



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

DECEMBER, 1985 NEWSLETTER



OFFICERS

Jane Dolley	- President	846-6018
Phil Pierce	- Vice President & Chairman, Program Committee	781-3769
Rick Strout	- Treasurer	829-3216
Maggie Soule	- Secretary	846-3631
Charles Scribner	- Race Committee Chairman	772-5781
Ted Cunningham	- Chairman, Membership Committee	646-9516
Bob Jolicoeur	- Chairman, Newsletter Committee	799-4127

NEXT MEMBERSHIP MEETING

The annual banquet held at Verrillo's Restaurant on December 1, 1985 served as the membership meeting for December, as is our usual practice. So the next membership meeting will be held on Wednesday, January 8, 1986 at the SMVTI Machine Tool Auditorium in South Portland at 7:00 p.m. Our speaker will be Maine Track Club Maine Male Runner of the Year Andy Palmer to talk about what it's all about: training, conditioning, racing and peaking for the big ones.

Andy has coached some of Maine's best runners including Michelle Hallet, Paul Plissey, Rose Prest and Virginia Connors, as well as Brandeis University's Women's Track and Cross-Country Team for two years. Some of you know him from his summer running camp conducted each year. Andy made the Olympic Marathon Trials in 1984 and hopes to do so again in 1988. Don't miss this meeting. It's an opportunity to hear one of the greatest.

NEXT NEWSLETTER COMMITTEE MEETING

Thursday, December 26, 1985 at 7:00 p.m. in the Maine Savings Bank board room (2nd floor). Because Christmas falls on a Wednesday, the Newsletter Committee will meet the following day instead. All materials for the January newsletter are due at or prior to this meeting. All members are welcome to attend and participate.

ELECTIONS

Yes, it's official. The above slate of officers were elected at the November 13, 1985 meeting without a single dissenting vote. That should mean another excellent year for the Club. Other committee appointments announced last month were also unanimously approved as follows: Sandy Utterstrom, Clothing; Sandy Wyman, Social; John Gale, Course Certification; Joan Lavin, Publicity and Promotions; Bob Jolicoeur, Special Projects (RRCA convention); and Don Penta, Statistician.

Congratulations to all and best wishes for an outstanding year.

H A P P Y H O L I D A Y S !



Maine Track Club is a non-profit organization.



NEW MEMBERS

Twenty new households were added to the roster in November. Another great month for memberships!

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Jerry Allanach 21 Fuller Lane Winslow, ME 04901	W623-3593 H872-2395	Network Consultant for NET	36-Golf, roller skating
Walter L. Ashley 75 Kent Street Portland, ME 04102	H772-2283	Teacher	42
Judson Esty-Kendall 38 Fleetwood Street Portland, ME 04102	W780-3271 H775-0193	Tech. writer/ Attorney, Social Security Admin.	36-Guitar, jazz, literature, family
Melvin A. Fineberg 129 Wayside Road Portland, ME 04102	H774-8868	Teacher, Portland Schools	50
Warren E. Foye 157 Austin Street Westbrook, ME 04092	W775-5811 H854-1767	Electronics Tech., Portland Press Herald	37-Cross-country skiing, hiking, tennis
Jean Frankovic & Steven McCullough Juniper East #D-17 Yarmouth, ME 04096	W773-6411 H846-5992	J-Legal Secy, Pierce, Atwood; S-Sales Manager, Executone	J(26); S(38)-Running scuba diving, reading, biking, skiing, good restaurants
Elaine Goodrich 176 Beacon Street Portland, ME 04103	W774-9501 H773-3339	Substance Abuse Counselor, Day One	38-Jazz dance, hiking, reading, crafts, eating
Eric & Katherine Hertz 91 Neal Street Portland, ME 04102	W642-9911 H773-8430	E-VP, Marketing & Business Develop- ment, Utilities, Inc.	E(31); K(37)-Swimming, bike touring
Deborah Hewson Box 38 S. Casco, ME 04077	H655-3658	Graphic Designer (Self-employed)	29-Triathlons, bike races, skiing, baking bread
James & Georgianna Hogerty P.O. Box 393 Scarborough, ME 04074	W883-5161 H883-8209	J-Accountant, Gabriel Electronics; G-Travel Agent, Ladd Tour & Cruises	J(31); G(31)-Softball, basketball, tennis, swimming
Carolyn A. Krahn 49 Baywood Lane Yarmouth, ME 04096	H846-9502	Marketing - Seek- ing employment	27-Biking, traveling, skiing, hiking, antiques
Andrew L. Meyer 98 Dayton Street S. Portland, ME 04106	W871-9540 H799-4530	Marketing, IBM	22-Hiking, sailing, canoeing, meeting people
Barb Murphy 19 Bridge St., Apt. 2 Yarmouth, ME 04096	H846-5429	Registered Nurse, Maine Medical Ctr.	25-Swimming, golf, basketball
Jeffrey Newsom Box 297 S. Paris, ME 04281	W743-8927 H527-2478	Executive, W.J. Wheeler & Co, Inc.	42
Rick & Norma O'Brien 66 Granby Road S. Portland, ME 04106	W883-3980 H773-1185	R-Mechanic, O'Brien's Garage	R(39); N(38)
Gerald G. Poirier 23 Declaration Drive Westbrook, ME 04092	H797-6290	Baking Distributor (Self-employed)	42-Hiking, collecting gems/minerals

NEW MEMBERS cont.

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Jennifer Rood 546 Main Street Westbrook, ME 04092	W780-3653 H854-0112	Law Clerk, U.S. Bankruptcy Court	Swimming, music (classical & folk), law
Susan H. Rose Box 338 N. Waterboro, ME 04061	W774-9501 H793-2500	Substance Abuse Counselor, Day One	40-UNH graduate student
Eileen Dunfey Stergiou 21B Clinton Road Cape Elizabeth, ME 04107	W799-1681 H767-5425	Dental Assistant, Drs. Boland & Pick	29-Skiing, hiking, camping, cooking
William & Diane York 15 Woodland Road S. Portland, ME 04106	W799-8533 H767-2401	W-Sales Engineer, Northeast Mech.; D-Owner, Daffodils for Hair	W(43); D(40)

Our thanks to the following members and organizations for their recruiting efforts: Bob Cushman, 1; Athletic Attic, 2; Olympia, 4; YMCA, 1; Bailey's, 1; Lifeline, 1; and Bob Jolicoeur, 1. In addition, one new member was gained from the Turkey Trot race.

TALKING WITH THE PACK

This month, Carol Mills has provided us with the survey results to the following question: "What holiday gift would most improve or benefit your running?" Here are the answers she got:

Cheryl Davis

Motivation to run through the winter - month by month - in a gore-tex suit.

Cindy Tifft &
Doug Aiken, MD

C-An indoor track in the basement with a few flowers for inspiration, plus a watch.
D-More daylight. Coal miner's headlight for running around Macworth in the dark.

Barbara Hamaluk

Extra knees; actually five or six sets. Totally flat running terrain, especially for races. Then maybe I won't need the knees!

Jennifer &
Danforth DeSena
Susan Peck &
Phil Coffin

J-Delivery of her baby, due January 2nd.

D-A slower watch.

S-The joy of running from Phil.

P-A week to train in a warm climate.

Mary &

M-Good weather.

Anthony Salvo

A-A sports watch.

Brian St. Pierre

New shoes: Nike Pegasus.

Kattie &

K-Gore-tex running suit - light blue.

Ralph Towle

R-Gore-tex running suit - dark blue.

Pam Twombly

More time for training for a marathon. The current home chores demand a 5:00 a.m. run.

Steve Woodsum

Polypropylene: a total wardrobe. Also, longer daylight.

Cliff Fletcher

20 years off my age to improve my time.

Bob Hazzard

Keep my good health and avoid injuries. Currently no injuries.

Janice Kenney

Gore-tex running gear - dark blue with reflector stripes.

James Carroll

Jeff Galloway's Training for Marathons.

Jerie &

J-New genes.

Alvin Bugbee

A-New navy gore-tex suit to replace worn-out one. Love that gore-tex suit for consistent running throughout the year.



