joel Russ, 1:30:45; 130. Peter Corbett, 1:30:50; 131. Eric Ellis, 1:30:54; 132. Richard Marino, 1:30:59; 133. Michael Nixon, 1:31:13; 134. Charles McMahon, 1:31:18; 135. Steve Morris, 1:31:27; 136. Richard LaMothe, 1:31:40; 137. Ken Goecklein, 1:31:48; 138. Bob Tanski, 1:31:53; 139. Steve Watts, 1:32:00; 140. Ken Fickett, 1:32:00; 141. John Conley, 1:32:04; 142. Tom Reardon, 1:32:17; 143. Brian Brackett, 1:32:21; 144. Peer Roper, 1:32:30; 145. Carol MacRae, 1:32:35; 146. Dave Canarie, 1:32:40; 147. Clifford Hopkins, 1:32:43; 148. Dave Paul, 1:33:08; 149. Fred Eck, 1:33:21; 150. Dick Campbell, 1:33:30;

151. Ken Casev, 1:33:39; 152. William Pavilsko, 1:33:59; 153. John Miller, 1:34:02; 154. Gerald Moore, 1:34:06; 155. Richard Jewell, 1:34:07; 156. Corlan Mendell, 1:34:10; 157. Clement Charbonneau, 1:34:12; 158. William York, 1:34:11; 159. Leon Hadlarios, 1:34:15; 160. Dave Gaili, 1:34:16; 161. Orlando Deloquo, 1:34:22; 162. Frank Kimball, 1:34:33; 163. Walter Perrin, 1:34:34; 164. Paul Donahue, 1:34:37; 165. Harvey Rohde, 1:34:39; 166. Bob Fortier, 1:34:40; 167. Cyril Eddy, 1:34:41; 168. Deborah Hewson, 1:34:45; 169. Gerald Cecil, 1:34:56; 170. Kevin Kenney, 1:34:59; 171. Barbara Regon, 1:35:19; 172. Judy Kelchman, 1:35:25; 173. James Bishop, 1:35:26; 174. Walter Webber, 1:35:45; 175. Brian Hall, 1:35:54; 176. Bob Cushman, 1:35:58; 177. Dave Conley, 1:36:07; 178. Kathleen Jenkins, 1:36:30; 179. Guy Thomas, 1:36:39; 180. Cheryl Gordon, 1:36:40; 181. Bill Hoskell, 1:37:07; 182. Dave Ullman, 1:37:10; 183. Rosalyn Randall, 1:37:19; 184. Doug Smith, 1:37:26; 185. Steven Solter, 1:37:31; 186. Paul Bergman, 1:37:36; 187. Steve Cole, 1:37:52; 188. John Dorsey, 1:38:47; 189. Eric Laplos, 1:38:00; 190. Reginald Grant, 1:38:10; 191. Robert Duquette, 1:38:15; 192. Jerrie Buehse, 1:38:19; 193. Patricia Rankin, 1:38:22; 194. Ronald Dubois, 1:38:41; 195. Jeff Thaler, 1:38:42; 196. Ralph Estes, 1:38:47; 197. Vin Skinner, 1:38:49; 198. Ted McCarthy, 1:39:07; 199. Fred Ward, 1:39:09; 200. Roger Duffin, 1:39:04; 201. Pam Lawason, 1:39:16; 202. Neal Workman, 1:39:36; 203. Richard Sears, 1:39:43; 204. Meg May, 1:39:48; 205. Al Mack, 1:39:51; 206. Mark Lane, 1:40:00; 207. Sue Blom, 1:40:24; 208. Robert Morrison, 1:40:25; 209. Calvin Ames, 1:40:26; 210. Lester Rozinski, 1:40:27; 211. Richard Dudley, 1:40:38; 212. Robert Green, 1:40:40; 213. Martin Schiff, 1:40:44; 214. Brian Alward, 1:40:53; 215. Arthur Spoor, 1:41:10; 216. Leonard Samborn, no time; 218. Norman LeClerc, 1:41:30; 219. George McQuinn, 1:41:49; 220. George Phelps, 1:41:52; 221. Bonnie Standish, 1:41:59; 222. Joel Slager, 1:42:00; 223. James Chesle, 1:42:00; 224. Philip Boriet, 1:42:29; 225. Donald Gagne, 1:42:33; 226. Nelson Matthews, 1:42:33; 227. Ned Vadakin, 1:42:35; 228. Kimberly Laviole, 1:43:01; 229. Craig Haggert, 1:43:07; 230. Andrew Haslam, 1:43:16; 231. Jeff Bushner, 1:43:24; 232. David MacNeil, 1:43:42; 233. Marie Luaders, 1:44:22; 234. Susan Kistenmacher, 1:44:26; 235. Dick Roberts, 1:44:36; 236. Nicholas Kirby, 1:44:42; 237. Michael Curran, 1:44:43; 238. Betsy Barrett, 1:44:43; 239. Patricia Colamer, 1:44:45; 240. Bob Fillion, 1:44:54; 241. Kathryn Perry, 1:45:10; 242. Lynn Deever, 1:45:12; 243. John Strong, 1:45:14; 244. Patty Medina, 1:45:14; 245. Bob Milliken, 1:45:21; 246. Robert Dimick, 1:45:23; 247. Tom Downing, 1:45:25; 248. Gregg Stinson, 1:45:27; 249. Lee Harkaway, 1:45:38; 250. George Robinson, 1:45:44; 251. Beverly Johnson, 1:45:46; 252. Donna Jean Pohman, 1:45:46; 253. Sarah Ray, 1:45:55; 254. Philip Jones, 1:45:58; 255. Donald Dirmo, 1:46:09; 256. Wayne Hamilton, 1:46:23; 257. William McKenzie, 1:46:36; 258. Edward Gaylon, 1:46:55; 259. Elvin Bryant, 1:47:01; 260. David Williams, 1:47:05; 261. Jack Vreeland, 1:47:06; 262. Kathy Vreeland, 1:47:06; 263. Tracy Adams, 1:47:23; 264. Bill Davenay, 1:47:25; 265. Robert Buchanan, 1:47:39; 266. Norman Nunan, 1:47:47; 267. Lawrence Zeller, 1:48:48; 268. Frank Hemphill, 1:48:17; 269. Carol Strong, 1:48:29; 270. Jean Thomas, 1:48:31; 271. Marlene Leschey, 1:48:42; 272. Chris Newell, 1:48:55; 273. Robert Huber, 1:48:56; 274. Joan Lavin, 1:49:26; 275. Charles Winfield, 1:49:37; 276. Richard Carter, 1:49:41; 277. Yvette Knight, 1:49:41; 278. Tracey West, 1:49:42; 279. Bob Mazzanotte, 1:49:43; 280. Linda Dion, 1:49:51; 281. Gary Richardson, 1:50:27; 282. Kenneth Brennan, 1:50:31; 283. Betsy Barry, 1:50:31; 284. Marc Landry, 1:50:51; 285. William Tazler, 1:51:04; 286. Patricia Good, 1:51:16; 287. Jeff Babin, 1:51:49; 288. David Masley, 1:51:55; 289. Laurel Kane, 1:52:05; 290. Mimi Barber, 1:52:09; 291. David Bean, 1:53:00; 292. Widery Thomas, 1:53:02; 293. David Goodwin, 1:53:18; 294. Ann Blanchard, 1:53:21; 295. John Novak, 1:53:25; 296. Joe Cretaceous, 1:54:01; 297. Dorothy Bergman, 1:56:02; 298. Len Walters, 1:57:32; 299. Margaret Soule, 1:58:23; 300. Steven Patrick, 1:59:50;

