

Maine Track Club

December 1986

Run with a friend ...



UPCOMING MEETINGS

**NEXT MEMBERSHIP MEETING:
JANUARY 14, 1987**

Look for a program announcement in the next newsletter. As new program chairperson (and Vice President) Cheryl promises some exciting speakers.

ANNUAL BANQUET

If you haven't already signed up for the annual banquet you can still do so by calling Jane Dolley (780-7274 (w), 846-6018 (h)). The banquet will be held this year at Michel's Restaurant at Exit 8 on the Maine Turnpike. The evening begins with attitude adjustment at 5:30 PM followed by a lively evening of dinner, annual awards, slide show of races and other events, and topped off with the featured speaker, Bob Sevene, coach of many world class runners and new coach at Bowdoin College.

WORLD CLASS COACH TO BE BANQUET SPEAKER

Bob Sevene, Bowdoin College's new cross country and track coach, will be the featured speaker at the annual Maine Track Club banquet on December 7. Prior to his post at Bowdoin Bob was head coach and administrator of Nike's Athletics West track and field club, with headquarters in Eugene, Oregon. Bob has been Joan Samuelson's coach for several years, and has coached many other fine runners, including Alberto Salazar, Mary Decker Slaney, Bruce Bickford, and Nan Doak, to name a few. It will be a treat to hear Bob speak, and is another good reason to plan on being at the banquet.

MTC ANNUAL FUN RUN

December 6, 1986 9:00 Cape Elizabeth HS

This year the MTC members-only fun run will be a predicted time race where each entrant predicts his or her finish time. The runner with the time nearest to the predicted time wins. There will also be a prize category based on fastest times within weight divisions. Entry fee is \$3.00, registration is 8:00-8:30, race begins at 9:00 AM. Race is approximately 4.5 miles over gently curving terrain. No watches allowed on wrists (or elsewhere)!

FUN RUN Jingle Bell Run, December 17, 1986

Keep your eyes out for announcements about this event. It is being sponsored by the Maine Association of Life Underwriters. Proceeds from the event will go toward the Special Olympics. The run will be led by Joan Samuelson and Bruce Bickford and will be thru the streets of Portland stopping at hospitals and nursing homes for carolling. Bruce and Joan will keep the pace submax (I hope) so that some wind will be left for vocal cords! Vince Skinner and Rob Lasky will be helping with the logistics.

Track Meet! December 20 at Bates - -

For a change of pace and scenery, why not try an indoor track meet? Your chance has come. Bruce Ellis is looking for runners in all categories to form teams. More information is available in other places in the newsletter. However, if you want to run and be a member of a MTC team, contact Bruce as soon as possible if not sooner. His number is (603) 778-1603. Just think, no potholes, icy roads, wrong turns, snow, or wind.

ELECTION OF 1987 OFFICERS AND COMMITTEE CHAIRMEN

. Officers .

President.....Phil Pierce
Vice President.....Cheryl Bascomb
Secretary.....Susan Stone
Treasurer.....Rick Strout
Race Committee.....Charles Scribner
Newsletter Committee...Fred Beck
Membership.....Dennis Connelly

Committee Chairmen .

Clothing.....Tom Norton
Social.....Nancy Stedman
Publicity.....Maggie Soule
Statistician.....Don Penta
Programs.....Cheryl Bascomb
Refreshments.....Brian Milliken
Course Certification...John Gale
Photography.....Frank Ferland

EDITOR'S COLUMN

This issue of the newsletter brings with it some profound changes. At the top of the list is the realization that Bob Jolicur is no longer the newsletter editor nor is Maine Savings Bank the publisher and sponsor. On behalf of the membership I want to express many thanks to Bob for creating a readable and always interesting newsletter. And to the Maine Savings Bank we owe a considerable debt of gratitude for sponsoring the newsletter for the past 2 1/2 years.

Your newsletter committee, which consists of the officers of the club plus other interested volunteers, has met several times to discuss the new 'unsponsored' effort. Obviously, cost is a controlling factor. We have decided to go with a new format for the newsletter (designed by Deb Hewson) which includes a new front page heading and twin columns. Hopefully, we will be able to get as much information as before into fewer pages without losing any of the readability. We will be mailing out the newsletters on the first of each month in time for the membership meetings. Mailing will be at bulk rates -- a big savings over first class.

A newsletter is only as good as the information it provides. That information comes from the members, not from the editor's head! Please make a point of getting any information you think to be of interest to the members to me, one of the officers, or simply mail to Box 8088, Portland, 04104. I'll type it if it comes untyped, but since I have no secretary I'd prefer receiving it typed in columns 4 1/2 inches wide. These will be reduced to fit in the twin column format.

Finally, comments on the new newsletter will always be welcome. Let us know what you want to read.

NEW YORK CITY MARATHON by Judy Davis

Every runner needs to experience the New York City Marathon! What a thrill to be standing on the Verrazano Narrows Bridge with 21,041 other people of all shapes, ages, sizes, nationalities and degrees of fitness. Among the 19,243 finishers awarded bronze medals were Jean Thomas, Jane Dolley, Everett And Judy Davis.

The course wandered through the five boroughs of NYC midst the cheers of over 2 million spectators. The runner felt like he was going from country to country rather than hoofing it through the streets of New York, USA. As we ran; spectators yelled "go Maine Track", "come on Maine". It helps to wear your uniforms when you run--spectators single you out to encourage you. It's Great!

There was a HUGE pasta party Saturday evening, gratis from Ronzoni. Sunday morning at 5:15 Everett and I boarded the shuttle bus in the pouring rain for a ride to the Fort Wadsworth compound on Staten Island. There we were provided shelter in circus size tents. Coffee, tea, cocoa, rolls and donuts were available as well as 400 portable toilets, and the world's longest urinal!!

As race time approached, the din of the crowd rose along with the sun. The race got underway with the boom of a cannon that made your heart reach its target rate at once.

