



Maine Track Club

COME JOIN ALBERTO SALAZAR AT THE NEXT MTC MEETING

FEBRUARY 9th, WEDNESDAY-PUBLI

FETY BLDG

30 P.M.

Club Run-5:45 .M

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Future Meeting-Ma:

AGENDA: 1. Publicity.
2. Membership
3. Odds & ends

RACES

FEBRUARY 6th, '83-Sunday-SECOND ANNUAL MID-WINTER 10 MILE CLASSIC

SMVTL- Bob Payne-Race Director.

MARCH 20th, '83-Sunday-GREAT DOWNEAST MAINE MARATHON & HALF MARATH

RAMADA INN- BANGOR- Mickey Lackey-Race Director

RACE RESULTS

BROOKS INSURANCE-10 miler

1. Jim Babb 1:02:51
2. Bob Coughlin 1:06:43
3. Herb Strom 1:11:35
4. Len Sanborn 1:13:36
5. Barb Coughlin 1:21:24

Jane Dolley 1:22:14
Dick Manthorne 1:26:0
Bernard Ross 1:27:56
Arnie Frechette 1:28:

HELPER- Brooks Insurance- 1. Donna Morang

2. Rick Strout

3. Art Quint

4. Bob Handy

5. Ken Hutchins
6. Ted Cunningham
7. Werner Pobotschni
8. Dave Strom

RACE DIRECTORS: Our race results are not being published in the newspapers. The result must be given to MIKE TOWIE or forwarded to Tom Welch at the Portland Press Herald. This is a very important phase of race directing. Follow-up is needed if the result are not printed with-in three days. Also, Bob Booker continues to publish our race results without giving the Club credit. Please include MTC sponsorship along with any race results. Our Club put on over 20 races last year and very few had our Club's name when published in the Press Herald or Maine Running. LET US INSIST.

AC REGISTRATION: This is a requirement for many races Charlie Scribner has write to John Sinclair-155 Pine St.-Lewiston, Me: 04240-SSAE-\$4.00 eg.F

ADDLEBACK FAMILY WEEK-END: MARCH 4-6'83- Stay in condominiums and alpine/nordic Each condo has 3 bedrooms, 3 full baths, kitchen, living room and sleeping 1 children?) Chip in for a Sat. nite spaghetti dinner in a condo or eat out. There been interest shown for this week-end. Total rent for the whole condo, for 2 \$280.00. Please contact Grace Amoroso, RFD #2, BOX 959, Kennebunkport, Me. Telephone- 967-3430. Group rates for alpine/X-C- if enough go. Condos locate the mountain.

RACE FORMS

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BAR POOLING: Anyone interested in going to the Great Down East Marathon -March 20th, Bob Coughlin to share expenses.

TAC- DEMERS TRACK CLASSIC- February 20th, Sunday- Field House at Bates College. Running events start at 10 a.m. on a 200 meter rubber track. Youth, masters, and open division Ribbons and medals to most.

MAINE DIETARY RUN: This 5 miler will be held on March 27th, Sunday and our Club is anticipating at least 500 runners or more. This means a huge effort on our part to provide the adequate amount of helpers. Start thinking about it.

PROFILE: CHRIS KEIN-CHEVERUS HIGH SCHOOL



Chris is one of the major reasons Cheverus has done so well in track this past year. It must run in the family as brothers Kevin & Pat, and their father, Jim, are all talented runners. Another quality the Keins have is that they support each other with encouragement and joint participation. They also have given much of their time and energy in helping at races and other social functions. Chris runs 45-60 miles per week usually on the roads of Westbrook and Portland. His pace is in the 6:30-7:30 range and the way he is running currently, it must be in the 6:30 range. Chris ran a 3 miler at Cheverus in 14:18, 5 miler in the Turkey Trot in 26:07, and a 4:25 mile. He supplements running with push-ups and weights every other day. Chris likes the Adidas Marathon Trainer as his favorite shoe and generally runs in sweats during the cold weather. He runs mostly with team mates at a 6:30 pace and does L.S.D. with Mark Hoffmaster. Chris would like to do a sub 4:15 mile this year, as it is his favorite distance. He had a sprained ankle and cured it with rest, ice, and aspirin. Chris has a career goal of becoming involved with sports medicine. We look for him to have continued success in all areas.