SEASONS GREETINGS

Best wishes to all members and their families and friends for a MERRY CHRISTMAS and a HAPPY NEW YEAR!

ANNUAL AWARDS BANQUET

About 150 members and guests attended the Club's annual awards banquet on December 1 at Verrillo's. Bill Green of Channel 6 TV Sports was featured speaker and did a great job.

Joan Samuelson was on hand to accept the Maine Female Runner of the Year award which Bob Jolicoeur admitted was a gross understatement when he presented it to her, but somewhat apologetically said, "that's all we've got." The crowd was delighted with her presence. Joan is the current holder of the U.S. Marathon record for women with a time of 2:21:21 set in Chicago in October. Joan is still recovering from surgery and not running yet. Bob Jolicoeur noted that she even ate baked ham at the banquet while she noted that he ate roast beef - Touché.

Also on hand to receive an award was Andy Palmer for Maine Male Runner of the Year. Andy won the Demers Classic 1 miler in 4:20, the Van Buren 10K, Northeast Harbor 5 miler in 24:11, Kingfield 10K in 29:54, Benjamin's 10K in 30:01, and a 5K fund raiser in 14:41 in 1985. He also competed very well out-of-state including a Salem, NH 5 miler in 24 minutes flat.

Susannah Beck of Waynflete accepted the John Fyalka/Maine Track Club Scholarship Award of \$200 while Scott Roberts of Maranacook School also accepted a Maine Track Club Scholarship Award of \$200. Both students have distinguished themselves in local, state, regional and national school competition.

Greg Nelson of the Maine Road Ramblers was selected to receive an award for Outstanding Contribution to Running by an Individual. His 1985 accomplishments included:

- Maine TAC Course Certification Chairman and Member Road Running Technical Committee:
 - Processed 26 applications for course certification
 - Measured 12 courses for certification
 - Compiled booklets on course certification in Maine and on obtaining recognition for road race performances
- Maine TAC Long Distance Chairman - Men
- Maine TAC Long Distance Chairman - Women
- President, Penobscot Wheelmen
- Race Committee Chairman, Maine Road Ramblers
- Directed - Maine Event Triathlon (canoeing)
 - New England Triathlon Series - Maine (swimming)
 - Veterans Day Road Races
- Contributed many articles to Maine Running Magazine, and the newsletters of the Maine Road Ramblers and Penobscot Wheelmen



CORRECTION

In last month's Member Profile we stated that Roy Morejon attended high school in Massachusetts. Well...we lied. He went to high school in Connecticut. Sorry about that, Roy.

ANNUAL AWARDS BANQUET cont.

Maine Savings Bank earned an award for Outstanding Contribution to Running by an Organization for its many contributions to running and to the Maine Track Club in 1985 which included an agreement to be the major sponsor for the May, 1986 National Champion 10K. This allowed the Club to put in for and win the bid for the 1986 RRCA convention. Maine Savings Bank also sponsored the Gaspings Gobbler 10K and 2 mile run in Augusta for the 7th year in a row again this year, plus made a major contribution to the Back Cove running path in the early stages of the drive to help spark the effort. It has also been responsible for the care and feeding of the Maine Track Club all year as a corporate sponsor. Bob Masterton, president of the bank, was at the banquet to accept the award.

Club members receiving awards included the following:

Maine Track Club Male Runner of the Year - Peter Dube
Maine Track Club Female Runner of the Year - Jane Dolley
Youth Runner of the Year - Denise Harlow
John Fyalka Award for Outstanding Contribution
to the Club - Jean Thomas
Outstanding Race Director for the Stroh's Run for Liberty II -
Rick Strout
Triathlon Award - Paul Merrill
Pee Wee of the Year - Benjamin Davenney
Comeback Runner of the Year - Greg Dugas
Most Improved Awards - Russ Bradley, Dick Lajoie, Joyce Cook,
Joan Lavin, Ron Cedrone, Wanda Haney

Bob Jolicoeur presented each of the officers, and Art Quint and Sandy Utterstrom (committee heads) with a Certificate of Appreciation for outstanding service in 1985. Additional Certificates of Appreciation were presented to Wayne Ross, SMVTI, for major contribution to the success of the Club (free use of auditorium for Club meetings and frequent use of the facility for Club races); Sheryl Kieran for major contribution to the success of the Club (layout, typing, and assisting with content of Club newsletter and maintenance of membership roster); and Bernie Chapman, owner of Bernie's Fashions in Portland, for contribution of awards to 1985 Club marathoners. Ms. Kathy Bubier accepted for Mr. Chapman.

Doug Ingersoll, Athletic Attic, was recognized for major contribution to the running community (fund raising race event for the Back Cove running path netted nearly \$2,000) with a Certificate of Appreciation.

Finally, all members who completed a marathon in Maine in 1985 were recognized with a trophy provided by Bernie Chapman.

The Club is most grateful to Sandy Wyman for doing an outstanding job as Mistress of Ceremonies at the banquet, and for the efforts of the entire awards committee: Bob Jolicoeur, Chairman, Bob Payne, Jane Dolley, Charlie Scribner (who arranged for all the awards), Art Quint, Russ Connors, and Sandy Wyman. Also to Don Penta for assisting the committee on several matters.

1986 MEMBERSHIP MEETINGS

All 1986 Club membership meetings will be held on the second Wednesday of each month. Here are the dates: January 8, February 12, March 12, April 9, May 14 - RRCA convention volunteer meeting (in lieu of membership meeting), June 11, July 9, August 13, September 10, October 8, November 12, and December 7 - Awards Banquet (in lieu of membership meeting).

MEMBER PROFILE - Vin Skinner (by Carol Mills)

The Maine Track Club can serve the running community because members like Vin Skinner, 27, step forward and accept responsibility. As a result, the running community enjoys races like the Turkey Trot held on November 17th which Vin directed; mile splits, road supervision, water stops, showers, turkeys, and raffle prizes. The good weather was luck; Vin's reward for a pre-race job well done.

His major goal as a first-time race director was for the runners to have a good time both during the race and the awards ceremony. Directing a good-time race is a process that starts with preparation - brainstorming and list-writing. Published lists are available, but the ideas must be customized for the race at "foot." The tasks on the list must have seemed endless for the new race director: creating and distributing a race flyer, securing facilities, soliciting sponsorship, arranging for refreshments, recruiting and organizing volunteers, praying for fair weather, and completing post-race activities (distributing results, thanking people, settling expenses, assessing success, planning improvements).

Fortunately for Vin, he had some terrific assistance from other Club members. "On race day," Vin commented, "the volunteers made the race." And Vin's non-Maine Track Club friends were also supportive, from helping with last minute details, to traveling to the race from Waterville in what looked like lousy weather.

Vin quickly learned that organizing a race has its difficulties, especially regarding the time it demands. Time is a limited commodity quickly consumed by work - Vin is a computer programmer and analyst at Union Mutual - and by social obligations - weddings to attend on three consecutive weekends. He admits, though, that directing the Turkey Trot wasn't as scary as he imagined it would be. He plans to direct the Turkey Trot again in 1986. He can see some improvements that should be made, and starting a year early will make the job seem easier.

Vin says that his chronological and mental age is 27, but his physical age is 23 and dropping. (He keeps hoping he'll win the Pete Pfitzinger look-alike award at a road race.) Although he has worked at about a half dozen races, he has only run in about five races. Those races certainly "youthed" him. And he dares to care to do more races? He looks so young already! Joking aside, running is healthy. Vin calls the low point of his life a year and a half ago before he started running. A high point of his life was a PR for a 10K; he broke 39 minutes for the Perfect 10K. During his high school days in Bristol, Connecticut, he ran cross-country and indoor-outdoor track. He wasn't very competitive then, but his high school had a good tradition (State Champions, 1969-1975), so he was somewhat pushed. Some of his teammates were very good. Now, ten years later, he's slowly approaching their times; they're not even running anymore.