301. Don Atkinson 2:03:18  
 302. X Beverly Garber 2:05:07  
 303. X Susan Webster 2:05:10  
 304. X Joyce Cook 2:05:17  
 305. X Brenda Cushman 2:05:58  
 306. X Tina Lucas 2:06:35  
 307. X James Ryan 2:06:36  
 308. X Donna Mohon 2:06:50  
 309. X Jean Huber 2:07:16  
 310. X Jaylene Summers 2:07:39  
 311. Stanley Howard 2:10:15  
 312. Gary Lamberth 2:16:39

## Road racing 9/22

**Kingsfield 10K**  
 1. Malcolm East, 29:57; 2. Mark Kimball, 30:15; 3. Andy Palmer, 30:16; 4. Hank Pfeifle, 30:24; 5. David Vano, 31:02; 6. Danny Paul, 31:22; 7. Greg Wardwell, 31:34; 8. Peter Lessard, 32:33; 9. Stephen Carle, 32:33; 10. Kim Welhauser, 32:54; 11. Jeffrey Meserve, 32:53; 12. Alton Stevens, 33:29; 13. Steve Malloy, 33:33; 14. Robert Fitzgerald, 33:34; 15. Bill Hill, 33:36; 16. Herman Pelletier, 33:37; 17. Lanson Naves, 33:48; 18. Phil Stuart, 33:50; 19. Brian McCrea, 33:51; 20. Greg Parlin, 33:54; 21. Lennie Moody, 33:57; 22. Greg Nelson, 33:59; 23. David Currier, 34:40; 24. John Titus Jr., 34:11; 25. Lee Slover, 34:10; 26. Jeffrey Beupliss, 24:24; 27. Philip Coffin, 34:47; 28. Mike Towle, 34:49; 29. Fred Judkins, 31:34; 30. Wayne Clark, 32:56; 31. Michael Lally, 34:58; 32. Stacey Fontaine, 35:41; 33. Richard Smith, 35:08; 34. Richard Lane, 35:09; 35. John James, 35:17; 36. Alan Pierce, 35:21; 37. Tim Renesema, 35:22; 38. Mark Luebbens, 35:23; 39. David Greeley, 35:26; 40. Rick Davee, 35:36; 41. Andy Goodwin, 35:41; 42. Doug Ludwig, 35:47; 43. Warren Dean, 35:49; 44. Katie Martin, 36:14; 45. Jeff Byrne, 36:19; 46. David Baird, 36:23; 47. Stephen Harrison, 36:26; 48. Walter McKee, 36:27; 49. Jeff Brown, 36:47; 50. Alan Howard, 36:28; 51. Susannah Beck, 36:31; 52. Chad Gagnon, 36:33; 53. Don Reimer, 36:35; 54. Kent MacDonald, 36:35; 55. Tom Swan, 36:37; 56. Sam Merrill, 36:43; 57. Hoagie Pratt, 36:49; 58. Dean Rasmussen, 36:58; 59. Robert Culbertson, 36:58; 60. Michael Tracey, 37:03; 61. Robin Emery, 37:08; 62. Bob Peacock, 37:08; 63. Ed Rice, 37:09; 64. Don Ardine, 37:13; 65. John Law, 37:13; 66. Robert Jarrot, 37:18; 67. Harry Schmitz, 37:18; 68. Bob Polaris, 37:19; 69. Ron Cedeno, 37:23; 70. Ed Doughty, 37:25; 71. Jack Dehnen, 37:31; 72. Charles Fyfe, 37:32; 73. Mark Demillo, 37:33; 74. Ann Marie Daves, 37:35; 75. Geoffrey Hill, 37:47; 76. Scott Stroud, 37:48; 77. Cecily Currier, 37:49; 78. Paul Cole, 37:50; 79. Brook Morrow, 37:51; 80. Rusty Tavior, 37:52; 81. Kevin O'Connor, 37:52; 82. Michael O'Connor, 37:53; 83. David Alley, 37:53; 84. Bill Pinkham, 37:54; 85. Joe Reapoli, 37:57; 86. John Fischer, 37:59; 87. Bill Valdes, 38:00; 88. Brian Kelly, 38:00; 89. Delinda Smith, 38:06; 90. Stephen Krichels, 38:05; 91. Joe Dahl, 38:05; 92. Peter Carr, 38:05; 93. Joy Reilly, 38:05; 94. Dave Comeau, 38:05; 95. Dick LaJole, 38:05; 96. Linda Kemmison, 38:05; 97. Brian Gulie, 38:05; 98. Debby Sawyer, 38:09; 99. Mark Simpson, 38:10;