Through the 26.2 miles 7000 volunteers manned the water and first aid stations, 1900 NYC police kept the crowd in control, 2500 square yards of carpet covered the grates of the bridges and 25,000 mylar blankets were wrapped around the finishers. Each lady was also given a long-stem rose.

Indeed the NYC Marathon is an experience, one you all should take part in. Enjoy the process from rushing to get an application to the Disco Party the night the race is over. It's worth the trip. Just ask Al and Sandy Utterstrom, they were there cheering us on and taking pictures.

[Ed. note; for times of the 7 MTC finishers, see the Newsletter Race Results section]

SECRETARY'S MINUTES

MAINE TRACK CLUB

Membership Meeting/Potluck Supper
Wednesday, October 8, 1986
BNVTI

After a tasty meal, characterized by President Jane Dolley as "a good luck supper for those running the [Casco Bay] Marathon," the meeting came to order. New members David Houser and family, Harley Lee and David Hefflefinger were introduced, along with Susan Stone's guest, Andrea Ciancette.

A slate of officers for next year was officially nominated, and several announcements were made. MTC's four Ironman triathletes received the Club's best wishes for their big event in Honolulu on the 18th. The Club's Montreal Marathoners were congratulated, and members were reminded to watch the Twin City Marathon on TV during the coming weekend on the chance they might spot Bruce Ellis.

BIW has rented the Bowdoin Cage on Monday and Thursday evenings from 7-9 starting on November 4, and MTC members are invited to work out there at those times.

MTC members Jane and Ken Dolley, Sandee Prescott, Kathy Christie, Cheryl Bascomb and David Van Wie recently applied labels to 30,000 jars of "Joanie's Jam for Sam," Jane announced. Other encouraging news was that VALCOM Computer will sponsor next year's Cape Challenge.

A "goodbye and good luck" card was circulated to be sent to Kim Moody in Washington.

Pat Buckley asked for three people to help her coordinate volunteers, Nancy Stedman requested two or three more photographers and Phil Pierce asked for volunteers to work the Falmouth Lions Club race. John Wood offered to show

interested members a do-it-yourself orthotic device he's discovered. Bill Davenny drew the winning number for the evening's door prize, which turned out to be one of Jane Dolley's homemade apple pies.

Dave Paul announced that George Towle will direct next year's James Bailey race. Dave was applauded for his 11 years of service as director of that event.

Before President Jane Dolley adjourned the meeting, Sue Stone and Bob Antoniac received a round of cheers for organizing and supervising yet another successful pot luck supper.

Respectfully,
Maggie Soule
Maggie Soule, Secretary

President Jane Dolley opened the meeting in an unusual manner by reading a letter she'd received from a new member--a letter she described in advance as the "most belligerent" she'd ever seen. The writer described months of harassment and badgering by MTC members which finally compelled him--against his better judgment, apparently--to join the ranks of his tormentors. After hearing the letter, those present gave a resounding welcome to the writer, Dennis Morrill.

New members introducing themselves included Clint Merrill of Brunswick; Peter and Ruth Hall of Yarmouth; and Susan Farrington and Julie Wilson, both of UNUM. Steve Mooney, race director for the Maine Coast Marathon, was a guest.

Jane noted that there had been many races and many p.r.'s in recent weeks. Three members ran their first Casco Bay Marathon in October, and two MTC runners--Phil Pierce and Jean Thomas--ran fast enough in that race to qualify for Boston. Don McGilvery earned a p.r. in both the Casco Bay and the Great Pumpkin. Bruce Ellis, who finished 16th overall in a field of 6,000 in the Twin Cities Marathon, set a course record in the Veterans Day Half Marathon in Augusta. He has promised to share his training logs with Club members after the Club run in December.

Everyone was urged to sign up early for this year's Club run, which Jane says is "odometer-certified" to be "about 4 1/2 miles" long. Dick Manthorne, coming back from a long bout with injuries, plans to participate in this race.

Members were also urged to sign up for the Progressive Dinner on Saturday, November 15 and for the annual Club Banquet on Sunday, December 7.

Jane announced that this year's John Fyalka Scholarship, combined with matching funds from MTC, will enable two deserving high school seniors, one male and one female, to receive awards of \$250 each.

With the help of Danny Paul, Mike Towle and others, Jane Dolley has managed to get a group of high school athletes together to participate with Joan Benoit in a training film, one of a series featuring Olympic champions working with youngsters. In return, MTC will get a copy of the film as well as copies of others in the series.

Deb Hewson, who brought an album of Ironman photos to the meeting, pointed out that Paul Merrill placed 43rd overall in the race and was the third finisher from New England. Deb herself was 31st in her age group, Barb Hamaluk was 21st in hers and Roz Randall was 16th in hers. The Maine Track Club banner was in evidence at a couple of points on the race course and appears in several of Deb's pictures.

Vin Skinner put in a pitch for Turkey Trot volunteers, and Jim Carroll spoke about the encouraging results of a graph he has that follows the progress of runners aged 40 to 88 over the same 10K course from year to year.

Incoming President Phil Pierce presented next year's MTC race schedule, and a discussion followed regarding three races which needed membership approval in order to go forward. The Frostbite Four and the WCSH "For Kids' Sake" benefit both passed easily, but the membership was initially skeptical about the Club's taking over the Rowdy Ultra. Once members learned that the four-mile loop requires relatively little in the way of traffic control and that manpower would be needed primarily for counting laps and handing out water, they warmed to the idea. Ken Dolley has agreed to be race director. A date will have yet to be set.

Next, Jane Dolley presented the slate of officers for 1987 and asked if there were any more nominations. Nominations were closed, and Secretary Maggie Soule cast a ballot for the slate. New officers stood up and were applauded.

Incoming Vice President Cheryl Bascomb announced that she'd like to see all members wearing name tags at next year's meetings, a proposal no one seemed to object to. Her program theme will be "Training Better, Training Wise," and she invited members to suggest speakers.