UPDATE: Kim Beaulieu is doing quite well at Boston Univ. In addition to carrying a full class workload, she continues to run great times. She won a tough 10 K in the Village Cafe race with a time of 38:45. She brightens all the races with her warmth and enthusiasm so we all will be looking forward to seeing her in the up-coming races.

SPRAGUE-GRANGE HALL- CAPE ELIZABETH, MAINE

All members and guests are invited to this pre-PORTLAND BOY'S CLUB BOSTON MARATHON SUPPER. It is important to call Betty Worden-799 Joan Connors-799-8240 to make reservations and what you should bring. M.T.C. will provide the beverages. Please make reservations before. Those planning on attending the supper will be asked to bring either a pasta dish, salad, or bread. Films will be shown, if available. try and make it.

Requirements for Club Membership.

Re-evaluation of Race Schedule.

SPEAKERS- BOB LYNCH-Chiropractor and JOHN DORSEY- Podiatrist

TOPIC- " What the Chiropractor and Podiatrist Bring to the Club"

RACES: MARCH 13th-Sunday- SHAMROCK 8 Mile - Kerryman Pub co. Don Wilson.

MARCH 20th-Sunday- GREAT DOWNEAST MAINE MARATHON & HALF MARATHON-

RAMADA INN-Bangor-Mickey Lackey-Race Director-470 Birch St. Bang

*MARCH 27th- Sunday- MAINE MILK RUN- 5 miles- 11 A.M.- SMVTI- Barb a
Race Director- 34 Congress St. Portland, Me. 04101.

MARCH 27th-Sunday- 5th Annual BOSTON PRIMER- 15 miles-11 A.M.- Mar
School-Readfield, Me.- Ray Giglio 18 Macomber Ave., Augusta, Me.

APRIL 3rd- Sunday- ROMA CAFE- 5.8 miles- Congress St. Portland, Me

RACE RESULTS: MID-WINTER 10 Mile C

Fe 6th '83

1. Bob Coughlin-60:1
2. Dick McFaul- 61:1
3. Mike Towle- 61:1
4. Greg Dugas- 62:1
5. Dennis Smith-62:3
6. Herb Strom- 63:1
7. Barry Howgate-63:
8. Bob Jolicoeur-65:12
9. Marty Donlon- 66:
10. Mike Worden- 66:

11. Jerry Roberts-
12. Alan Leathers-
13. Melora Coggesha-
14. Harvey Rohde- 70
15. Dave Trussell- 70
16. Doug Moreshead-
17. Jane Dolley-
18. Dick Manthorne-
19. Lloyd Cook-

HELPERS: MID-WINTER 10 Mile CLASSIC

1. Sandy Utterstrom
2. Al Utterstrom
3. Jean Thomas
4. Art Quint
5. Ted Cunningham
6. Donna Roberts
7. Bob Handy
8. Dick Joseph
9. Jeff Pomroy
10. Dave Conley

11. Bob Caron
12. Warren Wilson
13. John Doherty
14. Arnie Frechette
15. Frank Morong
16. Steve Moriarty
17. Arnie Clark
18. Barb Coughlin

PORTLAND BOY CLUB Helper: are needed to
Please call John Conn

Painter: Caps before
-6378. (caps are sel

MAINE MILK RUN- NUTRITION CLINIC- MARCH 26th- 9 a.m.- 4 p.m. Everyone is invited to attend this Clinic which will be held at the Culinary Arts Rotunda at SMVTI. Check the back of flyer enclosed in newsletter for more details.
ATTENTION HELPERS- A Post-Race Reception is planned after the race for all the MTC members who helped with the race

