

Maine Track Club

OCTOBER 1987

Run with a friend...



UPCOMING MEETINGS

Next Membership Meeting
October 14, 1987 7:00

SMVTI Machine Tool Auditorium
The topic for this meeting will be Volunteering. Anita Murray, Director of The Center For Voluntary Action will speak and Frank Ferland will show slides of volunteers in action.

THE GRAND FINALE HIGHLAND LAKE FUN RUN

The 10th annual Highland Lake Fun Run, held on August 29, 1987, was again festive for all who attended. Despite continuous chilling rain, not one of 19 runners was seen with dampened spirits. True to form, Russ Connors captured first place with a winning time of 1:15:34. Special recognition should be awarded to Sandy Utterstrom and John Woods who paled 15 and 1 minute(s) from their HLFR PRs, respectively. Dale Rines, the only first and last timer, placed 6th with a time of 1:29:02.

During the post race party, much interest was observed for historical data regarding the fun run. Below are a few trivia.

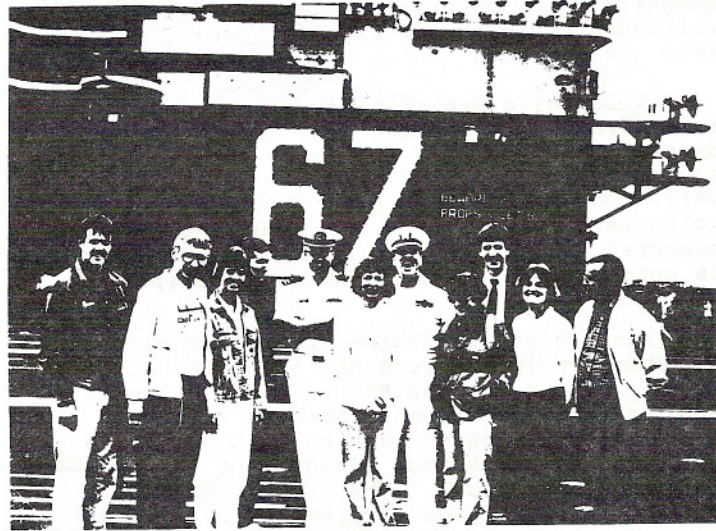
*Sandy Wyman was the only runner to complete all 10 runs, goes with the territory of being the race director, I guess. Jean Thomas, the running machine, was runner-up, missing only the 3rd run in 1980.

*Russ Connors sandbagged first place for half of the ten fun runs. His 1986 time was only 6 seconds slower than his 1980 time!

*Fastest and slowest times for the 11.2 mile loop were 1:05:40 and 2:11:53, respectively.

*Tommy Leonard, of the reknown Eliot Lounge in Boston, participated in the 1981 Fun Run and was seen climbing into the "pooper scooper" at mile 6 for a ride back to the party. He later succumbed to the keg of beer.

*And, of course, the worst weather observed in the history of the fun runs occurred during the Grand Finale!



U.S.S. John F. Kennedy

Club members took several USS John F. Kennedy officers on "fun run tours" of Portland during their recent visit. New club member Thurman Reynolds organized these runs. To show their appreciation of our hospitality, club members were taken on a personal tour of the Kennedy. One of the stops included a visit to the Officers Mess where soft drinks and "all you could eat" yogurt ice cream were served. From left to right on the flight deck of the USS Kennedy; Bruce Stedman, Bob Payne, friend of Thurman Reynolds, Thurman Reynolds, Lt. Doug Carrow, Nancy Stedman, CWO Louis Geracz, Jean Thomas, Jim Toulouse, Jim's wife, Jean Thomas's brother.

Thanks to the support of sponsors and patrons, each of the newsletters for the past several months has been mailed by first class mail. If you would like to be a patron or a prime sponsor, see the back page of the newsletter.

PRIME SPONSOR

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R.M. CEDRONE O.D.

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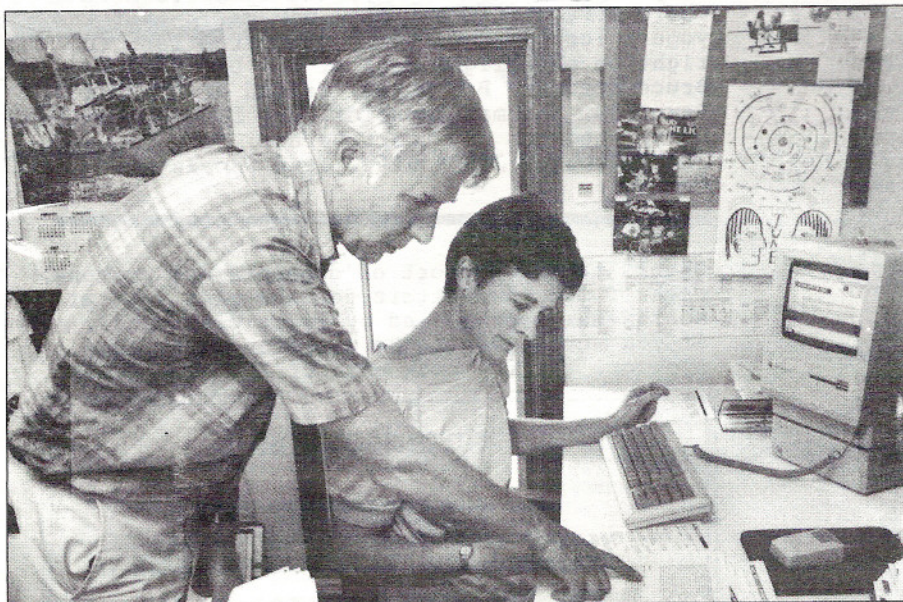
151 MIDDLE ST.
PORTLAND, ME 04101
775-3070

EDITOR'S COLUMN

There have been some excellent club-sponsored races this Fall and they wouldn't have been possible without the dedicated effort of volunteers and race directors. Last month I incorrectly mentioned that Jane Dolley was the race director for the Cape Challenge Half Marathon. I should have said that she was a co-director with Barbara Coughlin. My apologies to Barb. Barb has written a blurb on the Cape Challenge for this newsletter.

Volunteers are the life blood of the Maine Track Club and the next meeting will be devoted to discussing the whole issue. It is an important topic for new and old members as well. How do the race directors get enough volunteers for a race without turning off members? Eighty percent of the volunteering is done by 20 percent of the membership.

Running and the Maine Track Club have a new champion in the form of Sara Hobson, a feature writer for the Maine Sunday Telegram. Sara is a MTC member and has been writing half page articles on running each week. In addition she has a race schedule of Maine races in each issue. The picture of Paul Merrill in this issue is from her article on September 27. Also Bill Green, sports announcer for WCSH Channel 6 and a MTC member has prominently mentioned the Club recently in promoting the For Kids Sake race held on October 4. This race was well covered by Bill with start to finish live coverage. Despite a faulty satellite uplink, the show was much better than the Boston Marathon live coverage this past Spring. Many thanks Bill and Sara.



Fred Beck and Deb Hewson work on the club's newsletter.

The Maine Track Club Newsletter is compiled monthly. Circulation 400. Related material may be copied with acknowledgement. Design and layout by Deb Hewson. Editor: Fred Beck

Membership Meeting 09/09/87

Vice President Cheryl Bascomb introduced MTC member and Portland Rugby player Roy Dunphy. Roy spoke on the team sport of Rugby. The game is 130 years old and is known as Rugby Union, strictly an amateur sport. Fifteen positions are needed on both teams with many body types required for the different positions.

Roy talked about his travels to France for 17 days to play rugby. Other team members also traveled to New Zealand and Australia to play more rugby.

Roy said it is a stop and go sport and the fitness training level included: fartlek work, weight training, sprint work, and long runs. They start training 2-3 months before the Sept. through April season of 24-30 games starts.

Roy showed films of two rugby games: Australians vs. the Barbarians, which is a mixed European team and New Zealand vs. the Barbarians.

Business meeting:

Rick Strout reported that as of August 5th the club account was \$8,272 and the Back Cove account was \$938.31.