Outgoing President Dolley reminded incoming President Pierce that the job of hosting a New Year's Eve fun run goes with the office. Phil

said he would have to "consult with Rae" about undertaking such a project at Waites Landing.

Jane announced that tomorrow would be Russ Bradley's birthday, and Russ took a bow. Rob Laskey told the Club that BIW and TAC are putting on a track meet December 20 at Bates. They would like club teams as well as corporate teams to participate in the meet, which would feature standard indoor events. Bob Payne said MTC had better start fielding its team immediately, and Bruce Ellis volunteered to lead the effort.

Steve Mooney, who brought flyers for next year's Maine Coast Marathon to the meeting, explained that the course from now on will be a loop beginning and ending at the University of New England rather than a point to point to Biddeford from Kennebunk as in the past.

Describing herself as the former "biggest skeptic" regarding Bob Jolicosour's RRCA Convention undertaking, Barb Coughlin rose to thank Bob for making the event such a success. Bob in return thanked the 177 Club volunteers who helped bring the project to fruition.

At this point the meeting was adjourned, and members indulged in refreshments provided by Barb. Coughlin, Dennis Connelly, Jane and Ken Dolley, Joan and John Lavin and the MTC. They also looked at Dennis Connelly's photos of the Great Pumpkin race and videotapes of the Mt. Washington race and the Montreal Marathon.

Respectfully,

Maggie Soule
Maggie Soule, Secretary



"Where have you been? You're last!"

THE RUNNER'S EDGE

A Contemporary Running Column
by Phil Pierce

The Runner's Edge is a cutting edge and a lot depends upon how you approach it. How you run, how fast you run, how long you run, and why you run render this activity a double-edged sword. This column tries to deal with some of these issues. Comments and letters are invited.

The Rowdie Ultra Revisited

Of the twenty-one starters at the 1985 Rowdie Ultra 50 Miler, only four returned to run again in 1986. They were Bryant Bourgoin, Bruce Bell, Carlton Mendell and the writer. The race had been moved up from November to September and, for the first time in many years, was the only ultra to be held in Maine during the year. Only eleven runners showed up for the race which is either a sign of the times or a function of inadequate advertising. In any case, this is a great race missed by 99.98 percent of the Maine running community.

This year's race was to be particularly exciting because the men's course record holder, Bernd Heinrich, was coming back, and Ray Scannell of Portland was also entered. Race Directors Bill Gayton and Gary Cochran had put it all together once again.

The gun went off sharply at 7 a.m. and I plowed out ahead, turning the first mile in 6:45. At mile 2 I stopped for water (having to pour my own) and Heinrich and Scannell passed me. Unbeknownst to me, I was never to see them again. I rejoined the race and ran with Bryant Bourgoin. We shook hands, talked about last year's race, and Bryant, recalling that I had written about that race said: "I am going to win this one, and you can quote me on that!". Here we are, Bryant and I, in mile 3 of a 50 mile road race, with Heinrich and Scannell already fading into the distance, and Bryant is predicting victory. "Hum" thought I Bernd Heinrich is not only the course record holder but a former 50 mile world record holder!

At the end of mile 5, Bryant said "we just did a 6:38 mile." "Whoa" thought I. . . "time to let Bryant slip away." And away he went. Alone was I, running comfortably in fourth place, secure in the knowledge that three great runners were ahead of me and the rest of the "pack" behind.

For the first time in nearly one hundred races, I had to urinate during the race. This has never happened before and I guess I have been lucky. I had to plan my strategy to do this very carefully, since to stop in the wrong place could be strategically disastrous. I know this for a fact since last spring at the Boston Marathon, I and hundreds of other runners passed a stationary Bob Jolicoeur passing water at mile 11! This was a shot in the arm for me and all I needed, it turned out, to beat Bob for the first and only time (by less than one minute). He, of course, had not seen me pass and the thought of this still brings a smile to my face. Anyway, back to the strategy.

I decided to go into the woods at mile 9 right after the water stop, but low and behold, a family bicycling by had stopped right at that spot! I had to choose another spot, the bushes after the corner at mile 10. This worked fine except a family recreational vehicle came by and slowed dramatically. Can you see it now: "Which way to Brunswick?" With left hand occupied, right hand holding a water cup and the remains of my mile 10 banana, I would twist my head and thrust out my tongue in the direction of Brunswick!! Anyway, this strategy worked fine (again at mile 18) and nobody was ever the wiser.

My banana eating strategy was also working, one at mile 10 and one at mile 30, to keep the hunger pains under control. At mile 33, Bruce Bell passed me looking real strong, but he complained that his left knee was bothering him. I wished him good luck and off he went, looking strong as an ox.

At mile 46, the-next-last water stop, I caught and passed Bruce Bell. This was a real surprise, happening so fast. He stayed right behind me until mile 48 at which time I found the strength to move faster.

I finished in 6:43, 24 minutes better than last year. Bryant had lapped me toward the end ("I told you so") so I had known he had won the race as he had predicted. What I did not know was that Heinrich and Scannell had dropped out, (they drank too much or so I heard) allowing me to come in, of all places, second!

Now, for a middle of the pack runner to emerge once a year for two years in a row and place is a remarkably satisfying thing. In one hundred races, this had been the only race.

I guess the lesson here is that each of us must find our distance, and maybe I have found mine.

The Rowdie Ultra 50 Miler has qualified me to enter the Western States 100 Miler, 1987, and I plan to spend the winter making my wife so happy that she will let me go. This was the strategy that Jean Thomas suggested on the day I wrote this column, October 12, 1986, at which time Jean ran a phenomenal 3:36 Casco Bay Marathon and qualified for the Boston Marathon, 1987!

The runner's edge is a cutting edge, with positive and negative sides. Nature can be kind or cruel, and the ready runner needs to be prepared for both.



TALKING WITH THE PACK

by Nancy Stedman

I had a chance to ask the pack this month "What monthly program did you enjoy most this year and why?" Here are their answers.

