

Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

JANUARY, 1986 NEWSLETTER

OFFICERS

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



NEXT MEMBERSHIP MEETING

We hope you all survived the holidays without the usual seven extra pounds! The next membership meeting will be held on Wednesday, January 8, 1986 at the SMVTI Machine Tool Auditorium in South Portland at 7:00 p.m. Our speaker will be Maine Track Club Maine Male Runner of the Year Andy Palmer to talk about what it's all about: training, conditioning, racing and peaking for the big ones.

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

NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, January 29, 1986 at 7:00 p.m. in the Maine Savings Bank board room (2nd floor). All materials for the February newsletter are due at or prior to this meeting. All members are welcome to attend and participate.

MEMBERSHIP RENEWAL TIME

The attached membership application form can be used to renew your membership for 1986. 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. In such cases, your names will suffice.

All memberships expired December 31, 1985, except for those who became members after October 1. New members after October 1, 1985 are already considered paid for 1986. All others should remit dues to P.O. Box 8008 as soon as possible.



Maine Track Club is a non-profit organization.



NEW MEMBERS

A check of the January, 1985 newsletter indicates that two new members signed-up during December a year ago. This year, we are welcoming five new households to the roster - a 150% improvement over last year. Let's hope we can keep this up all year. Two of the above applications came in from Olympia, and one form was picked up at the BEU race last summer.

<u>Name & Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Ruth Davis 84 Dartmouth Street Portland, ME 04103	W772-6537 H773-0615	Public Health Nurse, City of Portland	30 - Bodybuilding
Jonathan W. Hill 56 School Street Sebago Lake, ME 04075	W642-4538 H642-3119	Engineer, GTE Products Corp.	27
Tom Kelly 37 Forest Park #3 Portland, ME 04101	W775-5654 H774-9007	Commercial & Residential Real Estate, Mark Stimson Realtors	34 - Weightlifting, skiing, softball
Richard Marino 22 Carroll St. #10 Portland, ME 04102	W773-9099 H871-7093	Restaurateur	37
Dena & Jack Randall RR2, Box 73 S. Windham, ME 04082	H892-8123	D-Teacher, Westbrook Schools; J-Inventory Control Mgr., Hannaford	D(40); J(46) - Skiing, biking

CHANGES

Please make the following changes to your rosters:

Al Butler - H772-6463.

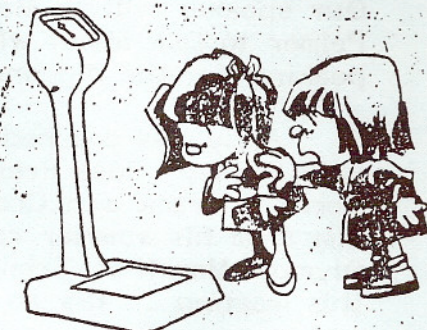
Elizabeth Skofield - Torrington Avenue
Peaks Island, ME 04108
W871-7437 H766-5079

NEW FOR 1986: A VOLUNTEER TELEPHONE NETWORK

The Maine Track Club would like you to volunteer for three events a year. Nancy Stedman and Carol Mills have agreed to be the volunteer clearinghouse chairpeople and would like to hear from everyone.

Here is a sample list of volunteer opportunities for you to consider:

1. finish line
2. intersection patrol
3. registration
4. water stops
5. splits
6. pictures, publicity
7. refreshments
8. results
9. newsletter feature articles



"Don't step on it... it makes you cry."



In addition, there are many opportunities in connection with the RRCA convention. Call Nancy at 774-4013, or Carol at 772-5441.

MEMBER PROFILE - Russ Bradley

For the tender, new year, Russ Bradley, 62, has some ageless advice for runners: "You're only as good as what you practice."

Running was not what Russ used to practice. From grammar school until he was in his 40's, Russ was involved in music. His instrument was the trumpet, and he was good! During the 18 years Russ lived in Bangor, he was a member of the Bangor Symphony, the Bangor Band, and several dance bands, one of which was his own. In 1966, Russ' employer transferred him out of Maine. Russ left the trumpet behind. Now Russ is a Maine runner, residing in Cape Elizabeth. He is an advertising and franchise manager. Russ' roots are in Ticonderoga, New York, but his alma mater is the University of Maine at Orono, Class of 1945.

Six years ago, Russ entered his first road race: Father's Day at Cheverus High School. And that was his last road race...until three years ago: the April Amble. What happened to cause a three year hiatus? At Cheverus that day, the temperature was 92°. Russ' son-in-law had thought it would be great fun if they signed up; neither one of them knew anything about road racing! Russ' son-in-law was smart enough to back out, but Russ had made the commitment so he raced. He had great difficulty keeping up with anyone! He alternately walked and ran, almost quitting before the first mile. Russ was determined to finish, and he did - next to last.

Although the Father's Day race at Cheverus was his first (and supposedly last) race, Russ had begun running in 1966 after having read Dr. Kenneth Cooper's Aerobics. He would run at the local high school track, and gradually he increased his distance. He rarely exceeded two or three miles. Because he was timid about running on the road, he stayed on the track for several years. He never entertained thoughts in regard to participating in road races until 1979: the Cheverus Bad Experience! Despite his determination never to race again, Russ did: the 1981 April Amble. This time, plenty of instruction and encouragement motivated Russ, and he enjoyed the race. Looking back, Russ wishes he had started both running and racing earlier in his life. Looking forward, Russ will keep running and competing as long as possible. Russ has no thoughts about stopping.

