



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

JANUARY, 1985 NEWSLETTER

OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	772-5781
Phil Pierce	- Secretary	781-3769
Bob Ayers	- Membership Chairman	799-7284

NEXT MEMBERSHIP MEETING

Buzzie Davis of SNORADA Touring Center, Auburn, Maine will speak on cross-country skiing at the next meeting, Wednesday, January 9, 1985, at the SMVTI Auditorium, 7:30 p.m. Buzzie is also coaching the Bates College cross-country ski team this year.

The business meeting will follow Buzzie's presentation. Refreshments will be served at the meeting, courtesy of Maine Savings Bank.

NEXT NEWSLETTER COMMITTEE MEETING

January 30, 1985, at 6:30 p.m., Maine Savings Bank board room on Congress Street (2nd floor). All members are welcome.

NEW MEMBERS

As we ring-in the New Year, we also extend a warm welcome to two new members of the Maine Track Club: Jack Reagan (age 32), and Larry White (age 35). Jack lives at 15 Woodvale Road, Portland (773-9155(W); 773-2113(H)), and is foreman at Maine Fisheries. In addition to running, Jack enjoys skiing, camping, hiking and horseshoes. Larry's address is Box 117, Libby Avenue, Gorham (883-5531(W); 839-3667(H)). He works as a sales rep and, when he's not running, spends his leisure time hunting, fishing, camping, and playing basketball.

We look forward to meeting both Jack and Larry in the coming weeks.

"WE ARE ALL SINNERS"

Unfortunately, even runners fall victim to holiday consumption. So, if you're finding that you haven't quite gotten back into the old routine of exercise and healthy eating, perhaps these words of inspiration will help:

"Give me strength, Oh Lord, I pray--
Help me make it through the day.
Deliver me from snacks and sweets,
Keep my mind off high cal treats,
Tempt me not with French cuisines.
Bid me flee soft drink machines,
Turn my eyes from ice cream bars.
Stay my hand from cookie jars.
'Til I'm back in shape again,
Hang in there with me, Lord, Amen."

Anonymous

NEW YEAR'S RESOLUTIONS

Only a few passed along to us...don't know why, but here they are:

Barbara Hamaluk - To beat Bob Coughlin in the 1985 Shipbuilder's Triathlon in Bath (1984: Bob 2:39; Barbara 2:45). Good luck, Barbara.

Jane Dolley - To run 2,200 miles in 1985. Just over 2,000 done in 1984.

<u>Phil Pierce</u> - Improve PR's.	From	To
10K	42:30	40
5 Miles	32:05	30
Marathon	3:18	3:10 (and thus qualify for Boston)

Rick Strout - To qualify for Boston

Scott Strout - To break 3 hours (did a great 3:08 Casco)

Bob Ayers - To average under 7:30 per mile in a 5-miler in 1985. He did the Stroh's Run in 7:38:04. We'll be rooting for you, Bob.

Bob Jolicoeur - To lower Brunswick 10-miler from 60:50 to 60:00.

Herb Strom - To return to sub-3-hour performances (Bob Jolicoeur says "ditto" for him.)

CONDUCT AT RACES

The vast majority of runners conduct themselves in a considerate and sensible manner at races. However, from complaints that I have received and from my own observations, it is apparent that a small minority are making it difficult for race directors to do their job. Compliance with the following requests will be appreciated by race directors and your fellow runners alike:

1. Do not run unregistered. If you persist in doing so DO NOT CROSS THE FINISH LINE as this throws times and places out of sequence. For the same reason, if you are registered DO NOT CROSS THE FINISH LINE MORE THAN ONCE.
2. If possible, pre-register. It will save you money and save the helpers a lot of time. Many races have been delayed due to a large number of late entrants. If you do register on race day, either bring the correct change or pay by check.
3. Unless you have a really important question, such as the location or starting time of the race, do not call the race director. He/she has enough to do before the race without being asked to predict the weather or the winning time.
4. Unless you expect to finish in the top ten percent of the runners (10K under 37 minutes), do not place yourself in the front at the start. You will just get in the way of the fast runners.
5. Unless it is for something really important, do not disturb the people who are preparing the results.