Vin wonders if he really likes racing, but concludes that he does. "Racing gives very tangible signs of improvement." In 1983, Vin ran the Casco Bay Marathon. He didn't train, and he tried to run with a friend. Staying with the friend was the goal, but waiting for his decision to quit wasn't good for Vin's time - 4:09. In 1985, Vin again ran the Casco Bay. He trained for six weeks. Despite 21 miles of foot spasms, he finished in 3:35. Earlier that year, Vin ran the Maine Coast Marathon. He was on mark for 3:10 until he "hit the wall" at mile 19. He finished in 3:35. Wait 'til next year!

AMERICANS ARE SPENDING PROGRESSIVELY LESS TIME IN HOSPITALS, WITH THE AVERAGE LIFE OF STAY DROPPING TO 6.6 DAYS IN 1984 FROM 6.9 DAYS IN 1983 AND 7.1 DAYS IN 1982. In addition, approximately 4% fewer Americans were hospitalized in 1984 than in 1983. This trend, if it continues, should be encouraging news to corporations for whom hospital time and expense are extremely costly.

MEMBER PROFILE cont.

Racing also gives tangible signs of fun. Pa's Promenade Prance (he should've started slower!) was fun because of the party afterwards. Vin is excited about returning to Bill Rodgers' Jingle Bell Run Sunday, December 15th with some of his friends. The \$10 registration fee goes toward the Massachusetts Special Olympics, and there's a great party afterwards!

At work, Vin is enjoying the Union Mutual Corporate track team. Making new friends is the best part. He may run Grandma's Marathon in Duluth, Minnesota with a new friend next June. He enjoys running in new places like Hurricane Island and North Haven where he participated in an Outward Bound course last summer. It was great fun - varied terrain, great scenery, and even being pushed to the limit by his instructor (and visa-versa).

Vin hopes his times will continue to improve. It would be rewarding to qualify for the Boston Marathon someday. Maintaining his good health is also a priority for Vin. He has become more nutrition-minded. He does other aerobic activities: kayaking, bicycling, telemarking. This winter he would like to start swimming. ("If people reading this want to encourage me to join them....") Vin's other interests include playing and listening to music. He plays clarinet, trumpet, and saxophone. Since reading "jogs the mind," Vin shares these: Geoff Galloway's book on running, the Clarence DeMar and Bill Rodgers autobiographies, The Princess Bride, and The Marathon Man, both fictions by William Goldman.

And every runner seems to have a philosophy. Here's Vin's: "It's better not to finish than not to start. You'll never know until you try. It's important to me to keep an even keel, maintain some balance. Pizza, beer, cookies, and friends (not in that order) are important. Lastly, it helps to train once in a while (at least)." With Vin's training program, his race times are sure to improve! Vin is excited about the RRCA convention in Portland this Spring, and hopes to participate in it in a meaningful way.

FAVORITE PICTURES AVAILABLE

If you saw slides at the banquet during the dinner hour that you liked, you can order them from Jane Dolley. Just send her a note or call her and indicate:

- ☐ Subject of slide (race; people) _____
- ☐ Duplicate slide (80¢), or
- ☐ Print: size ☐ 3 x 5 (\$1.00) ☐ 5 x 7 (\$2.50)
- ☐ Other _____

How We See
Ourselves.

Jane can also get you Casco Bay Marathon Club photo reprints, 5 x 7 for \$2.10.

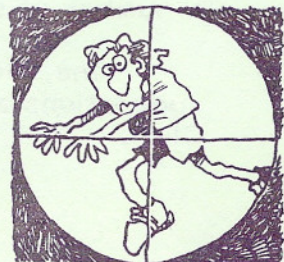
All orders by February 1st please. Make check payable to Jane Dolley.

This month's newsletter courtesy of



MAINE SAVINGS BANK

HOW A COUPLE OF
GUYS WITH A CASE OF
BEER IN A PICKUP
SEE US.



ROAD RACE DIRECTORS' CONFERENCE

Jane Dolley, Charlie Scribner and Bob Jolicoeur spent the weekend of November 16-17, 1985 at the Road Race Directors' Conference in Washington, DC which was sponsored by Road Race Management of Woodbridge, VA. All three agreed that it was a great conference and came back bubbling over with new ideas on road race management and various other topics.

One of the great benefits of attending such a conference is the people you meet. Just to list a few of the big names we met were Harold Tinsley, President of RRCA; Ken and Jennifer Young of the NRDC; Allan Steinfeld, Chief Operating Officer of the NYRRC, Inc., and chairman of TAC Technical Committee; Jeff Darman, President of Road Race Management; Marty Liquori, former champion runner and current TV sports personality; and Fred Lebow, Director of the New York City Marathon.

While we could give a 10-page report on what went on, we won't bore you with so many details in print. However, you might like to know that:

- New York Road Runners Club has 35 paid staff, puts on 100 road races a year, and has 25,000 members.
- The New York City Marathon uses 7,000 volunteers.
- The Boston Marathon will be held on Monday again in 1986.
- The New York City Marathon uses an electronic scanner at the start of the race to check the runners (to catch cheating).
- Demographic studies show the New York City Marathon brings \$54.5 million in gross revenues to businesses in the City. In the San Francisco Marathon, it's \$6 million.
- Runners are shifting from long to shorter races and the ratio of males to females has dropped to 3 to 1 from 10 to 1 only a few years ago. The shorter the race, the closer we get to a 1 to 1 ratio.
- More women are taking up the sport than men and youth runners have almost disappeared from the scene.
- 10Ks have only been popular since 1979. Before then, races tended to be longer distances according to NRDC.
- NRDC reads 200 club newsletters per month for race results.
- TAC is the governing body of the sport. TAC Sanction means the rules of international competition are being complied with.
- RRCA Sanctioning provides minimum quality guidelines for insurance purposes.
- RRCA purpose is to further the sport through the creation and support of clubs to promote better quality races.
- RRCA Sanction requires that the club president uphold the quality standards imposed.
- Peachtree Road Race is limited to 25,000 runners, but only score the first 1,000 finishers. 10 chutes are used.
- The Virginia 10-Miler is limited to 4,000 runners. Registration for the September race is cut-off in April. 6 chutes are used.

Charlie and Bob had lunch with Harold Tinsley on Sunday to discuss the convention. Harold seemed pleased with our progress to date and had a number of suggestions for us.

Jane, Bob and Charlie will provide verbal reports on various topics, suggestions and ideas generated at the conference at future meetings of the Club.

MINUTES OF THE MAINE TRACK CLUB
NOVEMBER 13, 1985

Outgoing president, Bob Jolicoeur called the meeting to order shortly after 7:00 p.m. New members present included Carlton Mendell, Andy Dionne, Bob Handy, Ken Casey and his daughter, Amy, and several others. Returnee Gordon Chamberlain was welcomed back to the fold.

Bob announced that a male runner from Great Britain is looking for a pen pal if anyone is interested.

Former vice president, Jane Dolley (now president) urged all members to make reservations immediately for the Club banquet on December 1st so that she'll know "how much spaghetti to order." Festivities at Verrillo's begin with a cash bar at 5:30 p.m., followed by a buffet dinner at 6:30 p.m. Sandy Wyman will emcee, members will show slides of 1985 races, and Bill Green of Channel 6 Sports will deliver the post-prandial speech. "Don't overeat on Thanksgiving," warned Jane.

Because of the banquet, there will be no December business meeting.

President-elect Dolley also stressed that members must preregister if they want to participate in the Club race on November 30th. The entry fee is \$3, and should be sent to Jean Thomas.

Jane also asked how many Club members would be interested in joining a running clinic led by Cheryl Bascomb, who has run a very successful program for Unionmutual. Many hands went up. Brenda Cushman thinks the clinic a good idea as long as it can be tailored to different ability levels. Jane will contact Cheryl to see if such a clinic can be arranged for the Club.

Treasurer Rick Strout reported a checkbook balance of \$3,597.38.

Sandy Utterstrom, director of the Falmouth Lions Club Race, presented trophies to winning team members Jim Toulouse, Bob Coughlin, Dick McFaul, Barry Howgate, and Bob Jolicoeur.

Bob Jolicoeur explained that Maine Savings Bank could not handle the November newsletter because of other commitments so the issue was jobbed out and would be in the mail shortly.

