



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

FEBRUARY 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

Our next membership meeting will be held Wednesday, February 13, 1985, at the SMVTI Auditorium, 7:30 p.m. The agenda will include: Purchase of New Chronomix, Proposed Policy on Service Charges; RRCA 1986 National Convention; and our featured speaker, Danny Paul. See the write-up on Danny elsewhere in this newsletter for details.

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

NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, February 27, 1985, at 6:30 p.m., Maine Savings Bank board room on Congress Street (2nd floor). All members are welcome, and don't forget to get any material you'd like included in the March issue to us before the 27th!

MORE DISCOUNTS

It pays to be a member of the Maine Track Club!

In the January newsletter, we noted that the Athletic Attic was extending a 15% discount on shoes to all MTC members. We recently received a letter from Doug Ingersoll, informing us that quite a few members have taken advantage of that discount. He is so pleased, in fact, that he is expanding the discounts to Club members to include 10% off all other regularly-priced items.

Doug also notes two items currently on sale that might interest some of you:

Bill Rodgers Suits - \$133.00
Cheetah Gore-Tex Suits - \$ 99.99

The Cheetah suits are regularly priced at \$170.00, so this is quite a savings. Get there while supplies last.

We've also been informed that during the month of February, The Good Sports (3 Pleasant Street, Brunswick) is having a sale on New Balance, Adidas, and Nike running shoes. Call 729-9949 for details.

NEW MEMBERS

January was such a terrific month for enrollment of new members that we need an entire page to report on them! A warm, hearty welcome to the following folks:

Name & Address	Phone	Occupation	Age/Other Interests
Russell V. Bradley 2 Westfield Road Cape Elizabeth, ME 04107	(W)775-2371 (H)799-3864	Mgr, Franchises & Advertising, Emery Waterhouse	Age 61 - Hiking, swimming, stamp & coin collecting
Fran Brennan 227 Arundel Road Raymond, ME 04071	(W)780-6271 (H)655-3933	Insurance	Age 48
Dick Brink c/o Cycle Mania 188 State Street Portland, ME 04101	(W)774-2933	Owner, Cycle Mania	Age 29 - Nordic skiing, competitive cycling
Cher Clark (Arnie's wife) RFD 1, Walker Road Kennebunk, ME 04043	(H)985-3167		Age 37
Mark Cushman 15 Carol Street Westbrook, ME 04092	(H)797-3467 (Son of Bob and Brenda)	Student, Westbrook Middle School	Age 13
Ronda Cushman 105 Hillcrest Avenue Brockton, MA 02401	(Daughter of Bob and Brenda)	Physical Therapy Assistant	Age 23
Raphael P. DePrez 4 Kargnel Drive S. Portland, ME 04106	(W)773-4140 (H)767-5583	Exec. Director, S. Portland Housing Authority	Age 44 - Tennis, cross-country skiing, golf, reading, music, photo.
James R. Legere 97 Brigham Street S. Portland, ME 04106	(H)772-6036	Postal Worker	Age 52 - Golf
Paul S. Merrill 42 West Street, #6 Portland, ME 04102	(W)871-2761 (H)761-1803	Microbiology Lab Tech. - Maine Med.	Age 30 - Triathlete, biking, sailing, hiking, backpacking, swimming
Susan Peck & Philip Coffin 26 Myrtle Street Westbrook, ME 04092	(W)780-6094 (S) (W)774-1486 (P) (H)854-9192	Attorney Attorney	Age 29 (Philip) - Skiing, bicycling, hiking
George E. Prescott P.O. Box 8446 Portland, ME 04104	(W)772-4621 (H)767-5010	Insurance Claims Representative	Age 36 - Camping, painting, skiing, hiking, photography
Joel B. Russ 28 Rocky Hill Road Cape Elizabeth, ME 04107	(W)775-0466 (H)799-8961	Real Estate Agent	Age 41 - Sailing, cross-country skiing,
Marie T. Wood 4 Shady Run Lane Gorham, ME 04038	(W)775-4121 (H)839-6785	Data Processing Analyst - Maine Savings Bank	Age 31 - Nautilus, cross-country skiing, sailing, swimming, hiking, cycling
Neal P. Workman 185 Blanchard Road Cumberland, ME 04021	(H)829-6978	Sales	Age 29 - Cross-country skiing

We look forward to meeting all of you in the coming weeks. Hope to see you at the meeting on February 13th!