Before the 1981 April Amble, Russ was hospitalized three times during a six month period (1980) - once for major surgery. He thought he might never be able to run again. Fortunately, he was running within a few months. That was the one time throughout his life that he experienced a serious illness. His family has been constantly concerned that running will cause Russ injury or illness. However, encouragement from Russ' many running friends balances this well-intended concern. Russ is hesitant about a marathon because of his age, but running friends assure him it can be done: "Who knows, may be, just maybe, someday or some year...." One of the great joys of running is the camaraderie of other runners. Their message is clear: Yes you can; yes you can.

Russ ran the 1985 Portsmouth Artisan's Outlet 10K. Over 700 runners finished and several were 60+ years old. Russ finished with a time of 48:29 - "My poorest 10K ever." When he learned that a 72 year old won the 60+ year old category with a 44 minute time, Russ felt great. "I still have a few years left to compete and a potential to improve my times." The Maine Track Club has the same confidence: they voted Russ a Most Improved Runner in 1985. Russ finished the 1985 Kingfield 10K in 44:57 - "My best 10K ever!"

PROFILE cont.

What does it take to keep going? Russ advises runners to avoid injury. "Older runners recover more slowly than younger ones." Russ runs 25-30 miles a week. A few years ago, he got up to 40 miles per week and developed a foot problem. He was unable to run for several weeks. Now he wears runner's wedges in his shoes. Russ also advises this strategy: "Increase your mileage slowly, and if you get injured - rest. Don't try to run through it." To keep going, runners must be disciplined: "Once you slack off, it is very easy to do less and less." To keep going, runners must be motivated: "Read running publications, talk to other runners, join a track club."

What about the running rut? Russ suggests running a variety of training courses. "Different terrain, as well as distances, prevent boredom." The same holds true for races: "Try new ones each year and repeat some of the more interesting ones." Is Russ in a rut? Will he keep going? You judge: In 1981, he ran four races; in 1984, 32 races.

Running and racing are not Russ' only aerobic activities. He walks a lot too - UPHILL! "I'm a member of the 4,000 Footer Club. I qualified in 1979 after having climbed 47 mountains in New Hampshire over 4,000 feet high." But running and racing are the main events. Russ enjoys showing people that he can still run at 62 years of age. "It's fun; it's great. I hope it encourages other older people to exercise." Currently the number of runners in the 60+ category is small. Russ believes the number is going to increase rapidly in the next few years. "And their times will improve dramatically."

1985 was Russ' best year ever. He ran longer training runs and longer races, too. Finishing with good times has motivated Russ to achieve these 1986 goals: interval training, longer and longer training runs, longer and longer races, and a sub 7 minute mile. Every year, Russ has improved. His "I think I can" attitude guarantees success in 1986.

BACK COVE FOOTPATH UPDATE

Since the footpath was dedicated on October 20, 1985 by Mayor Casale, Terry Ann Lunt, Director of Health and Human Services, says "the utilization of the path has increased phenomenally." People are using the path more at all times of the day, even well into the evening hours.

Recently, the path's usage has been curtailed by the snowfall. The city plows the path but the path is considered a low priority item. Public accesses such as school areas are plowed first, so the path may not be plowed for a few days after a snowfall.

In the Spring, the city will assess the condition of the path and will address any problem areas such as additional drainage in several locations. An additional \$5,000 will be raised for any future repairs to the path. The city water district plans to install at least one water fountain along the pathway this Spring.

Nancy Stedman



NEWSLETTER SPONSORSHIP AVAILABLE

An anonymous member (my choice) recently expressed concern about Maine Savings Bank's sponsorship of the newsletter. The feeling was that we should keep corporations out of the Club lest they attempt to exercise influence over Club activities. Carried to its worst case, such influence might include demands and even control of the Club.

I assured the party expressing these concerns that Maine Savings Bank does not seek to influence or control the Club, and would be only too happy to let someone else assume responsibility for the cost of the newsletter. What does it cost to produce the current newsletter? The following is an estimate for anyone who might like to consider helping out or assuming its cost:

Printing (18-20 pages)	\$275
Envelopes (now provided by Club)	-
Postage (56¢ x 350)	<u>196</u>
Total per month	\$471



Maine Savings provided the envelopes in 1985 for a total cost of about \$45 per month. The annualized cost (unless printed in-house) for everything is approximately \$5,700. In exchange for that, we would be most pleased to indicate that the newsletter is "courtesy of _____," and even use your firm's corporate logo, if any.

If anyone is interested, or if anyone knows of any company that might be interested, on the condition that it is understood the Club wishes to maintain its independence, please call me at W775-0065 or H799-4127, or Jane Dolley, President.

Maine Savings Bank is interested in reducing its costs and/or sharing the glory, and in any event, will be completely out of it by December 7, 1986 when the new board assumes power.

Jane Dolley has also expressed interest in allowing ads in the monthly newsletter to help defray its cost. Current monthly rates for advertising in the newsletter are only \$15 for a full page, \$10 for a half page, and \$8 for anything less than half a page. These bargain prices were established in December, 1984.

Bob Jolicoeur
Chairman, Newsletter Committee

"... jogging all the way."