Sandy Utterstrom: "I really enjoyed the L.L.Bean slide show. I also really liked the pot luck suppers with the slide shows. The meetings have really been great."

Maggie Soule: "There were so many good programs this year that it's hard to say. I certainly enjoyed the potluck dinners first of all. After that, I found Ann-Marie Davee's nutrition lecture, Ziggy Gillespie's training talk, and Fred Scribner's sports photography program the most enlightening."

John Lavin: "I enjoyed the podiatrist [MTC member Danforth DeSenal. He presented his information in a professional manner with excellent visual aids."

Jeffry Paul: "Because of the topics, I enjoyed the 'Mental Aspects of Running' by Bill Gayten, and my uncle Danny Paul speaking on running and training the most."

Bob Payne: "I liked Andy Palmer's lecture. He was a big help with my winter training. I really like running the snowmobile trails because it gives your legs a hard workout with less chance of injury."

Russ Conners: The programs I enjoyed most were the pot luck suppers because the atmosphere was relaxed and the families got involved in the club activities."

Nancy Stedman: "The two programs that stand out in my mind were the nutrition lecture by the dynamic Ann-Marie Davee and the running and training talk by the enthusiastic Ziggy Gillespie."

Peter Bastow: "There was a good variety of programs this year but the one I enjoyed most was the slide presentation and talk on sea kayaking by the L.L.Bean representative. A very interesting program because of the beautiful pictures and expert advice and information."

Note: To all the club members who so willingly and graciously answered my questions, a big **THANK YOU** for making this column so enjoyable to write. Because of the positive feedback I've recieved, the column will continue next year. I am looking for a volunteer to take over the column for 1987. Please give me a call (774-4013, home, 846-9055). Thanks again - - Nancy Stedman.

CAPE CHALLENGE VOLUNTEERS

Special thanks to Bill and Susan Davenny and Jean Thomas for their help in this year's Cape Challenge Race.

Jane Dolley, outgoing president, and Charlie Scribner, race committee chairman, attended the annual RRCA Road Race Directors Meeting in Washington, D.C. on November 14-16. A full report will be made in the January newsletter.

Jane Dolley was recently contacted by Worldmark Productions of London, England (no, not for a screen test!) for assistance in filming an educational training film. The film Jane was asked to help with will be one of thirteen, each to feature a different sport all under the general heading "Athletics for Fun". The film Jane helped with is about long distance running and features Joan Samuelson teaching 10 youngsters the finer points of training. Jane recruited 10 Portland area runners and the filming took place on the roads, and at Bowdoin College. Four of the young actors are MTC members Jeff Paul, Teri Jordan, Lori Towle, and Denise Harlow. The MTC will get a copy of the film next spring when it is released.

PUZZLE OF THE MONTH

To play, line up words forwards, backwards, upside down, diagonally, across, etc. Have fun!

Dennis Connelly, membership chairman, has agreed to create a new puzzle each month. He needs ideas and new names from the members. If you want to see a group of your suggested names immortalized in a cross work puzzle, send them to Dennis at 99 Commonwealth Dr. East, Portland, 04103.

MAINE TRACK CLUB PUZZLE - DECEMBER

G L N N O H T A R A M V U Z A Y K M O G
S O B P Y L C B F F P N B F G T X B A Z
J W Y Z E S I K W B R L Q B T T X U Y G
L H Z B N F N H A Z L B O E D Z C L B P
R A L C B J O Y R W Y B R I R C E G Z G
I W Z H N E T W M E E F N H R E O I Z N
H G V A B S E F U N J V L W B J T C F D
X A Z E V J L R P G N Q D U O L N N R P
A U H M C O L D E H E Y L N C D M L I Y
J O J N Y A X Y C T K C T I J G L T H W
W P W U Y S R T H W Y R O K A I T O X J
E M V J T S E A M S A E O E N I A M O B
F F R P D R T T V I W V C W K Y K Q F C
X R F V T U R I N A K E R N D O F U V I
N W E S O A U I S O I A A T A E U K C W
K O L K C C N U G R P M C H T T Z S P O J
I R D R K Y G T W I F O M J N L T E S P L C
L O G P Z N B J W F D N T Z U U Q I S C
W V E K D P G Z S A D I D A Z S B J D J
R R S N O W W P C G C L I F E L I N E Q

WORD LIST

MAINE
TRACK
CLUB
JOG
RACE
WORKOUT
STRETCH
WARMUP
COOLDOWN
SWEAT

MARATHON
TRAINING
DISTANCE
SPEEDWORK
LIFELINE
WINTER
SNOW
NIKE
ADIDAS
ETONIC

NEW MEMBERS

The following new members have joined our club since the last newsletter was published. An '*' after their name indicates that their applications were received in time to have been included in the revised membership listing as of October 31, 1986.

NAME & ADDRESS	PHONE	OCCUPATION	AGE/SPONSOR/ INTERESTS
Susan E. Farrington '*' RFD #3, Box 482 Carl Road Gorham, Me. 04038	(W)780-7368 (H)929-8656	Admin. Asst. (Unionmutual)	22/Greg Dugas/ Swimming, Biking, and Boating
Ruth E. Hall and Peter J. Hall 82 Main Street Yarmouth, Me. 04096	(W)282-5911 ext. 308 (W)775-5401 ext. 737 (H)846-6574	Material Scientist (FMI) Hydrogeologist (E.C. Jordan)	28 25 X-Country Skiing and cycling
Yvonne Jurkowski and family RFD #2, Box 234H Alfred, Me. 04002	(W)282-7552 (H)247-5235	Realtor (Droun Agency/Saco)	45 Photography, Hiking, Rock Music, Reading,
Philip D. Meyers '*' 29 Water Street Gorham, Me. 04038	(B)774-3921 ext. 219 (H)839-4366	Certified Reg. Nurse, Anesthetist	42
Shirley Packard '*' RFD #4, Box 4041A Old Pennellville Rd. Brunswick, Me. 04011	(W)774-4581 ext. 275 (H)729-3832	Social Worker	33 (Shirley is a former MTC member).
Marlene T. Pollock 50 Wall Street Portland, Me. 04103	(H)797-5855	Clinical Social Worker	38/Marie T. Wood Hiking, Biking, X-Country Skiing
Charles S. Probert 196 Whitney Avenue Portland, Me. 04102	(B)774-8221 (H)761-2954	Trust, New Bus. Development (Casco Northern)	42 Cycling
Julie Wilson '*' 6 Jewett Road	(B)780-6750 (H)799-6238	Benefits Examiner (Unionmutual)	35/Greg Dugas