## Road racing

## Denville Brick and Rail Run

**10K**  
 1. Danny Paul, 32:12 (record); 2. Frank Brums, 36:36; 3. Paul Engineri, 37:18; 4. Bill Yates, 38:48; 5. Kevin Woy, 38:55; 6. David Trussell, 39:21; 7. Michael Brubaker, 39:22; 8. John Fischer, 40:08; 9. Scott Deseres, 40:11; 10. Peter Gagnon, 40:27; 11. Al Dingley, 40:53; 12. Frank Knight, 40:55; 13. Randy Talbot, 40:58; 14. Denise Harlow, 41:26 (women's record); 15. Ron LeFebvre, 41:42; 16. David Young, 42:05; 17. Chris Wales, 42:46; 18. Gerald Willes, 43:03;



## Road racing 9/30

**LAKE'S Bailey Middle 5 miles**  
 1. Scott Brown, 26:44; 2. Rock Green, 27:01; 3. Danny Paul, 27:08; 4. Pete Lessard, 28:27; 5. Pat Mosley, 28:28; 6. Peter Dube, 28:33; 7. Floyd Wilson, 28:41; 8. Myron Whiokev, 28:53; 9. John Keller, 29:13; 10. Kolpin Smith, 29:47; 11. Mike Towle, 29:49; 12. Keith Turner, 30:11; 13. Gordon Scannel, 30:12; 14. Michael Lally, 30:14; 15. Michael Kimball, 30:19; 16. John James, 30:23; 17. Bob Coughlin, 30:27; 18. Barry Fillet, 30:49; 19. Michael Kimball, 30:53; 20. Dick McPaul, 30:59; 21. Bob Quentin, 31:06; 22. Stephen Harrison, 31:10; 23. Joanne Green, 31:12; 24. Joel Tiltcomb, 31:16; 25. Jeff Young, 31:21; 26. Benny Peabody, 31:38; 27. Jeff Arsenault, 31:41; 28. Rodney Bridges, 32:04; 29. John Long, 32:16; 30. Fred Daigle, 32:25; 31. Jason Bell, 32:27; 32. Eben Beever, 32:30; 33. Sam Merrill, 32:38; 34. Robert Payne, 32:43; 35. Debbie Sawyer, 32:57; 36. Jeff Warren, 32:59; 37. Michael Beaudoin, 32:59; 38. Bill McLean, 33:11; 39. Don Barlett, 33:36; 40. John Schanda, 33:37; 41. Jme Reagall, 33:38; 42. Steven Cain, 33:42; 43. Ted Perrin, 33:43; 44. Les Barry, 34:00; 45. Al Pulver, 34:01; 46. Dennis Smith, 34:12; 47. Steve Watts, 34:22; 48. Ralph Treacolin, 34:23; 49. Michael Cook, 34:30; 50. Tom Reardon, 34:49; 51. John Adams, 35:12; 52. Mike Nixon, 35:17; 53. Bruce Jan Bell, 35:20; 54. Paul Baurpel, 35:20; 55. Corlan Mendell, 35:24; 56. Wyatt Anderson, 35:24; 57. Martin Schiff, 35:25; 58. Ken Fickett, 35:30; 59. Gerald Willes, 35:34; 60. Bret Boser, 35:46; 61. Wade Ribbes, 35:49; 62. Jim Milliken, 35:50; 63. Bob Booker, 36:04; 64. Leo Clark, 36:06; 65. Lee Anderson, 36:16; 66. J. Taster, 36:46; 67. Larry Wilson, 36:46; 68. Ron Gervais, 36:50; 69. Tom Conley, 36:52; 70. Dale Rines, 36:53; 71. Phil Pierce, 37:01; 72. Richard Sears, 37:09; 73. Garrett Clough, 37:17; 74. Richard Whetstone, 37:27; 75. Walter DeVail, 37:28; 76. Jim Ferlin, 37:29; 77. Melana Coughashall, 37:38; 78. Steve Swindells, 37:48; 79. Daniel Coons, 37:42; 80. Bruce Bowers, 37:51; 81. Larry Pierce, 37:54; 82. Roy Corlin, 37:53; 83. James Oliver, 38:00; 84. John Wolow, 38:04; 85. Robert Green, 38:05; 86. Ron Lobbe, 38:16; 87. Orlando Deloquo, 38:17; 88. Bill Elgao, 38:27; 89. John Lynch, 38:33; 90. Brian LaSalle, 38:35; 91. Dennis Gervais, 38:40; 92. Robert Wilson, 38:54; 93. Robert Hanscom, 39:04; 94. Douglas Bold, 39:16; 95. John Rummel, 39:14; 