Bob Ayers, Membership Chairman, says the membership drive seems to be in full swing with January credits going to Jane Dolley (1), Ted Cunningham (1), and Dave Trussell (1). In addition, three new members came from forms picked up at Olympia Sports, two from the YMCA, and one from the Foot Locker.

BOOK REVIEW (From Running & FitNews)

"Readers with any nutrition knowledge will find Robert Haas' lack of basic nutrition science to be obvious and a major flaw in his best-seller, Eat to Win-- The Sports Nutrition Bible," Virginia Aronson, R.D., M.S., a nutritionist at Harvard University, told "Running & FitNews." According to Aronson, Haas is not an M.D. but rather received his "doctor of philosophy" from a mail-order, nonaccredited college. While the majority of the book is harmless, touting well-accepted health values, Aronson says that Haas exaggerates the benefits of a high-carbohydrate, low-fat diet and his recommendations are too extreme. He not only prescribes dangerously low amounts of calcium and iron, but also suggests athletes eat Ginseng to prevent premature aging and provide a competitive edge. Ginseng has never been shown to help in this manner, can be toxic, and has been known to elevate blood pressure. Aronson recommends that athletes eat a more moderate diet than Haas suggests, emphasizing starchy, fibrous, "complex" carbohydrates (whole-grain breads and cereals, pasta, potatoes, and rice, for example) and including a wide variety of other foods: low-fat milk and cheeses; and vegetables and fruits. (Virginia Aronson, R.D., M.S., Department of Nutrition, Harvard School of Public Health, Boston, MA)"

HOW TO KNOW YOU'RE GROWING OLDER

"You get winded playing chess."
"Your mind makes contracts your body can't meet."
"You sit in a rocking chair and can't get it going."
"Your knees buckle and your belt won't."
"You're 17 around the neck, 42 around the waist and 106 around the golf course."
"A fortune teller offers to read your face."
"You get your exercise acting as a pallbearer for your friends who exercise."
"You sink your teeth into a steak and they stay there."

Anonymous

NEWSMAKERS

Kim Beaulieu was on WGAN Sports-Talk Saturday, January 26th from 5:00 to 6:00 p.m. She was also profiled in the February, 1985 issue of New England Running. Nice going, Kim! Tell them about the Maine Track Club, too, when you can.



For the past three years Maine Running has chosen "Runners of the Year" based on an objective formula. We looked at the best marathon, 10K, distance greater than 10K and any other best time and added up points earned through charts contained in a computerized training guide.

This year we are changing the ground rules. The same formula will be used, but the only times that will be used are those run in certified races in the State of Maine.

Maine Running and Outing salutes those runners who are brave enough and strong enough to test themselves on the national level. Runners like Andy Palmer who handily won our 1984 laurels with these outstanding performances:

2:22:16 marathon at Toronto
1:32:37 30K
29:27 10K
39:02 8M

and, of course, Joan Benoit who is without equal in the long distance community.

But, now we wish to salute all runners who run the roads of Maine. We do so for several reasons. One, we want to attract the very best runners to our races. Two, we hope to encourage race sponsors and directors to get their events certified and sanctioned by the national governing body, the T.A.C. And finally, there has been some debate about whether or not runners like Andy, Sammy Pelletier, and others are truly Maine runners. Well, under the new system that concern will be thrown out, for we will be crowning the best performers in the State of Maine and not the best citizens although many of our citizens who live and go to school outside the state are our greatest ambassadors. So, get busy, plan your schedule and send your best times to MRGO when you have completed the four requirements. We will periodically publish the standings and will go as deep as you let us. We will update the standings if you improve on any of your times and you will be able to see just where you stand throughout the entire year. Good luck, and thanks Andy & Joan

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NEWSMAKERS CONT.

