

# MAINE TRACK CLUB

NEXT CLUB MEETING- THURSDAY- JANUARY 14th, 1982 at 7:30 P.M.- Public Safety Building

- AGENDA: 1). Select Committee People and Race Directors.  
2). Presentation on Nutrition-Headed by Kim Beaulieu.

RACES for JAN.- FEB.: Jan 17th- Brooks 10 miler- 12 noon-SMVTI- Frank Morong- Race Director,  
Feb.7th- MTC-10 miler ( MAX)- 12 Noon- SMVTI-Bob Payne-Race Director, Feb.15th-Washington's  
Birthday- 3 miler.

SPECIAL INTRODUCTORY PROGRAM- being offered to members of the MTC by the University  
of Southern Maine Body Shop at the Portland campus on January 12th beginning at 7:00 P.M.  
We need to have a rough idea on people who are interested- call Bob Coughlin between 6-7 P.M.  
any evening ( 773-0807 ). This program is to acquaint members with the equipment, exercises  
and programs that are available. A group run is scheduled for 5:30 P.M. from the gym.  
We can use the showers but bring towels etc. This program will not obligate you in any way  
and should give you some good exercises to do at home even if you do not join. ( The  
run will be about 8-10 miles.) Hope you can make it!

NEWS: The National AAU Championships were held in Amarillo, Texas (12-19-81). The  
following boys and girls ran as MTC. 10& under- Chad Gagnon-5th, Dave Manthorne-6th,  
Chad Nash-15th, Jeff Paul 17th, Bobby Martin-37th, Jon Goss-38th, Nathan Cluky-48th.  
13-14 yrs. girls- Lisa Wakem 17th, 13-14 yrs. boys-Dave Weatherbie-48th, 15-16 yrs.-boys-  
Chris Kein-76th. The following represented the MTC at the TAC Indoor Track Meet at Bates  
College on 12-27-81. Dick & Dave Manthorne, Lisa & David Wakem, Chris, Kevin, & Jim Kein,  
Werner Pobotschnig, Larry Greer, and Rick Garcia. Brian Gillespie and his St. Joseph's  
Track Team recently completed a very successful year. Sean Keough won Best Foot Forward  
Race in 21:05. Hank Pfeifle won the 3000 meter - 8:22- at the Christmas Track Meet-  
Burlington, Vt. Greg Parlin ran Casco Bay in 2:46 and Kingfield in 33:. John Keller won  
the Village Cafe 10K in 33:12.

GORE-TEX SUITS- Last chance to order New Balance suit at \$126.00. This is the  
best gore-tex buy around. Bring checks to Jan. 14th meeting if you wish to get in on this  
special purchase. Make checks payable to MTC. Call John Conley at 799-6378 if you  
have questions. This is your last chance this year. Suit sizes are S-M-L-XL and tend to  
run on the small side. If suit does not fit, there will be an opportunity to exchange part  
or whole suits. If totally dissatisfied with the size, you can get it exchanged.

HELPERS NEEDED- Please call if you can fill one of the following positions listed  
below. The officers hope all of these can be filled without calling individuals and asking.  
It will save us a lot of time and not put anyone in the position of having to say NO.  
1. Banquet Committee- To reserve a location for the 1982 Annual Banquet- last week in  
November on a Saturday night. At Jan. 14th meeting, we will get views of members in  
attendance if there are strong feelings on location and type of arrangements- ( 2 Or 3  
people needed ). Race Directors- 4 more needed. ( Bob Payne has agreed to do the MAX 10 mi.  
If you would be willing to do any of the above in exchange for helping at the races, please  
call Bob C. or see him at the Jan. 14th meeting.

# MAINE TRACK CLUB

A.A.U. OPEN EVENTS are held at 12 Noon on Saturdays at the Portland Expo Building- varying distances- 300 m to a mile. It is a good chance for indoor accurate speed work.

Our Cold Weather Running Panel last month was excellent. Thanks to Dick Mc Faul, Peter Brigham, Kim Wettlaufer, Larry Greer, Werner Pobotschnig, and Hank Pfeifle. Several tips were: 1. polypropylene underwear is an excellent running gear addition, 2. gore tex suits breathe and keep you drier longer, 3. vaseline is a must for face and exposed areas, 4. run against the wind in the beginning of your run so the wind is at your back at the end- when you are tired, and 5. wear a cap since most heat is lost through the head.

Jan. 17th is the Brooks Insurance 10 miler. Any runner interested in getting together after the awards ceremony for a post run meal( around 3 P.M.)- let it be known at the race. Several runners have expressed interest for this get together.

RESULTS St.Joe's 3 mile- Gobbler Classic- 12/12/81. Werner Pobotschnig-16:14, Jim Babb 16:32, Mark Hoffmaster-17:09, Ken Curtis-18:27, Bob Payne-18:29, Larry Barker-19:51, Larry Dyer-21:55, Jeff Paul-22:47, Nedra Connolly-22:59, Cherie Dyer-24:53.

SPECIAL REMINDER TO NON-RENEWAL MEMBERS- We hope you will forward your 1982 dues for membership renewal for the MTC. This will be your last newsletter. Please send check made out to the MTC to Bob Coughlin by Jan. 31st. (\$15.00 renewal, \$15.00 family, \$10.00 college, and \$5.00 student.) Fill out slip below and send with your check.

NEXT NEWSLETTER MEETING: Feb.3rd-Wed.- 6 P.M. at Bob C's.

NEXT SCHEDULED CLUB MEETING; Feb.16th-Tues.- Public Safety Bldg. - 7:30 P.M.

NEWSLETTER COMMITTEE Kim Beaulieu-675-3341, Marion Leschey-772-0740, Bob Coughlin-773-0800, John Conley-799-6378, Grace Amoroso-967-3430, Barry Howgate-773-6940, Dave Paul- 774-4089, Charlie Scribner- 772-5781.

## MAINE TRACK CLUB RENEWAL

NAME:

PHONE:

AGE:

ADDRESS:

\$15.00-renewal \_\_\_\_\_, \$15.00-Family \_\_\_\_\_, \$10.00-college \_\_\_\_\_, \$5.00-Student \_\_\_\_\_.  
Check one.