DEAR MAINE TRACK CLUB -
I WANT TO THANK YOU
(BELATEDLY) FOR THE SCHOLAR-
SHIP - ITS THE FIRST AWARD
I HAVE EVER RECEIVED FOR MY
RUNNING. ALSO: MERRY
CHRISTMAS & HAPPY HANUKKAH
GOOD RUNNING - See you on The Roads
Susannah Beck

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 far you run, how fast you run, how long you run, and why you run render this activity a double-edged sword. This column will try to deal with some of these issues. Comments and letters are invited.

I. Fartleks with the Fox

It was one of those unusual August nights and the humidity and the temperature were just right, such that you felt that you could run all night. It seemed a perfect night, and as I glided down Route 1, I observed an animal crouched cat-like in an adjoining parking lot. Since the animal seemed to be ready to play, I changed direction and moved toward him, ever mindful that my right to the road was once challenged by an overweight porcupine!

The animal turned out to be a beautiful adolescent fox, and he bounded sideways and ahead of me as I approached. We ran together down Route 1, side by side, alternately speeding up and slowing down in unison. The fox was graceful and bounding, jumping light and far in gazelle-like fashion. I run, jog, or shuffle, depending on how I feel. Fortunately or unfortunately, I never leapt like this. The fox was friendly, reassuring and clearly faster. After one mile of fartleks, I was pooped and no match for this agile and tireless fox. However, the fox continued with me as I jogged my recovery from oxygen debt. I always appreciate not being left in the dust, so to speak. Empathy, not sympathy, will do it every time.

At the Portland Country Club, the fox and I parted company. The fox headed into the Portland Country Club's private drive, and I proceeded home, marveling at the fact that a non-runner would never know or believe the pleasure of racing a fox down Route 1.

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.

MTC OUTFITS

If anyone would like a MTC windsuit, please contact Sandy Utterstrom. They're about \$40.00. The more we order, though, the cheaper the price. Call 797-4710 between 7:00 p.m. and 9:00 p.m.

JANE A STAR?

Did you catch the cover of the January, 1986 issue of Maine Running & Outing magazine? It is graced with the picture of none other than our new president, Jane Dolley. Why, you ask? Pick up a copy at your favorite running outlet and read Bob Booker's editorial.

Speaking of Jane, the New Year's Eve party and fun run at Jane & Ken's house was lots of fun with 36 people starting the new year off on the right foot.

This month's newsletter courtesy of



MORE ON JUNE'S TRACK & FIELD MEET

George Towle, Portland High School's track coach and USM women's cross-country coach, advises that the June 28 and 29 TAC meet will include age divisions for young people 8 years old and up. George also wants us to know that the Portland Track Club includes ages 8 to 18 (not just high school aged students as announced last month).

Running Shoes for Corporate America

If sales battles aren't enough, U.S. firms now can square off in a new arena—sports competition.

Weekend athletes and former college stars alike are representing their firms in a growing number of events—from triathlons to track and field.

A prime mover: Manufacturers Hanover Trust Company, which already sponsors the New York marathon, to be held October 27. This year, the New York bank is putting on 3.5-mile road races for corporations in 12 U.S. cities. The events will draw an estimated 58,000 people from 3,000 firms.

"Companies love it because it allows employees to get to know each other on a more informal level, like a family," says Barbara Paddock, the bank vice president who directs the events. "For us, it's a valuable new marketing tool." After the bank's August race in New York City, Dun & Bradstreet held a reception for their runners at the posh Tavern on the Green in Central Park. American Express had a catered picnic.

"There's an even sharper sense of competition in corporate events because of the aspect of being on a team," says Michael Smith, 26, an employee of the Federal Reserve Bank of Philadelphia who took part in a triathlon sponsored by Manufacturers Hanover in that city in early September.

Piuses. Adds Judy Stolpe, a San Diego race consultant: "Companies want that sense of teamwork to carry over into the workplace."

Competition really heats up for events sponsored by the U.S. Corporate Track Association. Started this year, the group held 15 regional events and a national championship in California in July. The champion in the large-company category, AT&T, flew in some 80 employees from around the nation.

"When AT&T, IBM and GE go at it, the rivalry can be as intense as anything you see in college sports," says Robert Radnotti, chairman of the track association.

Stolpe says more public races—from 10-kilometer events to marathons—now include a corporate category. "Any race that doesn't miss the boat," says Stolpe. "It's the hottest thing going."

Adrenal glands an athlete's best friend

Madeline Sports

By Fred Klimek

"This is a do or die situation," says the coach. Then he begins to pump up his players to win the game.

What the coach actually did was to put stress on his players to get the adrenal glands to pump adrenalin into their systems. The adrenal glands are stress glands and react to both physical and emotional stress.

But what if the glands don't work properly? This could be the difference between an O.J. Simpson and just a run-of-the-mill player. The difference between winning and losing.

When the adrenals are not functioning properly it either means that the player is not getting enough nutrients to maintain them, or the player is using something that would stop them from doing their job.

Let's look at what the adrenal glands do:

1) It helps give us super strength. It does this by manufacturing adrenalin. Adrenalin turns the stored sugars in our systems, called glycogens, back into glucose, giving our bodies the added energy it needs to go on. It gets the heart pumping faster.