Charlie Scribner,
Race Committee Chairman

CORRECTION

In the December newsletter, we indicated that Barbara Coughlin had received the women's Triathlon Award at the MTC Annual Banquet. Well, folks...we made a mistake. Barbara Hamaluk was the recipient of the award. Sorry, Barbara H., and congratulations!

Page

3, 4, 5 + 6

Missing

BOOK REVIEW - The Maine Quality of Running - Dick Goodie

Dick Goodie's book is a pleasure to read because it's full of names, places and faces we are all familiar with. Old timers to the running game in Maine seem to find special pleasure in reading it because Dick takes us back to the early '60's, and even beyond, by bringing out such greats as Clarence DeMar and Andrew Sockalexis.

Breezing through the book, you will find the following present Maine Track Club members listed therein:

Brian Gillespie	Virginia Connors (Russ' daughter)
Joan Benoit	Dave Paul
Mike Towle	John Keller
Kim Beaulieu	Chris Kein
Carol Roy (Weeks)	Barbara Hamaluk
Laurie Munson	Werner Pobatschnig

The old timers in the Club (Connors and Strom) tell me that many names noted are also former members of the Club, ~~including the author.~~ *originally of the Masters Club*

Bob Jolicoeur

CLUB DISCOUNTS

Christmas is over and there probably isn't much money left in your wallet or purse, but there are birthdays coming and bargains galore in January. Last month, we reported discounts available to Club members at Olympia Sports Center.

Since then, we've reconfirmed the 15% discounts on shoes available at the Athletic Attic (both stores in Greater Portland), and a 10% discount on all items at the Foot Locker (Maine Mall).

Steve Mooney of Marathon Sports Running Club (282-2903) advises that in addition to the great prices on Bill Rogers Gore-Tex Running Suits (still \$125), he can now purchase most other clothing items directly from the factory at 40% off. For example, a polypropylene outfit, costing nearly \$30, could be purchase for under \$20. Thanks Steve - keep up the good work!

MEMBERSHIP RENEWAL TIME

The attached membership application form can be used to renew your membership for 1985. Renewal dues are the same as for new members. The form can be used to make changes to your listing in the membership roster, but need not be completed in full if there are no changes desired.

All memberships expired December 31, 1984, except for those who became members after October 1st. New members after October 1, 1984, are already considered paid for 1985. All others should remit dues to P.O. Box 8008 as soon as possible.

P.S. - Before completing the form, you might want to make a few copies for the membership drive.

MINUTES OF THE MAINE TRACK CLUB
ANNUAL BANQUET

DECEMBER 2, 1984

The Maine Track Club membership met in record numbers at Verrillo's Restaurant in Westbrook on Sunday evening, December 2, 1984. A social hour preceded the sit-down dinner, followed by an hour of ceremonies and awards. Herb Strom acted as Master of Ceremonies, and was in rare form, peaking as it were, some 48 days after the Casco Bay Marathon!

NELSON Seated at the Head Table, in addition to Herb, were Bob Payne, Betsy and Wayne Ross, Eileen and Bernie Chapman, Norma and Charlie Scribner, Sandy and Al Utterstrom, Sally and Dave Trussell, Joan and Russ Connors. Sincerely missed were Priscilla and Bob Jolicoeur, incoming President & current Vice President, and Barbara Footer, outgoing Secretary.

Honored guest and speaker was Bob Booker, Editor of "Maine Running," who spoke on the current state of running in Maine. It was his impression that there were about 200 races in Maine during 1984, with about 18,000 participants, down some from two years ago. Further, he noted the growth and development of the Maine Track Club per se, as well as the burgeoning bi- and triathlon movement.

Presentations of MTC long-sleeved shirts were made as follows to outgoing officers:

Arthur Quint - Statistician
Dick McFaul - Chairman, Newsletter Committee
Barbara Footer - Secretary
Charlie Scribner - Race Committee Chairman
Dave Trussell - Treasurer
Bob Jolicoeur - Vice President
Russ Connors - President

The majority of running awards were announced in the December, 1984 newsletter, so I will not reiterate those awards. Nearly everyone, if not everyone, got an award, which again proves that there are few, if any, losers in the world of running.