MEMBERSHIP CHANGES

Deb Hewson: 19 Quarry Rd., Brunswick, Me. 04011 Phone: (W)774-4977
(H)729-6498

UPCOMING RACES

JANUARY 4 FROST BITE 4-MILER - 1.00 P.m. Contact: MAINE TRACK CLUB,
P.O. Box 8008, Portland Maine 04104.

UPCOMING RACES - OUTSIDE MAINE

DECEMBER 6 10K Race and Novice Walk. Sterling Ma. 11 a.m.
Houghton School, Boutelle Rd. Brian Savilonis
(617)464-5224

DECEMBER 7 SANTA'S RUN 3.5m Glastonbury. Ct. Noon.
Glastonbury HS, Hubbard St. Irene Fredickson
Parks and Rec Dept. 2155 Main St.
Glastonbury Ct. 06037. (203)659-2711/317

DECEMBER 13 ARTHRITIS JINGLE BELL RUN. Concord, N.H. Fitness
Resource (603)225-6760

December 14 TAMPA/St. PETERSBURG MARATHON - Tim Moohan, 415 Cactus
Circle, Seffner FL 33584, (813)688-8635

December 21 HEART OF SAN DIEGO MARATHON - In Motion Race
Consultants, 2320 Chicago St. San Diego, CA 92110
(619)275-0996

Bath Iron Works hosts the 1st Annual Indoor Corporate
Track & Field Meet on Saturday, Dec. 20 1986 at Bates
College in Lewiston. Pre-registration is 9:00. Meet starts
at 10 am.

AGE CATEGORIES:

OPEN	FEMALE MALE	18-29 18-29
SUBMASTER	FEMALE MALE	30-39 30-39
MASTER	FEMALE MALE	40 + 40 +

EVENTS: ORDER OF EVENTS WILL BE MAILED UPON RECEIPT OF ENTRY.

TRACK	FIELD
55 YARDS	LONG JUMP
300 YARDS	HIGH JUMP
600 YARDS	SHOT PUT
1000 YARDS	
MILE	
2 MILE	
4 X 200 RELAY	
4 X 400 RELAY	

AN ATHLETE MAY COMPETE IN A TOTAL OF FOUR TRACK EVENTS AND AN UNLIMITED
NUMBER OF FIELD EVENTS.

NO SPIKES ALLOWED ON THE TRACK.

THE TRACK IS A RUBBERIZED SURFACE.

THE POINT SYSTEM WILL BE AS FOLLOWS:

1ST--	5 POINTS
2ND--	3 POINTS
3RD--	1 POINT

AWARDS WILL BE GIVEN TO TOP TWO INDIVIDUAL FINISHERS (1ST AND 2ND PLACE)
AND TO THE TOP RELAY TEAMS (1ST PLACE ONLY).

MAINE TRACK CLUB 1987 RACE SCHEDULE

Date	Race	Distance
Jan 4	Frostbite Four	4
Feb 8	Midwinter Classic	10
Apr 12	Oakhurst Milk Run	4
Apr 20	Boy's Club	5
June 7	Officer Friendly	Fun Run
July 12	Mark Hoffmaster	5
July 19	Pat's Pizza	5
Aug 16	Good Sports	10
Sept 13	Cape Challenge	13.1
Oct 4	WCSH	6.2
Nov 1	Falmouth Lions	6.2
Nov 22	Turkey Trot	6.2
Dec 5	Club Fun Run	?
?	Rowdy Ultra	50

RACE RESULTS

Falmouth Lions 10K November 2, 1986

The Falmouth Lions, with the help of the Maine Track Club, sponsored the tenth annual Lions Club Road Race on a certified 10 kilometer course near Falmouth High School. Altogether, over 100 runners participated in the one mile fun run, the race walk and competitive and challenging 10K road race.

The race was run with overcast skies, 47 degrees (F) temperature, and light rain falling during most of the race. Stuart Hogan, former St. Joseph's College Cross Country standout, left the field far behind and set a new course record of 32:53. Wanda Haney of the Maine Track Club finished in 37:59, also a course record. The youngest finisher, 13 year old Beth Lawler, finished in 53:38. This was the first 10K road race for the 1986 Triple C Cross Country Champion from Falmouth. The oldest finisher, James F. Carroll (77) finished in 58:16.

Special thanks go to the Falmouth Lions Club volunteers, the Leos, and the Maine Track Club volunteers Phil and Rae Pierce, Charles Scribner, Ray Hefflefinger, Rob Laskey, Ken Casey, Dick Stott, Walter Ashley and family, Ken Hutchins, Don McGilvery and Falmouth Lions Race Director Len Saulter.

Hot coffee, cider, and salt-free and butter-free popcorn were served after the race, thanks to Charles Grubb. Runners commented that the popcorn was a first at a road race and was very much enjoyed. Several prizes were awarded in different age group categories.

The Maine Track Club won the team award, nipping both the Central Maine Striders and Maine Rowdies in a close match. The team award was determined from the times of the top 5 club members of each club entered. MTC's winning team consisted of Barry Fifield, Steve McGrath, Bob Coughlin, Wanda Haney, and Bob Payne.