NOTE- We need at least 10 more helpers Contact Bar Footer. 4-16

Let all either help at the race or run it. Circle the dates on your calendar
MARCH 26th-Nutrition Clinic MARCH 27th- Milk Run 5 miler

PROPOSAL-MEMBERSHIP REQUIREMENTS:

- FEES: \$30.00- New Member- will receive MTC uniform after working 1 race and committing yourself to 2 other races. Initial fee-Jan-Dec.
\$12.00- Renewal- Single & Family- Due in Jan. Commitment to help.
\$40.00-Family- will receive only 1 MTC uniform after working 1 race and a commitment to work 2 other races. Additional uniforms at cost.
\$5.00- Renewal for students-21 and under.
\$5.00- Renewal for in-active out of state members.

MT. WASHINGTON ROAD RACE- June 19th- 11 A.M.- 8 miler

Not too soon to think about getting a team together to run. MTC team second in '82. For more details- Contact Hope Saltmarsh Rte 3, Box 198-

SUMMARY 2-9-83 MEETING:

1. There has been a problem getting race results to the newspaper. Race Director should call Mike Towle 2 weeks before the race and give him the race results right after the race. Mike Towle-799 5125-171 Highland Ave. So. Portland, Me
2. Maine Running would like more information on MTC races
3. Film shown of the 1981 NYC Marathon.

CONGRATULATIONS TO CHRIS KEIN on winning the 1 mile (4:34) and 2 mile (9:51) at the State High School Track Championship at Colby College.

WELCOME NEW MEMBERS Melora Coggeshall, Greg Dugas, Bob Jolicoeur, Frank Kight, Mike Marchetti, and Bob Lynch.

NOSTALGIA: CASCO BAY MARATHON- Sept. 8, 1978

1. Werner Pobotschnig	2:55:37	6. Doug Moreshead	3:30:37
2. Jim Babb-	3:07:41	7. Wes Rothermel	3:42:34
3. Bob Coughlin	3:16:19	8. Dennis Smith	3:52:50
4. Marty Donlon	3:23:34	9. Barry Howgate	3:56:25
5. Jim Kein	3:23:51	10. Ray Hraby	4:23:59
6. Dick McFaul	3:24:53		

NEXT NEWSLETTER MEETING April 5th, '83. P.M. 86 Park Avenue, Portland.

NEWSLETTER COMMITTEE: Jeanne McDonough 781-5122, Bob Coughlin 773-0807, Charlie Scribner 772-5781, Barry Howgate 773-6947, Dave McFaul 774-4089, Marion Leschey 772-0740.

Marathon Training

The key to training for successfully completing a marathon is to increase your mileage base gradually and to in-

clude one long run a week in your program.

Your first long run should be twice your daily average (total miles per week divided by the number of days run, multiplied by two). For example, if you usually run six days a week for a total of 25 miles, your daily average is just over four miles. Your first long run should be eight miles. Every week you can increase the distance of your long run by one or two miles until you reach 18 to 20.

Be sure to let your body recover from the stress of running extra miles by running an easy day between each hard day. Many people rest the day after their long run.

A sample 14-week training schedule follows. This program should be adapted to fit your own individual needs and time constraints. Whenever possible, add variety. For example, if the schedule calls for four six-mile days, you might run two four's and two eight's instead.

Key: WK=week, S=Sunday, M=Monday, T=Tuesday, W=Wednesday, TH=Thursday, F=Friday, SA=Saturday, TO=total, R=rest.