The City of Portland had recently put up NO CYCLIST signs along the Back Cove Path. However some cyclists who had donated to the path complained to the City officials who promptly took the signs down.

Charlie Scribner reported on the race schedule: Cape Challenge- Ken Dolley said Jane and Barbara had most things organized. He said crew from the USS Kennedy were running the Cape Challenge. New club member, Thurman Reynolds was organizing fun runs for the Kennedy crew on Fri. and Sat. mornings at 7 am.

50 miler- Ken Dolley said applications for the race are available.

For Kids' Sake- Rick Strout said the 4 miler was scheduled for Sunday, Oct. 4. It would be fully televised from start to finish along the Back Cove path. The Back Cove area will be closed off during the race.

Q Could you list the qualifying times for the 1988 Boston Marathon?

A The 92d Boston Marathon will be held on April 18. Qualifying times are as follows: Men: 3 hours (under age 40); 3 hours, 10 minutes (ages 40-49); 3 hours, 20 minutes (ages 50-59); 3 hours, 30 minutes (ages 60 and over). Women: 3 hours, 30 minutes (under age 40); 3 hours, 40 minutes (ages 40-49); 3 hours, 50 minutes (ages 50-59); 4 hours (ages 60 and over). All qualifying times must have been run at any marathon sanctioned by The Athletic Congress between Jan. 1, 1987 and March 21, 1988. Entry blanks may be obtained by sending a SASE to the BAA, 17 Main St., Hopkinton, MA 01748.

JACK MCDONALD is the former Boston College track coach.

Turkey Trot- Charlie said that the "Rat Pack" is organizing the Nov. 22nd race. Falmouth Lion's Club 10K- Phil Pierce reported that the race would start at the Falmouth High School on Nov. 1st.

A special award was presented to Bob Joliceour by Phil Pierce for his first place win in the age category 50 + over at the Casco 4 miler. Phil said he remembers it because Bob finished before him.

Candidates for 1988 Officers are:

Newsletter Editor: Jennifer Rood

President: 2 well qualified candidates are thinking of running.

All other positions look like they are in good standing.

Social events- Nancy Stedman said that the Nov. meeting would be a POT LUCK DINNER, election of officers, and a T-shirt swap at SMVTI. Look for more information in the Newsletter. Cheryl Bascomb reported that the October meeting was to focus on Volunteerism. The MTC was participating in the Healthshare Fair being held at monument Square and the Portland Public Library on Sept. 11 and 12. Cheryl was looking for volunteers to demonstrate simple stretching techniques and to staff our booth.

Comments were made that Sara Hobson, Sports writer for Guy Gannett, was doing a great job of reporting on running events in the area.

Ken Dolley stated that after the Cape Challenge race, per order of Cape Eliz.'s Chief Pickering, a racing ban on Shore Road would be issued. He stated that the winding and narrow road make racing too dangerous.

Statistics- Don Pendt reported that Andy Palmer had won a half marathon in Malden, Mass in an unofficial time of 1:08. Bruce Ellis had won the Sugarloaf Marathon in 2:25.

Phil Pierce said that Kim Moody had qualified for the Olympic trials for 1988. She had also married Dave Roberts. Phil would be keeping in touch with her on long distance running.

Bob Joliceour said that Portland resident Patience Thomas had stirred up the city to put in bubblers along the Back Cove Path. The city is getting estimates for this, which were approximately 2,500-3,000 dollars per bubbler.

Meeting adjourned at 8:45pm.

Thank you Nancy Stedman for taking these notes.

Respectfully,

Juan Mulliken

Q Are there any national or world Olympic-type activities for senior citizens?

1/5/87

A The first World Senior Olympics, for



men and women, will be held Oct. 12-24 in St. George, Utah. The only requirement is that the participants be 55 or over and be active in the sport or sports of their choice.

Competition will be held in archery, basketball, cycling, golf, horseshoes, road races, softball and tennis. The main object of the games is to promote worldwide peace, friendship and health. Participants must be 55 by Oct. 12, 1987. For more information and a registration form write: World Senior Olympics, 1450 South Hilton Drive, St. George, Utah 84770; or call 801-628-0463.

JACK McDONALD is the former Boston College track coach.

TREASURER'S REPORT

September 4, 1987



Richard K. Strout

Richard K. Strout
Treasurer

Funds on deposit August 5, 1987

\$ 8,272.00

Receipts:

Interest	\$	33.28	
Lobster Bake	\$	506.00	
Memberships	\$	57.00	
Cape Challenge Fees	\$	35.00	
Patrons - Newsletter	\$	90.00	\$ 721.28

\$ 8,993.28

Disbursements:

Central Maine Striders	\$	354.50	
Mile Markers			
Phil Pierce - Refreshments	\$	21.22	
Clam Bake			
Healthshare Booth	\$	40.00	
Wolverine Sports	\$	164.90	
Bullhorn			
F.M. Beck, Inc. - Reimbursement	\$	375.44	
Postage, May - August			
Fred Beck - Reimbursement	\$	1,206.86	
Newsletter printing May - Aug.			
Jane Dolley - Postage	\$	1.56	
Phil Pierce - Refreshments		11.81	
Valcom - Cape Challenge			
Race fees	\$	35.00	
Dale Rand Printing - logos	\$	60.00	\$ 2,271.29

Funds on Deposit September 4, 1987

\$ 6,721.99

Baxter Blvd Running Path

\$ 956.22

Deborah M. Hewson Clinton P. Merrill

SOUTH CASCO — Deborah M. Hewson and Clinton P. Merrill were married Sept. 5 at Luther Gulick Camps. A reception followed.



The bride is the daughter of Roger and Charlotte Hewson of South Casco. The bridegroom is the son of Eleanor P. Merrill of Portland and the late Clinton D. Merrill.

The bride is a graduate of Gould Academy and Portland School of Art. She is employed by Imageset. The bridegroom graduated from Deering High School and Massachusetts Institute of Technology. He is employed by Bath Iron Works. Mr. and Mrs. Merrill

will reside in Brunswick.

9/6/87

THE RUNNER'S EDGE

A Contemporary Running Column by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends on how you approach it. How far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword.

Future of the Maine Track Club Continued

10/87

In the September issue of the Maine Track Club Newsletter, a broad conceptualization of running activities was presented for your thought and consideration. This month I would like to share with you the thoughts of 1985 Past President Bob Jolicœur, a mover and shaker of the status quo, i.e., the present situation can always be improved upon. Early this summer I requested input from various club members regarding the issues facing us (size, shape, design, direction) relative to the future of the Maine Track Club. Bob's response is as follows:

You have recently asked for my thoughts on the future of the club or if I had any suggestions we might consider in planning our future. The question is both simple and complex. To some degree it depends on the leadership of the club at any given time. As you know, the team in power has a dramatic and profound effect on results.

The Simple Part

As a running club, it would be easy to say that our greatest responsibility is to promote fitness and running as provided for in our by-laws. This implies that we produce a quality newsletter, monthly meetings with appropriate programs on running, racing, jogging, race walking, training, nutrition, avoiding injury and related sports such as biking, swimming, etc.

You don't need me to explain any of that. The newsletter, monthly meetings with quality programs when coupled with the road races we conduct in the Greater Portland area are enough to keep the club pretty busy when you consider that we are all volunteers.

It might be interesting, however, to have one good "brainstorming session" where all members are invited to participate. The objective would be to get new ideas on what we are all about and what we should be doing. We'd have to stipulate in advance that no decisions would be made at this meeting and that "anything goes" as is typical with brainstorming sessions. The board could then review the results of the brainstorming session to see if any worthwhile suggestions came of it for subsequent action.

The Complex Part

The more complex part of the question is also more exciting and more interesting. As we found last year, big projects like the RRCA Convention can serve to unite the club, gain it much respect as a group that can achieve and recognition (look at what's happened to Jane Dolley).

There are a number of things we could consider as a club that fall in that category. They include a possible merger; taking on the Maine Coast Marathon; or promoting a major project for the community to benefit all runners. Let me take them one at a time.