Race Director Awards were presented to:

40
John Keller - Bob Rice Memorial
John Sale - Good Sports 10-Miler
Rick Strout and Bob Jolicoeur - Stroh's Run for Liberty
Bob Coughlin and Jane Dolley - Cape Challenge
Al and Sandy Utterstrom - Falmouth Lions
Russ Connors - MTC Handicap
Dave Paul - Portland Boy's Club & Bailey's Cross-Country
Bob Coughlin - Officer Friendly and Tribute to Terry Fox
Dick Lajoie - Winged Foot Race
Barbara Footer and Dick Manthorne - Maine Milk Run
Joan Lavin and Ted Cunningham - Turkey Trot
Bob Payne - Mid-Winter Classic

A silver tray was presented to Wayne and Betsy Ross in appreciation for use of the SMVTI facilities by MTC.

Finally, appreciation to Russ Connors for a job well done is hereby noted. Apologies to anyone who was left out...it certainly was not intentional. Meeting was adjourned at 9:30 p.m.

Phil Pierce, Secretary

NOTICE OF AWARDS FOR 1985

Get the recognition you deserve! All awards granted in 1984 (record number, we must add) will be considered again in 1985. In addition, the membership is hereby advised that the following additional awards will be granted at the December 1985 Awards Banquet:

Covers period 11/1/84
through 10/31/84

Most Miles Run
Most Road Races Run
Most Race Miles Run
Most Road Races Worked
(Race Committee Chairman ineligible)
Most Number of Days Run
Most New Members Recruited
(Membership Chairman ineligible)

The purpose of these awards is not only to recognize outstanding effort by individuals, but also to encourage members to establish achievable targets and thereby promote member fitness through involvement in running.

It's not too late to set your goals for 1985 and aim for one of these awards!

MEMBERS IN THE NEWS

Don't miss the page 8 article by Ed Rice in the December, 1984, issue of "Maine-Ly Sports". Kim Beaulieu is featured in three full pages of great stuff about her experiences at long-distance running.

Portland
Press
Herald -
12/23/84

Bob Jolicoeur, 47, of Cape Elizabeth, was elected president of the Maine Track Club.

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Danny Paul of Portland was named the MTC's Maine Male Runner of the year recently, while Kim Beaulieu won the top female honors. The top high school male and female runners were Kevin Kein and Lisa Wakem.

Portland, Maine, Press Herald, Friday, December 28, 1984

Benoit among 10 nominees for 1984 Sullivan Award

NEW YORK (AP) — Track stars Joan Benoit and Valerie Brisco-Hooks and eight other Olympic gold medalists were named Thursday finalists for the 1984 Sullivan Award presented by the Amateur Athletic Union.

The finalists were selected on the basis of character, sportsmanship and leadership combined with their amateur sports accomplishments.

BOB AYERS LAUNCHES MEMBERSHIP DRIVE

Win a Sweatshirt!

That's right. During our Membership Drive - January, February and March - the Club will award one comfortable, attractive green Maine Track Club hooded sweatshirt to the member who brings in the most new members for the preceding month. "New Member" is defined as anyone who has not belonged to the Club since 1982.

You must sign-up four new members to qualify. Then you're on your way... win once, twice or even three times.

In addition, you'll get credit for every new member you sign-up. That way, you'll build points towards the annual Most New Members Recruited award.

When you sign-up someone, just write "sponsored by" and your name on the bottom of the application. Good luck!

P.S. The Membership Chairman is not eligible.

1985 CLUB MEETING DATES

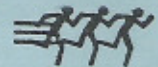
Mark your calendars to be sure you don't miss out on these Club meeting dates:

	<u>Membership</u>	<u>Newsletter Committee</u>
	<u>7:30 p.m.</u>	<u>6:30 p.m.</u>
January	9	30
February	13	27
March	13	27
April	10	24
May	8	29
June	12	26
July	10	31
August	14	28
September	11	25
October	9	30
November	13	27
December (Awards Banquet)	1	26



All membership meetings will be held at SMVTI (Auditorium), except the December banquet, and all Newsletter Committee meetings will be held at Maine Savings Bank on Congress Street, Portland. All meetings noted are scheduled for Wednesdays, except the December meetings. We continue to stress that all members are not only invited to attend membership meetings, but are also welcome to attend any Newsletter Committee meeting you might find convenient.