96. Robert Frazier, 39:18; 97. Brande Smith, 39:23; 98. John Murchie, 39:25; 99. Paul McFarland, 39:33; 100. Phil Jones, 39:35; 101. David Ray, 39:45; 102. Brad Owen, 39:48; 103. David St. On, 39:51; 104. Chuck Potter, 40:26; 105. Gary Cole Downs, 40:50; 106. John Asell, 41:22; 107. Mark Clinch, 41:23; 108. Tim Smith, 41:28; 109. Don Papp, 41:35; 110. Gregg Stanley, 41:37; 111. Mike Davis, 41:39; 112. Tom Norton, 41:44; 113. Keith Parsons, 41:55; 114. Sharon Stevens, 41:57; 115. Temmy Cushing, 42:28; 116. Joyce Beckie, 42:38; 117. Don Atkinson, 42:41; 118. Lisa Look, 42:48; 119. Brian Higgins, 42:49; 120. George Newbauer, 43:31; 121. Joan Loyda, 43:31; 122. Shirley Smith, 43:33; 123. Bernadette Sylvain, 44:41; 124. John Curuso, 45:23; 125. Anne Garland, 46:24; 126. Sherri Towle, 46:29; 127. Laura French, 46:39; 128. George Solter, 47:15; 129. No Name, 47:26; 130. Corvum Rummel, 49:18; 131. Bill Wade, 50:06; 132. Bernard Bolavert, unk; 133. Frank Lane, 50:53; 134. Jill Litchfield, 51:12; 135. Becky Tibbitts, 51:34; 136. Mike Wade, 51:47;

## LAKE'S Bailey Middle Kids Race

**1.5 miles**  
 1. John Jaulth, 1:55; 2. Lori Towle, 10:01; 3. Erik Worcester, 10:07; 4. Harry Weymouth, 10:08; 5. Ethan Keyes, 10:09; 6. Clay Canley, 10:13; 7. Don Boomhour, 10:41; 8. Joey Knight, 11:24; 9. Michael Westler, 11:39; 10. Jessie Lawrence, 11:41; 11. Michael Colazzo, 11:52; 12. Jenny Papp, 11:53; 13. Gregory Pope, 12:03; 14. Jennifer Reoli, 12:04; 15. Andrew Worth, 12:14; 16. Anthony Jones, 12:21; 17. George Worth, 12:40; 18. Bridget Foley, 12:53; 19. James Ribbey, 13:04; 20. Edn Ribbey, 13:29; 21. Patrick Doughty, 13:30; 22. Sean Barry, 13:42; 23. Adrienne Ribbey, 13:44; 24. Chaise Smith, 13:50; 25. Betsy Weymouth, 14:03; 26. Chris Jalbert, 14:12; 27. Jocelyne Guillette, 14:23; 28. Jill Howard, 14:33; 29. Sarah Sturges, 15:34; 30. Joshua Sturges, 15:39; 31. Ben Merrill, 16:19; 32. Andy Ross, 24:58.



MAINE TRACK CLUB

BY-LAWS

ARTICLE I

Name and Purpose

The Maine Track Club is comprised of individual and family members organized to promote fitness and running, both recreational and competitive, at all levels.

ARTICLE II

Membership

Membership is open to all persons. All members are expected to contribute a small portion of their time and energy to Club functions and activities. This will assure that the Club continues as a successful organization.

Initial and Renewal -

Membership is obtained by completing a Membership Application form and submitting it with payment of the prescribed membership dues currently in force as approved by the membership.

Renewal membership dues shall be paid by March 31 each year. Any member not so paid shall forfeit membership and be removed from the mailing list.

ARTICLE III

Officers

The officers of the Maine Track Club shall be President, Vice President, Treasurer, Secretary, Race Committee Chairman, Chairman of Newsletter Committee, and Membership Chairman .