WK	S	M	T	W	TH	F	SA	TO
1	R	4	3	R	4	4	5	20
2	R	4	4	R	4	4	6	22
3	R	5	4	R	4	4	7	24
4	R	5	4	R	5	4	8	26
5	R	5	5	R	5	4	9	28
6	R	5	5	R	5	5	10	30
7*	R	6	5	R	5	5	11	32
8	R	6	5	R	6	5	12	34
9	R	6	5	R	6	6	13	36
10	R	6	6	R	6	6	14	38
11	R	7	6	R	6	6	15	40
12	R	7	6	R	7	6	16	42
13	R	7	6	R	7	7	17	44
14	R	7	7	R	7	7	18	46
15	R	7	7	R	7	7	15	43
16	R	7	7	R	7	7	20	48
17	R	7	7	R	7	7	13	43
18	R	7	7	R	7	7	22	50
19	R	7	7	R	7	7	15	43
20	R	7	7	R	7	7	Marathon	

To finish a marathon you only need to train to week 14. If you would like to finish the marathon with more ease and speed, you can follow the training schedule through week 20.

**It is important to run for at least one-half hour each training run. If you prefer to run six days a week rather than five, you can follow the training schedule below beginning with week 7.*

WK	S	M	T	W	TH	F	SA	TO
7	R	4	4	5	4	4	11	32
8	R	4	5	4	5	4	12	34
9	R	5	4	5	4	5	13	36
10	R	5	5	5	5	4	14	38
11	R	5	5	5	5	5	15	40
12	R	5	6	5	5	5	16	42
13	R	5	6	5	6	5	17	44
14	R	6	5	6	5	6	18	46

Sorry, the Playboy cartoon
by Don Addis has been
removed from this scanned edition.
“A personal best for YOU maybe”

Reader's Digest

Fastest Times in '82

For this month's statistical report, we have listed the 10 fastest performances of 1982 in each of seven standard distances, for men and women in open competition in the U.S. The information was compiled by the National Running Data Center, and

includes only races on certified courses. Included are all races reported through early December, plus the late-breaking news of the Sub-4 race in Newport Beach, California, in which the 8K list was substantially revised.

Men

8 Kilometers

22:26	Mark Sebastian
22:28	Nick Rose
22:30	Joseph Nzau
22:31	Larry Cuzzort
22:32	Bill Donakowski
22:41	Bruce Beckford
22:46	Greg Meyer
22:47	Craig Vicini
22:48	Robert Hodge
22:48	Mike Musyoki

10 Kilometers

27:49	Michael Musyoki (24)
27:50	Nick Rose (30)
28:03	Gudamin Shahanga
28:04	Alberto Salazar (23)
28:13	Rod Dixon (32)
28:17	Jon Sinclair (24)
28:18	Herb Lindsay (27)
28:23	Gabriel Kamau
28:25	Mark Culp (23)
28:26	Bill Rodgers (34)

15 Kilometers

43:09	Mike Musyoki (25)
43:12	Greg Meyer (26)
43:14	Jon Sinclair (24)
43:16	Adrian Lock (24)
43:33	Rod Dixon (32)
43:35	Nick Rose (30)
43:36	Gabriel Kamau (24)
43:52	Louis Kenny (25)
43:58	Dave Murphy (24)
44:03	Herb Lindsay (27)

10 Miles

46:39	Steve Centrowitz (27)
46:48	Groff Smith (24)
47:16	Herb Lindsay (27)

Women

8 Kilometers

26:26	Ellen Hart
26:42	Dianne Rodger
26:51	Nancy Conz
27:01	Brenda Webb
27:19	Linda McLennan
27:48	Beth Sheridan
28:06	Alyson Decker
28:11	Julie Isphording
28:19	Kathy Whitcomb
28:24	Eleanor Simonsick

10 Kilometers

31:45	Anne Audain (26)
32:36	Joan Benoit (24)
32:51	Mary Decker-Talbot (23)
32:59	Kellie Cathey (20)
33:00	Ellen Hart (23)
33:02	Brenda Webb (27)
33:08	Margaret Groos (23)
33:21	Dianne Rodger (23)
33:23	Pia Palladino (21)
33:32	Regina Joyce