Merger

We have known for some time that the Maine Coast Roadrunners (Saco/Biddeford) has been in some disarray. The leadership is somewhat "burnt out" because the same people have been doing all the work. It is possible that they might be willing to consider a merger with the Maine Track Club whereby all of their members would all become members of our club. The benefits are that they would all once again be members of a dynamic, enthusiastic running club, receive a great newsletter, plug into our meetings and programs.

The Maine Coast Roadrunners already work on most of our races (Dick Roberge and Steve Mooney) and we help with theirs. So we already have a strong working relationship with them. In addition, they would all once again be part of the RRCA.

For us, we could potentially gain 100 members to bring us to the 450 membership range. With those kinds of numbers we could consider bigger projects, etc. A merger might prove exciting to their membership.

Maine Coast Marathon

As a 450 person club, it would be much easier to put on The Maine Coast Marathon than it has been for them. As you know, the management of their club has many times considered abandoning the race and while they've always done a very good job - feelings have tended to be somewhat strained from time to time. Financial sponsorships have been difficult to find, etc.

I believe the combined club with a 450 person membership would find the marathon easier to cope with and would, therefore, be less of a strain on individuals. I would also hope that with our proven leadership abilities we might be able to turn the marathon into a more satisfying and profitable event.

Speaking of leadership, Phil Pierce and I have already discussed, as you know, the possibility of co-directing the Maine Coast Marathon if the Maine Coast Roadrunners decided to drop it as was being threatened in May of this year. My only stipulation to Phil at the time of our discussion was that I would only be willing to be a co-director if the two clubs agreed to merge. Otherwise I think it would be somewhat foolish of us to attempt the marathon. We would need their help, experience and members to be successful in putting on a quality event without sacrificing our own membership unduly.

Community Project

Priscilla and I were talking about what the club could do for an encore to the RRCA convention. Maybe something that could charge everybody up again; unite the club's membership and do something visible as well as of benefit to runners and the community.

We both agree that the Greater Portland area really needs a top quality indoor track like other communities have. Certainly Portland has at least 2000 runners and can justify such a project. The path around Baxter Boulevard proves that projects are possible when the community agrees to come together.

The Portland YMCA recognizes the need for an indoor track and have begun to build it into their plans for their 1988 major capital funds drive. Even so, there is a need in Portland, partly because of the fitness boom for possibly more than one indoor track. The closest thing we have to it now is the gym floor used at USM. While it is large, the surface is hardwood and not banked.

As I see it, the project would require much leadership and would have to go through a number of phases as follows:

1. Increase awareness of need - It is pretty obvious in the winter when there is ice and snow and runners are fighting for space in the roads with cars that can't see over snow banks, etc. But even in the summer the need is great when the sun is too hot, etc.
2. Publicize the need - There would be a need to publicize the need to gain community support and recruit both helpers, volunteers, etc., as well as members (dues paying perhaps).
3. Make survey of possible sites - Maine Track Club members with appropriate expertise should be asked (or volunteers requested) to survey the area for possible sites. Those that come to mind might include:

- a. Roof of One City Center.
- b. Roof of the Holiday Inn.
- c. Roof of the new People's Heritage Building.
- d. The roof of the new Ferry Terminal, especially if it is connected with the proposed new aquarium building on the waterfront.

I am sure the membership could easily get excited about a waterfront project. Someone writing in to the newspaper last week suggested the aquarium be part of the Ferry Terminal so that when people disembark from the Scotia Prince they could tour the aquarium as their first stop. A banked indoor running track in this location would really put Portland on the map.

4. Planning and budgeting - Planning could be extensive and the proper team would have to be selected for this. A budget would have to be put together and consideration as to sources of funds would have to be contemplated. Is there a possibility of tapping the city's coffers, such as was done for the ice arena?

Or maybe we should explore state funding through a bonding approach - tack it on to the Ferry and aquarium projects or some other item going to referendum.

5. Design/Layout - Another exciting phase of any such project would be the design and layout. A lot would depend on the site selected, but considerations would include:

- How many lanes.
- Frame - (glass with exposure to sunlight or not).
- Surface and whether banked corners or not.
- Lockers, showers, jacuzzi.
- Exercise equipment.
- Massage room, etc.

6. Selecting architect and contractor - The executing phase. A quality builder with experience in building climate controlled indoor tracks would be fairly important.

I don't know if any of this really excites you or not but you asked for my thoughts. These are them. I hope it provides you and the Executive Committee of the club at least something to chew on. Many people were very skeptical about supporting our efforts to bring the convention to Maine, but once the decision was made to move forward, the rest was easy. The question is, are we ready for another challenge?

I would vote for doing something!

Bob

RACE RESULTS

We try to include as many race results as possible in the newsletter but there are many race that we simply never get results for - particularly out of state races. It would be great if you could drop our club statistician Don Penta a note about any races you've been in noting the race name, date, distance, time, place, and whether or not its a new PR for you. Along those lines, Ron Cedrone, the prime sponsor for next month's newsletter, has set four PR's this year! (4mi-23:09, Mt.Wash.- 1:21:23, 10K -37:04, and 10mi - 62:22). We'd like to put your name in print. Write Don at 54 Sebage Ave., Windham, ME 04062.

CAPE CHALLENGE

Another September has passed and with it, the 4th annual Cape Challenge half marathon. This year's participation boasted 288 finishers, new computer results, and lots of fun. Debbie Jensen set a new record for Women's open of 1:24:25 and a new Master's record of 1:12:49 was set by Ken Houle. Thirty four percent of the registrants were out of state residents. We had ten sailors from the USS Kennedy participate. They presented the MTC with a plaque and picture of the carrier to commemorate their visit to Portland.

Valcom Computer Center doubled as new sponsor and computer results experts. Bob Wilson, Valcom's President, and Valcom employees participated as volunteers. A special thank you to runners who cooperated with the new traffic pattern requested by the SP and Cape police depts. Both depts. reported no problems and their renewed faith in race organization.

We have great pictures, compliments of Valcom and Frank Ferland, which will be available at the next MTC meeting.

Thank you to all members, friends, and family who helped to make this race a continued success!

*Bob & Jane
Co. Directors*

4th Annual Cape Challenge Half-Marathon
S.Portland - 13 September '87 - 288 Fin.

Top Men:	AGE	PACE	TIME
1 Todd Coffin	26	5:15	1:08:40
2 John Fitzgerald	23	5:19	1:09:43
3 Danny Paul	33	5:24	1:10:46
4 Don Hennigar	35	5:30	1:11:57
5 Ken Houle	40	5:34	1:12:49

Top Women:	AGE	PACE	TIME
43 Debbie Jensen (MTC)	28	6:27	1:24:26
74 Carol Weeks (MTC)	38	6:44	1:28:12
78 Lisa Muller	27	6:46	1:28:39
79 Judy Ketcham	31	6:47	1:28:53
104 Laura Gaudreau	22	7:08	1:33:30

Other MTC Finishers:	AGE	PACE	TIME
6 George Towle	37	5:39	1:13:59
8 Jim Toulouse	39	5:44	1:15:08
9 Paul Merrill	33	5:47	1:15:47
20 John Eldredge	33	6:03	1:19:15
51 William C. Skerritt	28	6:30	1:25:06

Cape Challenge, Continued:

61 John Lunt	28	6:37	1:26:47
65 Peter Carleton	29	6:39	1:27:13
76 Bob Quentin	29	6:45	1:28:24
81 Sumner Weeks	38	6:48	1:29:08
86 Kris Sorensen	35	6:53	1:30:09
87 Donald McGilvery	35	6:53	1:30:10
95 Jack Ireton-Hewitt	49	7:04	1:32:29
98 Bill Davenney	42	7:05	1:32:48
108 David Smith	46	7:09	1:33:41
113 Walter Webber	57	7:14	1:34:44
114 Carlton Mendell	65	7:16	1:35:09
116 Rick Strout	47	7:17	1:35:19
117 Peter Hall	32	7:17	1:35:22
118 Alvin Mack	37	7:17	1:35:27
119 Jim Geary	27	7:18	1:35:43
122 Cheryl MacMahon	24	7:19	1:35:55*
124 Dick McFaul	43	7:20	1:36:03
135 Frank Morong	32	7:23	1:36:45
139 Gerald Salvo	32	7:24	1:36:50
143 Richard Littlefield	38	7:26	1:37:17
144 Robert Green	39	7:26	1:37:20
145 Gregg Stanley	32	7:26	1:37:23
161 Raphael Deprez	47	7:34	1:39:04
162 Cynthia Tifft	33	7:34	1:39:04*
163 Jennifer Rood	26	7:34	1:39:12*
165 Richard Lemieux	42	7:36	1:39:39
169 Joan Lavin	39	7:37	1:39:53*
170 Thomas Norton	35	7:38	1:39:54
172 Kathryn Tolford	32	7:39	1:40:16*
188 Sandra Wyman	31	7:53	1:43:19*
196 Bob Cushman	49	7:57	1:44:07
197 Orlando Delogu	50	7:57	1:44:11
198 Eileen Stergiou	31	7:57	1:44:13*
202 Jeri Schroeder	40	7:59	1:44:30*
203 Cindy Vokey	29	7:59	1:44:30*
206 Sharon Brinkerhoff	29	8:02	1:45:20*
209 Jean M. Thomas	51	8:06	1:46:01*
210 Russ Bradley	63	8:06	1:46:04
212 Doug Moreshead	46	8:08	1:46:28
217 Douglas Aiken	34	8:11	1:47:12
218 David Conley	47	8:12	1:47:20
225 David Canarie	30	8:20	1:50:20
229 Claire Edwards	32	8:30	1:51:24*
232 Wayne Creelman	36	8:34	1:52:09
233 Edd Cabral	42	8:38	1:53:02
234 Jane Rasmussen	51	8:39	1:53:14*
244 Philip Bartlett	39	8:53	1:56:27
250 Sally Paterson	46	9:02	1:58:24*
253 Warren Foye	39	9:13	2:00:49
256 Isabella Firth	28	9:20	2:02:13*
260 Jeffrey Greenhalgh	36	9:25	2:03:19
267 Susan Yandell	43	9:34	2:05:23*
270 Robert Wyman	50	9:35	2:05:31
287 Ruth Hefflefinger	58	11:18	2:28:01*

Congratulations!

MTC, 61 Finishers

Debbie Jensen, 1st, Open*

Carol Weeks, 2nd, Open*

Cheryl MacMahon, 2nd, 20 - 24*

Cynthia Tifft, 3rd, 30 - 34*

Joan Lavin, 1st, 35 - 39*

Jeri Schroeder, 2nd, 40 - 44*

Jean M. Thomas, 2nd, 50 - 54*

Jane Rasmussen, 3rd, 50 - 54*

Sally Paterson, 2nd, 45 - 49*

Ruth Hefflefinger, 2nd, 55 - 59*

George Towle, 1st, 35 - 39

Jim Toulouse, 3rd, 35 - 39

Paul Merrill, 1st, 30 - 34

Walter Webber, 1st, 55 - 59

Carlton Mendell, 1st, 60 & Over

Frank Morong, 2nd, 50 - 54

Russ Bradley, 2nd, 60 & Over

1987 Sugarloaf Marathon - 122 Finishers
Stratton to Kingfield - 30 August '87

Top Men:

1 Bruce Ellis (MTC)	35	2:22:21
2 Todd McGraw	22	2:30:17
3 Ray Nelson	39	2:34:00
4 Lance Guliani	28	2:39:05
5 Steven McGrath (MTC)		2:41:05

Top Women:

9 Yoli Casas	23	2:50:19
13 Kim Goff	26	2:55:05
26 Nanci Carlson	31	2:58:44
32 Anne-Marie Davee	31	3:03:59
60 Louisa Dunlap	46	3:20:00

Other MTC Finishers:

6 Barry Fifield	30	2:45:14
11 Jerry Allanach	37	2:53:20
52 Carlton Mendell	65	3:14:30
53 David Wilson	43	3:15:21
77 Katherine Christie	42	3:27:01*PR
117 Sally Paterson	46	4:15:20*

Congratulations!

Katherine Christie, 3rd, Masters*
Bruce Ellis, 1st, Open
Steven McGrath, 1st, 30 - 34
Barry Fifield, 2nd, 30 - 34
Carlton Mendell, 1st, 60 & Over

2nd Annual Sugarloaf 15 K - 119 Finishers
Kingfield, Me - 30 August '87

Top Men:

1 Peter Lessard (MTC)	25	49:23
2 Alex Hammer	22	50:03
3 Jim Toulouse (MTC)	39	50:41
4 Larry Deans	31	50:50
5 Steven Malloy	23	50:55

Top Women:

20 Cynthia Lynch	27	55:41
40 Paula Kneeland	26	1:00:47
42 Mimi Mattson	33	1:01:12
43 Nancy Ellis (MTC)	34	1:02:03
47 Carol McRea	33	1:02:45
48 Jane Rau	37	1:02:46

Top Masters:

7 Harold Hatch	47	52:01
49 Andrea Hatch	44	1:03:04*

Fifty to Fifty-Nine:

24 Warren Dean	51	1:06:41
107 Terri Morris	58	1:24:13*

Sixty & Over:

117 Margaret Sawyer	73	1:49:27*
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Other MTC Finishers:

45 Thomas Norton	35	1:02:32
53 Joan Lavin	39	1:04:00*
54 Bill Green	33	1:04:02
87 Georgianna Hogerty	32	1:17:56*

Congratulations!

Nancy Ellis, 2nd, 30 - 34*
Joan Lavin, 2nd, 35 - 39*
Peter Lessard, 1st, Open
Jim Toulouse, 3rd, Open

14th Annual James Bailey X-C Run
U.S.M., Gorham, Maine - 20 September '87
Participants (Women:10, Men:34, Kids:17)
Courses (Adults:5k:hilly, Kids:2k:fairly flat)

Kids' 2K (1.24 Miles):

1 Mike Calazzo	11	8:21 (11&12)
2 Kris Berube (MTC)	10	8:23* (9&10)
3 Chris Reeder	10	8:36 (9&10)
4 Robert Boliveau	8	8:45 (8 & -)
5 Sarah Kenoyer	11	8:53* (11&12)
7 Jaclyn Ouillette	8	10:04* (8 & -)
11 Marie O'Brien (MTC)	10	11:35 (3rd)

Women's 5K (3.1 Miles):

1 Rachael Veilleux	20	20:43
2 Ruth Hall (MTC)	29	21:24
3 Michelle Mercier	15	23:03
4 Susan Martin	25	24:24
5 Martha Schumann (MTC)	15	26:14
6 Patricia Titcomb (MTC)	29	27:30
7 Gail Calazzo	41	32:55
10 Barbara Calazzo	38	n.t.

Men's 5K:

1 Roy Morris	24	16:44
2 Myron Whipkey	29	16:55
3 Glen Rand	25	17:05
4 Brian Warren	22	17:50
5 Ron Newbury	37	17:57
6 Dominic Adams	30	18:33
7 Peter Hall (MTC)	25	18:49
10 Art Warren	46	19:39
13 Greg Dugas (MTC)	33	20:39
16 Les Berry (MTC)	37	20:45
21 Phil Pierce (MTC)	46	21:35
23 Peter Bastow (MTC)	51	22:05
24 Larry White (MTC)	37	23:19
25 David Paul (MTC)	42	23:46
29 Rob Laskey (MTC)	24	25:01
31 Don Penta (MTC)	41	27:18
32 Carlton Mendell (MTC)	65	27:47
33 Dennis Morrill (MTC)	48	29:46
34 Sheldon Kretschmer	77	31:05

Congratulations!