Check made out to MTC- Send to Bob Coughlin  
38 Kenneth Rd.  
So.Portland, Maine



# MAINE TRACK CLUB

NEXT CLUB MEETING- FEBRUARY 16TH, 1982-TUESDAY at the Public Safety Building. 7:00-7:30 P.M. ( Swap or sell time-see note below) Regular Meeting will be at 7:30 P.M. Group run at 5:50 P.M. Varied distance and course.

AGENDA- Review of races, financial report, and a clinic on running injuries and treatment by Dr. Douglas Brown.

SWAP, SELL, or SHARE- Members who have shoes that were not used much, for whatever reason, clothes, books or magazines on running, can bring them to our monthly meetings. It will give members a chance to pick up inexpensive shoes, clothes, books etc. that others no longer need. This will take place from 7:00pm-7:30pm before each scheduled meeting.

RACES for FEB.-1. First Annual Mid-Winter 10 mile Classic on Feb.7th at S.M.V.T.I. at 12 Noon. Race Director-Bob Payne. ( See flyer enclosed ).2. Washington's Birthday- 3 miles- Feb. 15th.

PAST RACES- Frank Morong, Race Director for the Brooks Ins. 10 miler, made a special effort to explain road conditions. The only complaint was that the foot of Meeting House Hill needed another traffic controller. Overall, a well organized race and post-race presentations. Dennis Smith's Village Cafe race was a great effort also. Dennis accurately measured this course last year so it did not need an update. The only problem in this race was that some of the spotters left their post before the last runner came by. A suggestion for future races is for a follow-up car, which will be behind the last runner, and who will pick up spotters as they are passed. (great suggestion)!

RACE DIRECTORS- All courses are to be checked for accuracy before race day. See Dick Manthorne for measuring wheel. Also, Race Directors will be expected to take films using the MTC movie camera during their races. Brian Gillespie will be asked to attend our Feb. 16th meeting to demonstrate how to use the movie camera and projector since he is the person with the most experience. When a roll is completed we will show them at our meetings. MTC needs 2 Race Directors and 2 committee people. If you can not help at the races, this is another way you do your part. Call BOB C if interested.

CLUB NEWS- Hank Pfeifle just ran a great Marathon in Florida. (Orange Bowl ) in 2:16:39. Congratulations Hank!

Harvey Rohde has volunteered to Chair our Banquet Committee. Jim Kein completed some ground-work and has a time slot on the second week in Dec. at the Red Coach . The members wanted a Saturday for the MTC Handicap Race, partying, and plenty of food. Jim feels this fits the bill. Harvey will be asked to firm up the date and menu and details will be given at the Feb. 16th meeting.

CLOTHES ORDER is going in on Feb.20th for a racing long sleeve fall and spring shirt (\$14.65) and a singlet with the insignia of MTC printed above the area where you pin your numbers.(\$9.55). Sizes S-M-L-XL. This will be a pre-paid order and if interested mail your check or pay Bob Coughlin at the Feb. 16th meeting. These will be ordered through Olympia and you can check your size before you order by dropping at the Olympia wholesale outlet across the street from Fairchilds. See John Gleason. Remember, throughout the year MTC will be placing special orders on items requested at meetings. Bailey's Sporting Goods continues to carry many of our clothes in all sizes.





# MAINE TRACK CLUB

Jerry Bugby put on an excellent program at the U.S.M. gym BODY SHOP. We had a good run and were given the opportunity to use all the weight-training apparatus. She also took the calipers and measured the percentage of body fat of some runners. It is a great individualized program that has proven to help runners and is specifically designed for runners. Special rates are available for different categories. Talk to Charlie Scribner or John Keller if you are interested.

Kim Beaulieu headed up a super panel discussion on Nutrition at our last meeting. The people she recruited were excellent and we will try to do this again soon. Many other topics could have been discussed but time was limited. The panel included Roger Dutton, Marge Podgajny, and Paula Allen. Over 60 members and non-members were in attendance. A great turn-out for a great presentation.

Bob C. spoke to the reservationist at the Public Safety Building about having meetings on the cafeteria side. In the future, days of the meetings will vary and meetings will be held in the classroom only, which is a much quieter area.

HELPERS- A special thanks to the following helpers in the Village Cafe and Brooks Ins. races-David Strom, Sany Utterstrom, Al Utterstrom, Barry Strom, Ray and Laurie Cooper, Mike Collick, John Conley, Sheila Colby, Dick McFaul, Alice Smith, Charlie Scribner, Lloyd Cook, Art Chapman, Art Quint, Marion Leschey, Dave Conley, John Doherty, Jean Thomas, Dave Harris, Ted Cunningham, Dick Manthorne. These people deserve a pat-on-the back for their contributions. Our club will survive only if others take their turn and permit these people the opportunity to run at other races. Please sign up with Charlie Scribner (772-5781) who has already done more for our club events than anyone should have to. Remember- it is only active members that make clubs work and active means working as well as running road races, serving on committees, or participating in clinics. Let's make "82" the year everyone does his or her fair share. Another alternative to being a race helper: Construct 2 free-standing signs of 2'X4'- labeled MTC in our colors with FINISH written on one and ½ way written on another. (to be used in our races

ROWDIES- A fund-raiser is being held by the Rowdies at the St. Patrick's Church on Congress Street on Feb. 6th. Cost is \$6.00 and it is a B.Y.O.B. affair. Let us support this. It is one of the few times we can mingle-but don't wear MTC clothing. Phil Soule and John Noyes are easily upset by green and gold and have been known to use it for some unspeakable activities.

T.A.C. registration for 1982. Jim Kein is the area representative. See him for forms (854-8711) Forms should be sent to John Sinclair, 155 Pine St., Lewiston, Maine.

BOSTON MARATHON- Let us try to stay at the same place and book reservations early. If you want to join the group for pre and post race activities- let BOB C. know at the Feb. 16th meeting. He will book reservations where the majority want to stay.

MARATHON TRAINING RUNS- distance runs of 20 plus are being done Sat. or Sun., depending on the race schedule and group. Call Bob C the night before (773-0807) or Sandy Utterstrom (797-4710) if you want to hook-up. Speed varies, but generally around 7:20 or slower.

CASCO BAY GROUP PICTURE- will be passed out to people who ordered at the Feb. 16th meeting. There are some extras and will be sold at cost only.