Portland, Maine, Evening Express, Friday, January 18, 1985

Sale accord reached

Agreement has been reached on the proposed sale of Plasmine Corp. of Portland, the only Northeast producer of rosin size for the pulp and paper industry, to Reichhold Chemicals, Inc., a billion-dollar corporation based in White Plains, N.Y.

A letter of intent signed yesterday calls for Plasmine stockholders to receive just over \$7 for each common share of stock, compared to over-the-counter quotes of \$4.50 bid and \$5.75 asked as of last Friday.

Plasmine Treasurer Widgery Thomas Jr. says Plasmine's sales of rosin size, which strengthens paper and makes it more resistant to water, had been off in 1984 because of an overall decrease in paper mill business.



Thomas



"The trouble with physical fitness buffs is if you give them an inch, they'll pinch it."

Herb Strom & Modern Maturity

HAPPY VALENTINE'S DAY TO ALL!
And a special wish to Bob & Barbara Coughlin who will be celebrating their 25th Wedding Anniversary on February 28th. May the next 25 years be as happy and healthy as the first 25!

PROPOSED POLICY ON SERVICE CHARGES FOR ASSISTING RACES

Fees are negotiable. In general, however, the Club's policy is to charge a fair price for its services. The standard fees are:

Club Races - All proceeds from whatever sources.

Full Service for others or benefit races - \$250 for first 100 runners plus \$1 for each runner over 100.

Partial Service - \$125 includes Chronomix and large digital clock, plus an operator.

Rental of Equipment - Because of its cost, equipment is not let out without a Maine Track Club operator. Time and travel for distant races will be additionally negotiated for the benefit of the individuals involved.

Portland, Maine, Press Herald, Friday, January 11, 1985

Nude jogger gets cool reception

TALLAHASSEE, Fla. (AP) — Police at first thought it was a hoax, but soon were confronted with the naked truth — despite 39-degree temperatures, a man was jogging around the state Capitol clad only in his running shoes.

Officers finally tackled the man on a flight of steps leading to the Capitol.

"He just started laughing. He said he'd been drinking and went for a jog to the Capitol," a police spokesman said.

Wall Street Journal - 1/10/85

CHOLESTEROL LEVELS called "normal" on lab reports often are too high, say University of Nebraska heart researchers. Many labs call readings of as much as 270 normal, although 125 to 200 is the ideal range for preventing heart attacks.

This month's newsletter courtesy of



Maine Savings Bank

TRENDS IN RACING

"[The National Running Data Center] report[s] a decline in the size of most marathons last year, while shorter distances generally maintained their popularity. According to NRDC figures, only 15 percent of the nation's marathons grew, while 62 percent showed losses. However, in the 8-K to 10-K range, 37 percent of races grew and an equal number shrank. Over the past five years, the total number of races has increased by about 20 percent. The ratio of women to men entering races has leaped from 1-to-5 in 1979 to 1-to-3 last year."

From Runner's World, (February 1985)

MEDICAL BRIEF

MARATHONERS...TAKE WARNING!!

Many runners encounter discomfort and pain during and following a marathon. Because of a poor performance or desire to achieve another "personal best," we often begin a rigorous training routine shortly after a 26-mile ordeal. Within a week or two, a major injury occurs.

The reason for this sequence of events was alluded to in a recent report by Costill and colleagues (Physician and Sports Medicine, November 1984). They obtained muscle biopsies from ten competitors before and several times following their marathons. Compared with the normal muscles found before the 26-mile ordeal, diffuse muscle damage was evident microscopically afterwards. The cell wall disrupted, allowing fluid and proteins to pass outward. Red and white blood cells entered, the latter attempting to clean the mess and debris. The severity of the muscle soreness described by these runners correlated with the extent of microscopic injury.

Comment: I chose this report to dispel the notion that early mobilization after a marathon speeds recovery. Always assume you're injured after these strenuous events and make no effort to run again for a week or more. Treat yourself to slow, stationary bicycling or swimming while Ms. Mother Nature works her healing ways. Don't forget the ice cream!

Dick McFaul, MD

CLUB AND COMMUNITY RUNS

Meet Saturday mornings at 8:00 a.m., at SMVTI with Herb Strom, Russ Connors, and other runners for a 10- to 13-mile run. Pace is easy. Showers available, then join together for breakfast at a favorite restaurant. (Shower and breakfast optional.)