Race Committee Chairman Charlie Scribner announced that Vin Skinner, director of this year's Turkey Trot, would need volunteers to help with registration and results.

Bob Payne inquired about whether the Club wanted to have a January (or February) Thaw race next year. He will be glad to organize it, provided he can find a co-director and at least 20 (Jane Dolley's bottom line!) participants.

Elizabeth Miller, director of the Maine Historical Society and occasional 10K runner, introduced herself and asked for the Club's advise and assistance in putting on a "Longfellow's Birthday" race in late February or early March. Bob Jolicoeur suggested that the Board discuss this matter at its next meeting.

MINUTES cont.

Because MTC is hosting the RRCA convention in May, the Club will either eliminate or reschedule the following races it usually puts on at that time of year: Terry Fox, and the Bob Rice Memorial. Jane Dolley and Russ Connors proposed that the Club look into other possible ways to honor Bob Rice. John Keller and Rice's parents will be consulted.

Meanwhile, directors have been named for more than half of next year's races according to Charlie Scribner. The 1986 MTC race schedule includes:

February:	Midwinter Classic - 10 miles
March:	Maine Milk Run (tentative) - 5 miles
April:	Boy's Club - 5 miles
May 16-18:	RRCA Fun Race (5/16) and 10K (5/18)
July:	Perfect 10K Pat's Pizza - 5 miles
August:	Good Sports - 10 miles
September:	Cape Challenge - 13.1 miles James Bailey 5 Miler
October:	Stroh's Run for Liberty III BEU/Kidney 10K
November:	Falmouth Lions - 10K Turkey Trot - 5.8 miles
December:	Club Race - Approx. 5 miles



Jane Dolley announced that despite the diminishing field (243 finishers this year), Unionmutual remains strongly committed to the Casco Bay Marathon. The company would appreciate suggestions for attracting more runners in the future. Club members Peter Bastow, Greg Dugas, Jane Dolley, Ken Dolley, Charlie Scribner, and Russ Connors volunteered to form an advisory committee. Jane and Ken agreed to interface with Becky Amsted at Unionmutual for the Club.

Ultramarathon finishers Carlton Mendell, Roz Randall, Kim Moody and first-timers Phil Pierce and Dave Trussell were praised for their performances on the Brunswick course. Seven Club members were cited for completing the U.S. Marine Corps Marathon in Washington, DC. Some of them accomplished this feat on top of the Casco Bay Marathon two weeks earlier!

Membership Chairman Ted Cunningham reported 24 new members in the past month, upping our number to 270. (At December 31, 1984 there were only 146 members!)

Clothing Committee Chair Sandy Utterstrom announced a sale on windsuits (\$30) at L.L. Bean's. MTC sweatshirts can be ordered from Sandy and MTC knitted hats from Al Butler.

Charlie Scribner, Bob Jolicoeur, and Jane Dolley are on their way to the Road Race Management conference where they'll meet with RRCA board members to consult on convention plans and encourage prospective participants.

Bob Jolicoeur described in detail the events planned for the May 16-18 RRCA convention and urged members to volunteer to participate in the fun runs, man the registration desk and information center, make pot luck dishes, and drive out-of-town guests to various local destinations. A sign-up list was circulated. This process will be repeated again at the January meeting.

MINUTES cont.

The name of Phil Pierce was placed in nomination for vice president, the entire new slate of officers was elected, and committee heads were announced.

The Club voted to invite Mark Hoffmaster and his wife to the annual banquet as special guests. Bob Coughlin, past president, agreed to make the contact.

After Club business was concluded, Jane Dolley entertained those present with hilarious and heartwarming slides of peak 1985 events ranging from Sandy Wyman's annual lakeside picnic to the Marine Corps Marathon.

Maggie Soule, Secretary

RUNNING AND PORTLAND, MAINE

George Towle, Portland High School track and cross-country coach, has announced that Portland Track Club, a summer track program consisting of 80 to 90 high school runners, has been selected by The Athletics Congress (TAC) to host the 1986 TAC Junior Olympic Region I track and field meet on June 28 and 29, 1986.

The meet will contain events for 15 and 16 year-olds and 17 and 18 year-olds. The top three in each division will be selected to compete in the nationals. George said he was very pleased at the selection and hoped Maine Track Club members would volunteer to assist.

It looks like Portland, Maine is becoming popular for competitive running events and conventions. Look out, Boulder!

COURSE CERTIFICATION

The RRCA National Championship 10K course was officially declared a certified course in November by Greg Nelson and granted the National Registration Code: ME-85021-GN. The start and finish line is in Deering Oaks Park and four miles of the 6.2 miles are run along the water on Baxter Boulevard.

Our thanks to Bob Jolicoeur for measuring the course and submitting the application for certification. Bob says the race will be held on May 18, 1986, but there is no good reason not to use the course for other races before then.

NEW YEAR'S EVE CELEBRATION

As we reported last month, Jane & Ken Dolley are hosting this year's New Year's Eve Club party and fun run. Jane reminds everyone to bring a towel, reflective vests, and a flashlight. The 3 or 4 mile run starts at 9:00 p.m. from the house. Call Jane for what food/dish you can bring.

Directions: Traveling north on Rte. 88, go 3/4 of a mile past the Yarmouth Boatyard. Turn right on Bayview Street. Third street on the right off of Bayview is where Blueberry Cove Condominiums are located. Unit #62 is at the end of Blueberry Cove Road on the right. Please call if you need help - 846-6018.

RACE RESULTS

Falmouth Lions Certified 10K, Falmouth, ME - November 10, 1985 - 83 Finishers

1. <u>Alton Stevens</u>	33:48	36. <u>Wanda Haney</u>	41:23 1st Woman
2. <u>Werner Pobatschnig</u>	33:56	37. <u>Mike Moseley</u>	42:01
3. <u>George Towle</u>	34:11	38. <u>Rick Strout</u>	42:09
4. <u>Jim Toulouse</u>	34:25	39. <u>Deborah Hewson</u>	42:12 *
5. <u>Michael Cirillo</u>	35:22	40. <u>Gary Monroe</u>	42:18
9. <u>Bob Coughlin</u>	35:50	44. <u>Gerald Poirier</u>	43:01
13. <u>Brian Milliken</u>	37:28	49. <u>Gordon Chamberlain</u>	44:37
14. <u>Arnold Amoroso</u>	37:37	50. <u>Tom McMillan</u>	44:40
16. <u>Dick McFaul</u>	37:45	52. <u>Joan Lavin</u>	45:02 *
18. <u>Frank Ferland</u>	38:00	55. <u>Russ Bradley</u>	46:01
20. <u>Barry Howgate</u>	38:17	59. <u>Grace Amoroso</u>	46:28 *
21. <u>Bob Jolicoeur</u>	38:34	60. <u>Richard Duncanson</u>	46:36
24. <u>Richard Scribner</u>	39:45	61. <u>Carol Mills</u>	46:37 *
25. <u>Alvin Bugbee</u>	39:51	63. <u>Rick O'Brien</u>	47:25
31. <u>Dick Brink</u>	40:58	66. <u>Dave Horne</u>	48:19
		67. <u>Don Penta</u>	48:24
		70. <u>Jean Abradi</u>	49:53 *
		75. <u>Jean Thomas</u>	51:43 *
		82. <u>Dail Martin</u>	58:39 *

Falmouth Lions Fun Run - November 10, 1985 - 1 Mile - 12 Finishers

1. <u>Marty Howgate</u>	7:24	8. <u>Tarsha Reagan</u>	10:12 *
2. <u>Craig Hall, Jr.</u>	7:55	9. <u>Jack Reagan</u>	10:12
3. <u>Benjamin Davenney</u>	8:05	10. <u>Courtney Croteau</u>	10:19 *
7. <u>Joe Wildman</u>	9:55	11. <u>Joseph Croteau</u>	10:19

Thanks to Sandy Utterstrom for these results.