# MAINE TRACK CLUB

At the last meeting a committee was set-up to work on the proposed Half Marathon which will be held along with the 350 Celebration of the City of Portland. Committee members are John Conley, Al Mack, Jean Thomas, Sandy Utterstrom, Ted Cunningham, Mason Smith, Rick Strout, and Charlie Scribner. More details will be coming.

PROFILES- Dave Goodwin-Age 46- Cape Elizabeth, Maine (799-4425). Dave works as an I.B.M. Account Representative. He averages 50 plus miles per week and does both L.S.D. and fartlek. Dave runs for enjoyment and good health and is shooting for a 3 hour Marathon. He averages about 15 races a year and has done well in the Nike Coast Marathon, Portland Boys Club, Camden, and Casco Bay Marathon. Dave runs early (6-9 a.m.) and usually around the Cape. WE wish him continued success.

Dave Trussell-Age 38- Portland, Maine (774-3378). Dave is a dentist in Cape Elizabeth. ( who says they just like to give out pain ). He runs from 40-60 mile a week and does mostly L.S.D. with some intervals thrown in. Dave joined the running group to lose weight, improve, and ( Bob C. likes to hear this ) to be able to eat and drink all he wants. He would like to qualify for the Boston Marathon. Dave has run in the Casco Bay Marathon, Maine National, and Club 10K's. He ran a sub 4 hour Marathon in his first year and this is an accomplishment. He usually runs late afternoons and weekends in the morning around Portland and the Cape. People like Dave are the back-bone of our club as they are people who work at their sport.

Tom Peterson-Age 22- recently moved to Honolulu, Hawaii ( tough to take ) and was doing this for employment prospects. We hope it has worked out ( especially if we could visit during the Honolulu Marathon week. ) The last we heard, he was running 25-50 miles a week and combined intervals with easy runs. Tom says he runs for fame, fortune, fun, and least of all- good health. Some goals include a sub 25 min. 5 miler, sub 60min.-10 miler, sub 2:40 marathon, and the 1981 Honolulu Marathon. (how did it go?) He runs 20-30 races a year and used to love? the James Bailey course. Tom may be a Rowdy deep down because that course radiates pain and they travel all over looking for "good pain". Tom's favorite training run was a 8 miler that ran from Oakland, Calif., FORT Mason, across the GOLDen Gate Bridge, up into the hills of Marin County, through the Golden Gate National Recreation area and back. He says to write if you are interested in visiting, but space is limited, so write well ahead of time. We would like to hear from you Tom, so keep us informed about your exploits. Best of Luck.

NEXT NEWSLETTER MEETING- Feb. 23rd, 1982, Tuesday, 6 P.M. at Bob C's.

NEXT SCHEDULED CLUB MEETING will be announced later.

Dennis Smith has put together a great slide show with music on past races. He will show these at our March meeting.

NEWSLETTER COMMITTEE- Kim Beaulieu (675-3341), Marion Leschey (772-0740), Bob Coughlin (773-0807), John Conley (799-6378), Grace Amoroso-(967-3430), Barry Howgate (773-6947), Dave Paul (774-4089), Charlie Scribner (772-5781). Please call one of the above for any comments or suggestions you have about the Newsletter.





# Maine Track Club

NEXT CLUB MEETING: MARCH 9th, 1982-TUESDAY at the Public Safety Building.  
7:00P.M.-7:30P.M. (swap or trade time). 7:30P.M.-General Meeting.

AGENDA: 1. Secretary-Treasury Report. 2. Review of races. 3. Dennis Smith's slide show with music of past races.

RACES: 1. Iceberg Marathon-March 6th-Bangor- at 11A.M.(843-6262) Maine Running.  
2. Kerryman's Pub- 4 miles-March 14th-Saco (Marathon Sports). 3. Riverside 5K-  
March 20th at Riverside Industrial Park-11A.M. (799-4578 Larry Greer). A  
wheel measured course. \$3.00 Entry Fee- proceeds to Cape Track- no facilities.  
4. BOB RICE Memorial 10K- March 21st- Co-directors Gene Coffin - John Keller (772-0069)  
5. Kennebunk 10K-March 28th-(Marathon Sports). 6. Roma Cafe 5.8- April 4th- Wayne Clark.  
7. China 10K Classic- April 10th- (445-2047). 8. Portland Boy's Club- April 19th- Dave  
Paul (774-4089). 9. Boston Marathon- April 19th.

ICEBERG MARATHON CAR POOLING: Leaving at 6:30 A.M. for the Holiday Health & Racquet Club in Bangor. Call Bob Coughlin- 773-0807. Leave and return March 6th.

VOLUNTEERS: John Keller needs more volunteers for the Bob Rice Memorial on March 21st. Call John at 772-0069. Dave Paul also needs more volunteers for the Portland Boy's Club Race in April. This race requires a lot of help. Please call Dave at 774-4089. Dave has done a lot for MTC. Let us give him our support. Charlie Scribner and John Conley are Co-Directors of a  $\frac{1}{2}$  Marathon on July 25th to coincide with the 350 Portland Celebration. Anyone not planning to run this race, please volunteer to help. Call Charlie at 772-5781 or John at 799-6378. Charlie is also making a Finish and  $\frac{1}{2}$  way signs with MTC colors and insignia to be used in our races.

FAMILY SPAGHETTI SUPPER- To be held at the Sprague Hall in Cape Elizabeth on Friday April 16th. This supper is being chaired by Russ Connors and Sandy Utterstrom. A sign-up sheet will be at our March 9th Meeting. There is a \$2.00 Fee. If you are not planning on attending this meeting and you are interested in going to the supper- call Russ at 799-8240 or Sandy at 797-4710.

TERRY FOX RACE: Ed Rice is having problems getting enough sponsors for this race. Anyone knowing a group or organization willing to donate funds for this race, please call BOB C. (773-6947). All proceeds from this race is going to the Cancer Society in Terry Fox's name.

RUNNING SAFETY: Road hogs do not always drive cars. Give people who make an effort to avoid you a friendly sign. Don't always assume a near miss was intentional. Look at the driver- not the car- to see if the driver sees you. Create a good model for those drivers you come in contact with, as a runner down the road may be the benefactor, even if you are not.

Dr's Doug Brown, Tony Owen, and Richard McFaul gave many excellent suggestions, dramatizations, and definitive explanations on athletic injuries, treatments, and alternative exercises at our last meeting. A great slide presentation and indoor bike set-up were observed. Thanks to Dick for helping to arrange this clinic for MTC.