2) It makes us super smart. Since the brain functions on sugar only (glucose) and when the adrenals are turning the glycogens back to glucose, the brain has all the fuel it needs to give us a clear mind.

It also has many other functions. Now let us look at what would interfere with its functions:

1) Smoking. When you smoke, the nicotine found in the smoke, stimulates the adrenal glands to produce adrenalin. After a period of time this constant action exhausts the adrenals so when you really need them to function they can't.

2) Not enough rest. When the body is in a rest stage, the glands do not have to function in a large capacity so they have

time to rebuild themselves for another day.

3) Alcohol. Because of the stress placed on the body by the consumption of alcohol, and since the stress glands are the adrenal glands, it puts stress directly on these glands.

When you add all this to a diet lacking in all the necessary nutrients that your body needs and consider the stress we get from emotions, one can expect a sluggish and malfunctioning gland. This could be the difference between a winning team and a losing team.

Let's look at what the adrenal glands need to not only function right but to help itself rebuild:

1) Protein. Protein is the primary substance of which the body is made. It is necessary to help maintain and rebuild not only the adrenal gland but every cell in the body.

2) Pantothenic acid. When one thinks of the adrenal gland and its functions, one immediately thinks of pantothenic acid. This is the part of the B-complex that helps the adrenal glands function properly. It synergizes the production of adrenalin.

3) Vitamin A. Vitamin A is mostly known for its functions for the eyes and skin, but it also plays an important role in the stimulation of the adrenal gland.

With all the stress that is placed on the body in just day-to-day situations, it's no wonder why some of the players are on drugs. If they only knew that there is a nutritional approach to the problem, rather than an artificial one.

Fred J. Klimek, C.N.C., is a certified nutritional consultant. Born and raised in Lewiston, he earned his degree from Donsbach University (Huntington Beach, Calif.). He has done nutritional programming for 7 years. He owns Nutritional Health Services in Lewiston.



中国田径

G INTERNATIONAL MARATHON



So-So finish

Fans at the finish of China's Peking International Marathon did a double take for two reasons: the winners. Identical 32-year-old twins Shigeru So (12) and Takeshi So (13) of Japan were clocked in identical world-class times—2:10:23—and declared co-victors.

CROSS-COUNTRY SKIING

Sandy Wyman, social chairman, has arranged for an L.L. Bean waxing clinic at the store in Freeport on January 10, 1986 at 7:00 p.m. Free and no limit on sign-ups.

On Saturday, January 11, 1986, Down East Ski Club members Tom Bennett and Bob Fitzsimmons will also cover waxing and will guide the group on a small tour. A notice went out to all members on December 29, 1985. Deadline for registration was January 6th.

For future activities, watch for your newsletter and/or special mailings, or call Sandy Wyman at 773-8664.

NEWBORN

Congratulations to Harry & Liz Nelson on the birth of their second son, Peter, a couple of weeks ago. A nice new tax deduction to boot! Harry's timing was always good in the races. Best of luck to the family.

The Lewiston (Maine) Daily Sun Thursday, December 19, 1985

Benoit among ten Sullivan finalists

INDIANAPOLIS (AP) — Track and field athletes have won the U.S. Amateur Athletic Union's prestigious Sullivan Award three times in the past four years, and the 10 finalists for this year's award include world record holders Willie Banks, Joan Benoit and Valerie Brisco-Hooks.

The 1985 winner, one of the 10 picked from an original group of 29 nominees, will be announced at the AAU Sullivan Awards Banquet Feb. 24 at the Indiana Convention Center.

The Sullivan Award, named for the founder of the AAU, has been presented annually since 1930 to the nation's outstanding amateur athlete for the preceding year. Of the 55 winners so far, 32 have come from track and field.

Last year's winner was Olympic diving champion Greg Louganis, who got the award after being a finalist a record six consecutive years. But before Louganis, the Sullivan winners were hurdler Edwin Moses (1983), distance runner Mary Decker Slaney (1982) and long jumper-sprinter Carl Lewis (1981).

Swimmers and divers have accounted for the second-greatest number of Sullivan winners — 11 — including Louganis last year, Tracy Caulkins (1978) and John Naber (1977).

Other winners in recent years were speedskater Eric Heiden (1980) and gymnast Kurt Thomas (1979).

Once an athlete has won the award, he is not eligible to repeat.

Banks, a finalist for the first time, set a world record in the triple jump

during The Athletics Congress national outdoor championships at Indianapolis last summer. Benoit, the Olympic marathon champion, holds the American record for that event, and Brisco-Hooks set four world bests during the 1985 indoor season, two in the 220 and one each in the 440 and 500-yard runs.

Benoit and Brisco-Hooks are the only repeat finalists from last year. The other finalists this year represent seven sports — swimming, diving, synchronized swimming, golf, basketball, volleyball and wrestling.

They are:

— Swimmer Matt Biondi, world record-holder in the 100-meter freestyle and the first to break the 49-second mark.

— Golfer Scott Verplank, the first amateur since 1956 to win a PGA event, the Western Open. He also won the Western Amateur in 1985.

— Diver Michele Mitchell, the U.S. indoor and outdoor champion and platform winner in the World Cup.

— Synchronized swimmer Sarah Josephson, a double winner in the U.S. Championships.

— Wrestler Michael Houck, the first U.S. world champion in the Greco-Roman event.