15 Kilometers

51:04	Ellen Hart (24)
51:08	Debbie Fide (26)
51:21	Margaret Groos (22)
51:42	Julie Shox (22)
51:50	Nancy Conz (25)
52:02	Linda McLennan (23)
52:24	Mary Shea (23)
52:24	Judi St. Hilaire (22)
52:41	Laurie Binder (34)
53:20	Susan Schneider (24)

10 Miles

53:18	Joan Benoit (25)
55:01	Nancy Conz (25)
55:22	Laurie Binder (35)
55:39	Lisa Larsen (29)

47:23	Greg Fredericks (32)
47:35	Jon Sinclair (25)
47:37	Frank Shorter (34)
47:43	Adrian Lock (24)
47:51	Gabriel Kamau (24)
47:54	Paul Gorman (27)
47:54	Robert Perkins (26)

20 Kilometers

58:27	Greg Meyer (26)
58:43	Bill Rodgers (34)
59:43	George Malley (27)
1:00:17	Dick Beardsley (26)
1:00:25	Kevin Ryan (25)
1:00:28	Robert Hodge (27)
1:00:42	Hank Pinfle (31)
1:00:50	Ric Sayre (26)
1:01:08	Bill Yocoman (24)
1:01:33	Tony Ramirez (27)

25 Kilometers

1:15:00	Greg Meyer (26)
1:15:40	Mike McGuire (23)
1:17:19	Sam Mavis (27)
1:17:31	Jari Hemmilla (27)
1:18:32	Mark Culp (23)
1:18:39	Frank Plasso (22)
1:18:42	Phil Vanmetre (24)
1:18:43	DeVier Lichman (25)
1:19:02	Ron Young (21)
1:19:10	Joseph Caruso (24)

Half Marathon

1:01:36	Mike Musyoki (25)
1:01:43	George Malley (27)
1:03:01	Dave Murphy (24)
1:03:07	Jon Sinclair (25)
1:03:11	Benji Darden (30)
1:03:32	Dick Beardsley (25)
1:03:39	Odle Sander (23)
1:03:47	Domingo Tibadizza (32)
1:03:49	Michael Layman (28)
1:03:57	Ed Membrina (29)

55:42	Carol Urish (30)
55:43	Julie Isphording (20)
56:01	Judi St. Hilaire (22)
56:13	Eleanor Simonsick (24)
56:20	Maureen Cusky (27)
56:31	Sarah Linsley (25)

20 Kilometers

1:08:43	Nancy Conz (25)
1:11:18	Judi St. Hilaire (21)
1:11:39	Sue Baxter (22)
1:12:28	Eleanor Simonsick (23)
1:12:58	Margaret Rosasco (31)
1:13:03	Laurie Binder (34)
1:13:04	Gail Volk (21)
1:13:13	Susan Crowe (26)
1:13:13	Ena Guevara (23)
1:13:19	Karen Congrave (26)

25 Kilometers

1:26:31	Joan Benoit (24)
1:26:34	Nancy Conz (25)
1:27:45	Karen Dunn (19)
1:27:53	Julie Brown (27)
1:29:44	Jane Welzel (27)
1:34:17	Karen Blackford (31)
1:35:17	Betty Hite (16)
1:35:29	Anne Hird (23)
1:35:36	Marilyn Hulak (23)
1:35:56	Pierre Culbreth

Half Marathon

1:12:22	Julie Brown (27)
1:13:13	Judi St. Hilaire (23)
1:13:42	Middle Hamrin (24)
1:13:56	Julie Isphording (20)
1:14:06	Karen Dunn (19)
1:14:24	Rebecca Spruce
1:14:44	Carol Urish (30)
1:15:27	Nancy Conz (24)
1:15:34	Elizabeth Baker
1:15:43	Karen Congrave (26)