BOSTON MARATHONERS: Reservations are being made by many runners at Park 57 in Boston. If interested in making reservations- call 1-617-482-1800. Our hospitality room, after the Marathon, is open to runners, families, friends. Hope you can make it.

RACE DIRECTORS: A suggestion was made at our last meeting for directors to include a short race for youngsters and beginners so that our races could include something for the whole family. Also, a weight division for runners over 180 lbs. was mentioned. Not much was offered pro or con. This can be discussed at our meeting. Arnie Clark will be the Director of the Carroll Reed Race. Larry Dyer will co-Direct the WGAN RACE. Larry also has agreed to help directors with trophies. He and Charlie Scribner can be contacted to obtain the best price.

CLUB NEWS: Maine Runners choice for the Runner-of-the-Year was Hank Pfeifle. A well deserved award. ( Hank recently ran a 29:26 10K ). Chris Kein just completed a very successful year at Cheverus. Chris shows steady improvement and had a solid performance at the Dartmouth Invitational. Great job! Werner Pobotschnig broke the tough 10 mile S.M.V.T.I. course record with a time of 53:02. He continues to excel. John Keller also broke the S.M.V.T.I. record with a time of 53:56. The old record of 54:01 was held by Bob Winn. John, as always, runs tough. Arnie Clark, Frank Morong, and Larry Barker ran the Hampton Beach Marathon in the following times- Arnie-3:00:01, Frank- 3:16:58, and Larry- 3:22:40. Kim and Roger Beaulieu ran the S.M.V.T.I. 10 miler. This was Roger's first 10 miler. What a course to start on ! Dick Manthorne broke his personal best on the tough 10 mile course. ( His first 10 miler ) He is improving steadily. We knew his sons David and Scott got those genes from somewhere. Great to see "Flash" (Brian G.) on a course again. Maybe a reduced work load will permit him the time to regain his excellent past performances. Good Luck! Sean Keough continues to run well with a fine performance in the S.M.V.T.I. Race.

Bob C., Don Berthiaume ( Pres. Marathon Sports ), and Dick Roberge ( also of Marathon Sports ) met with Mr. Thayer- the new sports editor of the Portland Press Herald. We went over our concerns about the need for doing more for runners, such as publishing the whole race list of finishers, articles on gifted runners like Hank Pfeifle, Kim Beaulieu etc., and publishing monthly race schedules. It was a good meeting and Mr. Thayer has assured us that he will make an effort to deal with these areas.

Nedra Connolly wants to know if all MTC members are LD runners. She does not meet many who are in the 5-10 mile range. Introduce yourself if you are in the same boat, as we would like to know just how many beginning to middle distance runners we have. Our club is meant to accommodate all types of runners and members should not be intimidated by distances others run.

WELCOME NEW CLUB MEMBERS: Bob Quentin-Portland, Charlie Glover-Portland, Warren Wilson-Falmouth, and Arthur Quint-Westbrook.

LOST: Green MTC rain jacket with Me. Championship patch on sleeve. Size Small. This jacket holds a lot of sentimental value to Dave Manthorne. Please call Dave at 799-6193 if you have any knowledge about his jacket.

50 MILERS: These are not the fearsome runs they appear to be. A base of 60 miles a week for 6 months and the ability to run a marathon are qualifiers. Add a minute to your marathon pace and drink liquids frequently. Our club has several members who will be discussing this before the next Rowdy Ultra in Nov. '82. Keep your calendar open as we would like 50 MTC members to participate. A great meal and dance follow the event.

Wayne Larochelle wrote to BOB C. His running is reduced due to extreme heat (105 temp 80% humidity- would wilt steel). Anyone running the Virginia Beach Marathon is welcome at his home. If you would like to drop him a line - write him at United Virginia Bank, President N.T.A.S.A., 900 Main St. Richmond, Virginia 23261. Great to hear from Wayne!

See you at CARBUR's after our meetings. An option for those interested in CARBO'S.

HAPPY RUNNING!- Your NEWSLETTER COMMITTEE.

P.S. HELPERS-SMVTI 10 MILER: Art Quint, Marty Donlon, Al & Sandy Utterstrom, Mike Towle, Dave Trussell, Virginia Connors, Steve Moriarty, John Conley, Dave Conley, Jeanne McDonald, Mason Smith, Dave Harris, Tom Larose, Charlie Scribner.





# Maine Track Club

NEXT CLUB MEETING: April 13th, 1982- TUESDAY- at the PUBLIC SAFETY BUILDING. Club run begins at 5:45 P.M. in front of the building. 7:00 P.M.-7:30 P.M.- (swap & sell time). 7:30 P.M.-General Meeting.

AGENDA: 1. Secretary-Treasury report. 2. Review of M.T.C. races. 3. Review of Family Spaghetti Supper plans. (last chance to sign up- Call Russ at 799-8240 or Sandy at 797-4710 if you can not make the meeting). 4. Boston Marathon. 5. Portland Boy's Club. 6. Glen Poland- NIKE Engineer will talk on the BIOMECHANICS of RUNNING SHOES.

RACES: 1. Portland Boy's Club-5 miler- April 19th- Dave Paul-Director. 2. Terry Fox-4 miler- May 2nd- Bob Coughlin. Starts at the Portland Expo Building at 12 Noon. 3. Biddeford 15 miler- May 9th- 10 A.M. 4. WGAN Fun Run-May 16th- Dave Silverbrand-Larry Dyer- Co-Directors.