The President shall preside at all meetings of the Club and take charge of Club business in general.

The Vice President shall assist the President in the conduct of the Club's business as may be required and shall assume the duties of the President in his/her absence. The Vice President shall also serve as program coordinator for monthly meetings and be generally responsible for coordinating all social activities of the Club.

The Treasurer shall be responsible for Club funds. The Treasurer shall collect dues, and make expenditures as authorized. Any expenditure over \$100 shall require prior approval by a majority vote of the membership at a regular meeting. The Treasurer shall provide an accurate report of the Club's financial activities and condition at each regular meeting.



-8-  
MAINE TRACK CLUB

BY-LAWS

The Secretary shall keep minutes of all regular meetings and conduct correspondence for the Club.

The Race Committee Chairman shall be custodian of all Club race supplies and shall be responsible for providing support to Club race directors and coordinating the Club's racing activities with Club race directors as may be necessary. The Race Committee Chairman shall also coordinate the Club's race schedule with other local running clubs.

The Chairman of Newsletter Committee shall generally be a past president of the Club and shall be responsible for assembling, drafting and/or editing all materials for the Club's newsletter. The Chairman of this committee will work closely with the President or Vice President of the Club which, as a group, will have the final authority over the contents of the newsletter.

The Membership Chairman shall be responsible for promoting membership in the Club by whatever means available. The Chairman shall see that adequate supplies of Membership Application forms are available to the membership at all times, and keep supplies available at all major running goods outlets in the greater Portland area. Membership Application forms shall also be regularly distributed at all area road races.

The Membership Chairman shall also see that new members are advised of upcoming meetings and races, and otherwise assure they are properly indoctrinated into the Club.

ARTICLE IV

Election of Officers

The officers shall be nominated in October and elected by ballot in November to serve one (1) year which shall begin with the close of the Annual Meeting.

ARTICLE V

Meetings

Regular meetings shall be held monthly. A quorum shall consist of 10% of membership. The Annual Meeting of the Club shall be held in December.

ARTICLE VI

Committees

The Newsletter Committee shall be composed of the Officers of the Club, and when appropriate, shall serve as the Executive Committee. When functioning as an Executive Committee, the Chairman of the Newsletter Committee shall relinquish his role as Chairman of the meeting to the President.



MAINE TRACK CLUB

BY-LAWS

ARTICLE VII

Dissolution of Club

The Club may dissolve if two-thirds of the membership vote to do so. All Club property would then be given to a selected non-profit organization.

ARTICLE VIII

Amendment of By-Laws

By-Laws can be amended by two-thirds of the membership at a regular Club meeting. However, the amendment must be tabled until the membership is notified by mail.

ARTICLE IX

Parliamentary Procedure

Meetings shall be held in accordance with "Roberts Rules of Order", the newly revised edition, and shall govern the Club in cases where they are applicable.

APPROVAL

Approved by a majority of the membership on \_\_\_\_\_  
Date

\*\*\*\*\*

We're told that Kim Beaulieu, Barb Coughlin  
and Jane Dolley are entered in the Bonnie  
Bell 10K. Best of luck to all of you!!!

THE WALL STREET JOURNAL  
Wednesday, October 3, 1984

\* \* \*

RUNNING BRAS are exempt from Massachusetts sales tax, the state ruled. Athletic gear is taxed, but ordinary clothing is not. "You could wear a running bra to work and nobody would know the difference," a revenue department spokesman explains.

\* \* \*



# **Maine Association of The Athletics Congress**

## 1984 CROSS COUNTRY SCHEDULE

USA

- Oct. 7 Pine Tree Recreation Area, West River Road, Waterville, Maine. (Near the Junior High School). Steve Clark - 872-9631.
- Oct. 14 Scarborough High School, Scarborough, Maine. Ron Kelly - 883-2747.
- Oct. 14 Holbrook Junior High School, East Holden, Maine. Phyllis Worthley - 947-5247.
- Oct. 21 Cumberland Recreation Center, Cumberland, Maine. Lou Lambert - 829-6253.  
Val Halla Golf Course
- Oct. 28 Oak Hill High School, Sabattus, Maine. Roland Trottier - 353-8857.
- Nov. 4 Mackworth Island, Falmouth, Maine. George Towle - 761-2197.  
Baxter School
- Nov. 10 Maranacook Community School, Rt. #17, Readfield (Association Championship).
- Nov. 18 Region #I Junior Olympic Qualifying Meet. Lakeville, Massachusetts.
- Dec. 8 National Junior Olympic Championship Meet. St. Louis, Missouri.

\*\*\*\*\*

### JUNIOR OLYMPIC , OPEN AND MASTER'S DIVISIONS AGE GROUPS AND COURSE DISTANCES.

Mite - age 8 and under - born 1976 and after.	3K
Bantam - age 9 and 10 - born 1974 and 1975.	3K
Midget - age 11 and 12 - born 1972 and 1973.	3K
Youth - age 13 and 14 - born 1970 and 1971.	4K
Intermediate - age 15 and 16 - born 1968 and 1969.	5K
Young Men/Women - age 17 and 18 - born 1966 and 1967.	5K
Open - age 19 through 29.	5K
Masters - age 30 and up at 10 year intervals.	5K

Entry fee at all meets prior to the Association Championship is 50¢. Entry fee for the Association Championship is \$2.00. It is not necessary to qualify at the preliminary meets for the Association Championship.