17th Annual Turkey Trot, November 17, 1985 - Cape Elizabeth, ME - 86 Finishers (5.8 Miles)

1. <u>Bruce Ellis</u>	29:15.49	43. <u>Rick Strout</u>	39:12
2. <u>Kim Wettlaufer</u>	29:31	45. <u>Denise Harlow</u>	39:19 *
3. <u>Sophocles Cotsis</u>	31:17	49. <u>Carlton Mendell</u>	40:04
4. <u>Stan Smith</u>	31:18	51. <u>Richard Littlefield</u>	40:12
5. <u>Chris Bovie</u>	31:32	52. <u>Gordon Chamberlain</u>	40:16
10. <u>Paul Merrill</u>	33:08 1st MTC	53. <u>Herb Strom</u>	40:23
13. <u>John Eldridge</u>	33:41	54. <u>Bill Muldoon</u>	40:34
15. <u>Bob Coughlin</u>	33:54	55. <u>Frank Morong</u>	41:02
16. <u>Steve McGrath</u>	34:05	60. <u>Joan Lavin</u>	41:56 *
17. <u>David Smith</u>	34:18	63. <u>Grace Amoroso</u>	42:29 *
20. <u>Arnold Amoroso</u>	34:58	64. <u>Richard Duncanson</u>	43:05
21. <u>Greg Dugas</u>	35:21	66. <u>Russ Bradley</u>	43:21
23. <u>Steve Woodsum</u>	35:28	67. <u>Fred Stone</u>	43:22
26. <u>Russ Connors</u>	35:50	69. <u>Barbara Footer</u>	43:43 *
29. <u>Wanda Haney</u>	36:09 1st Female	70. <u>Rick O'Brien</u>	44:15
30. <u>Ron Cedrone</u>	36:35	71. <u>Carol Mills</u>	44:36 *
32. <u>Michael Reali</u>	36:55	75. <u>Don Penta</u>	45:38
35. <u>Dick Brink</u>	37:41	81. <u>Jean Thomas</u>	48:53 *
		83. <u>Warren Foye</u>	52:01

RACE RESULTS cont.

Turkey Trot cont.

Many thanks to the following MTC members who volunteered their time: Barbara Footer, Joan Lavin, Jean Thomas, Pat Goughlin, Dick Smith, George Nassar,

following non-member helpers: Cheryl Bascomb, Cape Elizabeth resident named Bob.

Vin Skinner, Race Director

Shaw's Thanksgiving 4 Miler, Portland Expo, November 28, 1985

Thanks to Don Penta for writing up the results for the newsletter. He said it was a cold, late fall day in the low thirties with wisping to accelerating breezes that led toward the end of the race to the first flakes of a snow storm. Everyone who wore running tights had a great time, according to Don, who did a PR for the course.

George Towle of Portland High School was race director again this year.

Gasping Gobbler Certified 10K, Augusta, ME November 28, 1985 - 167 Finishers

1. Gerry Clapper	32:50	
2. Peter Lessard	33:23	
8. Randy Hastings	36:46	1st MTC finisher
19. John David Mathieu	38:38	
49. James Hogerty	41:10	
58. Kathy Knight	41:57	1st Female
84. Bob Jolicoeur	44:09	
164. Georgianna Hogerty	56:27	*

Finishers

ert Wranosky in a time of 10:45 and Lynn Kenoyer in 15:18. Lynn was 36th overall finisher.

ch of falling snow making traction a bit difficult. Gerry Clapper who won his 7th Gasping Gobbler of winning all of them.

average" runner in this one, but he was smiling key.

Road racing

Shaw's Thanksgiving 4-miler Portland Expo, November 28

1. Andy Kimball, 19:59; 2. Andy Whalen, 20:11; 3. Mike Hersom, 20:40; 4. Mike Turner, 20:41; 5. Barry Fifield, 20:46; 6. Werner Pobolschig, 21:07; 7. Rusly Snow, 21:27; 8. Stephen Fisel, 21:28; 9. Wayne Pelletier, 21:29; 10. Joel Croteau, 21:34; 11. Frank Brume, 21:54; 12. David Clark, 22:07; 13. Mike Lapinski, 22:17; 14. Wayne Clark, 22:22; 15. Steven McGrath, 22:24; 16. David Smith, 22:26; 17. Charlie Nichols, 22:27; 18. Bob Coughlin, 22:28; 19. Don Campbell, 22:35; 20. James Doane, 22:39; 21. Dave Kimball, 22:40; 22. Paul Bourget, 22:43; 23. Muzzy Barton, 22:45; 24. John Beatty, 22:56; 25. Joel Tilcomb, 22:57; 26. Greg Dugas, 23:10; 27. Jim Harmon, 23:13; 28. Chase Pray, 23:20; 29. John Lunt, 23:22; 30. Peter Flaherty, 23:33; 31. Ron Cedrone, 23:38; 32. Roger Berle, 23:43; 33. Frank Whittier, 23:47; 34. Russ Canners, 23:48; 35. Tom Swan, 23:51; 36. Sam Merrill, 23:53; 37. Andrew Sawyer, 23:56; 38. Norman LaFortune, 23:59; 39. Alvin Bugbee Jr., 24:02; 40. Bob Ingerski, 24:03; 41. Don Wilson, 24:16; 42. Wanda Honey, 24:21; 43. Charles Peters, 24:23; 44. Lee Nicely, 24:29; 45. Alvin Bugbee, 24:35; 46. Lloyd Cracker, 24:41; 47. Bill Paulska, 24:51; 48. Chuck Massive, 24:33; 49. Roy Morrison, 24:55; 50. Norm Twaddell, 24:56; 51. Ralph Salamone, 24:58; 52. John Fischer, 25:09; 53. Richard Wood, 25:10; 54. Joseph Nappi, 25:11; 55. Tony Benoit, 25:15; 56. Carl Heffelfinger, 25:17; 57. Biff McGilpin, 25:22; 58. John Bolicki, 25:24; 59. Joe Doane, 25:26; 60. Lee Cracker, 25:28; 61. Gary Barton, 25:29; 62. Gerry Myall, 25:30; 63. Carl Comstock, 25:34; 64. Dennis Morrill, 25:36; 65. Dick Brink, 25:47; 66. Thomas Corill, 25:51; 67. Chris Salamone, 25:52; 68. Randy Schroeder, 25:53; 69. Steve Robertson, 25:54; 70. Scott Martel, 25:56; 71. Donald McGilvery, 26:01; 72. Gordon Chamberlain, 26:04; 73. Unavailable, 26:15; 74. Ken Casev, 26:20; 75. Tom McMillan, 26:35; 76. Ken Fickell, 26:46; 77. Carl Foy, 26:50; 78. Jane Dolley, 27:02; 79. K. Curtis, 27:04; 80. Don Stanhope, 27:06; 81. Richard Duncanson, 27:10; 82. T. Malay, 27:11; 83. Barbara Coughlin, 27:13; 84. Michael Hancock, 27:13; 85. Steve Collins, 27:26; 86. Diane Lavigne, 27:34; 87. Kevin Salamone, 27:39; 88. Thomas Hebert, 27:41; 89. Craig Harbo, 27:45; 90. Len Locke, 27:49; 91. Paul D'Amboise, 28:01; 92. Don Penta, 28:09; 93. Bill Finley, 28:05; 94. Chris Neeson, 28:07; 95. Scott Seegal, 28:10; 96. Moore Spraul, 28:23; 97. Steven Beatty, 28:27; 98. Jean Bennett, 28:35; 99. Barney Morrill, 28:41; 100. Jamie Hill, 28:42; 101. Ken Ray, 28:44; 102. David Ramsdell, 28:51; 103. Rick O'Brien, 29:52; 104. Mil Valters, 29:18; 105. Rebecca Harvick, 29:22; 106. Unavailable, 29:23; 107. Al Ramsdell, 29:28; 108. Doug Brown, 29:33; 109. Warren Alpern, 29:32; 110. Ken Luebert, 29:33; 111. Sandra Caulfield, 29:40; 112. Robert Cushman, 29:42; 113. Paul Tilcomb, 29:47; 114. Unavailable, 29:47; 115. William Whitten, 29:52; 116. Raymond Brunelle, 29:53; 117. Tim Smith, 30:03; 118. Richard Lemieux, 30:04; 119. Sarah Stuckey, 30:07; 120. Kris Jakowiak, 30:08; 121. Patti Medina, 30:16; 122. Earle Harvey, 30:17; 123. Susan Young, 30:29; 124. David Cohen, 30:33; 125. James McFarlane, 30:34; 126. Rod Stanley, 30:51; 127. Unavailable, 30:53; 128. Unavailable, 30:57; 129. Joseph Croteau, 30:59; 130. Warren Foy, 31:00; 131. Anthony Harvey, 31:00; 132. John Caruso, 31:01; 133. Melissa Smith, 31:02; 134. Liz Burke, 31:04; 135. Kim Hampton, 31:07; 136. Dick Goodie, 31:08; 137. David Ryder, 31:17; 138. Pat Tremblay, 31:17; 139. Molly Ellis, 31:18; 140. Jean Thomas, 31:28; 141. Sandy Ulfstrom, 31:32; 142. Diane Hanscom, 31:33; 143. Liz Goodie, 31:40; 144. Alicia Harding, 32:00; 145. Paula Sweet, 32:02; 146. Polly Leighton, 32:03; 147. Unavailable, 32:05; 148. Mort Soule, 32:13; 149. Johanna Reamer, 32:18; 150. Dee Nicely, 32:23; 151. Melvin Fineberg, 32:24; 152. David Valters, 32:27; 153. Raymond Neeson, 32:27; 154. Joyce Goodie, 32:05; 155. Edward Soppe, 33:10; 156. Brenda Cushman, 33:20; 157. Don Atkinson, 33:25; 158. Terry Morris, 33:30; 159. Gerald Davis, 33:38; 160. Mary Belknap, 33:43; 161. Bonnie Bickford, 33:49; 162. Christina Corbin, 34:10; 163. James Carroll, 34:14; 164. W. E. Lozette Jr., 34:15; 165. Al Ulfstrom, 35:13; 166. Judith Hennessy, 36:14; 167. Frank Long, 36:31; 168. Ruth Heffelfinger, 36:32; 169. Kathleen Woods, 37:22.