REVIEW MARCH MEETING: 1. Names were taken for the second order on singlets and long sleeved shirts. Shorts can be ordered by contacting John Gleason at Olympia's Outlet on Western Ave. in So. Portland. Orders are pre-paid and John sends the order in after 10 or more people have notified him. 2. Family Spaghetti Supper at Sprague Hall- Cape Elizabeth is set for April 16th. This is a family activity and costs \$2.00 per person. Please bring a loaf of bread (preferably Italian) and any beverage you will be consuming. This affair is also open to non-members. It should be a good night. Art Grief, who ran the Iceberg Marathon with a group of us, is speaking on the relationships he has found between biking and running. Art is a unique individual in many ways and we think you will find his ideas interesting. He is also a tough-minded runner who completed the marathon with a huge blister he acquired at 10 miles. Hope everyone can make it! 3. Dennis Smith presented his slides of past races (accompanied by some stimulating and highly appropriate music). His show was excellent. Due to the inclement weather, we had a relatively small turn-out. We would like Dennis to show his slides at the Spaghetti Supper for those who missed it. Thanks again, Dennis. 4. Social events for the club were discussed. Some suggestions made by members are cross-country ski weekends, beach parties (possibly catered by Phil Soule), group bike runs, vacation activities such as a group trip to Hawaii to run the Honolulu Marathon. (Tom Peterson-here we come)! Volunteers will be needed to form a committee to organize any of these events. Please call BOB C.-if interested. 5. Financially the club continues to prosper and we hope to do more for club members in the future. 6. Glen Poland, a new MTC member, who works at NIKE, passed on 18 pairs of new Terras for testing. Sizes were limited but we hope to give everyone an opportunity to test these shoes, if your mileage is sufficient. Please let Barry Howgate know your size at the next meeting if you are in this group and have not tested shoes in the past. The last batch had sizes ranging from 8½-9½. Glen requests that participants call him at 284-5911 at the end of 4 weeks of testing to explain any wear- sooner if problems occur.

MEMBERSHIP CARDS for 1982 are enclosed. We have made arrangements with Olympia and Baileys for special discounts for club members. We should be able to receive other types of discounts from other local establishments such as Health Food Stores, Clothing Stores, Restaurants (Village or Roma- quality only), Ski equipment etc. if some club member is interested in pursuing this. We have a pay-as-you-go membership and officers who like quality anything and are Buyers. Our membership continues to grow and MTC would be a definite asset to any business if pushed by the Club. Anyone interested in pursuing this will not be required to be a race-helper.

GORE TEX-New Balance Running Suits are available for \$126.00. These were part of a special order and these new suits currently sell for \$160.00. We have two- Size-Medium and X-L. Call John Conley at 799-6378 if interested.



TERRY FOX 4 miler: May 2nd at 1:00 P.M. All members who have signed up to work this race should call Bob C- 773-0807 or see him at the April 13th meeting. (T-shirts go to the first 100 pre-registered). Awards for age categories will also be given. Official T-shirts for helpers, also.

BETHEL INN: Kim Beaulieu and Harvey Rohde are trying to organize a running weekend again. The 10K and Mini-marathon are a great combo and the food and area are terrific.

BOSTON HOSPITALITY ROOM: Upon checking the cost for this room, the officers felt the money needed would not justify the number of club members who could take advantage of its use. Therefore, the club will not be renting this suite unless a majority votes to do so at the April 13th meeting. Otherwise, BOB C's room at Park 57 is available.

COMPLIMENTS to the MTC: Steve Podgajny mentioned recently that our races are as well organized as any he has run in around the country. This was nice feedback.

Marge Podgajny is currently working on the Corporate Run for Heart, to raise money for the Maine Heart Association. This race is somewhat different in that awards will be based on money raised. August-September is the date target. Procedure for awards would be as followed: \$25 would get you a T-shirt, \$50 would get you a T-shirt & Nike bag, \$100 would get you a T-shirt, Nike bag, and running shoes. If anyone is interested in heading up this event where you work, let Marge know.

GREAT RACES by MTC Runners: Herb Strom-39:37 Bob Rice, Ray Cooper-39:59 Bob Rice, Rick Garcia-54:55 St. Joe's 10 M., Barry Howgate-37:19 Bob Rice, Chris Kein 35:42 Bob Rice, Jim Kein 36:26 Bob Rice, Marty Donlon-41:54 Bob Rice, Dave Silverbrand-39:04 Bob Rice, Bob Coughlin- 36:08 Bob Rice, Kim Beaulieu-66:03 St. Joe's 10 M., Tom Larose-39:16 Bob Rice, Marge Podgajny-37:29 Bob Rice, Harvey Rohde-66:02-St. Joe's 10 M., Jim Babb-55:33 St. Joe's 10 M., Steve Podgajny-30:43-Bob Rice, Mark Hoffmaster-56:22 St. Joe's 10 M., Jerie Bugbee-45:36 Bob Rice, Bob Payne-65:58 St. Joe's 10 M., Joe Larose-62:21 St. Joe's 10 M., Barb Coughlin-44:37 Bob Rice, Arnie Clark-38:21 Bob Rice. Also running in recent races with outstanding performances were John Keller, Werner Pobotschnig, Dick McFaul, Randy Phillips, Bob Quentin, Jeff Paul, Brian Flanders Jr., Art Greif, Glen Poland, Charlie Scribner.

HELPERS-BOB RICE MEMORIAL: Bob Quentin, Jane Dolley, Dave Harris, Mike Warden, Rick Garcia, Jim Babb, Werner Pobotschnig, Ted Cunningham, Bob Payne, Sheila Colby, Mark Hoffmaster, Jamie Gildard, Julie Sylvia, Peter Dube, Al & Sandy Utterstrom, Steve Rainsford, Randy Phillips, Warren Wilson, Joe Esposito, Peter Holloway, Bill Gillette, David Rohde, Virginia Connors, Kim Beaulieu, Barb Coughlin, Bob Coughlin, Charlie Scribner, Dave Paul, and ZIGGY.

MOVIE PROJECTOR: Dave Silverbrand has loaned us his movie projector for the past several years. Dick Manthorne will be speaking to Dave about setting the MTC a price for the projector so that it is solely MTC property. Brian G. is currently holding this for us and will be taking films of all our races or passing it on to the race directors.

PICK-UP your pre-paid singlet and long sleeved shirt you ordered at the April 13th meeting or at Bob C's house. A volunteer is needed to place orders in the future. The procedure to order is as follows: order is taken at a meeting or by phone, order is phoned in to John Gleason at Olympia or Bailey's, all orders are pre-paid and checks are forwarded to Dick Manthorne. Dick in turn mails a check for the total to the store. Anyone interested in handling clothing orders, please call Bob C. (773-0807).

LOST: Blue & orange gym bag at St. Joseph's 10 miler. Please call Kim Beaulieu at 675-3341 if anyone has seen it.

WELCOME NEW MTC MEMBERS: Jerie Bugbee runs the Body Shop program at U.S.M. Portland Gymnasium. She can fill you in on how important upper body training is for runners. Glen Poland works at NIKE and is responsible for the running shoes for testing.