Kris Berube, 1st, 9 & 10*
Marie O'Brien, 3rd, 9 & 10*
Ruth Hall, 2nd, Overall*
Martha Schumann, 3rd, Open*
Peter Hall, 3rd, Open
Greg Dugas, 3rd, Submasters
Peter Bastow, 1st, 50 - 59
Carlton Mendell, 1st, 60 & Over

Scrivelsby Criterion X-C 4 MI - 45 Fin.
Blue Hill, Me - 11 July '87

1 Chuck Morris	21:58
2 Glendon Rand	21:59
3 Andy Beardsley	22:09
4 Aran Shetterly	22:37
5 Torstein Holleland	23:14
26 Jane Rau	27:48*
27 Jane Buskirk	28:07*
29 Bill Green (MTC)	28:18
41 Leona Clapper	37:18*

Congratulations, Chuck, new MR&O Editor

L.L. Bean 4th of July 10 K - 267 Finishers
Freeport, Me - 4 July '87

Top Men:

1	Lance Gulliani	28	32:59
2	Stephen Carlton	29	33:16
3	Stephen Giegel	30	33:17
4	Andrew Whelan	26	33:22
5	Mike Laboissiere	21	33:38

Top Women:

31	Cindy Lynch	26	37:44
37	Roseanna Prest	24	38:36
49	Linda Keniston	33	39:16
58	Joan Samuelson (MTC)	30	39:57
79	Rosalyn Randall (MTC)	37	41:18

Top Masters:

9	Jack Mahurin	44	34:37
145	Nancy Lovetere (MTC)	43	45:32*

Fifty to Fifty-Nine:

51	Bob Jolicoeur (MTC)	50	39:20
243	Nancy Baker	56	54:48*

Sixty to Sixty-Nine:

181	Russ Bradley (MTC)	63	47:51
267	Allene Liggett	60	71:46*

Other MTC Finishers:

20	Richard Mulhern	33	36:35
23	Jerry Allanach	37	36:49
25	Tony Owens	38	36:58
26	Ron Cedrone	38	37:04 PR
40	Brian Milliken	34	38:46
43	Alburn Butler	33	38:59 PR
47	Michael Reali	33	39:12 PR
52	Michael Frost	36	39:24
53	Vin Skinner	29	39:33
55	Tom Allen	31	39:43
60	Dick Lajoie	47	40:03
61	Greg Dugas	32	40:06
66	John Gale	31	40:34 PR
71	Roy Morejon	44	40:55
72	John Braccio	33	41:03
88	Rick Strout	48	41:49
89	Norman Locke	28	41:53
98	Walter Webber	56	42:25
99	Donald McGilvery	35	42:27
105	Tom Norton	35	42:49
106	Bob Hazzard	55	42:53
107	Peter Hall	32	43:02
112	Richard Stott	42	43:21
122	Maidli Townsend	33	44:11*
139	Joan Lavin	39	45:02*
143	Marian Bouchard	27	45:21*
153	William Davenney	42	46:25
164	Alvin Mack	37	46:44
165	Peter Holloway	45	46:49
170	Katherine Christie	42	47:15*
179	Robert Wyman	50	47:49
180	Cindy Vokey	29	47:50*
182	Sandee Prescott	37	47:52*
191	Warren Foye	39	49:01
201	Katy Ullman	29	49:54*
220	Susan Davenney	38	51:30*
240	Melvin Fineberg	51	54:40
241	Ray Hefflefinger	60	54:40
244	Jodi Reali	24	55:02*
251	Wayne Newland	49	57:07
252	Deborah Borduas	38	57:25*
259	Ruth Hefflefinger	58	59:22*

Congratulations!

Joan Samuelson, 1st, Honorary MTC*
Rosalyn Randall, 3rd, 30 - 39*
Nancy Lovetere, 1st, 40 - 49*
Ruth Hefflefinger, 2nd, 50 - 59*
Katherine Christie, 3rd, 40 - 49*
Bob Jolicoeur, 1st, 50 - 59
Walter Webber, 3rd, 50 - 59
Russ Bradley, 1st, 60 & Over
Ray Hefflefinger, 3rd, 60 & Over

1987 Maine Event Triathlon - 80 Teams
Augusta, Me - 26 July '87

Ten Kilometer Run:

1	Tim Donovan	33	31:19
2	Tim Wakeland	22	31:28
3	Sam Pelletier	28	32:08
12	Lawson Noyes	45	34:47
25	Robert Coughlin (MTC)	48	37:26
30	Sally Perkins	24	38:12*
32	Ann-Marie Davee	32	38:44*
38	J.D. Mathieu (MTC)	29	39:46

Six Mile Canoe:

1	Steve McAllister	33/	46:14
	Lee Martin	33	
5	J.D. Mathieu (MTC)	29	52:02
31	Robert Coughlin (MTC)	48/	56:32
	Gordon Chamberlain	49	
46	Terry Tracey	31/	61:08*
	Lucie Beland	21	

27.35 Mile Bike:

1	Christopher Bowie	37	66:43
2	Dan Works	26	67:02
3	Mark Caron	20	67:36
26	Jennifer Caldwell	29	79:22*
30	G. Chamberlain (MTC)	49	81:26
37	J.D. Mathieu (MTC)	29	83:13

MTC Teams:

25	Rainbow Bike&Fitness:	2:55:01	
	John-David Mathieu	1st	Indiv.
27	Coughlin/Chamberlain:	2:55:24	
	Robert Coughlin	4-th	2-Man
	Gordon Chamberlain		

Granite Man Triathlon - 9/5/87
Wolfeboro, N.H. - (S:0.6, B:19, R:3.7)

Marie Wood	1:51:01	8th*	4th, 30-39*
Deborah Borduas	2:11:40	21st*	11th, 30-39*

15th Annual "Old Home Days" - 33 Finishers
Buxton-Hollis - 4.2 Miles - 18 July '87

1	Joel Croteau	22:57
2	Manuel Montoya	23:24
3	Daniel Gillingham	23:41
4	Donald Wilson	24:36
5	Barry Sargent	25:09
7	Lee Anderson (MTC)	27:28
16	Lori Anderson	32:34*(1st)
18	Susan Rose (MTC)	34:22*(2nd)
20	Rod Stanley, Sr. (MTC)	36:06

Sentinel 10K Classic Sunday at Waterville

1 Dennis Karamitos. Bowdoinham.
31:14 (course record); 2 Todd McGraw
31:24; 3 Dan Dearing 31:55; 4 Pat O'Malley
31:58; 5 Alex Hammer 34:15; 6 Chris Far-
ley 34:20; 7 Mark Snow 34:27; 8 Steve Mal-
loy 34:30; 9 Bruce Ellis 34:46; 10 Gordon
Hartwell 34:54.

11 O.J. Logue 35:13; 12 Russell Squire
11:15; 13 Angson Chingsiyani, 35:20; 14
Kevin Way 35:24; 15 Neill Miner 35:26; 16
Brian McCrea 35:40; 17 Frank Frost 35:43;
18 Doug DeAngelis 35:52; 19 Jerry Allanach
35:55; 20 Doug Ludewig 36:01.

21 Michael Bard 36:12; 22 Rob Brooks
36:23; 23 Cindy Lynch, Millinocket, 36:30
(women's course record); 24 Jeff Brown
36:36; 25 Brent Elwell 36:56; 26 Rose Prest
37:16; 27 Christopher Mansfield 37:20; 28
Randy Wilson 37:45; 29 Robert Salisbury
Jr. 37:47; 30 Robert Clement 37:53.

31 Francis Preshong 37:57; 32 Tom Mc-
Guire 37:58; 33 Dick Miles 38:08; 34 Wil-
liam Dubord 38:15; 35 Paul Pelletier 38:19;
36 Allan Freese 38:43; 37 Jennifer Allen
38:46; 38 Karen Salisbury 38:52; 39 Glenn
Gagne 38:56; 40 Jeff Wren 39:07.

41 Michael Greenleaf 39:18; 42 Dale
Peabody 39:26; 43 Bill Yates 39:34; 44 Mike
Morse 39:36; 45 Dan Libby 39:43; 46 David
McManus 39:45; 47 Geoff Hill 39:46; 48 Da-
vid Benn 39:47; 49 Philip Dugas 40:07; 50
Dick Cummings 40:09.

51 Bill Bull 40:12; 52 John Chamberlain
40:18; 53 Kenton Viles 40:22; 54 Gene Har-
ding 40:24; 55 Robert Gillespie 40:36; 56 Ed
Worcester 40:55; 57 Lloyd Smith 41:16; 58
Nancy Ellis 41:17; 59 John Manter 41:27; 60
Charles Weymouth 41:30.