Falmouth Lions 10K Results

1. Stuart Hogan	24	32:53	19. Shawn Jeffrey	20	37:17
2. Brian Flanders	24	33:42	20. Fred B. Merriam	39	37:45
3. George Towle	36	33:48	21. Peter Carr	39	37:56
4. Barry Fifield	29	34:07	22. George Liming	35	37:58
5. Mike Sargent	35	34:15	23. Wanda Haney	20	37:59*
6. Steve McGrath	31	34:28	24. Bob Payne	48	38:16
7. Richard Neal	40	34:39	25. Bob Thompson	39	38:38
8. Alton C. Stevens	38	34:41	26. Robert Hoover	31	38:43
9. Gordon Scannell	33	34:46	27. Bob Jolicoeur	49	38:46
10. John Tarling	35	34:58	28. Steve Gifford	32	38:59
11. Guy Berthiaume	40	34:59	29. Tim Corcoran	22	39:05
12. Frank Brume	46	35:06	30. Steve Dubord	41	39:14
13. Bob Camara	19	35:09	31. Richard Littlefield	38	39:20
14. Tom Thibau	28	35:15	32. Richard W. Brink	31	39:32
15. Bob Coughlin	47	35:44	33. Bob LaNigra	44	39:52
16. Al Sproul	48	35:46	34. David Brink	24	39:53
17. Fred Karter	37	35:49	35. Paul V. Casey	32	40:06
18. Gary Cochrane	45	37:13	36. Bill Paulisko	36	40:10

5.5 Mile Run For Fitness; Portland October 5, 1986 - - - 85 finishers

Top Women

23 Deb Hewson	39:20
32 Sandy Wyman	40:15
52 Lee-Ann Flanagan	42:20
60 Barbara Footer	44:01
61 Claire Irwin	44:02

Top Men

1 George Towle	32:23
2 Jim Harmon	33:59
3 Craig Hatton	34:12
4 David Hefflefinger	34:31
5 Gary Cochrane	34:43

Other MTC Finishers

9 George Lining	36:27
18 David Brink	38:30
20 Don McGilvery	38:40
25 Carlton Mendell	39:23
27 Dan Fitzgerald	39:38
33 Gary Moore	40:18
34 David Paul	40:23
37 Bob Hazzard	40:47
43 Bob Cushman	41:26
46 Bill Muldoon	41:37
58 John Woods	43:45
59 Don Penta	43:58
67 Jean Thomas	45:50
77 Warren Foye	49:45
81 James McGovern	50:54
84 Ruth Hefflefinger	56:50

37. Charles Probert	42	40:13		
38. Ron Paquette	45	40:18	63. Don Penta	40 48:00
39. Dick Cummings	49	40:36	64. Will Allen	15 48:04
40. David Houser	36	40:56	65. James Harrod	16 48:05
41. Bryce Little	39	41:29	66. Warren Wilson	53 48:18
42. Frank Braum	31	41:30	67. Barbara Footer	34 48:26*
43. John Campbell	24	41:51	68. Sandra Wyman	30 48:30*
44. Maurice Cloutier	45	41:59	69. Joan Lavin	38 48:30*
45. Bill Gayton	46	42:01	70. Richard O'Brien	40 48:33
46. Joan Lee	32	42:22*	71. David Sahadak	49 49:31
47. Robert Morrison	44	43:18	72. Stephen Lea	33 50:20
48. Peter Hall	32	43:22	73. Bethany Lawler	13 53:38*
49. Jeff Nixon	36	43:26	74. Michelle Hamlin	16 54:09*
50. Dale Rines	34	43:38	75. Becky Hale	16 54:29*
51. Maidli Townsend	32	44:04*	76. Dee Nicely	46 54:54*
52. Nancy Lovetree	42	44:35*	77. Wayne Merrill	46 54:56
53. Fred Stone	50	45:26	78. Maggie Soule	45 55:15*
54. Craig Hall	38	45:34	79. Ellen Parker	15 56:40
55. Woody Woodbury	37	45:54	80. Barbara White	45 57:08*
56. Be's Harrod	18	45:57*	81. Joyce Cook	49 57:44*
57. James B. Chase	49	46:13	82. Ted Sylvia	59 57:52
58. David Horne	49	46:13	83. James F. Carroll	77 58:16
59. Heidi Hanscom	17	46:21	84. Linda Conledge	30 58:42*
60. Russ Bradley	62	46:36	85. Bonnie Poirier	46 58:59*
61. John Woods	68	46:43	86. Maureen Sproul	30 59:01*
62. Jane Chessic	30	47:25*	87. Ruth Hefflefinger	57 59:55*

Phil Pierce reported on the Augusta Veteran's Day Half Marathon and mentioned that Bob Coughlin and Cindy Vokey ran particularly well. It was about 35°F and snowed during the last half of the race. Everyone seemed to really enjoy the race which was quite challenging. Phil was very happy with his 4 minute + PR!

White Mountain Milers' Half Marathon North Conway, New Hampshire October 26, 1986

1. Rick Trainer	1:09:44
18. Joel Titcomb (MTC)	1:20:45
48. Richard Littlefield (MTC)	1:30:06
93. Warren Wilson (MTC)	1:44:13
101. Patty Titcomb (MTC)	1:46:07

NEW YORK CITY MARATHON (19,244 finishers)

Jim Toulouse	2:41:17	241st;	93rd 30-39
Barb Coughlin	3:31:53	4421st;	31st 40-49
Jean Thomas	3:53:40	8251st;	9th 50-59
Jane Dolley	3:53:40	8249th;	307th 30-39
Fran Brennan	4:03:50		
Judy Davis	4:52		
Everett Davis	4:52		

While in Australia recently, Tom McMillan ran a 3:40 marathon in Melbourne.