— Volleyball player Charles Kiraly, most valuable player in the World Cup.

— Basketball player Cheryl Miller, three-time Player of the Year, who led Southern California to two NCAA women's championships and the U.S. to the gold medal in the 1984 Olympics.

Exercise with weight loss lowers cholesterol

Blood levels of cholesterol are most effectively reduced when exercise is accompanied by weight loss, according to a report in the 16 August 1985 *Journal of the American Medical Association*. Conducted by Zung Vu Tran, PhD, of the University of Colorado, and Arthur Weltman, PhD, of the University of Virginia, the report is based on data from 95 studies conducted between 1955 and 1983 that measured exercise-associated cholesterol changes. Researchers reported that serum levels of lipids and lipoproteins significantly decreased among exercising subjects whose body weight was maintained or lowered; levels slightly increased, however, when exercise was accompanied by weight gain.

Researchers say that although the relationship between physical exercise and serum lipid/lipoprotein levels has not been positively established, reduced cholesterol levels have been reported in conjunction with exercise training. They add that changes in body weight have been significant confounding variables in studies such as these. □

(From the VA Practitioner, October, 1985)

HAPPY 50th JEAN THOMAS



**Best in
your class**

SUGGESTED READING

Hockomock Swamp Rat - 8-10 pp. newsletter, every 10 weeks. \$4 a year from 44 Highland Street, Sharon, MA 02067.

1986 MAINE TRACK CLUB RACE SCHEDULE



<u>Date</u>	<u>Race and Distance</u>	<u>Race Director</u>
February 9	Mid-Winter Classic (10)	Bob Payne, Ken Hutchins
April 14	Boy's Club (5)	Dave Paul
May 16	RRCA Convention (5K)	*
May 18	RRCA Championship (6.2)	Jane Dolley
June 8	Officer Friendly Fun Run	Bob Coughlin
July 13	Perfect 10K (6.2)	Doug Ingersoll
July 19	Pat's Pizza (5)	*
August 3	BEU (6.2)	Phil Coffin
August 17	Good Sports (10)	Rob Jarratt
September 7	Cape Challenge (13.1)	Barb Coughlin, Jane Dolley
September 21 (tentative)	James Bailey (5)	Dave Paul
October 11 (tentative)	Stroh's III (5)	Tom Cannon
November 2	Falmouth Lions (6.2)	Phil Pierce, Al & Sandy Utterstrom
November 23	Turkey Trot (5.8)	Vin Skinner
December 6	Maine Track Club Membership Run (members only)	Jane Dolley

For information or applications, please contact: Maine Track Club, P.O. Box 8008, Portland, Maine 04104.

*The Club is still looking for race directors for these two races. Anyone interested should contact Charlie Scribner or Jane Dolley.

Some Well-Known Projects: Maine Central Railroad, F.O. Bailey Building, Portland Performing Arts Center, Carroll Mansion

30 Exciting Seconds: Attending the birth of his sons, winning 4 trophies last fall as a runner in the 40-49 age bracket in local road races

Tidbit: He was executive director of Greater Portland Landmarks from 1976-1980. Well before that, he was an Army intelligence officer in Bangkok for 2.5 years

Car: Volkswagen Rabbit

Boat: Green Old Town lapstrake sailboat

Family: Wife Carolyn, 2 sons

Joel Russ
Partner, Menario, Russ, and O'Sullivan



Tidbit: The Maine Central Railroad building (renamed West End Professional Park) is the biggest restoration project (98 percent original materials) of its kind in Maine, at 100,000 square feet of office space. "If you stood it on its end," says Russ, "you'd see that it's about the same size as 1 Monument Square."

Birthplace and Education: Cape Elizabeth, Springfield High School '62, Wesleyan (American History) '66, University of Maine Law School '74.

House: Cape Elizabeth cape in the Oakhurst Area, walking distance to Fort Williams

(From Greater Portland Magazine, Winter, 1986)

MINUTES OF THE MAINE TRACK CLUB
ANNUAL AWARDS BANQUET

DECEMBER 1, 1985

The Maine Track Club's Annual Banquet and Awards Dinner was held at Verrillo's Restaurant. A social hour, dinner, many awards and a few short speeches comprised the evening. Many Club members noted that the food was excellent.

President Bob Jolicoeur opened the meeting at 6:32 p.m. (the closest he's been to actually being on time) and introduced Joan Benoit Samuelson and Scott Samuelson. Raphael DePrez gave the invocation and a buffet was served. Slides of Maine Track Club members in various races and conditions (after races) were shown while members and guests served themselves at the buffet.

The Awards Committee was recognized and consisted of Bob Jolicoeur, Chair, Jane Dolley, Bob Payne, Charlie Scribner, and Sandy Wyman.

The outgoing officers were recognized and each received a Maine Track Club shirt:

President - Bob Jolicoeur
Vice President - Jane Dolley
Treasurer - Rick Strout
Newsletter Committee - Russ Connors
Race Committee - Charlie Scribner
Secretary - Phil Pierce
Membership Committee - Bob Ayers and Ted Cunningham
Statistician - Art Quint
Clothing Committee - Sandy Utterstrom

Bob Jolicoeur then introduced Bill Green of Channel 6 Sports News who was the featured keynote speaker. Bill told several jokes, many of them aimed at the affable Andy Palmer.