61 Jane Rau 41:32; 62 Mark Jose 41:45;
63 Jim Booth 41:56; 64 Jon Thibault 42:16;
65 Rhonda Moran 42:17; 66 Richard Davis
42:33; 67 John DeHart 42:39; 68 Theresa
Withee 42:44; 69 Michael Sturgeon 42:50; 70
Susan Bennett 42:57.

71 John Schwerdel 43:12; 72 Annie Blum-
er 43:23; 73 Wendy Hosea 43:31; 74 Tony
Flye 43:37; 75 Jo Comeau 43:44; 76 Steven
Greenlaw 43:57; 77 Ken Hilton 43:59; 78
Nancy Lagin 44:03; 79 John Trefethen
44:05; 80 Michael Boucher 44:06.
81 Tom McCabe 44:43; 82 Ed Cochrane
44:46; 83 Ed Prosienski 44:50; 84 Jack Paul
44:52; 85 Babs Isak 44:58; 86 Nancy Karter
45:00; 87 Don Carter 45:04; 88 Rae Wren
45:13; 89 Dana Sennett 45:16; 90 Jim Pierce
45:23.

91 Tim Smith 45:28; 92 Pete Golding
45:36; 93 John Belanger 45:45; 94 Gary Bar-
rett 45:50; 95 Michael Spiotto 45:52; 96
Joyce Sheridan 45:53; 97 Ellery Borow
45:54; 98 Gard Rand 46:04; 99 Bruce
Fowles 46:15; 100 William Clardy 46:26.

101 Wendy Sheay 46:43; 102 Keith Rich-
ardson 47:00; 103 Donna Nale 47:08; 104
Maynard Cook 47:12; 105 Dave Hurd 47:36;
106 Jonathan Rogers 47:48; 107 Frank
Hemple 47:55; 108 Karen LaCasse 48:09;
109 Carol Libby 48:20; 110 Sally Harwood
48:24.

111 Janis Ackendorf 49:26; 112 Fred
Wingate 49:45; 113 Walter Viles 50:16; 114
Tim Holland 50:33; 115 Georgianna Hoger-
ty 50:46; 116 Richard Sabol 51:35; 117 Wil-
liam Tozier 51:42; 118 Harry Giddinger
51:43; 119 Susan Newkirk-Sanborn 52:01;
120 Stacie Smith 52:06.

121 James Garland 52:12; 122 Bonnie
Simmons 52:33; 123 Larry Bourget 53:00;
124 Leona Clapper 53:08; 125 Verne Pinney
53:40; 126 Nancy Ludewig 53:50; 127 Lynne
Cobb 53:50; 128 Clifford Pinney 54:33; 129
Charles Clapper 54:35; 130 Eric Weymouth
55:47.

131 Linda Crawford 56:09; 132 Michael
Giles 57:31; 133 Jo Anne Perry 59:28; 134
Diane Doumit 60:18; 135 Harvey Mason
60:25; 136 Kerry Jean Pinney 63:27; 137
Linda Benn 64:19; 138 James Bickford
65:36; 139 Mardie Brown 78:19.

Shrine Days 5 Miler - 33 Finishers Windsor, Me - 5 September '87

1 George Dodge	21	28:47
2 David Barker	34	29:03
3 Ray Johnson	39	29:24
4 Doug Ludewig	47	29:26
5 Greg Nelson	39	29:40
11 Bob Jolicoeur (MTC)	50	31:35
13 Deborah Potter	32	33:54*
30 Nancy Ludwig	42	42:12*
32 William Tozier	60	44:30

Great Job Bob J!, 1st, 50 - 59

Special thanks to the following for com-
plete results and other information:

- 1) Jane Dolley: Complete results from
the Maine Event Triathlon, Shrine
Days 5 Miler, Norrigewalk 5K, Bath
Elks 5 Miler, Sugarloaf Marathon &
15K, and Cape Challenge Half-Mara-
thon;
- 2) George Towle: James Bailey complete
results;
- 3) MR&O: Scrivelsby Criterion, L.L. Bean
10K, and Buxton-Hollis "Old Home
Days" 4.2 Miler complete results;
- 4) Ron Cedrone: PR information for L.L.
Bean 10K;
- 5) Marie Wood: Wolfeboro Triathlon data.

Anyone looking for road race information
should consult Sara Hobson's excellent
weekly column in the Portland Sunday Tel-
egram. Sara & Husband Geoff (Sportseditor,
Gannett Papers) are new MTC members.

Bath Elks 5 Mile Classic - 54 Finishers Bath, Me - 29 August '87

Top Men:

1 Danny Paul	25:14 (CR)
2 Alan Reilly	27:56
3 Bill Babcock	28:04
4 Peter Davis	29:04
5 Bob Coughlin (MTC)	29:06

Top Women:

20 Carol Weeks (MTC)	32:43
24 Dara Jones	33:41.9
26 Deb Hewson (MTC)	34:03
33 Claire Irwin	35:51
37 Jane Dolley (MTC)	36:50

Other MTC Finishers:

9 Lee Allen	30:36
17 Eric Ellis	32:33
21 Sumner Weeks	32:45
23 Harrison Hensley	32:57
41 Nancy Lovetere	37:27*
43 Russ Bradley	37:34

Two Mile Fun Run - 29 Finishers:

1 Paul Arsenault	9:42
2 Josh Hanna	9:55
3 Ray Johnson	10:38
6 Sumner Weeks (MTC)	11:35
8 Harrison Hensley (MTC)	12:01
9 Carol Weeks (MTC)	12:05*
12 Rob Laskey (MTC)	12:52
13 Nancy Lovetere (MTC)	13:27*
15 Dorothy Stoddard (MTC)	13:42*

CROSS-COUNTRY N.E. Div. 2 Poll

1. Brandeis.....	88
2. St. Joseph's.....	82
3. MIT.....	57
3. UMass-Boston.....	57
5. SE Mass.....	52
6. Westfield St.....	43
7. Bates.....	39
7. Tufts.....	39
9. Colby.....	16
10. Bridgewater St.....	7

Also receiving votes: Amherst;
Bowdoin; Fitchburg St.; R.I. College;
Williams; Worcester Tech.

NCAA Div. 3 Poll

With first-place votes in parenthe-
ses and total points:

1. Wisconsin-LaCrosse (7).....	105
2. North Central.....	94
3. Wisconsin-Stevens Point.....	93
4. Brandeis.....	82
5. St. Lawrence.....	74
6. St. Thomas.....	68
7. Glassboro St.....	49
8. St. Joseph's (Maine).....	43
9. Haverford.....	41
10. Wisconsin-Oshkosh.....	40
11. Luther.....	37
12. Emory.....	25
13. Loras.....	16
14. Otterbein.....	15
15. Case Western.....	11
15. Rochester.....	11

Also receiving votes: Bates, Wash-
ington-St. Louis, Carnegie-Mellon.

Road racing

25th Annual Bangor Labor Day Race 5 miles

Top male finishers
1. Bruce Bridgman, 25:12; 2. Roy Mor-
ris, 25:36; 3. Dan Deorins, 25:44; 4. Rich
Khorigan, 26:02; 5. Bob Everett, 26:13;
6. Danny Paul, 26:19; 7. Glendon Rond,
26:53; 8. Alex Hammer, 27:04; 9. Jim
Hewett, 27:12; 10. George Towle, 27:26;
11. Steve Carle, 27:47; 12. Brent Leighton,
27:52; 13. Gordon Hartwell, 28:00; 14.
Rick Lane, 28:05; 15. Robbie Shea, 28:11;
16. David Renoult, 28:14; 17. Chris Catell,
28:35; 18. John Mills, 28:36; 19. Brian
McCrea, 28:45; 20. Andrew Spaulding,
28:57; 21. Steve Holmboe, 28:58; 22.
John Rinker, 28:02; 23. Kevin Bean,
29:13; 24. Steven Petercol, 29:16; 25.
Mark Hardison, 29:23.

Top female finishers
27. Cynthia Lynch, 29:44; 36. Diane
Lauder, 30:34; 37. Robin Rappa, 30:41;
65. Jane Rau, 33:24; 77. Dara Jones, 34:11.