TAC registration is required. Registration fee is \$5.00 and covers the calendar year. Available at all meets or from John Sinclair, 155 Pine Street, Lewiston, Maine. Telephone: 786-3375.

Course walks at preliminary meets at 1:15PM. First race starts at 2:00PM. Registration begins at 12:30PM.

Awards: Junior Olympic ribbons to top six in each age group and sex. Participation ribbons to all finishers. Ribbons for top six per division and sex in the Open and Master's divisions.

Mite Division will not be held in the Association Championship meet. Mites will compete in the Bantam Division (10 and under).

Junior Olympic advancement: The top 20 finishers in each division and sex and the top three teams will advance to the Region #I meet in Massachusetts.

All meets are sanctioned by the Maine Association of the Athletics Congress.

**TAC/USA is the national governing body for track & field, racewalking and long distance running.**





## UPCOMING RACES

- October 6 - Homecoming 5K UMPI, Presque Isle, 10:00 a.m.
- October 6 - Good Day Markets, 3.5 miles, 10:00 a.m. at 155 Brackett Street, Portland (across from Reiche School) - \$4 fee. Prizes - Call Debbie Sawyer - 773-8741.
- October 6 - 7th Annual Gray Race, 4 miles sponsored by Yankee Running Club. 9:30 a.m. at Gray-New Gloucester High School, Gray, Maine - \$4 fee.
- October 7 - Great American Dream, 4 miles, Old Orchard Beach, 10:00 a.m. For more info, call Dick Roberge, 110 Union Avenue, OOB, Maine 934-5390.
- October 7 - 3rd Annual Alna Road Race, 5K, 10:00 a.m. \$3 fee (\$2 for 14 and under). For info, call 586-5690.
- October 7 - Pen Bay Trade Winds Classic, 5 and 3.1 miles, Rockland, Maine. For info contact Sterling LeBlanc, 14 Melrose Circle, Rockland, Maine 04841 - 596-6661.
- October 7 - 4th Annual Clubhouse Run, 2 miles and 10K. South Portland Boys & Girls Club, 169 Broadway, South Portland, Maine. 2 miles (age 15 and under) - 10:30 a.m. - 10K beginning at Maine Mall - 9:00 a.m.
- October 7 - Portland Rotary Club Triathlon (bike, run, canoe) - 10:00 a.m. Contact Steve Ryder, P.O. Box 4569 DTS, Portland, ME 04112.
- October 8 - Bonnie Bell 10K - Contact Coventures, 45 Newbury Street, Boston, MA 02116 or call (617) 267-0055.
- October 13 - Stroh's Run for Liberty I, 8K out-and-back course in Portland, 10:00 a.m. \$8 fee before October 5th, \$10 fee after, T-shirt to all participants. Contact MTC, 775-0065.
- October 13 - George C. Soule School, 4 miles, South Freeport (to Porter's Landing and return) - 9:15 a.m., \$3 fee. Call the school for info - 865-4561.
- October 13 - St. Joseph Hospital Fall Run, 5K - 10:00 a.m. from St. Joseph's Hospital, Center Street, Bangor, Maine. For more info, contact St. Joseph's Ambulatory Care, Inc., P.O. Box 8083, Bangor, Maine 04401.
- October 13 - Autumn Gold 10K, Sheldon Booz, Ellsworth YMCA, Ellsworth, Maine.
- October 13 - Owls Classic, 10K from UMPI, Presque Isle, Maine - 2:00 p.m.
- October 13 - Run for Bill Cohen, 10:00 a.m. from Best Western White House Motel, Odlin Road, Bangor. Best Western Motel, 1 MRC, Bangor, Maine 04401.
- October 13 - Rockland District High School Flying Tigers Cross Country Run, 2.8 miles. Contact Ted DeNacho - 354-8012.
- October 13 - John Burridge Memorial Road Race, 10K, Eliot, Maine, 10:00 a.m. Eliot Town Hall, State Road. Contact K. Burridge, 83 Philbrick Avenue, Kittery, Maine 03904.
- October 14 - Sri 5-Mile Road Race, Falmouth, Maine. Contact Sri Chinmoy Marathon Team, 40 Main Street, Topsham, Maine 04086.
- October 14 - Casco Bay Marathon, Portland, Maine - 12:00 p.m. Casco Bay Marathon, P.O. Box 3172, Portland 04104. Contact C. Porter - 839-3258.
- October 21 - Bostonfest Marathon, Boston, MA - \$12 fee. Contact (617) 783-1515.
- October 21 - Downeast 4-Mile Classic, Sanford-Springvale YMCA - 12:00 noon. T-shirts to the first registrants. Contact Richard L'Heureux - 676-2265.
- October 27 - Village Cafe Halloween Classic, St. Joseph's College, North Windham, Maine - 10:00 a.m. Runners must wear mask or costume.