A group headed by Al Butler is also forming for Sunday morning runs at 7:00 a.m., at SMVTI for 13-mile runs (Cape Challenge course).

All Club members and friends are welcome to join the fun either day (or both) whether you're training for health or focusing on the April Marathon.

PAID ADVERTISEMENT - HELP WANTED

AT & T Communications N.E. Switching Safety Committee is looking for an energetic, knowledgeable person with good speaking ability to give a running safety presentation to various telephone offices throughout New England. Quite a bit of travelling is involved - certain offices in New Hampshire, Maine, Vermont, Massachusetts, Rhode Island, Connecticut, and New York would like to have such a presentation. If you are interested, please call Melanie Paul (Dave's wife) at 797-4242 after 5:30 p.m. for details. Compensation negotiable.

UPCOMING RACES

- February 9 - Third Annual Frostbite 5K - 11:00 a.m. in Skowhegan. Showers, lots of free soup, chowder, and beverages. T-shirts to the first 100 runners registered and door prizes. \$4 pre/\$5 post. Contact Bill Stone, Dollars for Scholars, Skowhegan Area High, Skowhegan, ME 04976.
- February 9 - 4th Annual Wild Katahdin Trust Snow Run - 11:00 a.m. from Katahdin High School in beautiful downtown Sherman. 4.8 miler. Contact Loren Ritchie, Katahdin High School, Sherman Station, ME 04777 (Woods Runners).
- February 10 - 4th Annual Mid-Winter 10 Mile Classic - Noon from SMVTI, So. Portland. \$3 entry fee. Contact Bob Payne, RFD 1, Box 305, Raymond, ME 04071, 655-4156. See flyer attached.
- February 16 - Winter Triathlon - 10:00 a.m. from the Country Club in Caribou. Contact the Aroostook Joggnauts, 93 Barton Street, Presque Isle, ME 04769 (Aroostook Musterds).
- February 23 - Frostbite 5 Survivor - 12:00 noon, Running mini-clinic; 2:00 p.m. race. Contact Hector Pupo at 328-7096. The 5-miler starts at the Field House at Loring AFB in Limestone (Moose Chasers).
- February 24 - Demers Track Classic - 9:00 a.m. in the Athletics Fieldhouse East Building, Bates College, Lewiston, ME. Contact John Lafreniere at 784-5404.
- March - Winged Foot 5-Miler - SMVTI. Contact Dick Lajoie.
- March 2 - Owlrock Sauna Run - 11:00 a.m. from the Owlrock Sauna in Mt. Chase, ME. The 6-miler is directed by Annaliese & Preston Hood (Aroostook Musterds).
- March 9 - Frostbite Run Against M.S. - 10:00 a.m. from Ellsworth High School. \$5 fee. Contact Jim Pendergist, PO Box 417, Ellsworth, ME 04605, 667-7101(W) or 667-8886(H).
- March 10 - March of Dimes Ski Triathlon - At Pleasant Mountain in Bridgton. Contact Russ Connors.
- March 17 - Kerrymen Pub "Top of the Morning Road Race" 4-Miler - \$3.50 in Saco. Call Jim Swan.
- March 23 - Spring Fling 10K Road Race - 11:00 a.m. from the Waterville Area YMCA, North Street, Waterville. \$4 entry fee. Tim Rollins - Race Director.
- March 24 - Boston Primer - 15-Miler. 10:00 a.m. at Maranacook School, Readfield. Contact Marge Force, South Road, East Winthrop, ME 04343, 395-4596.
- March 30 - The Great Lite Beer Maineiacs Half Marathon - 11:00 a.m. from the Holiday Health and Racquet Club, Odlin Road, Bangor, ME 04401. \$5. Contact Maine Running & Outing Magazine, P.O. Box 259, E. Holden, ME 04429.
- March 31 - Maine Milk Run 5-Miler - From SMVTI. Contact Barbara Footer.

ATTENTION ALL CLUB MEMBERS!

Looking for a rewarding, enriching experience? Something new (or maybe old), but always exciting? Then call right now and find out how you can become involved in one of the upcoming road races!