for me." Thanks also go to the following: Dave VanWie, Tom Riker, and a C

Gasping Gobbler 2 Mile Run - 85 Finishers

The 2 miler was won by Robert Wranosky (sister of the acrobat champion) in 15:18.

The races were run on one icy day but apparently it didn't bother the runners in a row, preserving his record.

Bob Jolicoeur was the "mean" runner since it was good for a 12 lb. turkey.

RACE RESULTS cont.

Club Fun Run, November 30, 1985 - 5 Miles - Predict Your Time (* = PR)

<u>Name</u>	<u>Predicted</u>	<u>Actual</u>	<u>Variance</u>
1. Bob Coughlin	27:50	27:53	+ :03*
2. Harry Nelson	29:00	28:40	- :20
3. Arnie Amoroso	29:10	29:11	+ :01
4. Jerry Allanach	30:30	29:38	- :52
5. Joel Titcomb	31:10	29:39	-1:31
6. Russ Connors	31:55	29:45	-2:10
7. Bob Jolicoeur	32:13	30:20	-1:53
8. Rick Strout	31:30	31:18	- :12
9. Alan Leathers	31:42	31:51	+ :09
10. Phil Pierce	31:26	32:17	+1:31
11. Richard Littlefield	33:45	32:50	- :55
12. John Gale	33:40	32:50	- :50
13. Tom McMillan	34:40	33:01	-1:39
14. Dave Paul	33:00	33:36	+ :36
15. Ken Casey	33:10	33:40	+ :30
16. Barb Coughlin	35:00	34:14	- :46
17. John Conley	34:30	34:22	- :08
18. Herb Strom	32:15	34:30	+2:15
19. Laurie Munson	34:00	35:07	+1:07
20. John Keller	34:01	35:08	+1:07
21. Barb Footer	37:30	36:04	-1:26*
22. Joan Lavin	36:20	36:10	- :10
23. Dick Lajoie	37:00	36:12	- :48
24. Carol Mills	37:05	36:41	- :24
25. Don Penta	37:45	36:57	- :48
26. Patty Titcomb	38:30	37:46	- :44
27. Bill Davenney	40:00	38:30	-1:30
28. Everett Davis	40:00	39:08	- :52
29. James Legere	39:21	39:37	+ :16
30. Terry McGovern	42:58	39:38	-3:20*
31. Tony Salvo	42:15	39:51	-2:24
32. Susan Young	42:30	39:52	-2:38
33. Judy Davis	43:39	41:21	-2:09
34. Ray Neveu	44:30	41:41	-2:49
35. Sandy Utterstrom	44:50	41:48	-3:02
36. Warren Foye	46:18	42:27	-3:51
37. James Carroll	43:21	43:52	+ :31
38. Dail Martin	41:00	44:33	+3:33*
39. Joyce Cook	48:13	45:40	-2:33
40. Ruth Hefflefinger	46:50	46:07	- :43

Winners

<u>Best Guess:</u>	Arnie Amoroso (only :01 off!)
<u>The Dreamer:</u>	Dail Martin (3:33 slower than predicted)
<u>The Sandbagger:</u>	Warren Foye (3:51 faster than predicted)
<u>First Overall:</u>	Bob Coughlin 27:53 (PR)
<u>First Woman:</u>	Barb Coughlin 34:14
<u>Middle of the Pack:</u>	Barb Footer 36:04
<u>Finisher #40:</u>	Ruth Hefflefinger 46:07

PARADE MAGAZINE • NOVEMBER 24, 1985

The cheetah is the fastest of all land animals over a short distance (up to 600 yards or so). Also called the "hunting leopard," it is native to the open plains of East Africa, Iran, the Turkmen Republic and Afghanistan. The cheetah has a probable maximum speed of 60 to 63 mph over level ground. Speeds up to 90 mph have been attributed to the animal, but such figures are considered exaggerated. The fastest land animal over a sustained distance of 1000 yards or more is the pronghorn antelope of the western U.S. It has been known to average 35 mph for four miles, 42 mph for one mile, 55 mph for half a mile.

RACE RESULTS cont.

Fun Run cont.

The Club "Fun Run" was held under bright blue skies on Saturday, November 30th. Forty Club members braved the chilly weather and tried to match their wits against Charlie's clock. Arnie Amoroso came the closest to his predicted time - he was only 1 second off! Bob Coughlin was the fastest overall in a blistering 27:53 (5:30 per mile!), and Barb Coughlin led the women in 34:14. There were an awful lot of sandbaggers in the group - 70% ran faster than their predicted time - but new member, Warren Foye took the award for the absolute worst guess (3:51 faster). Thanks to Jean Thomas who directed her first race. She did a super job.

The volunteers were: Charlie Scribner, Marie Wood, Sue Davenny, Priscilla Jolicoeur, Mary Salvo, Ted Cunningham, Widgery Thomas, Al Utterstrom, Ray Hefflefinger, Sandy Wyman, Ken Dolley.

Jane Dolley

Other Race Results

We note from the December, 1985 issue of Maine Running & Outing Magazine that Georgianna Hogerty also completed the Ralph Thomas 15K Road Race in Gardiner, Maine on November 3rd in a time of 84:57.

John-David Mathieu teamed up with Peter Heed to win the 1985 Waldo County Challenge Triathlon (5-17-5 mile event) in Belfast on October 20th. Randy Hastings and Judith Remley finished 13th in this canoe, bike and run event out of 31 competitors.

At least two members completed the Boston Peace Marathon on November 24th. Paul Merrill had an outstanding race with an 11th place finish in a Personal Best time of 2:35:40, good for a 4 minute improvement over his Casco Bay time on October 13th. Paul placed fourth in the 30-39 category, and was the first out-of-stater to finish. Tom McMillan completed the race in 3:30 in spite of problems with his feet from mile 18.