### UPCOMING RACES cont.

- October 28 - 7th Annual Great Pumpkin Race, 10K and 1.5 mile Fun Run, Saco. Contact Marianne or Preston Powell (934-5560), or send SASE to 9 Roanoke Avenue, Ocean Park, Maine 04063. T-shirts to first 100 entrants. Fun Run - 9:00 a.m.; 10K - 10:00 a.m.
- October 28 - New York City Marathon - Please watch for Bob Jolicoeur on your television. He'll still be recovering from Casco Bay and may need your help going through New York's red light district.
- November 4 - Lost Valley 15K - 12:00 noon. Contact John Titus, RFD 4, Box 300, Auburn, Maine 04210.
- November 4 - Ocean State Marathon, Newport, R.I. \$10 fee. Contact Kevin Pilkington, 591 Angeli Street, Providence, RI 02906 - (401) 273-0615. Reputed to be very flat.
- November 11 - Ascanio Classic, 5.5 miles - 9:00 a.m. Pre-registration - only \$5. See friendly folks at Ascanio Painting and Decorating, 18 Portland Street, Portland, Maine. November 8th deadline. Starts at Oxford and Preble.

SPECIAL REQUEST - Bob Jolicoeur says he's got about 35 volunteers from the Club for the Stroh's Run, but could use another 10 helpers.

### PARTY TIME, OCTOBER 14, 1984 (or Is There Life After the Marathon?)

Here are the directions to Bob and Priscilla's house:

Take Route 77 in South Portland to Two Lights State Park. Bear left at the park toward light houses. Halfway down the next hill, bear left on Two Lights Terrace to the next left. Do a U-turn to the old light house. Look for a three-story, contemporary with large round window. Please let yourself in. We'll be too busy sorting out the Stroh's to notice!

Because the Marathon starting time has been delayed until noon this year, the festivities will begin at 4:30 p.m. and last until about 9:00 p.m. If any questions, please call Bob or Pris at 799-4127(H) or 775-0065(W).

### SPAGHETTI DINNER

7:00 p.m., October 13, 1984, at SMVTI cafeteria (on Vocational Drive) are the time and place for this major event. It will feature Kim Beaulieu on ultra marathoning and is guaranteed to give you some of what it will take to finish the Casco Bay on the 14th! Also being featured will be Bob Payne about the Olympic Torch, and a heap of spaghetti.

It's a bargain package deal at only \$5. See September MTC newsletter for reservation form, or call Mason Smith, Chairman. Limit: 230 persons (fire code), so don't delay. Do it now!!

### JAMES BAILEY COMPANY

Dave Paul did his usual outstanding job as Race Director for the 11th Annual James Bailey Company Cross Country Run. Right-on Dave! The Maine Track Club outpaced every one else for the team trophy with the following results:





JAMES BAILEY COMPANY cont.

Pete Dube 28:33; John Keller 29:13; Mike Towle 29:49; Bob Coughlin 30:27; Bob Quentin 31:06.

The girls' Gorham Cross Country team won the female division team trophy.

Maine Track Club division winners were as follows: Mike Towle, 2nd place, 30-39 age group with 29:49; Bob Coughlin, 1st place, 40-49 age group with 30:27; and Dick McFaul, 3rd place, 40-49 age group with 30:59.

Special thanks from Dave Paul to the following folks who helped out at the Bailey Run: Charlie Scribner, Art Quint, Lloyd Cook, Joyce Cook, Bob Jolicoeur, Mel Paul, Jim Paul, George Nadeau, Don Penta, Ted Cunningham, Orlando DeLogu, Grace Amoroso, Arnie Amoroso, Bob Payne, Jean Thomas, John Keller, Bob Coughlin, George Nason, Mike Towle, Lori Lowle, Sherri Towle, Ken Curtis, Bob Quentin, Ken Dolley, Jane Dolley, John McGovern and Jim McGovern.



("Greater Portland" magazine - Fall 1984 issue.)

## JIM McGOVERN

Jim McGovern won't finish with the leaders, but he's a champ anyway. In the past three years he has retired, dropped 70 pounds, and run the first three marathons of his life—each one faster than the last.

He prefers marathons to shorter road races because the pace is slower and the feeling of accomplishment greater.

"Last year at Casco Bay when I was finishing I saw the clock and I knew I was going to break four hours. I ran the last 385 yards on air."

Jim runs for health, self-esteem, and pure pleasure. "I run in the morning, but if somebody calls me up in the afternoon, I go out again."

### RUNNER'S WORLD / September 1984

Reducing cellulite on the thighs and flab around the midsection has always been a popular reason for beginning a running program. A recent, unpublished study conducted by Cooper at his Aerobics Center in Dallas proved that neither long-distance running nor other types of strenuous exercise will induce weight loss. In the 10-week study, Cooper divided 96 significantly overweight volunteers into four groups: The first exercised by walking 14 miles per week and was placed on a well-balanced, 900-calorie-per-day diet; the second dieted exclusively; the third exercised but did not diet; and the fourth did neither. The study's findings blast the "If I run like heck, I can eat like heck" theory of the high-mileage runner. The exercising and dieting group lost 25 pounds, the dieting-only group dropped 18 pounds, the control group that neither exercised nor dieted gained two pounds, but, startlingly, the group that only exercised did not lose one pound.

