



Maine Track Club

JANUARY MEETING: Wednesday, Jan 11th, 7:30 PM
Public Safety Building, Portland. Track Club
films from Casco Bay Marathon, MTC Handicap
race, and triathlon will be shown.

UPCOMING EVENTS:

Jan 22, The Maine Track Club JANUARY THAW, 5 miler,
Sunday at Noon, SMVTI. Greg Dugas, director.
Moderately hilly, showers available.

Jan 29, The sixth annual Road Rambler's SNOFEST, 5 miler
Sunday, University of Maine-Augusta. Joanie Rhoda,
845-2437. Moderate terrain, showers available. Noon start.

Feb 5, The Maine Track Club MIDWINTER CLASSIC, Noon, SMVTI,
Bob Payne directing. Ph 655-4156. Hilly 10 mile trot
thru Cape Elizabeth.

Feb 19, Westbrook KIWANIS 5-MILER, Westbrook Recreational
Center, 1 PM, Arnie Clark, 985-3167. Showers available.

.....and if all those races aren't enough, may we suggest

Feb 26, The Pleasant Mountain Triathlon, 10 AM, downhill
slalom, x-country skiing and road race. Three for
the price of one!!

NEWSBRIEFS:

* Connors qualifies for the Olympics!! Our new MTC
president will carry the torch en route to the '84
Olympics in Los Angeles. One of six chosen from
1600 AT&T applicants, Russ has already increased his
mileage and training. He can be identified among the
many Cape Elizabeth joggers by the flashlight held
high in the air!

* Chris Kein, the MTC Chevrus Highschool Sr. with
a come from behind effort won the mile event in
4:25 at the Saucony Track Classic held recently at
Boston College. 1983 credits also included the
mile and 2 mile indoor Class A championship.

The 1984 MTC MEMBERSHIP renewal applications will be mailed this month. All applications must be returned by our March meeting. Newsletters will not be sent to members not renewing by that date.

Tired of paying the high cost of bicycle repairs?
Do them yourself after attending Dick Brink's
Bicycle Repair course starting in February.
Call 774-2933 for more details.

The next NEWSLETTER COMMITTEE meeting is January 31,
6 PM, 7 Bramhall Street, Dr. McFaul's office.
Call 773-2723 if lost! Coffee served.

MEDICAL NOTE . . .

Stay aware of a simple physical principle and run comfortably through the cold winter months. A wet body loses heat 20 times faster than a dry one. Getting cold is "only a problem for the very poor or very stupid" does not apply to those physically active in winter sports. Sweat must go somewhere so dress to keep the moisture off your skin. Polypropylene garments, readily available in most sporting shops, accomplish this by transferring sweat to the outside layers. Wool material is second best; cotton zero! The microporous Gortex material functions in a similar fashion while acting also as a windbreaker. These suits are expensive ranging from 120-200 dollars. On a tight budget, choose polypropylene!!

LAST, BUT NOT LEAST (submitted by Bob Jolicoeur, VEEP)

THINKING

If you think you are beaten, you are,
If you think that you dare not, you don't.
If you'd like to win but think you can't
It is almost certain you won't.

If you think you'll lose you're lost,
For out in the world we find
Success begins with a person's will-
It's all in the state of mind.

If you think you're outclassed, you are;
You've got to think high to rise,
You've got to make sure of yourself
Before you can win a prize.

Life's battles don't always go
To the stronger or faster person,
But, sooner or later, the person who wins
Is the one who thinks (s)he can!

Maine Road Ramblers



DATE: Sunday, January 29, 1984

TIME: 12 Noon

5 MILE ROAD RACE

PLACE: Univ. of Maine at Augusta at the rear of the Augusta Civic Center. Locker rooms, showers, and refreshments will be available. Splits will be at 1 and 3 miles. Wheel measured. Moderate terrain.

REGISTRATION: 10:30 - 11:45 A.M. at the rear of the Augusta Civic Center. Entry fee of \$3.00 plus SnoFest Ticket (\$1.). SnoFest Ticket entitles holder to attend other SnoFest events (Jan. 21 - Feb. 5) and a chance to win the Grand Prizes to be drawn on Feb. 8. Tickets may be purchased at the registration desk.

THERE WILL BE NO PRE-REGISTRATION.

AWARDS:

MALE

First 5 places
13 & under: 1st
14-18: 1st
19-29: 1st, 2nd
30-39: 1st, 2nd, 3rd
40-49: 1st, 2nd
50 & over: 1st

FEMALE

First 3 places
13 & under: 1st
14-18: 1st
19-29: 1st, 2nd
30-39: 1st, 2nd
40-49: 1st
50 & over: 1st

INFORMATION: Call Joanie Rhoda, 845-2437 evenings.

SPONSORS: Maine Road Ramblers, in cooperation with the UMA Recreation Department.

REGISTRATION 6th ANNUAL SNOFEST 5 MILE ROAD RACE

In consideration of this entry being accepted, I for myself, my heirs and assigns waive and release any and all rights and claims or damages I may have against any sponsor, their representatives, successors and assigns for any and all injuries suffered by me at said race.

NAME: _____ AGE: _____ SEX: _____

ADDRESS: _____

SIGNATURE: _____ DATE: _____

PARENT'S SIGNATURE (for runners under 18) _____

HUBERT W. STROM C. M. R.
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