ROAD RACING

Boston Peace Marathon

From Concord to Boston

1. Steve Gay, Medford, 2:27:20; 2. Lou Ristaino, E. Boston, 2:27:41; 3. Jack Cleland, Cambridge, 2:29:07; 4. John Conforti, Charlestown, 2:31:30; 5. Rick Bayko, Newburyport, 2:32:24; 6. Dave Stokle, Brookline, 2:33:38; 7. Tim Blouin, Gardner, 2:34:35; 8. John Gorman, Winthrop, 2:34:52; 9. Tom Gilligan, Charlestown, 2:35:09; 10. Gus Foley, Winthrop, 2:35:26; 11. Paul Merrill, Portland, Maine, 2:35:40; 12. Mark Blakeley, Bridgewater, 2:35:49; 13. Russ Whittaker, Lexington, 2:36:07; 14. Tom Johnson, Melrose, 2:36:24; 15. Jeff Mader, Methuen, 2:37:36; 16. Chris Jackson, Cambridge, 2:37:47; 17. Jeff Kohan, Meriden, Conn., 2:39:35; 18. Peter Stanton, Shrewsbury, 2:39:47; 19. Bill Boardman, Westport, 2:39:51; 20. Joe McCarthy, New Bedford, 2:39:54; 21. Tom Wooley, Boston, 2:40:01; 22. Robert Wanamaker, Manchester, N.H., 2:40:17; 23. Mike Sullivan, Norwood, 2:40:32; 24. Jim Maloy, Waltham, 2:40:42; 25. Kevin Retelle, Andover, 2:40:52.

Women

1. Kathy Beebe, Medford, 2:55:30; 2. Nancy Munroe, Andover, 2:58:45; 3. Lauren Heyl, Lexington, 3:01:58; 4. Pam Roberts, Lee, 3:05:04; 5. Pat Lavelle, Newton, 3:06:57; 6. Debbie Greenslit, Worcester, 3:07:44; 7. Mimi Nelson, Somerville, 3:08:13; 8. Priscilla Kidder, Concord, 3:11:23; 9. Bette Davis, Cambridge, 3:12:07; 10. Frannie Fisher, Wellesley, 3:12:47.

Masters - 1. Foley, 2:35:26; 2. Boardman, 2:39:51; 3. Ron Kita, Mt. Vernon, N.H., 2:42:15. Women - 1. Davis, 3:12:07. Over-50 - 1. Sullivan, 2:40:32.

New York Times
11/25/85

VICTOR'S FUNNY BUSINESS



"He's a world-class mediocrity."

Around the state

Sunday
Telegram,
11/24/85

Area runners in Albany meet

Greater Portland will be represented by 23 runners today in the TAC Junior Olympic Cross Country meet at Albany, N.Y.

Runners by age group include Girls 9-10, Molly Ellis; 11-12, Liz Burke, Deb Belanger, Michelle Edwards, Kris Jankowiak, Deanna Smally, and Sarah Stuckey; 13-14, Melissa Grant, Carey Jorden, Terry Jorden, Amy Pettengill, Jennifer Pettengill, Kateri Picuch, Melissa Smith and Kati Towle.

Boys 11-12, Michael Grant, Nathan Maxfield and Joseph Wagnis; 13-14, David Boucher, Jimmy Emery, Kirk Kennedy, Peter LaRose and Wayne Moore.

RACE RESULTS cont.

Marine Corps Marathon - Washington, DC - November 3, 1985

As promised in last month's newsletter, here are the results of those MTC members who competed in the Marine Corps Marathon:

Carlton Mendell	3:20	Bill Davenny	3:56
Jane Dolley	3:51	Carl Hefflefinger	4:02
Barbara Hamaluk	3:53:48	Jean Thomas	4:04
Barb Footer	3:53:53	Widgery Thomas	4:06
David Hefflefinger	3:54	Sandy Utterstrom	4:27

Sandy Wyman completed 10 miles of the marathon as a training run.

Mainers Come Out on Top in the 1985 Bud Light Cape Cod Endurance Triathlon

Two Maine athletes really showed their true form and spirit during the endurance triathlon on September 7th on Cape Cod. Congratulations to Paul Merrill and Rosalyn Randall for their outstanding top 10 performances.

Over 200 triathletes competed that day under ideal record-setting conditions. Records were set in the overall men's, overall women's, and men's 40-49 categories. Paul bettered his time by nearly 22 minutes this year even though he forgot his goggles at the start of the swim and spent three to four minutes retrieving them.

"The triathlon was easier than I expected and I had plenty of energy at the end of the race," Merrill said. He competed from 7:00 a.m. to approximately 4:30 p.m., but stayed 'til past midnight watching competitors finish. During the nine and one-half hours, he consumed four peanut butter sandwiches, a banana, fig newtons, coke and water.

The Maine Track Club wishes Paul much success in his bid for the 1986 Hawaii Ironman Endurance Triathlon.

1985 BUD LIGHT CAPE COD ENDURANCE TRIATHLON

2.4-mile Swim, 112-mile Bike, 26.2-mile Run

Nancy Shaboski Stedman
(Results from December, 1985
Tri-Athlete magazine)

Overall Men

1. Scott Tinley	8:21:34
2. Marc Surprenant	8:51:37
3. Gary Passler	9:19:56
4. Mark MacGregor	9:29:02
5. James Sarkisian	9:31:35
6. Bob Weathersby	9:31:59
7. Paul Merrill	9:32:13
8. Donny Lake	9:34:45
9. Jerry Ranges	9:45:12
10. Pierre Boulduc	9:55:06

Overall Women

1. Patricia Puntos	9:30:32
2. Sylviane Puntos	9:30:32
3. Kate Delhagen	10:24:32
4. Margo Webber	10:26:40
5. Kimberly Walsh	10:45:13
6. Carrie Glasser	11:10:17
7. Patricia Hammer	11:36:35
8. Rosalyn Randall	11:37:10
9. Nancy Raposo	12:14:37
10. Louisa Bair	12:51:08

20 Bangor Daily News, Thursday, December 5, 1985

Palmer, Samuelson get running awards

PORTLAND — Andy Palmer and Joan Benoit Samuelson were given the Maine Track Club's top honors Sunday during the annual awards banquet at Verrillo's Restaurant.

Palmer, of Hiram, was cited as Male Runner of the Year for his half-dozen race victories in Maine during the year, including the prestigious Kingfield 10K where he had an impressive time of 29:54.

Samuelson of Freeport was the Female Runner of the Year after setting an American best in the marathon when she clocked 2:21:21 in Chicago in October.

Others receiving awards include: Greg Nelson, Individual Outstanding Contribution to Running; Peter Dube, Maine Track Club Male Runner of the Year; Jane Dolley, Maine Track Club Female Runner of the Year; Denise Harlow, Youth Runner of the Year; Jean Thomas, John Fyalka Award for Outstanding Contribution to the Club; Rick Strout, Outstanding Race Director for the Stroh's Run for Liberty II Race; Paul Merrill, Triathlon Award; Benjamin Davenny, Pee Wee of the Year; and Greg Dugas, Comeback Runner of the Year.

Most improved awards were handed out to Russ Bradley, Dick Lajoie, Joyce Cook, Joan Lavin, Ron Cedrone, and Wanda Haney.

The Maine Track Club-John Fyalka Scholarship Awards for \$200 were handed out to Waynflete school girl star Susannah Beck and Maranacook's standout Scott Roberts.

UPCOMING RACES - MAINE

Sorry folks, we don't know of any races nearby in December. 😞 About the only thing going is Ken & Jane Dolley's fun run around 9:00 p.m. on New Year's Eve from their house at 62 Blueberry Cove Road, Yarmouth. See write-up elsewhere.

The 1986 MTC race schedule has not been set yet, but our first race will be the Mid-Winter Classic in February, again to be chaired by enduring Bob Payne with a co-chairman to be announced.

UPCOMING RACES - OUTSIDE OF MAINE

We generally list a few races outside of Maine for a few months in advance since these frequently require a little more planning. For example, we note the deadline to register for the Western States 100 Mile Endurance Run to be held on June 28, 1986 has already closed! See clipping on next page.