Prevent Overtraining: To be sure you do not run yourself into the ground, here are four easy ways to monitor your health status to determine if you are over-stressing your body: (1) Take your pulse before you get out of bed each morning. If it is up five to 10 beats from the day before, you are over-stressed. (2) If you are constantly thirsty long after your workout, you probably are overtraining. (3) Weigh yourself at the same time each day. Large fluctuations in your weight may mean you are working too hard. (4) Are you sleeping seven to eight hours a night? An irregular schedule or getting less sleep than usual is stressful. While these guidelines are common sense, they are not commonly practiced. Dr. Abraham Jackman, Ridgeway Hospital, Chicago, monitored sleep patterns, blood chemistry, and mental state of elite athletes. All the athletes in the study broke one or more of these guidelines before they became injured. (Irwin Ross, Ph.D., Chicago, IL)

PPT 10/21/86

Portland's Merrill top Maine Ironman

KONA, HAWAII — Paul Merrill of Portland led a field of seven Maine competitors in the Ironman Triathlon World Championship held here last Saturday. Finishing the grueling 140.6-mile course in nine hours, 54 minutes, 16.9 seconds, Merrill captured a highly creditable 40th place in the overall standings.

Camden's Robert Weller had the next best time among the locals and finished 79th in the 30-34 age group. Other Maine finishers were Bill Kane of Fryeburg, 64th in the

35-39 bracket, David Crawford of Cumberland, 67th in the same group, Rosalyn Randall and Barbara Hamaluk of Portland, 16th and 22nd, respectively, in the women's 35-39 age group, and Deb Hewson of Cape Elizabeth, 31st in the 30-34 age bracket.

The Ironman race, the 10th annual affair, was the original triathlon held in the United States. It consists of a 2.4-mile open ocean swim, a 112-mile bicycle course, and a 26.2-mile marathon.

1	Bruce Ellis	34	M	1:10:05
2	Peter Lessard	24	M	1:12:27
3	Dan Bondeson	36	M	1:12:58
4	Greg DiBiase	27	M	1:13:46
5	Ron Newberry	36	M	1:15:41
6	Dennis Groleau	36	M	1:16:39
7	Steven McGrath	31	M	1:16:48
8	Barry Fifield	29	M	1:17:27
9	Bryant Bourgoin	36	M	1:18:21
10	Tom Thiheau	28	M	1:18:48
11	Guy Berthiaume (M)	40	M	1:18:50
12	Bob Coughlin (M)	47	M	1:19:05
13	Fred Karter	37	M	1:19:33
14	Ric Lamoureux	38	M	1:19:43
15	Paul Merrill	32	M	1:20:05
16	Alan Aithen	36	M	1:20:16
17	Ray Johnson	38	M	1:22:15
18	Tom Allen	30	M	1:23:34
19	Joseph Meehan (M)	40	M	1:24:14
20	Mike Simoneau	39	M	1:24:53
21	Vern Demmons (M)	40	M	1:24:58
22	Harry Schmitke (M)	48	M	1:25:09
23	Frank Ferland	38	M	1:26:10
24	Bill Pinkham (M)	44	M	1:26:17
25	Robert Bremner	25	M	1:26:24
26	Brian Milliken	33	M	1:26:40
27	Mert Dearnley	38	M	1:28:30
28	Larry Fortin	37	M	1:28:47
29	Robin Emery-Rappa (M)	40	F	1:28:58*
30	David Green	28	M	1:28:59
31	Bob Wight	29	M	1:29:16
32	Donna Davis	24	F	1:29:28*
33	Philip Pierce (M)	45	M	1:29:40
34	Tom McGuire (M)	40	M	1:30:41
35	Carol Weeks	37	F	1:31:07*
36	Cindy Vokey	28	F	1:32:37*
37	Ron Paquette (M)	45	M	1:35:14
38	Rosalyn Randall	36	F	1:35:31*
39	Carl Bowen (V)	54	M	1:35:40
40	Jim Moore Jr. (M)	43	M	1:35:54
41	Carlton Mendell (V)	65	M	1:36:00
42	John Howe (V)	51	M	1:36:33
43	Jeffrey Preble	33	M	1:37:09
44	Mark Danyla	33	M	1:37:26
45	Nancy Lagin	36	F	1:37:38*
46	Geoffrey Hill	39	M	1:37:39
47	Joe Isgro	32	M	1:37:41
48	James Booth (M)	41	M	1:38:11*
49	Ed Atlee (M)	47	M	1:38:30
50	Herb Strom (V)	57	M	1:38:50
51	Gordon Chamberlain (M)	48	M	1:40:00
52	Michael Greenleaf	34	M	1:40:26
53	John Campbell	26	M	1:40:39
54	David Grant	29	M	1:42:01
55	Fitness DeVos (M)	44	F	1:44:11*
56	Paul Page	30	M	1:44:45
57	Scott Croteau	17	M	1:44:53
58	Robert Marquis (M)	48	M	1:44:54
59	Clough Torpan	39	M	1:45:24
60	William Donovan (M)	44	M	1:46:20
61	Cost Vafiades	37	M	1:50:16
62	Jerry St. Amant (M)	43	M	1:51:01
63	Donna Jean Pohlman	35	F	1:51:14*
64	Deborah Curtis	29	F	1:51:46*
65	Michael Levey (M)	42	M	1:53:55
66	Dave Conley (M)	46	M	1:55:28
67	Rick O'Brien (M)	40	M	1:55:56

CAPE COD FALMOUTH MARATHON November 16

Unofficial results hot off the wires:

Joan Lavin 3:30:03

Roz Randall 3:36

The Hawaiian Workout

(or, How to burn 8,400 calories in 1 day)

by Deb Hewson

It is hot. Over 100° in the blistering sun on black lava fields. Waves of hot wind wrestling to melt me off my bicycle. The 2.4 mile ocean swim with 1,000 thrashing bodies through a colorful aquarium of fish was just the warm up.

It is quiet. The sun keeps beating down. I watch the tops of my knees turn red then blister up. My legs just keep spinning around and around in my bicycle pedals. Crawling along at 8 miles an hour up a 5 mile hill against fierce winds just dreaming of that turn around at Hawi. Then it will be down hill with tailwinds for miles and miles.