Art Greif, of DOWN EAST BICYCLE TOURS, is preparing a study, hopefully for publication in Runner magazine, on the interplay between running and cycling. Could you take a minute to fill out the questionnaire below and mail it to:

DOWN EAST BICYCLE TOURS  
P.O. BOX 473  
PORTLAND, ME., 04112

1. How many miles a week do you run? How does this vary through the year?

\_\_\_\_\_mpw \_\_\_\_\_mpw \_\_\_\_\_mpw \_\_\_\_\_mpw  
winter spring summer fall

2. For how long has the above pattern been typical of your running? Does it represent an increase or decrease in your mileage?

\_\_\_\_\_

3. How many miles a week do you cycle? How does this vary through the year?

\_\_\_\_\_mpw \_\_\_\_\_mpw \_\_\_\_\_mpw \_\_\_\_\_mpw  
winter spring summer fall

4. For how long has the above pattern been typical of your cycling? Does it represent an increase or decrease in your mileage?

\_\_\_\_\_

5. For the last two years, or for the period of time covered by your answers to 1 and 3, whichever is longer, please indicate the incidence, severity, and duration of the indicated leg ailments. Without worrying about the technical name for these maladies, just focus on the area of your body that was in pain.

Focus of Injury	Time of Year & Year (winter, spring, etc.)	Severity (minor, moderate, etc.)	Duration in days
Foot			
Ankle			
Calf			
Knee			
Thigh			
Hip			

If there has been more than one injury to a specific area, please list each injury and indicate the severity and duration of each.

6. In relation to your overall running ability, are you a weak, average, or strong hill climber?

\_\_\_\_\_

7. In relation to your overall running ability, are you a weak, strong, or average sprinter?

\_\_\_\_\_

Thankyou





# Maine Track Club

NEXT CLUB MEETING: May 11th, 1982-Tuesday-Public Safety Building.  
5:45 P.M. Club run. 7-7:30 P.M. Swap n' Sell. 7:30 P.M.-Meeting.

AGENDA: 1. Secretary-Treasury Report. 2. Review of previous months races.  
3. Spaghetti supper review. 4. Films of April Amble & Port. Boy's Club(if available).

RACES: 1. Terry Fox-4 miler-May 2nd- Portland Expo Building. 2. Club Championship-10K- May 9th-Lewiston. 3. Biddeford 15 miler-May 9th. 4. WGAN-4 miler-May 16th-11A.M.  
5. Knights of Columbus-4 miler-May 16th-1:30p.m.-Cape Elizabeth. 6. Children's Race-May 23rd. 7. Nike-Coast Marathon-May 30th. 8. Memorial Day 10K-May 31st-Gorham. 9. Pick-A-Pair-June 6th. 10. Bethel Weekend- June 19th & 20th.

REVIEW OF APRIL MEETING: Larry Greer asked for a MTC donation toward the Cape Elizabeth track being built soon. The Club voted to donate proceeds from the Memorial Day 10K to the track. Bob C. reminded us that people are still needed to work the Terry Fox Race. The members discussed incorporating and/or purchasing insurance to protect the club and MTC members from law suits. Glen Poland of Nike Quality Control discussed what goes into manufacturing shoes and which shoes are best for which type body structure and running style.

B.A.A. Marathon: Maine Track Clubbers really gutted it out on a tough day with overly enthusiastic crowds and additional runners, to finish well. While most did not achieve their personal goals, (Bob C. can personally vouch for that) those who came within 10 minutes of them were victorious and all who finished were winners. Among those competing were: Steve Podgajny-33rd.-2:21, Kim Beaulieu-3:04, Russ Connors, John Keller, Dick McFaul, Greg Parlin, Bob Payne, Herb Strom, Bob & Barb Coughlin, Jim Babb, Dave Goodwin, Mark Hoffmaster, and Werner Pobotschnig. Award patches will be given to all finishers of the B.A.A. Marathon.

GREAT RACES BY M.T.C. Runners: Arnie Clark-2:53-New Brunswick Marathon. Portland Boy's Club-  
Hank Pfeifle 23:36, Seah Keough 26:14, Brian Flanders Jr. 26:23, Dennis Smith 27:05, Bob Quentin 27:40, Art Greif 29:24, Harvey Rohde 29:51, Jim Kein 30:05, Marty Donlon 30:11, Larry Barker 30:29, Dave Silverbrand 30:37, Merle Hartford 30:39, George Nason 31:12, Arthur Chapman 31:24, Kevin Kein 31:38, Scott Strout 31:41, Rick Strout 32:10, Dick Manthorne 34:44, Jeff Paul 35:19, Nedra Connolly 36:00, Joan Welch 36:29, Brian St.Pierre 42:34.

Jamie Gildard led the pack at the April Amble 4 miler in a time of 19:42.

CLINIC FOR MAY 11th: Bob C. would like to hear from club members who know the strategies, methods, and/or concepts behind interval workouts and marathoning. We would like an informal panel for the up-coming meeting, which could be helpful to club members who are just thinking about it or who have never participated. Interval work-outs will begin May 12th-Wed. and continue on each Wednesday thereafter at 5:30 P.M. We need volunteers for timing these work-outs. It is really easy to do. If interested, please let BOB C. know. Anyone interested in joining the above mentioned panels, let it be known.

CHAMPIONSHIP CLUB RACE-Lewiston-May 9th. All club members participating will receive a jacket patch signifying their help in winning ( if we do ), so let's be on the starting line. It is the only one this year and it will be our 4th win in 5 years. Remember, everyone who finishes counts!

MEMBERSHIP CARDS: If you do not have yours, ask for it at this meeting.

BUMPER STICKERS: Will be available soon.



# Maine Track Club

KNIGHTS OF COLUMBUS- 4 miles plus- May 16th- St. Bartholomew's Church- Cape Elizabeth. Russ Connors needs some help. Starting time 1:30P.M. Trophies and \$25.00 gift certificates will be given out.

CHILDREN'S RACE- May 23rd. Helpers show up at 8a.m. at Dr. Wolf's office.