Road racing

Fieldcrest Footrace At Waldoboro, 10K

1. Hillerova, 31:51; 2. Deans, 33:22; 3.
Thibeau, 33:54; 4. Johnson, 35:55; 5.
Meehan, 36:52; 6. Wheaton, 37:34; 7.
Kerter, 37:42; 8. Potter, 39:37; 9. Deut-
nap, 40:16; 10. Weeks, 40:33; 11. Cum-
mings, 40:35; 12. Weeks, 40:43; 13.
Thomas Williams, 42:05; 13. Turner,
42:19; 14. Trefethen, 42:55; 15. Dulute,
47:33; 16. Hall, 48:30; 16. Bernard, 51:25.

48/22/87

... Joan Benoit Samuelson, the
former Boston Marathon champi-
on and 1984 Olympic gold medal-
ist, has been declared automati-
cally eligible for the 1988 US
Olympic Trials, along with Julie
Isphording and Julie Brown...

HIGHLAND LAKE FUN RUN RESULTS August 29, 1987

1. Russ Connors	1:15:34
2. Herb Strom	1:22:47
3. John Karrel	1:25:41
4. Orlando Delogu	1:26:00
5. Dick Littlefield	1:29:01
6. Dale Rines	1:29:02
7. Sandy Wyman	1:29:03
8. Jeff Nixon	1:29:17
9. Barbara Footer	1:31:15
10. John Woods	1:34:10
11. Al Mack	1:34:14
12. Jean Thomas	1:34:15
13. Bill Davenney	1:35:49
14. Sandy Utterstrom	1:35:49
15. Warren Foye	1:35:49
16. Don Penta	1:37:48
17. Dennis Morrill	1:40:04
18. Mel Fineberg	1:50:21
19. Julia Motherwell	1:58:42

Bar Harbor 13-miler Top 25 finishers

1. Joel Sumerail, Waketfield, Mass., 1:11:02; 2. Lance Gulloni, Brunswick, 1:13:54; 3. Rick Lane, Augusta, 1:16:55; 4. David Renault, Northeast Harbor, 1:17:02; 5. O.J. Lique, Stillwater, 1:19:06; 6. Chris Monz, Orono, 1:19:18; 7. Vern Porter, Medway, Mass., 1:19:19; 8. Stephen Peterson, Camden, 1:19:45; 9. Kevin Garry, Swampscott, Mass., 1:20:20; 10. Mac Noyes, Franklin, 1:20:49; 11. Allen Aiken, Orono, 1:21:25; 12. Michael Barry, Northwood, N.H., 1:21:40.

Women

1. H. Claire Munn, Boston, 1:25:08; 2. Carol Weeks, Portland, 1:29:59; 3. Diane Fournier, Topsham, 1:33:58; 4. Felice Worcester, Southwest Harbor, 1:34:43; 5. Virginia Erghens, Williamstown, Conn., 1:34:51.

STATE BAILEY'S CROSS COUNTRY RUN at the University of Southern Maine 3.1 miles

Men

1. Roy Morris, 16:44; 2. Myron Whipple, 16:53; 3. Glen Rand, 17:05; 4. Brian Warren, 17:50; 5. Ron Newbury, 17:57; 6. Dominic Adams, 18:33; 7. Peter Hall, 18:49; 8. Mike Leighton, 19:16; 9. Rick Garcia, 19:31; 10. Art Warren, 19:39.

Division winners

Men

Open: Rand, 30:39; Newbury, 46:49; A. Warren, 50:59; Peter Bostow, 22:05; 68-and-over: Carlton Mendell, 27:47.

Women

Overall: Rachel Veilleux, 20:43; open: Michelle Mercier, 23:03; 30-39: Barbara Calazzo, 46:49; Gail Calazzo, 32:55.

Highland Lake Fun Run Lost & Found

1 Green MTC Sweatshirt with white cord around hood

1 Navy blue long sleeve t-shirt yellow lettering, 1985 NCAA cross country- Marquette Milwaukee, Wisconsin (Lg)

1 V-neck Navy sweatshirt (lg)

1 Royal blue Nike nylon running shorts

1 Boston Marathon/Mercedes Benz red, white & blue cap

1 pair Nike Vortex, size 10-1/2 with Etonic footies

Would the owners of these items please contact Sandy Wyman at 878-2391 to ensure a proper return. Thanks!!

Montreal Marathon, 9/27/87: Virginia Connors 2:52, Al Butler 2:58, Russ Connors 3:01, Ron Cedrone 3:03, Mike Reali 3:09, Herb Strom 3:13, John Gale 3:14, and Harvey Rohde, 3:14.

EQUIPMENT ROUNDUP

by Chris Stanley

New Balance is coming out with a new running line in the Fall. The new shoes will be the 446 and 476 (in men's and women's), the woman's 525, the men's 576 and the men's 996, which will replace (respectively) the 445, 475, 520, 575, and 995. These new shoes are basically updated versions of the old ones in respect to styling and colors - the technology and features have remained the same. A totally new shoe will be the men's 830, which will be a lightweight racer/trainer similar in concept to the Vendetta T/C by Nike but with a very impressive multi-density midsole and an almost equally impressive price (\$80.00).

On July 1st Taiwan and Korea began self imposed export restrictions in order to appease the U. S. Government. This action will effect the production of low-end "sneakers" more than performance shoes, but surely all types of shoes from these countries will not be as available as they once were. One other problem effecting the shoe companies is the labor strikes in Korea. Due to plant closings, Reebok is losing 1 1/2 million shoes a month from production. This problem along with the weakness of the U.S. dollar has prompted Reebok to instigate an 8% price increase. These problems are effecting other companies as well as they may also resort to price increases.

Let me just end by saying if you should have any questions about shoes, you can drop me a letter. My address is R.R. 3/Box 73, Freeport, Me. While I may not know the answer, I'll give it my best shot or I'll talk to someone who knows more than I do.

ROAD RACING

Cape Ann 25k race

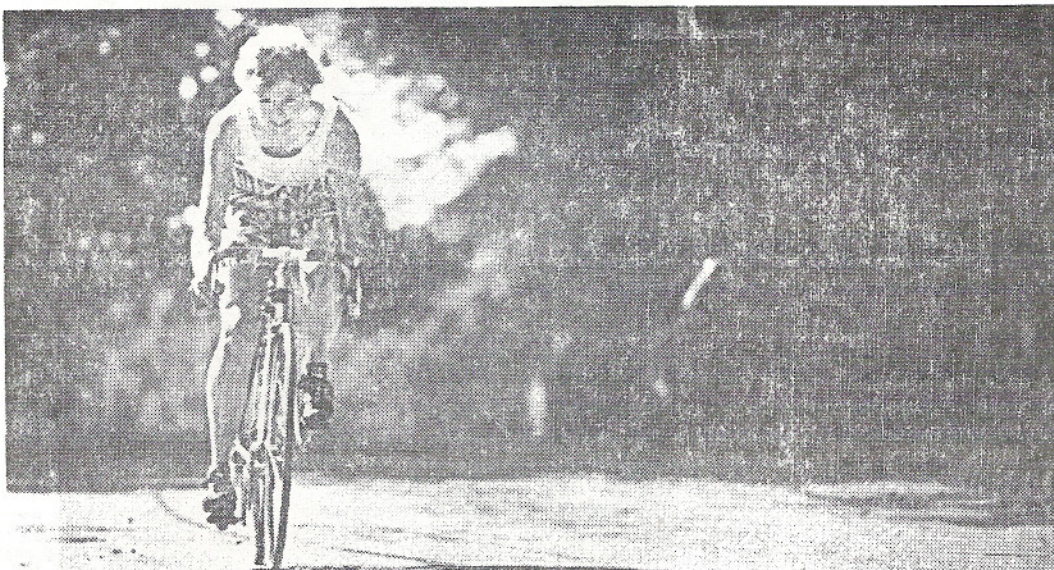
at Gloucester

1. Dominic Finelli, Revere, 1:25:58; 2. Tom Vorderer, Braintree, 1:28:13; 3. Jeff Melle, Boston, 1:28:49. Women — 1. Julie Peterson, Beverly, 1:36:02; 2. Leslie Mack, Boston, 1:41:27; 3. Anita Teschek, Hampton, NH, 1:49:36. Masters Men — 1. John Boyle, Newburyport, 1:27:58; 2. Peter Stipe, Boston, 1:31:09; 3. Jim Murphy, Worcester, 1:31:20. Masters Women — 1. Roberta Brill, New York, 1:50:41; 2. Cindy Jacoby, Newton Falls, 2:00:05; 3. Marlana Yarnahl, Boston, 2:00:42.