I can see all my friends go flying by on the other side of the road. They made it. I'm almost there. The race is only 5 hours old.

On the horizon appears the mirage of a convention... no, it's real! The turn around crowd cheers and offer guava sandwiches, bananas, fresh water, Coke and Exceed. I look forward to a nice meal for the next downhill stretch. Little do I know this "Last Supper" will have to last for another 10 hours of intense workout.

11 hours into the race. The sun sets. We pin green dayglo light sticks to our running clothes. The blackness is punctuated by swinging green lightning bugs. Runners lose their identities in the blackness and dig deep inside themselves to finish this marathon. The road is silent except for the tap tap of shoes alternately running and walking. Aid station volunteers can be heard cheering for minutes before their lights are seen on the horizon. The menu gets old quickly after passing through over 40 aid stations. Where is that wine list they promised?

14 hours into the race. "Chicken soup? What do you mean chicken soup?" My mind is slow and numb. I know that is not on the menu. The sympathetic volunteer gives me a warm cup of steaming broth. Nothing has ever tasted this good. "For salt replacement" she says. I must be in heaven. No... heaven is an hour down the road. My shins feel like splintered toothpicks. Can they keep moving for another hour?

14 hours and 54 minutes. Turning onto Ali Drive. I am deafened by the crowd cheering. The finish line lights are blinding after 4 hours of blackness. I feel the tears in my eyes and grin from ear to ear at those wonderful supporters who have stayed so long to cheer us on. Valerie Silk plays Saint Peters under the finish arch and welcomes me with a soft fragrant lei. She'll be here for another 2 hours welcoming exhausted athletes. Ecstasy, bliss and a terrific massage follow... nine months of intense training have finally paid off.



T E A M M A I N E

Oct 6, 1986

On behalf of all of us from Team Maine, I would like to sincerely thank the Maine Track Club for voting to pay our entry fees for the Hawaii Ironman World Championship Triathlon. For most of us this is a once in a lifetime opportunity, and one that has definitely challenged our physical, mental and financial resources.

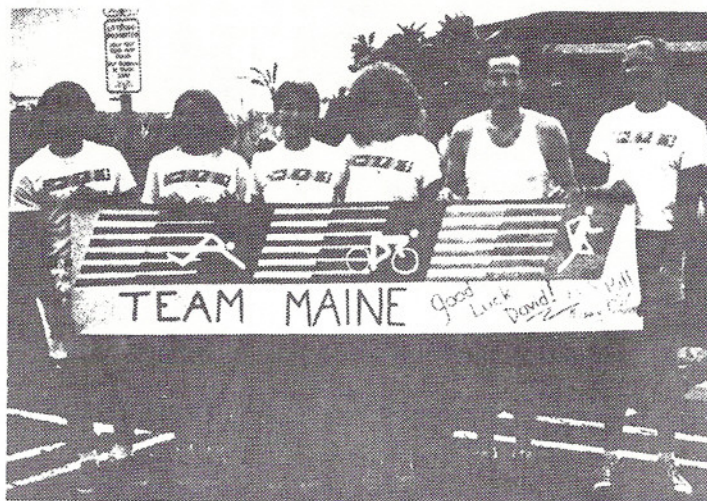
Team Maine joined together to bring some nationwide recognition to Maine athletes, and would like to inspire more Mainiacs to reach for the best they can be. We hope to be examples of perseverance and commitment; creating a dream and a vision, and making it happen.

We deeply appreciate all the moral and financial support we have been given by the Maine Track Club and thank you all very much. Think of us on October 18, and any energy you can send our way would be greatly appreciated too!

Sincerely,


Deb Hewson

Roz Randall
Barb Hamaluk
Paul Merrill
Dave Crawford



On October 18, 1986 in Kona, Hawaii, seven Maine athletes completed the Hawaii Ironman Triathlon, consisting of a 2.4 mile swim, 112 mile bike, then a 26.2 mile run.



ASPIRING WRITERS:

Any Club members who would like to get their words in print... we would love volunteers to write columns for the newsletter. Writers are needed for "Talking with the Pack" and "Member Profiles" immediately, or you can make up your own column... how about "Sports Nutrition", "Sports Medicine"... or "Sports Fashion"! No talent needed and lots of recognition available!

PLEASE NOTE:

Anyone submitting typed copy for the newsletter is requested to make their columns 4 1/2" wide. We then reduce them to make our 3 1/2" columns.

How do you like our new look?

Fred Beck and Deb Hewson put in some long (but enjoyable!) hours to bring you this first edition of the new format newsletter. It makes us appreciate Bob Jolicoeur and Maine Savings Bank even more! Deb designed the format and Fred did the organizing. They both got a lot of scotch tape stuck to their fingers and scissor blisters...



Recent newlyweds are MTC members Susan Stone and Brian Millikin (11-22-86). A formal wedding portrait of Susan (above) will help new members recognize one of MTC's active runner/racers.

OFFICERS



Phil Pierce
Cheryl Bascomb

Rick Strout
Charles Scribner
Fred Beck
Dennis Connelly

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Vice President & Chairwoman
Program Committee
Treasurer
Race Committee Chairman
Chairman, Newsletter Committee
Chairman, Membership Committee

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

Maine Track Club is a non-profit organization.

MAINE TRACK CLUB MEMBERSHIP FORM

I hereby make application to the Maine Track Club as follows: (Check 1)

___ Individual (\$12.00)

___ Family (\$15.00)

___ Student (\$5.00)

LAST NAME _____,

TODAY'S DATE ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

1ST. NAME _____, INITIAL _____, SEX (M/F) _____, D.O.B. ____/____/____

ADDRESS _____, HOME PHONE _____

CITY _____, STATE _____, ZIP CODE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____

EMPLOYER _____, OCCUPATION _____, PHONE _____

IF STUDENT: SCHOOL _____, YEAR OF GRADUATION _____

SCHOOL _____, YEAR OF GRADUATION _____

OTHER INTERESTS: _____

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