Both Bob Payne and Barbara Footer are looking for enthusiastic, able bodies to assist with the races they're directing.

Bob would like some volunteers for the Mid-Winter 10 Mile Classic to be held this Sunday, February 10th, 12:00 noon at SMVTI. We realize this is late notice, but if you'd like to include this race in your weekend plans, give Bob a call at 655-4156.

March 31st is the scheduled date for this year's Maine Milk Run, and Barbara is looking for a co-director. Anyone interested? If so, please call her at 797-3781(W) or 774-1614(H).

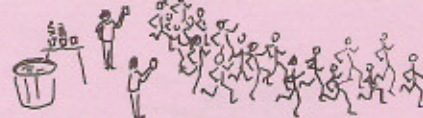
Working a race is not only a great learning experience, but it provides the opportunity to get together with a terrific bunch of people. And who knows? Maybe you, too, will be directing a race in the future!

RACE RESULTS

Dave Trussell ran the Sri Chinmoy Marathon in Hampton, New Hampshire last Sunday, February 3rd with a finish time of 3:27.

Dave said he was more than familiar with the course by the end of the race, which consisted of 26 revolutions of a flat, 1-mile loop. He reported that two-thirds of the loop was snow-covered, and that he was most affected by the poor footing.

Despite the cold, the wind, and the snow, though, Dave enjoyed himself. He said the participants were a great bunch of people.



Kennebec Journal, Augusta,

Tuesday, January 29, 1985

Snofest race

1. Rock Green, Brunswick; 2. Brian McCrea, Bangor; 3. Chris Bowie, Hallowell; 4. Steve Malloy, Bingham; 5. Rick Lane, Augusta; 6. Jason Greenleaf, West Gardiner; 7. Tom Thibaut; 8. Paul Enginer, Lewiston; 9. Thomas Wells, Augusta; 10. Mike Cameron, Winthrop; 11. Micky Lackey, Plymouth; 12. Gary Cochrane, Brunswick; 13. Joe Meehan, Gardiner; 14. Mike Thompson, Belfast; 15. Dan Doherty, Augusta; 16. Howard Chadbourne, Cape Elizabeth; 17. Dave Barker, Gardiner; 18. Jeff Preble, Winthrop; 19. Jerry Allanach, Winslow; 20. Doug Ludewig, Winthrop; 21. Ray Johnson, Gardiner; 22. Carlton Comstock, Scarborough; 23. Biff McGilpin, Belfast; 24. Joe Washburn, Gardiner; 25. Bill Pinkham, Augusta; 26. Diane Wood, Augusta; 27. Martin Schiff, Pemaquid Beach; 28. Larry Fortin, Hallowell; 29. Tim Rogers, Augusta; 30. Steve Brennan, Brooks; 31. James Moore, Waterville; 32. Byron Cook, Livermore; 33. Bill Gayton, Topsham; 34. Carl Bowen, Belfast; 35. John Cordts, Lisbon Falls; 36. James Cox Jr., Brunswick; 37. Don Ceilar, Gray; 38. Troy Alexander, Augusta; 39. Mike Cook, Portland; 40. James Hogerty, Scarborough; 41. Dick McDonald, Waterville; 42. Carlton Mendell, Portland; 43. John Edmondson, Augusta; 44. Dick Cummings, Augusta; 45. Phil Soule, Brunswick; 46. Marc Damour,