Bob then introduced Brian Gillespie, a founding member of the Maine Track Club and the Club's first president. The Club's first officers ten years ago were:

President - Brian Gillespie
Vice President - Wayne Laroche
Treasurer - Gene Coffin
Secretary - Dave Paul

Brian then scanned the hall and cited several other MTC members who have made substantive contributions over the years: Charlie Scribner, Sandy & Al Utterstrom, Dick McFaul, Bob & Barb Coughlin, Herb Strom, Russ Connors, Barry Howgate, Dave Paul, Lloyd & Joyce Cook, and Bob Jolicoeur.

Bob Jolicoeur then announced the following Outstanding Service to the Club Awards:

- Sheryl Kieran for assisting with the Club newsletter
- Bernie Chapman for providing the many marathon award trophies (accepted for Bernie by Kathy Bouvier)
- Wayne Ross, President of SMVTI, for providing us an outstanding meeting place and race site

MINUTES cont.

Bob then presented the following awards:

Maine Male Runner of the Year - Andy Palmer

Maine Female Runner of the Year - Joan Benoit Samuelson

At this point, Bob turned the meeting over to Sandy Wyman who made the following presentations:

- The "Beat Your Buddy" Award - for sneaking up on other MTC members and passing them just prior to the finish line - Al Butler. Al was presented with a helium filled balloon!
- Outstanding Contributions to Running:
Greg Nelson for his work in organizing the certification of Maine road races.
Maine Savings Bank (President Bob Masterton accepting) for support of running in general and the Maine Track Club in particular.
- Youth Runner of the Year - Denise Harlow
- John Fyalka Award - Jean Thomas
- Outstanding Race Director - Rick Strout
- Triathlon Awards:
Female - Jerie Bugbee
Male - Paul Merrill
- Most Improved Awards:
Open (up to age 29): Female - Wanda Haney
Age 30-39: Female - Joan Lavin; Male - Ron Cedrone
Age 40-49: Female - Joyce Cook Male - Dick Lajoie
Age 50-Over: Male - Russ Bradley
- Worked Most Road Races - Ted Cunningham
- Most Road Races Run:
Male - Bob Jolicoeur
Female - Brenda Cushman
- Comeback Runner of the Year - Greg Dugas
- Most Miles Run:
Female - Kim Moody
Male - Bob Coughlin
- Rookies of the Year - Everett & Judy Davis
- Pee Wee Runner of the Year - Ben Davenney
- Outstanding Contributions to the Maine Track Club:
Ken Hutchins, Don Penta, Ken Dolley, John Keller
- Clean Joke Award - Bob Cushman
- Scholarship Awards:
John Fyalka/Maine Track Club Scholarship Award - Susannah Beck
Maine Track Club Scholarship Award - Scott Roberts

Sandy then turned the meeting over to Charlie Scribner who presented the following Race Director Awards:

- Mid-Winter Classic - Bob Payne
- Maine Milk Run - Barbara Footer
- Portland Boy's Club - Dave Paul
- Bailey's Cross Country - Dave Paul
- Terry Fox - Bob Coughlin
- Officer Friendly - Bob Coughlin
- Bob Rice 4-Miler - John Keller
- Cape Challenge - Jane Dolley/Barb Coughlin

HEALTH CAPSULES®
by Michael A. Petti, M.D.

WILL JUGGING CAUSE
ARTHRITIS?



A COMPARISON OF JOG-
GERS AND NON-
JOGGERS SHOWED NO
DIFFERENCE IN
EVIDENCE FOR
ARTHRITIS.

Health Capsules gives helpful information.
It is not intended to be of a diagnostic nature.

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MINUTES cont.Race Director Awards cont.

- BEU/Kidney Foundation 10K - Phil Coffin
- Stroh's Run - Rick Strout
- Turkey Trot 5.8 M - Vin Skinner
- Portland Perfect 10K - Nancy Stedman/Ted Cunningham
- Maine Track Club Members Only Race - Jean Thomas
- Falmouth Lions 10K - Sandy Utterstrom/Phil Pierce



"First the good news - you can have all the celery you want...."

Marathon Awards: Maine Coast/Casco Bay. MTC members running both races included:

	<u>Maine Coast Time</u>	<u>Casco Bay Time</u>
Bob Coughlin	2:52	2:49
Bob Jolicoeur	3:01	2:58
Dick Lajoie	3:11	3:14
Al Butler	3:15	3:06
Phil Pierce	3:16	3:06
Herb Strom	3:20	3:22
Ron Cedrone	3:25	3:19
Bill Devanny	3:24	3:27
Sandy Utterstrom	4:27	4:22
Ted Cunningham	5:01	4:40 (1st two marathons)

Maine Coast Marathon

	<u>Time</u>
Bob Payne	2:59
Joel Titcomb	3:07
John Conley	3:29
Barb Coughlin	3:49
Joan Lavin	3:54
Widgery Thomas	3:54
Gay Thomas	4:01
Bernard Ross	4:03
Bob Cushman	4:04
Raphael DePrez	4:07

Casco Bay Marathon

	<u>Time</u>
Paul Merrill	2:39
Greg Dugas	2:47
Frank Ferland	2:58
Brian Milliken	3:00
Michael Frost	3:04
Peter Bastow	3:04
Joe Isgro	3:09
Barry Howgate	3:13
Rick Strout	3:16
Steve Woodsum	3:31
Everett Davis	4:35

- Mike Reali was then cited for running the following marathons in 1985: Maine Coast 3:08; Sugarloaf 3:05; Casco Bay 3:11 (unofficial).
- Barbara Footer was cited for running the Marine Corps Marathon (Washington, DC) in 3:53.