This year, Jane Dolley, Chairman of the Program Committee, has declared her intentions to have a program at each membership meeting. Topics will, of course, include running, racing, marathoning, etc., but will also include non-running subjects of interest to Club members.



TAMPA BAY BRITISH AMERICAN MARATHON - Sunday, December 16, 1984

It was cold and dark at 5:30 a.m. when Jane Dolley, Barb Coughlin and Rosalyn Randall found themselves wedged into the back of a bus with 100+ other nervous runners, for the long ride from St. Pete to the start line in Ybor City in Tampa, Florida.

The sun finally came up at 7:00 a.m., as 700 runners started the trek back to St. Pete. The chill left the air, but the skies remained overcast and the 75° weather never became a problem.

The race course is known for being extremely flat - and it was. No Turkey Trot hills to be found anywhere in the state! Rosalyn and Barbara had a super race, finishing in 3:24:23 and 3:24:39, respectively, and Jane...well, she did finish, in 3:53:56. All three of us Maine girls placed in our age categories and limped away with handsome trophies. Approximately 530 runners completed the marathon. It was estimated that 75% of the field were first-timers.

The Tampa Bay race directors did a magnificent job in organizing the race, and especially in controlling traffic. It was point-to-point over major roads and bridges, and not one car was allowed on the entire course! Even half of the Gandy Bridge, connecting Tampa and St. Pete, was closed to traffic. There were water stations (not our Sebago Lake water, that's for sure), and portable showers

This month's newsletter courtesy of:



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TAMPA BAY BRITISH AMERICAN MARATHON cont.

every mile after 15 miles. They were like oases to those who found the going tough. Also, in order to raise money, the directors "sold" rights to the water stations and most of the stations had a theme. At mile 20, we were treated to belly dancers, and a 5-piece band lifted our spirits (if not our feet) at mile 25.

Jane Dolley



12-16-84
Tampa Bay British
American marathon
AT TAMPA-ST. PETERSBURG
SUNDAY'S RESULTS

26.2 miles

Women

Overall — 1. Carolyn Crochet 3:01:22.66; 2. Carol Jean Moorehead 3:13:00.64; 3. Kathy Hindman 3:17:05.25; 4. Leah McElroy 3:18:45.50; 5. Kimberly Groleau 3:20:35.35; 6. Rosalyn Randall 3:24:23.18; 7. Barbara Coughlin 3:24:39.96; 8. Frances Fletcher 3:27:53.13; 9. Yvonne Rodgers 3:31:59.85; 10. Maria Wade 3:33:55.02.

14-19 — 1. Janet Hall 4:37:10; 2. Lucy Tyler 4:54:09.

20-24 — 1. Sandra Morgan 3:40:24.75; 2. Stacy Scaillon 3:45:22.54; 3. Carla McDermott 4:00:14.51; 4. Morine Chiodini 4:14:42.98; 5. Kathleen Tome 4:16:16.36.

25-29 — 1. Kathy Hindman 3:17:05.25; 2. Kimberly Groleau 3:20:35.35; 3. Samantha Berg 3:36:42.99; 4. Leslie Gordon 3:39:41.25; 5. Nancy Pinholster 3:42:21.67.

30-34 — 1. Rosalyn Randall 3:24:23.18; 2. Frances Fletcher 3:27:53.13; 3. Maureen Carnell 3:41:35.91; 4. Marilyn Barger 3:42:39.65; 5. Almee Postorino 3:47:35.32.

35-39 — 1. Carol Jean Moorehead 3:13:00.64; 2. Ginny Cunningham 3:42:39.32; 3. Rosa Gilum 3:49:15.10; 4. Jane Dolley 3:53:56.77; 5. Sara Appelbaum 3:55:33.31.

40-44 — 1. Leah McElroy 3:18:45.50; 2. Barbara Coughlin 3:24:39.96; 3. Yvonne Rodgers 3:31:59.85; 4. Maria Wade 3:33:55.02; 5. Margaret Conner 3:53:37.69.

45-49 — 1. Patricia DeBolt 4:25:16.16. 50-54 — 1. Maria Suarez 4:16:31.96. 55-59 — 1. Maria Oehler 5:12:28.61. 60-over — 1. Anne Trigg 3:49:03.90.