Lewiston; 47. Joe Loretto, South Portland; 48. Kevin Pottle, Ellsworth; 49. Philip Pierce, Falmouth; 50. Robert Rines, Wiscasset; 51. Thomas Hart, Topsham; 52. Don Wismer, Kents Hill; 53. Robert Gadoury, Levant; 54. Jamie Morrill, Augusta; 55. Normand Rodrigue, Dresden; 56. Leonard Dow, Albion; 57. Jerry St. Amand, Winslow; 58. Alison Van Keuren, Waterville; 59. Chris Wales, Auburn; 60. Paul Dall, China; 61. Claudia Takacs, Albion; 62. James Booth, Sabattus; 63. Don Brewer, Wiscasset; 64. Craig Haggett, Wiscasset; 65. Allen Hersom, Wiscasset; 66. Gloria Elliott, Nobleboro; 67. Charlie Gordon, Brunswick; 68. Joanie Rhoda, Union; 69. Mike McLeilan, Monmouth; 70. Nancy Stelson, Gardiner; 71. Jerry Bushey, Winslow; 72. Kari Richardson, Plymouth; 73. Charles Wingate, Hallowell; 74. Laurent Gilbert Sr., Lewiston; 75. Marianne Salvalo, Florham Park; 76. William Tozier, Hallowell; 77. Avis Ingalls, New Harbor; 78. Nancy Slaughter, Brunswick; 79. John Clark, Farmingdale; 80. Georgianna Hogerty, Scarborough; 81. Carolyn Gayton, Topsham; 82. Ian MacKinnon, Augusta; 83. Margaret Soule, Yarmouth; 84. Patricia Kennedy, Winterport; 85. Greg Durgin, Readfield; 86. Byron Bennett, Wayne; 87. Mike Levy, Winthrop; 88. Carol Linker, Augusta; 89. Jolly Jester, Augusta. Winning time: 26:56 over 5 miles in Augusta.

PROFILE - Danny Paul (Dave's brother)

Danny Paul, track coach at Greely High School, will be the guest speaker at this month's MTC membership meeting. His presentation will be on Training and Racing focusing on 3-mile, 5K, 5-mile and 10K distance racing. Among topics to be discussed, are race preparation - from equipment for all levels, to intervals for the more advanced runners - as well as the mental and physical aspects of racing itself.

Danny started running during the 9th grade in 1968. At 5'4" and 140 lbs., his coach did not foresee an especially bright future in racing for Danny.

However, during the next three years, Danny had grown five inches taller, shed twelve pounds, and qualified for and competed in racing, helping Portland High School win two cross country and two track Maine State Championships.

Attending Northeastern University on scholarship, Danny and his teammates (among them, Ken Flanders, Larry Greer and Bruce Bickford) won three New England Championships and one Eastern U.S. Title.

Danny's coaching career began in 1976 at Mt. Blue High School in Farmington. Under his guidance, Mt. Blue won state titles in 1977, 1978, and 1979.

Danny's success at coaching continued with his arrival at Greely High School in 1980. In each of the past five years, Greely's track teams have won the Western Maine Championships in either the boys' or girls' divisions.

Danny does pretty well for himself on the race course, too. "I have won my share of races," says Danny, "and met many wonderful people in the process."

SURVEY OF CLUB MEMBERSHIP



Road Racing

Yes

No

1. Do you compete in road races? _____
2. If so, why do you race, and what distances do you prefer? _____

3. Do you drink coffee before the race? _____
4. If so, do you feel it helps you run faster? _____
5. Do you take aspirin or something like it (Bufferin, etc.) before the race? _____
6. If so, do you feel it helps you run faster? _____

Comments on any of the above you'd like to make: _____

7. Do you do speed work as part of your regular/overall training? _____

Please explain: _____

8. Do you ever "carbo" load before a race? _____

9. Please explain: _____

10. Do you do anything else before a race that you feel gives you an advantage over others? _____

11. If so, please explain: _____

Signature (Optional)

If signature not provided, please indicate sex. Male _____ Female _____

Results to be published in the March newsletter. Return to: Maine Track Club,
P.O. Box 8008, Portland, Maine 04104.

THE BOSTON GLOBE FRIDAY, JANUARY 11, 1985 65

Why run in the winter?



By David Daniel
Special to The Globe

I stretched in my office on Boylston street, then loped through the Back Bay toward the river, wondering why. The mercury sat near zero.

In a cold and busy season, this seemed an unreasonable activity for a grown man, and I avoided eye contact with passersby, like a man hiding some dim aberration.

Not until I reached the Esplanade did I look at people. The thinned ranks here understood. They were running, too.

Running in winter is playing poker with jokers in the deck. There's cold to consider, as well as ice, windchill, snow-clogged roads, the smug scorn of friends, brief daylight, the menace of frostbite and hypothermia... Maybe it's time for a break.