### RUNNER'S WORLD / October 1984

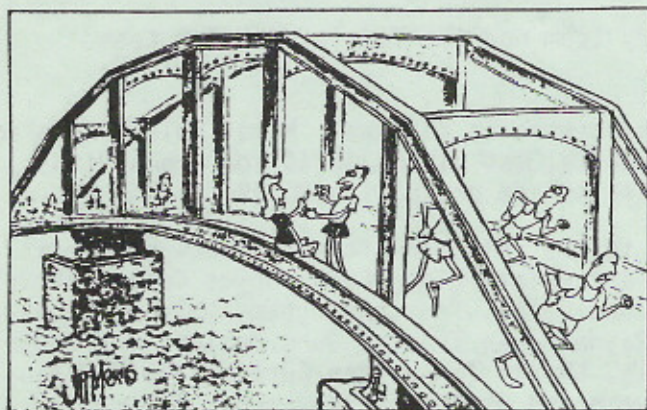
**I eat 80 percent of my calories at my evening meal. Although my weight remains stable, I have heard that "night eating" causes weight gain. I have always thought a calorie is a calorie, regardless of when it is eaten. What is the truth on night eating? (Jim Buczel, New Haven, Conn.)**

Many people who wait until evening to eat are ravenous by dinner time. They tend to overeat, and consume more calories than they expend. This daily tally, more than the time factor, determines their weight balance.

Current research does indicate that we tend to store calories more efficiently at night. Hence, if you eat 2000 calories at night, you may tend to gain weight more easily than if you ate 2000 calories for your morning meal. At this point you seem to be balancing your energy needs. If, however, you should begin to gain weight you might consider reversing your meal patterns.

Nancy Clark, M.S., R.D.





## POPPING IT ON THE PULASKI

Romantic places to pop the question: a candlelit restaurant, a tropical island, the Pulaski Bridge. What? This last locale was the place runners Philip Winegarner and Laura Leale made the decision to tie the knot—and it wasn't the one in their running shoes.

At the halfway mark of the marathon, Winegarner picked up Leale and placed her on the center divider of the bridge.

"I wanted to do this when we both got to the finishing chute," he said to her, catching his breath. "But I don't think I can make it and the Pulaski Bridge is about as romantic as I can get. So, will you marry me?"

Winegarner got a yes, but he didn't get to cross the finish line with his fiancée. A groin injury forced him to withdraw. Leale finished her first marathon in 4:15.

By the way, they were married on May 5 and all the members of the NYRRC were invited.

## THE MARATHON MAN

Here are the results of a poll the NYRRC gave to 300 marathon entrants:

The average marathoner is a man nearing 40 years of age. He's married with children and is considered upper-middle class. He has seen *Chariots of Fire* and liked it. He, and 90 percent of those polled, owns a car, drinks beer, ration the salt he puts on his food, eats a fruit or vegetable every day, is careful to stretch, and will miss a day of running now and then.

And, if he's like 26 percent of those polled, he uses a wok.



## THE NUMBERS GAME

*We gathered some statistics on eight different groups of athletes, made some comparisons, and came up with a few surprises.*



	% OF DOWNHILL SKIERS	% OF TENNIS PLAYERS	% OF DISTANCE RUNNERS	% OF GOLFERS	% OF JOGGERS	% OF SWIMMERS	% OF BICYCLISTS	% OF BOWLERS
Attended college	65	58	56	55	52	47	47	41
Earn more \$40,000/yr	38	33	31	34	26	25	24	21
Earn less \$15,000/yr	14	19	20	15	23	22	23	24
18-34 years old	70	67	72	43	67	60	59	62
Over 35 years old	30	33	28	57	33	40	41	38
male/female	55/45	55/45	69/31	71/29	51/49	49/51	45/55	52/48

Figures rounded to the nearest percentage point. Statistics adapted from Simmons Market Research Bureau; 1983 Study of Media and Markets.



# Introducing **COMPUTERIZED NUTRITION ANALYSIS**



**Athletes**

**Fitness Enthusiasts**

**Dieters**

**Health Conscious**

An innovative and informative look at  
your **PERSONAL DIETARY NEEDS**  
for **YOUR BEST HEALTH**

## **Keep Fit the High-Tech Way**

Barbara Footer Associates, Nutrition Specialists, are now providing expanded nutrition services to people interested in enhancing their health through improved nutrition and fitness, with the aid of computers.

## **How Does Your Diet Compare**

Most people know that good nutrition is essential to good health. Very few people, however, actually know how well their diet compares with recommended standards for adequate nutrition. Re-examine your present diet and pinpoint problems for improvement.

## **What Computerized Nutrition Analysis Offers**

- Individualized nutrition analysis with information on 38 nutritive components.
- Estimated calorie needs and physical activity schedules for weight control and improved fitness.
- Individual professional nutrition counseling and more!

**Make an investment in yourSELF today! Call for more information  
and an appointment: BARBARA FOOTER ASSOCIATES, Nutri-  
tion Specialists 207-797-3781**



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BEST OF LUCK TO ALL CASCO BAY  
MARATHONERS. MAY THE WINDS BE  
ALWAYS AT YOUR BACK!  
(To quote an old cliché)

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## Maine Track Club

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