CLOTHES ORDERS: Marion Leschey will be taking orders for singlets, windbreakers, and sweatshirts at the meeting. Orders are submitted on the last Sat. in each month, so get your check in by then if you want to be included. A catalogue showing examples of clothing will be available at the meeting. Prices of items are as follows: Bill Rodgers Shorts (M&F) \$10.50, BR Singlets \$10.03, BR Long sleeved racing shirt \$15.39, Windbreaker/shoulder MTC insignia Kelly green-yellow lettering \$13.39, Sweatshirt/hood-Kelly green or white with shoulder lettering- Kelly \$11.55 and White \$10.50. IMPORTANT, please pick up your clothing you ordered from BOB C. (These are old orders.)

THANK YOU'S: The Cronins of Hopkinton. Each year, at the time of the Boston Marathon, this family has put up Maine runners and have made them feel at home. Bob C. has asked Russ Connors to take contributions from those of us who shared their hospitality and to send them a gift. Bob C. has sent a letter thanking them personally and as club president. You have to be there to appreciate the benefits of their act. ORGANIZERS of SPAGHETTI SUPPER: A great time was had by all who attended. Thanks to the efforts of Russ, Joan, and Virginia Connors, Mike and Betty Worden, Al and Sandy Utterstrom, and Jean Thomas. Make an effort to attend the next one, if you missed it. HELPERS-Portland Boy's Club- Charlie Scribner, Gary Wakem, Peter Halloway, Arnie Clark, John Conley, Jeri Bugbee, Jean Kein, Mel Paul, John Paul, Chris Kein, Rick Garcia, Steve Rainsford, Dave Trussell, Ted Cunningham, MA, Steve Hyde, Lloyd k.

NIKE-MARATHON- Any groups planning to train on the Nike Course on weekends, please let it be known at the meeting.

SELF ADDRESSED-STAMPED CARD ENCLOSED: Each member should fill out this card and mail it in. We need a lot of help to put on a quality Half-Marathon and this is the MTC contribution to the 350 Celebration of Portland.. Note on card what you want to do.

SPOTTER'S VESTS: Vests are being ordered for the safety of our helpers and road racers. They will have Race Official printed on the front and MTC on the back.

JACKET PATCHES: Patches will be given to all participants in key races this year. We will decide at the meeting which races they will be.

OLYMPIA DISCOUNTS: The Maine Mall store will discount shoes only. John Gleason, at the Olympia Outlet will handle all clothes orders for discounts. Even though shoes at the Outlet are discounted, the MTC card will reduce them 10% further.

NIKE-COAST COURSE: Any one needing a drink or in desperate need of a bathroom is welcome at the Amoroso's. The house is located at 15 1/2 miles of the course( steep downhill after Communications and Police Station- take Ward Rd (90 degrees right) to dirt road at red antique sign(2/10 mile) Amoroso's is last house on right on the dirt road (1/10 mile). Can't miss it- construction going on at house.

NEWSLETTER COMMITTEE: John Conley, Charlie Scribner, Russ Connors, Bob C., Kim Beaulieu, Marion Leschey.



PROFILES: Dick McFaul-37 yrs.-Cape Elizabeth. Dick is a man of many talents including racquetball, biking, cooking, and running. He is a pediatric-cardiologist by profession. Dick offers many club members technical advice and moral support. He also has been printing our newsletter in his office at no charge and has participated in some of our most interesting clinics. Dick runs 40-60 miles per week ( and pumps the bike all night) . He runs L.S.D. mostly in groups. Living in Cape Elizabeth provides many excellent areas for running. Dick enjoys competition. ( we think he thrives on it). He runs also to support a healthy appetite and to reduce tension and stress. Dick's goals are to run a sub 3:20 marathon at age 80 years young ( Bob C wants a 3:19 at age 84 ). Dick ran many quality races in '81 including a 2:48:06 on the animal course of Casco Bay. Watch out when Richard-the-lion-hearted complains of aches and pains- it's Burn-Time!

Brian Gillespie-34 yrs.-Portland. Brian is the original organizer and long-term President of the MTC. Brian has provided many club members with support and advice and has proven to be an effective coach, as his recent record at St. Joseph's College bears out. His profession is in the insurance field. He has been the premier race director for several years. Brian runs 40-60 miles per week and has been running since age 16. He likes the competition and wants to finish in the top 15 in races this year. Brian has been a quality runner for many years as his 1:10:15 Mini-Marathon time in the 74 Elks and Bailey's 75 28:10 testifies. It is good to see him have the time to run again. Have a good year!

Dennis Smith-32 yrs.-Gorham. Dennis has been and continues to be a top runner in Maine. He is an easy person to talk to and always gives encouragement to fellow runners. His wife, Alice, is also into running and teaches in Gorham. Alice won the MTC Handicap in 80 ( where were you in 81- the sore-losers want another chance). Dennis teaches and works as an electrician. He runs between 50-100 miles per week. He runs mostly L.S.D. with some interval work ( 5 days a week). One of his goals is to run a sub 2:30 marathon. He won the 79 Windham Rec.Race and was 4th in the 79 Muddy Rudder. Dennis is always receptive to being a helper in the club and recently put on a great slide show with music of past races at one of our monthly meetings.

WMGX Radio 93 FM- Mon-Wed.Fri.- 9:52 AM and 6:52 PM. Running report which has race results, up-coming races, and running tips. Call Richard Casmer, a week in advance with running news .

RACE DIRECTOR NEEDED: Gorham 10K-May 31st. Call Ken Curtis (839-3201) if interested.

NEXT NEWSLETTER MEETING: April 27th- 6:00 P.M. at BOB C's house.

NEWSLETTER COMMITTEE: Charlie Scribner (772-5781), Grace Amoroso (967-3430), John Conley (799-6378), Bob Coughlin (773-0807), Marion Leschey (772-0740) Kim Beaulieu (675-3341).



# Maine Track Club

NEXT CLUB MEETING: June 8th, 1982-Tuesday- PUBLIC SAFETY BUILDING  
7-7:30 P.M.-Swap 'n Sell. 7:30 P.M.-Meeting. (Brief meeting of workers for the  
350 Half-Marathon- 6:30 P.M. )

AGENDA: 1. Secretary-Treasury Report. 2. Bethel Inn Weekend. 3. Interval Discussion.