In the early 1960s, Weymouth was still a one-high-school town where first Oral Page, then Dudley O'Leary, turned out fast track teams. Across the street from the school sat an archaic, outdoor, wooden oval with banked corners and a straightaway. Here we ran winter track, often shoveling snow off first. With numb fingers, we'd lace on spikes. Footsteps were a distinctive thunk, thunk on the splintery boards.

I'd envy the sprinters: 50 yards of effort, about 6 seconds, then off to the hot showers. I did laps, building warmth only as I built my race. Sometimes I'd win. No one doubted, however, that the real winter sport was played before crowds in a real gym, with a round ball.

What keeps people running in the winter? It varies. Many who run sooner or later discover the satisfactions of road racing. (What other sport is there in which everyone wins each time they compete?) Spring through fall is race time. April, of course, is The Marathon. Yet winter can be a very productive season, allowing a runner to build up a good mileage base and toughen up mentally for racing.

For the strictly recreational or health-minded runner, winter may be the difference between continuing or having to start all over come spring.

There are also the indefinables: the brisk air singeing the nostrils, the rhythmic white puffs of breath, the chance to be alone.

I moved along the Charles, on the Storrow Drive side, going west. The river looked

Because there's no reason to stop

nickel-plated: not iced over yet but getting near. In the lee of the BU bridge a cluster of bright ducks tacked slowly through the water. It seemed a slow activity, but around them the river was finally beginning to clatter. They weren't fooled by the long, mild autumn any more than Bostonians were. Those birds are year-rounders. Their motion will keep one small piece of the river open.

To anyone hooked on regular cardiovascular (CV) workouts, the notion of a long layoff has all the approach/avoidance appeal of a Bailey's butterscotch sundae. And there are warmer alternatives to running.

Swimming, riding a stationary bicycle, aerobic dancing and racquetball all have virtues. Proponents of Nautilus claim it has CV value — although the pace has to be faster than what's possible at most clubs, which resemble Filene's Basement on sale day.

There is lap work done at an indoor track, and recently, pool-running, a kind of treading water motion that used to pass as go-go dancing in Combat Zone bars.

For some runners, the alternatives pose problems of accessibility, expense or ability (not everyone can stroke off laps in a pool like Steve Lundquist). So where does all of this lead? For many it leads back outdoors.

Running with a friend at Fresh Pond one Christmas Eve afternoon, we resolved to train all winter. My friend, a congenial sports bon vivant, coaxed me and kept me going through January, February and March. Some days we followed the deep-frozen footprints of a lone early bird. The boys and girls of summer would avoid this season like a social disease. But, come April, I'd feel as if I've had a small jab of sudden enlightenment.

External conditions aside, winter running is no different than running other times of the year. It's primarily a matter of acclimatization; the same common sense about keeping warm applies.

Donning clothes in light, breathable layers is better than wearing bulky garments that

can make movement cumbersome. In very cold weather, three layers are ideal: one to absorb perspiration for "wick" it away from the skin as the new polypropylene skin suits do, a second to provide warmth, and an outer layer to block wind and rain.

Since an exercising body generates heat in cockle-warming amounts (you'll feel up to 30 degrees warmer than the actual air temperature), it is best not to overdress. Getting overheated and peeling off clothes can cause too-rapid evaporation and chills.

An old saw that has kept its teeth is, "If your hands are cold, put on a hat." Since 50 to 70 percent of body heat can be lost through the head and hands, a warm knit cap and gloves or mittens are essential.

Winter running can be healthy, safe and invigorating, as long as the runner holds on to sanity.

In the cold, it's mileage that counts, not fast times. CV benefits accrue irrespective of speed. And with uncertain footing, it's wise to keep the pace slow and steady.

Something every runner pays lip service to is stretching before starting. Cold tightens muscles, increasing the chance of injury. Where to run is also important, especially when heaped snow narrows the roads, making traffic a hazard. The Charles River is good, as are the Fenway, Fresh Pond in Cambridge and the Chestnut Hill Reservoir. If open areas have a high windchill, trails through woods are a scenic alternative.

In winter, darkness strikes early. It is best to stay off roads, or else wear reflective clothing. After a run, getting indoors, putting on dry clothes and stretching will make even the coldest workout seem worthwhile.