Sandy Wyman then made the following presentations:

- For singing while running, the "Golden Throat Award" went to Widgery Thomas.
- The "Heavy Foot Award" went to Bill Davenny.
- Maine Track Club Runner of the Year:
Female - Jane Dolley
Male - Peter Dube
- For losing his teeth and scooping them up without missing a stride - the "Fastest Teeth in Town Award" to Herb Strom.

Russ Connors then presented an unusual statue to Bob Jolicoeur, which Bob had presented to Russ on New Year's Eve last year!. This statue must be seen to be appreciated and is therefore not described for the reader.

MINUTES cont.

Lastly, incoming president Jane Dolley presented outgoing Bob Jolicoeur with a lovely slate State of Maine clock and introduced the 1986 MTC officers:

Vice President - Phil Pierce
Treasurer - Rick Strout
Secretary - Maggie Soule
Newsletter Committee - Bob Jolicoeur
RRCA Convention - Bob Jolicoeur
Race Committee Chair - Charlie Scribner
Membership Chair - Ted Cunningham
Clothing Chair - Sandy Utterstrom
Course Certification Chair - John Gale
Club Statistician - Don Penta
Publicity & Promotions - Joan Lavin
Member Profiles - Carol Mills

President Jane Dolley then articulated the goals and objectives for 1986: (1) strengthen the Club membership (through participation by all); (2) provide a quality road race schedule; and (3) have a successful RRCA national convention.

The meeting was adjourned at 9:00 p.m.

Phil Pierce, Outgoing Secretary

P.S. Many thanks to the incoming secretary, Maggie Soule, for filling in for me more than once during 1985.

NOMINATION FOR RRCA AWARDS

Several nominations for national recognition awards are being made by the Club as follows:

Bob Jolicoeur for the RRCA Scott Hamilton Award given annually to the most outstanding RRCA Chapter President; Charlie Scribner for the NIKE/RRCA Rod Steele Memorial Award for the most Outstanding Club Volunteer. In addition, Bob Jolicoeur has submitted 10 copies (as requested) of the September, 1985 newsletter to enter it in the Outstanding Club Newsletter competition.

Copies of the nomination letters are included elsewhere in this month's newsletter as suggested by the RRCA.

NOTICE OF MEETING OF RACE DIRECTORS

Wednesday, January 22, 1986 at 7:00 p.m. at Carol Mills' apartment, 114 Commercial Street (Thomas Block), Apt. 3L.

Anyone interested, please feel free to attend. Will discuss this year's races and how to prepare race flyers, recruit volunteers, traffic control, budget, etc., and answer all your questions.

Refreshments will be provided.



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

December 11, 1985

Karen Kokesh
1224 Orchard Village Lane
Manchester, Missouri 63011

Re: NIKE/RRCA Rod Steele Memorial Award Nomination

Dear Ms. Kokesh:

As requested by unanimous vote of the Maine Track Club membership on October 9, 1985, I am formally nominating Charles Scribner, Maine Track Club's perennial Race Director, for the NIKE/RRCA Rod Steele Memorial Award. Charlie has, for the past five years, been the Club's most devoted, dedicated, hard-working volunteer. Following are some of Charlie's attributes which qualify him for this nomination.

- Charlie is unable to run and is therefore a volunteer in the truest sense of the word. Nearly every weekend of the year, Charlie organizes, manages, and directs road race activities at the finish line. He does this for all major races in Southern Maine and not just for the Maine Track Club. During 1985 he organized races for Ascanio, the Spring Point Festival, the Jackson Brook Institute, and is currently working on a race for the Maine Historical Society.
- Charlie coordinates the scheduling of all major races in Southern Maine, involving about a half dozen clubs. This includes marathons, 10Ks, four and five milers, as well as several fun runs. During 1985, he personally coordinated all finish line activities, including the timing, the chute, and the results for 46 races. He has averaged 40 races a year and has managed over 300 races since 1977. He is incredibly skilled at these tasks and has few, if any, peers.
- Additionally, Charlie faithfully attends all Maine Track Club functions and activities, all Newsletter and Board of Directors' meetings, and can be counted on consistently and faithfully. He provides road racing/directing consultation, guidance, and coordination throughout Maine; regularly recommends upgrades of equipment; studies race-related developments in computers and programming; emphasizes first and foremost safety and security during races; and attends road racing management workshops whenever possible, e.g., Third Annual Road Race Management Race Director's Meeting and Track Exhibit, November 15, 16 and 17, 1985, Washington, DC.

I hope you will give serious consideration to our nominee, Charles Scribner. He has truly made an immeasurable contribution to safe and sound road racing in Maine.

Sincerely,


Robert J. Jolicoeur
Robert J. Jolicoeur
Maine Track Club



Maine Track Club is a non-profit organization.