Half-Marathon

at Malden

1. Andy Palmer, S. Portland, Maine, 1:08:23; 2. Mike Slavin, Cambridge, 1:09:38; 3. Bob Johnson, Hopkinton, 1:09:50; 4. Ed Hurlow, Stoneham, 1:11:20; 5. Jim Garcia, Leominster, 1:13:02; 6. Greg Stone, E. Falmouth, 1:18:27; 7. Paul Caruccio, Winthrop, 1:14:24; 8. Thomas Bell, Boston, 1:14:35; 9. John Gorman, Winthrop, 1:14:36; 10. Dave McGillivray, Medford, 1:15:18; 11. Dr. David Whitney, Falmouth, 1:15:30; 12. Phil Kron, Easton, 1:16:07; 13. Tom Johnson, Melrose, 1:16:12; 14. Godofredo Martinez, Lawrence, 1:16:29; 15. Mike Drummy, Malden, 1:17:03. Women — 1. Nancy Corrado, Methuen, 1:18:56; 2. Judy Copley, Easton, 1:21:23; 3. Pamela Sears-Butler, Waltham, 1:22:29; 4. Megar McSheffery, Charlestown, 1:22:42; 5. Virginia Connors, Cape Elizabeth, ME, 1:22:55; 6. Sue Lupica, Newton, 1:23:08; 7. Karen Boen, Stoughton, 1:24:12; 8. Mary Johansen, Belmont, 1:24:52; 9. Jean Smith, Newton, 1:25:56; 10. Maureen Sullivan, Concord, 1:29:00. Masters (over 40) Men — 1. Gary Cochrane, Topsham, ME, 1:19:40; 2. Bob Reagan, Medford, 1:19:46; 3. Connie Doherty, Winthrop, 1:21:19; 4. Tony Loftus, Medford, 1:21:26; 5. Bill Marlow, Andover



Rosalyn Randall finished 7th in the women's division at the Cape Cod Endurance Triathlon Sept. 12.

Staff photo by Merry Farnum

UPCOMING RACES

Fall Racing Schedule

Montreal Marathon, Sept. 27, 1987

COMIM, PO Box 1570 Station B, Montreal, Quebec
H3B 3L2

1987 Dartmouth-Hitchcock Marathon & 12.2 Mile
Race Oct. 4, 1987

Fitness Resources, RFD #, Box 198, Concord, NH
03301

Casco Bay Marathon, Oct. 11, 1987 c/o Charlie
Porter, PO Box 3172, Portland, ME 04104.

Leaf Peepers Milk Run 1/2 Marathon Oct. 4,
1987 c/o Darragh Ellerson, Upper North St.,
Box 170, Montpelier, VT 05602.

Green Mountain Marathon, Oct. 17, S. Hero, VT.
c/o Howie Atherton, RD #1, Box 236, Richmond,
VT 05477.

Ocean State Marathon, Newport, RI, Nov. 1. c/o
Kevin Pilkington, 591 Angell St., Providence,
RI 02906.

Cape Cod Marathon, Falmouth, MA, Nov. 15th. PO
Box 699, West Falmouth, MA 02574.

Boston Peace Marathon, (date undetermined),
Carlisle, MA. PO Box 60, Boston, MA 02130.

Marine Corp Marathon, Nov. 8th, Arlington, VA.
PO Box 188, Quantico, VA 22134.

Great Pumpkin Race 10k. Nov 1 at Wormwoods in
Camp Ellis, Saco. C/o Steve Mooney, 537 Buxton
Rd, Saco, ME 04072.

For Kid's Sake 4 Mile and Kid's K, Oct. 4th,
Baxter Blvd. MTC, PO Box 8008, Portland, ME
04104.

Portland Fire Dept. 9.11K, Oct. 4th, Bramhall
Fire Station. Jerry DiMillo, Portland Fire
Dept., 109 Middle St., Portland, ME 04101.

Benjamin's 10K, Oct. 25, Bangor, ME.
Benjamin's 10K, 123 Franklin St.,
Bangor, ME 04401.

Maine Track Club 50 Mile Ultramarathon, Nov.
15th, Brunswick, ME. MTC, PO Box 8008,
Portland, ME 04104.

Saucony Freedom Trail Road Race, 8 miles,
Boston, MA, Oct. 4th. PO Box 233, Boston, MA
02210

11th Annual Tufts 10K, Oct. 12, Boston.
Conventures, Inc., 250 Summer St., Boston, MA
02210.

Road racing

NORTH CONWAY, N.H. — The second running of
the White Mountain Milers Half Marathon has been
scheduled for Sunday, Oct. 25. Runners may register
8-9:30 a.m. on race day at the North Conway
Community Center in North Conway Village.
Applications are available at all sports-related shops
in the Mt. Washington Valley or by contacting Gail
Kenney, P.O. Box 993, Conway, N.H. 03818.

• BATH — The Bath Memorial Hospital's 6.6-mile
road race originally scheduled for Saturday has been
cancelled. Racers who have already registered will
receive a full refund.

Road racing

FALMOUTH — The 11th annual Falmouth Lions 10K
road race walk and 1-mile fun run will be held Sunday, Nov.
1 at Falmouth High School.

The 10K road race starts at 11:00 a.m. with
post-registration at 10 at Falmouth High. Race fee is \$5 for
pre-registrants or \$6 day of the race. The 1-mile fun run
and race walk starts at 10:30 at Falmouth High. Post
registration is at 10. Pre-registration fee is \$3 or \$4 on race
day.

Additional information may be obtained by contacting
John F. Corcoran at 781-8524.



Paul Merrill had the 10th fastest
running leg of the 1986 Ironman
with a marathon time of 3:13:48.

Staff photo by Doug Jones

9/11/87

4/23/87

Sept. 17, 1987

Dear Editor:

Following is a description of an old runners 4 mile fantasy road race:

Picture 100 runners milling around while only three older women line up for the starting gun; two minutes later 6 gray-haired men go with a second starting gun; every 2 minutes another small group until 20 minutes after the first 19 young and strong take off after the pack. Those in the lead (for the first time ever) are afraid the turns are not plainly marked! Some think one missed turn equals shame, fatigue, frustration - what if others follow - could it screw up the whole race?

Others are awed by ever younger, stronger bodies sprinting past at ever greater speeds. The sight of so much speed spurs some to greater effort while others are a bit discouraged by this crazy race. Those starting last have no worry about directions. The whole pace is strung out in front but the sight of so many so far ahead depresses one or two. As they pass runner after runner they get excited by the belief that they can pass them all. One mile from the finish line the whole pack has bunched up. Everyone begins to realize that a little extra effort could beat out not just one but 5, 7 or perhaps 10 other runners. For the first time some slower runners realize they might finish in the top 10. The finish is hectic with so many so close together but it is quickly over. The winner is one of the last to start. The last to finish is cheered by everyone because he was passed by everyone. Two women are elated because they finished ahead of the men in their life. The finish line workers are proud because they handled a crush usually found only in very large races, etc. etc. etc.

Maybe if you print this someday the fantasy will come true.

Stanley Harmon
Alfred, Maine

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To become a prime sponsor of this newsletter, please contact Fred Beck at 846-9065 (work) or 846-3111 (home). The sponsorship is \$50 and includes recognition and any message you may have on 1/8 of the front page. At this time we are only looking for one sponsor each month. We mail out approximately 450 newsletters each month. Your generosity and support will be noted by all who pick up and glance at the front page.

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P.O. Box 8008, Portland, Maine 04104
Run with a friend...



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Maine Track Club



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