LANEE LA SHAGWAY

RUNNING TIPS

Brian Igoe
Reebok Running
Product Manager

1. I find an easy ten minute warmup before a race with a few quick strides gets me in the racing mode. It doesn't seem as quite a shock to my body when I start to run hard. Breaking a slight sweat seems to "warm up the engine."

2. Many people ask what is the correct way to run. Everyone's footstrike and running style varies. Try to run relaxed making sure all your momentum is in a forward direction. Try not to sway side to side or bob

3. One of the most common problems of runners is going out too hard. The most efficient way to run is even pacing. Whether you're training or racing, if you are able to finish at the same pace you started you'll feel much better. If anything, start out slower and finish faster.

Coach's Corner: speed work

Marathon training has been distilled over the years to a basic formula: a solid base of mileage and a series of fast-paced runs when you're ready. But how does one best prepare for shorter races—the neighborhood 10K, the five-miler, the mile on the track that would be so fun to really race? There's no getting around the fact that it will take speed work, and it will be hard. But it need not be the kind of painful, gut-wrenching experience many recall from their school days.

This is the message from Sam Bell, coach at Indiana University, who for the past six years has guided the fortunes of Jim Spivey, winner of the 1,500 meters at the U.S. Olympic trials and sixth-place finisher at the Olympic Games. The key to any program, says Bell, is being realistic and progressive. And speed work, partic-

ularly intervals on the track, is the most efficient way to condition the body for the shorter run.

"A lot of people waste time churning out mileage," says Bell. "If you're going to spend time training, you might as well get the most you can out of it."

The exact distance covered in an interval workout should depend on which event you're training for, but Bell is partial to repetitions of 300 and 800 meters. The 800 builds both speed and endurance, and the 300 is short enough to involve intense bursts of speed yet long enough to build stamina.

The recovery time between repetitions in a workout and between workouts themselves is key, says Bell. "We lengthen or shorten recovery periods based on a runner's condition and the

goal he's working toward. And our rest days are rest days—often a half hour of light jogging. The truly significant physical gains are made during recovery."

For the runner who has never done interval work, Bell issues a warning—watch your speed limit. A safe way to start on speed is to mix it gradually with your scheduled hard run. Take time in the middle to do some sustained surges, then, as you get used to moving your legs quickly, step on to a track for more formal sessions. Intervals of 600-800 meters are good starters. Make the recovery periods longer than needed at first, then cut them down gradually. Experiment with pace, distance and number of repetitions. And remember, "if you want to race fast, you have to train to race fast."

—Brian Caulfield

Don't let excuses run away with your shoes

This is directed to the casual runner, that semi-sedentary individual who spends more time running through his litany of why-I-can't-run excuses than he does running through his neighborhood.

This time of year, especially, provides the embattled would-be runner with more lame, if logical, reasons for not running than any other.

So if this particular shoe fits, beware. It is an insidious condition that leads to doughnuts and pastries — and ultimately — to Boston cream pie, milkshakes and finally, bismarks.

Although I don't crave sweets, I have reached the advanced stages of this malady. I have given in to the seduction of potato chips and soda. I have resisted the voice that tells me to run, opting instead to eat breakfast or lunch or supper, thereby spoiling any appetite for exercise.

I have even misplaced my running shoes, something I know a psychologist would classify as something other than accidental — say, perhaps, neurotic.

I've been there, so perhaps I can shed some light on a few of the warning signs in hopes others don't fall victim to this condition.

The nagging voice. This is usually the first subtle signal that something's wrong. The voice will say anything from "It's too cold out to run" to "Hey, now wouldn't you feel better if you had a doughnut?"

Increased appetite. At this stage, you are always hungry. Not for anything in particular. You simply want to eat. (Doughnuts usually pop into my head, but it

Running in Maine



Tom Welch

can be virtually anything sweet, greasy and laced with refined who-knows-what and preservatives.)

Running doldrums. Having eaten a couple of donuts before your run, you begin to notice a rather unpleasant sensation in your stomach after a mile or so. It feels something like swallowing a handful of ball bearings and trying to do jumping jacks.