- Dec. 14 Humana Rocket City Marathon - 9:00 a.m., Grissom High School, 7901 Bailey Cove Road, SE, Huntsville, AL. Contact Harold Tinsley, 8811 Edgehill Drive, Huntsville, AL 35802.
- Dec. 15 1985 Snowflake Run - 5 miler at 10:30 a.m., and 2.5 miler at 10:00 a.m. from Raymond Community School, Oak Street, Brockton, MA. Contact Teamsters Snowflake Scholarship Run, 65 Van Cliff Avenue, Brockton, MA 02401.
- Dec. 15 Bill Rodgers' Jingle Bell Run - 4.5 miles at 6:00 p.m. from Boston College Track, Chestnut Hill, MA. Contact Charlie Rodgers, Bill Rodgers Running Center, 372A Chestnut Hill Avenue, Cleveland Circle, MA 02146, or call (617) 734-7317.
- Dec. 15 Avon Women's International 10K Championships in Guadalajara, Mexico. Contact Marathon Tours, Inc., 1430 Mass. Ave., Harvard Square, Cambridge, MA 02138, or call (617) 492-3088.
- Jan. 1 3rd Annual Freezer Five 5M - Sterling, MA. 1:00 p.m., Houghton School. \$2 (\$3 post). Central Mass Striders, Box 2, Greendale Station, Worcester, MA 01606, or call (617) 464-5224.
- Jan. 1 Five on the First 5M - Newton Centre, MA. 1:00 p.m., Honda Village. \$5 (\$6 post). Beverly Saunders, 16 Wiley Street, Gloucester, MA 01930, or call (617) 283-2367.
- Jan. 1 45th Annual Hangover Classic 10K - Salisbury, MA. 10:00 a.m., Winers Circle Sports Bar. \$4 (\$5 post). Winners Circle Sports Bar, 317 Elm Street, Salisbury, MA, or call (617) 462-8994.
- Jan. 4 Jacksonville Marathon - 8:00 a.m. Also a 10K and 3-person Corporate Relay. Contact the Jacksonville Marathon Association, 1545 University Boulevard, W. Jacksonville, FL 32217, or call the Race Hotline - (904) 739-1917.
- Jan. 5 6th Annual Cape Cod Road Runners 5.5M - 10:30 a.m. Monument Beach, MA. Weary Traveler's Club, SASE to: Cape Cod Road Runners, P.O. Box 361, Pocasset, MA 02559.
- Jan. 18-19 Bermuda Marathon and 10K - Contact Marathon Tours, Inc. 1430 Mass. Ave., Harvard Square, Cambridge, MA 02138, or call (617) 492-3088.
- Jan. 19 Houston-Tennaco Marathon - 5,000 runners expected. Contact Houston-Tennaco Marathon, P.O. Box 2511, Houston, TX 77001.
- Jan. 19 Mission Bay Marathon - San Diego, CA. Fast, flat course within 100 yards of shoreline for the entire 26.2 miles - certified distance. Also 10K race and 2 mile fitness run. Send SASE to Mission Bay Marathon, 4035 Mississippi, #9, San Diego, CA 92104, or call (619) 236-4605 (days) or 295-1423 (evenings).

UPCOMING RACES cont.

- Feb. 2** Sunday Mass Long Beach Marathon - 7:30 a.m. Another race along the water and scenic neighborhoods. 4,000 limit. Call (213) 494-2664, or write Long Beach Marathon, 1825 Redondo Avenue, Long Beach, CA 90804 - \$15 fee.
- March 9** Los Angeles Marathon - For application, mail SASE to: Los Angeles Marathon, 5985 Century Blvd, Suite 322, Los Angeles, CA 90045. For additional race and travel info, call 1-800-562-4411.
- April 21** BAA Boston Marathon - For information and entry forms, send SASE to: 90th BAA Boston Marathon, 17 Main Street, Hopkinton, MA 01748, or call (617) 435-6905. *Send 12/19/85*

Sri-Chinmoy 2-Mile Runs - Brunswick - every Sunday morning at 9:00 a.m., rain or shine. Start at the corner of Harpswell Street and McLellan Street - Fee: \$1.

ODDS & ENDS

Sandy Utterstrom is taking orders for windsuits for \$40.00. Any other items of clothing you might be interested in? Please call her at home: 797-4710.



Offbeat 11/85

Fat guys follow a different drummer

SKANEATELES, N.Y. (AP) — Organizers say it wasn't so much a test of endurance as a test of tastelessness.

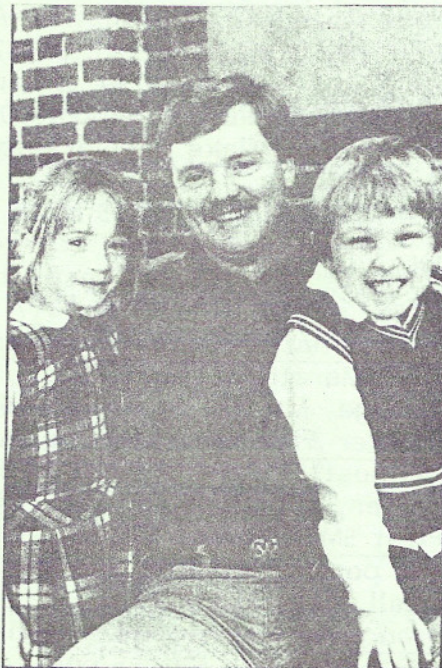
It was the Fourth Annual Short Fat Guys' Road Run, and it was held Sunday afternoon in this Onondaga County village at the end of Skaneateles Lake in the Finger Lakes region of central New York.

As always, the rotund contestants prepared for the three-mile race inside Morris' Bar and Grill, then set off knowing they'd be stopping for beer, pretzels and cigarettes a few blocks down the road.

Short, fat men could enter the run in one of four categories, according to organizers: heavy drinkers, smokers, fast-laners or iron men, who possess the talents of the other three.

No one paid much attention to time, but most of the men ambled across the finish line about 35 minutes after they started.

(From a Texas running club newsletter picked up at the Road Race Management Workshop, November 17, 1985)



David Paul and his young friends are living proof that the Portland Boys and Girls Club is "the club that beats the streets."



New England Telephone
A BNYNEX Company

Computers have even entered the world of shoe innovations. Dr. Peter Cavanaugh, of Penn State and Puma fame, is about to introduce the Puma Rx 100. For \$200, you will be able to get a pair of shoes complete with microchip and output jack. After you finish your run, all you need to do is jog on in and hook up your shoes to your Commodore 64 or Apple II-E computer. Out will come the distance you ran, your time, pace and calories consumed.

Lisa Marie Joyce John A. Gale

The wedding of Lisa Marie Joyce and John A. Gale took place Nov. 16 at St. Patrick's Church.



A reception followed at Verrillo's Restaurant.

The bride is the daughter of Martin J. Joyce of Portland and the late Helen H. Joyce. The bridegroom is the son of Arthur and Janet Gale of St. George, Bermuda.

The maid of honor was Helen M. Sullivan. Attendants were Susan Minervino, Mary Beth Gale, Melissa Twombly, Jeanne Malia, Amie Theuner and Jodi Minervino.

The best man was James Cloutier. Attendants were Barry Tibbetts, Samuel Minervino, Mark Cloutier, James De Grandpre and Thomas

Minervino.

The bride is a graduate of Catherine McAuley High School and the University of Maine at Orono. She is employed by Pierce, Atwood, Scribner, Allen, Smith and Lancaster.

The bridegroom graduated from Nobel High School, Berwick. He is employed by the University of New England, Biddeford. Mr. and Mrs. Gale will reside in Portland.

Western States 100

The date for the 1986 *Western States Endurance Run* will be June 28, but entries close this month (November '85). Presumably one reason for the early close is to avoid the inevitable crush of unqualified would-be entrants after the '85 race is shown on network TV in January.

The Western States course follows a rugged 100 miles of Sierra Nevada trails from Squaw Valley to Auburn, California (see story in October RT). An entry fee of \$125 must accompany each entry form, which must be postmarked by November 26 and received by December 1. Entry fees will be refunded in December to runners not selected. Contact Curt Sproul, Weintraub et al, 2535 Capitol Oaks Dr., Sacramento, CA 95833; (916) 648-9400.