RACES: 1. Zonta-5mile-June 5th-Colby College-10:30 A.M. 2. Camden 10K-June 6th-  
11 A.M. 3. Children's Day Fun Run-3 mile-June 13th-St.Louis Child Care Services,  
Biddeford-11 A.M. 4. Portland's 1st Nutra Race-3 mile-( Ages-13-18 )-1.5 mile ( Ages-  
7-12 )-June 13th-Portland Stadium- 10 A.M. 5. \* Bethel Inn Weekend- 10K- Sat. June 19th-  
10 A.M.- Half-Marathon- Sun. June 20th- 10 A.M. 6. Maine-ly Ladies- 4 mile- June 20th-  
Old Orchard Beach High School- 10 A.M. 7. Doc's Tavern- 3 mile- Biddeford- June 25th- 7 P.M.  
8. Tour-du-Lac- 10 mile- June 26th- Bucksport ( Contact Anne Norton ) 9. Maine National-  
5 mile- Portland- 9:30 A.M. 10. Olympia- 5 mile- July 4th- Kiley Field- Eastern Promenade-  
Portland- 11 A.M.

BETHEL INN WEEKEND: Don't miss out on a good time. Run a 10K or Half-Marathon ( or both )  
Enjoy golf, biking, tennis, pool, etc. or just have a quiet weekend. Make reservations  
early since many clubs are sending groups, not just the MTC. Check-in is 12 Noon Friday.  
Hope you all can make it. Sign up to help at one of the races.

TENNIS RACKET SOCIAL- Merle Hartford did it again. Everyone had a great time and  
heard a super selection of music by a D.J. who was hired for the evening. We even made  
some money. According to Dick Manthorne- \$83.00. MTC would like to have another social  
soon. If someone would be Chairman or if anyone has any ideas- bring them to the meeting.  
( How about a Clam-Bake on the Casco Bay Islands? )

TEAM RACES- Our club is currently taking a back seat to other area clubs because of  
a lack of participation in major races. As members of a club, it is important that we each  
do our best to be at key races. We feel our club can be a challenge to any club in New  
England- when we are present. Let us all try and make the races marked with an \* in the  
newsletter. If we all do our part, the MTC can easily be a front-runner. It is frustrating  
to lose at races by the default of members not showing up. Support the MTC and it's  
members by participating. You do not have to win to be a winner, just have the courage  
to enter.

BOOKLET OF RACES: Arnie Clark is putting together a booklet of MTC races. Some races  
deleted or post-poned are the Memorial Day 10K in Gorham and the Pick-a-Pair. Our club  
can do these ourselves if the members choose. It would mean an investment which may or  
may not pay for itself. We think the Gorham race should be kept for next year? If you have  
any ideas- bring them to the meeting.

HONOLULU MARATHON VACATION: Anyone interested in running the Honolulu Marathon in  
Dec, 1982, please contact Joan Welch at 772-8742. Joan has gathered some data on the  
event and will share it at a future meeting.

THANK YOU- HELPERS: All MTC members who helped at the Terry Fox, Children's Fun Run,  
and the Rainbow Mall 4 miler. Good to see so many different faces showing up. When this  
happens, it releases other club members for many free week-ends. Let us keep the SHARING  
going.

ITEMS TO BE PURCHASED: MTC will be purchasing a starting gun, official's jackets,  
movie camera, marathon patches, and a bull horn.

INTERVALS: Wednesday- 6 P.M. SHARP!- Portland Stadium ( Deering Oaks if stadium is  
not available ) These really help.



NEW CLUB CLOTHING: Orders now being taken for MTC clothing. Call Marion Leschey at 772-0740 to place your order. Items available are singlets, shorts, long-sleeved racing shirts, sweatshirts, and windbreakers.

RACE DIRECTORS: It is your responsibility to give John Conley a list of race helpers to be included in the newsletter. Call 799-6378.

MTC P.R.'s: Rick Strout- 3 P.R.'s in the last month. Boy's Club- 32:10, Brunswick 10K- 40:25, April Amble-25:02., Mike Worden- April Amble-23:54, Tom LaRose- April Amble-22:39, Peter Dube-April Amble-21:21, Art Quint - April Amble- 32:39, Terry Fox- 33:43, Arnie Clark- Canadian Marathon- 2:53.

NIKE MARATHONERS: Dick McFaul 2:49:57, Bob Coughlin 2:50:15, Bob Quentin 2:53, Marjorie Podgajny 2:54:55, Hubert Strom 2:55:24, Kim Beaulieu 2:59:44, Steve Caron 3:08:38, Sean Keough 3:12:18, Ken Curtis 3:13:25, Ray Cooper 3:16:11, Mike Worden 3:19:39, John Conley 3:22:02, Dave Silverbrand 3:22:29, Art Greif 3:23:05, Dave Trussell 3:25:05, Marge Adams 3:25:26, Barb Coughlin 3:37:31, Lucy Fortin 3:44:50, Dave Goodwin 3:48:19, Sandra Utterstrom 3:50:50, Marion Leschey 3:54:14, Dick Manthorne 3:57:27, Al Utterstrom 4:17:10.

MAINE RUNNING: Bob Booker is offering a special rate for MTC members. \$12.50/year. Race Directors- Flyers sent to Maine Running ( 700 flyers at \$15.00 ) will increase race participants. Bob is interested in receiving any articles you wish to write on running, biking, canoeing, hiking, camping etc. Black and white photos would be appreciated.

Please return the post card which was included in the last newsletter on the 350 Half Marathon to Charlie Scribner. The response has been low.

PROFILES: Art Quint- Age 48- Westbrook- 854-8825. Art is a postal service letter carrier who runs in the 40-49 age category. Art, who runs between 12-15 miles per week, says that his reasons for running are enjoyment and good health. His main goal is to be able to continue running for a long time. Art runs at various times of the day generally in the Westbrook or S.M.V.T.I. areas.

Glen Poland-Age 27- Saco- 284-5911 ( Business ). Glen is a quality control manager for Nike Shoe in Saco. Glen mixes various types of training into a 30 mile per week average. In route to a goal of 36 minutes 10K, Glen's reasons for running are enjoyment and relaxation. During the week he runs in the evening while on the weekends he runs either in the morning or afternoon. Anyone wishing to run with Glen, in Saco or Portland, please give him a call.

NEWSLETTER COMMITTEE: John Conley 799-6378, Charlie Scribner 772-5781, Kim Beaulieu 675-3341, Grace Amoroso 967-3430, Bob Coughlin 773-0807, Marion Leschey 772-0740.