A decreased appetite for fruit, vegetables and granola bars. You no longer get pleasure from any of the foods that once made you feel well — or at least made you think you felt well. Your body begins to crave fat and grease. Butter is substituted for margarine. In some extreme cases, milkshakes are substituted for milk. (Note: you may still feel that cakes and candy are bad for your system, but that is part of the next stage.)

Denial. Now you have begun denying your junk food habit. You begin to sneak snacks. You may even lie about exercising. It is not uncommon for someone at this stage to suit up in his running clothes and jog to a nearby fast food restaurant to eat a couple of burgers and a large order of french fries. And walk home. You tell yourself that you are still concerned about your physical condi-

tion, and you may actually believe you're still staying in shape. You will lie about it to anyone — friends, family, your doctor. You may even adjust the scales in your bathroom backwards to fool yourself.

In the final, most advanced stages, all exercise ceases. And your condition has begun to show (you have that puffy look). Now you tell everyone you don't care about running. Look at all those people who've fallen ill while running, you say. Nah, leave the running to the runners. Besides, you shovel snow in the winter to stay in shape. And in the summer, there's golf. Furthermore, you're out of shape. You'll go on a diet in the spring. Anyway, it's too cold and slippery to run right now. Might get hit by a car, or fall and break an arm...

These are the things to watch for. Perhaps many of you have already started hearing that subtle, but persistent, nagging voice. A few of you may even be feigning searching for your running shoes.

As for me, I would have run today, but I had to do some shopping, and one of the kids needed some cough syrup and besides, it's too cold and slippery outside...



MEDICAL BRIEFS

Killer Cholesterol — Grim New Size-Up

The Perils of Fat Deaths from heart attacks and coronary disease—

Cholesterol Levels	Deaths Per 1,000 Men*
140 to 159 mg/dl	7.6
160 to 199 mg/dl	21.0
200 to 239 mg/dl	27.7
240 to 279 mg/dl	34.3
280 to 319 mg/dl	66.5
320 or more mg/dl	144.0

*Figures are for white males age 35 to 64 over a nine-year period.

USNWR—Basic data: Chicago Heart Association



above 240 mg. The experts said that all Americans except children under 2 should reduce fat intake.

Other recommendations include dieting to maintain normal body weight, reducing saturated fat intake to less than 10 percent and cutting cholesterol intake to 250-300 mg per day. Such a limit would in effect bar the eating of whole eggs, because one yolk contains about

270 mg of cholesterol.

The panel urged the food industry, restaurants and government food programs to help achieve the low-fat goals.

Said one team member, Dr. James Dalen of the University of Massachusetts, "The average American has an unhealthy diet, and that diet needs to be changed." □

U.S. NEWS & WORLD REPORT, Dec. 24, 1984

(Portland Press Herald, 12/23/84)

American bloodstreams are clogged by much too much cholesterol, and nearly everyone in the nation ought to go on a strict low-fat diet.

That sweeping prescription came not from the latest fad-diet book but from a December 12 report by a team of top experts assembled by the National Institutes of Health.

The blood-cholesterol levels of most Americans should be curbed by aggressive low-fat diets or, in some cases, drugs, the panel said. It found that a decade of medical studies made it plain there no longer is any doubt that lowering elevated cholesterol levels also lowers the risk of heart attacks.

"We think all Americans are at unnecessarily high risk of heart disease largely because of the kind of diet we eat," said Dr. Daniel Steinberg of the University of California at San Diego, who headed the 14-member team.

The panel called high cholesterol the leading cause of coronary heart disease—which results in 550,000 deaths and costs more than 60 billion dollars a year. It is "staggering to realize," the group added, how many Americans

face premature coronary disease because of their eating habits.

The main sources of cholesterol in American diets are the saturated fats found in whole milk, butter, eggs, beef and other foods. Cholesterol collects in the walls of coronary arteries, preventing adequate blood flow to the heart.

The NIH team's tough guidelines set a goal of less than 180 milligrams of cholesterol per deciliter of blood for adults in their 20s and less than 200 mg for those 30 and older. The average level of middle-age Americans is 215 mg.

Aggressive treatment with diet or drugs was recommended for those older than 30 who have cholesterol levels