UPCOMING RACES - MAINE

Sri Chinmoy's "Runners are Smilers"  program is sponsoring 2-mile runs in Brunswick every Sunday at 9:00 a.m., starting at the corner of Harpswell Street and McLellan Street. Features include rest rooms, water station, 1-mile splits, and awards. Contact Sri-Chinmoy Marathon Team at 729-5825 for more info, or write them at 40 Main Street, Topsham, ME 04086.

We don't have a report on how this program is working, so it's suggested area runners call ahead. Any input would be appreciated for future newsletters.

- Jan. 19 - 10K Cross-Country Volksport Ski Event - South Windham, ME. Non-competitive; starting anytime from Little Falls School. Must finish by 4:00 p.m. Contact Paul Magnusson at 892-6985, or Buffy DeVeau at 775-1455 for more information.
- Feb. 9 - Mid-Winter 10 Mile Classic - 12 noon at SMVTI, South Portland. A MTC event. Contact Bob Payne at 655-4156 or Ken Hutchins at 767-5372. Bob & Ken are still looking for helpers for this race. Get one of your 3-events volunteer credits early by lending a hand at this one. You're probably out-of-condition anyway!

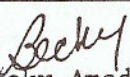
Casco Bay Marathon Developments

Unionmutual appears to be quite interested in reversing the trend of the declining participation in our hometown marathon. A survey was sent out to all 1985 Casco Bay participants recently. If you would like to complete the survey and/or express your thoughts, please let us know. We can make copies of the survey form available to you.

Below is a reproduction of the memo from Becky to Jane. All suggestions are welcome.



Unionmutual

DATE	TO	FROM
12/6/85	Jane Dolley	 Becky Amsden
RE Casco Bay Marathon		

Thank you for calling today to indicate that you and others are interested in meeting with me to discuss suggestions for next year's Marathon.

Enclosed are copies of the letter and survey which were recently mailed to runners at this year's race. We hope the replies to this survey will allow us to use the runner's own personal expertise in planning next year's race.

As I suggested to you on the phone, individuals who are interested in meeting with me to discuss further ideas about next year's Marathon should complete the survey and provide me with their name, address and phone number. I will then schedule a meeting with them early next year after I have had an opportunity to review preliminary survey results.

UPCOMING RACES - OUTSIDE MAINE

- Jan. 18-19 Bermuda Marathon and 10K - Contact Marathon Tours, Inc., 1430 Mass. Ave., Harvard Square, Cambridge, MA 02138, or call (617) 492-3088.
- Jan. 19 Houston-Tennaco Marathon - 5,000 runners expected. Contact Houston-Tennaco Marathon, P.O. Box 2511, Houston, TX 77001.
- Jan. 19 Mission Bay Marathon - San Diego, CA. Fast, flat course within 100 yards of shoreline for the entire 26.2 miles - certified distance. Also 10K race and 2-mile fitness run. Send SASE to Mission Bay Marathon, 4035 Mississippi, #9, San Diego, CA 92104, or call (619) 236-4605 (days) or 295-1423 (evenings).
- Feb. 2 Sunday Mass Long Beach Marathon - 7:30 a.m. Another race along the water and scenic neighborhoods. 4,000 limit. Call (213) 494-2664, or write Long Beach Marathon, 1825 Redondo Avenue, Long Beach, CA 90804 - \$15 fee.
- Feb. 8 Gasparilla Distance Classic 15K and 5K - This is the 9th annual. Contact Gasparilla '86, P.O. Box 1881, Tampa, FL 33601 for info, or call (813) 229-7866.
- March 9 Los Angeles Marathon - For application, send SASE to: Los Angeles Marathon, 5985 Century Boulevard, Suite 322, Los Angeles, CA 90045. For additional race and travel info, call 1-800-562-4411.
- April 21 BAA Boston Marathon - For information and entry forms, send SASE to: 90th BAA Boston Marathon, 17 Main Street, Hopkinton, MA 01748, or call (617) 435-6905.

Attention Marathon Runners: Please refer to the January, 1986 issue of The Runner for a complete schedule of 1986 marathons to be held in North America.

RACE RESULTS

Great Pumpkin 10K, Camp Ellis, 310 Finishers

noted:

1. Bruce Ellis	30:51	88. Alvin Bugbee	39:46
2. Stuart Hogan	31:05	107. James Hogerty	40:35
3. Peter Lessard	31:33	114. David Canarie	41:06
8. Peter Dube	32:23	118. Phil Pierce	41:16
20. Bob Coughlin	35:14	125. Gary Munroe	41:43
25. Paul Merrill	35:55	148. Barbara Coughlin	42:46*
33. Joel Titcomb	36:33	154. Bob Handy, Jr.	42:59
36. Brian Milliken	36:39	158. Carlton Mendell	43:15
42. Arnold Amoroso	37:09	175. Terri Jordan	44:00*
44. Frank Ferland	37:17	176. Katti Towle	44:05*
47. Bob Jolicoeur	37:31	190. Russ Bradley	45:15
49. Ron Cedrone	37:33	192. Joan Lavin	45:33*
64. Bob Quentin	38:23	194. John Woods	45:51
67. Wanda Haney	38:30*	199. Carol Mills	46:05*
74. David Trussell	38:47	204. Don Penta	46:53
75. Rick Strout	38:48	205. Rick O'Brien	46:59
82. Vin Skinner	39:05	207. Elizabeth Handy	47:01*