I moved onto the Longfellow Bridge, the afternoon sky now as gray as the span's stone turrets. I was within a mile of the end, but this brought small consolation. My body oozed sweat which chilled on my skin. My mantra continued: Why? No flint-eyed coach was making me do this: not even my running friend (he has taken up Nautilus and gone to Hawaii).

So why? I reshuffled my winter running scenes, laying them out like Christmas cards. Absently, from the hump of the bridge, I counted a total of four other runners along the sides of the river. Each was alone, a bright speck of movement. And I thought of the ducks.

Purposefully I lengthened my stride. Five of us. On this chilly December day I imagined that our motion kept the city from freezing over completely.

TREASURER'S REPORT

Rick Strout, Treasurer, advises the Treasury's condition is as follows:

Beginning Balance - 1/1/85	\$2,257.00
Revenues	641.25
Expenses	593.80
Balance - 1/31/85	<u>\$2,304.45</u>

Copies of the full Treasurer's Report will be distributed at the membership meeting.

RRCA INFORMATION SHEET - Cold Weather Running

The onset of winter needn't bring a seasonal halt to runners' enthusiasm or routines. Actually, it's easier for runners to protect themselves in cold weather than in hot, when heat and humidity reach certain levels that make running difficult or impossible. With some adjustments, running is possible even in the extremes of cold, wind, ice and snow.

Of course, when wearing 5-10 pounds of clothing and running on icy or snowy surfaces, one's pace may have to be adjusted (the added resistance more than compensates for the slower pace). You may have to adjust to running less frequently for a while. However, if you keep the following suggestions in mind, you shouldn't have any trouble.

1. Wear clothing in layers - you can always remove a layer if you get too warm. Also, experiment with different materials - wool works best because it "breathes" (the sweat is taken away from your body, but the material still keeps you warm).
2. If you plan a long run on a cold day when you would be wearing multi-layered clothing, it is advisable to lubricate yourself with petroleum jelly in those areas likely to rub under those conditions (i.e., nipples, underarms and crotch).
3. The fingers and toes are areas with the smallest blood supply, so they must be protected. Gloves or old wool socks (or mittens in extreme conditions) work over the hands. In wet, snowy or extremely cold conditions, it may be advisable to wear two pairs of socks on your feet (if you can do so without causing blisters).
4. A significant (up to 40%) amount of body heat is lost through the head, so wear a stocking cap. In extremes of cold and/or wind, a ski mask may be used to keep the face and nose warm. Coating your face with petroleum jelly will also keep this area warm and keep the skin from getting chapped and windburned.
5. How much to wear on the legs is a matter of preference, but never more than a pair of long underwear and a pair of sweat-pants (in addition to your regular running shorts) are needed.
6. Wear dark clothes to contrast against snow, unless you are running at night when you would wear light colored clothing.
7. Plan your runs so that you run into the wind during the beginning portions and with the wind behind you in the latter portions. Otherwise, built-up sweat may cause you to become too cold when you turn into the wind.
8. Be extremely cautious of traffic on icy and snowy roads. Also, when running on snow, try to pick areas which will not hide uneven terrain.
9. Let someone know where you are going and when you expect to return.
10. Keep in mind the wind chill chart which follows:

If you dress properly and are cautious in various weather conditions, running in winter can be as productive and enjoyable as during any other time of year.

(This information is presented as a public service by the RRCA.)

PLEASE NOTE - THE SITE FOR THE MARCH 13, 1985, MEMBERSHIP MEETING HAS BEEN CHANGED. NEXT MONTH, IT WILL BE HELD IN THE CULINARY ARTS ROTUNDA DIRECTLY ACROSS FROM THE MACHINE TOOL AUDITORIUM.

RRCA INFORMATION SHEET CONT.



EQUIVALENT CHILL TEMPERATURES

Wind (MPH)	Temperature (Fahrenheit)																					
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	
Equivalent Chill Temperatures																						
5	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70
10	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75
15	25	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80	-85
20	20	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80	-85	-90
25	15	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80	-85	-90	-95
30	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80	-85	-90	-95
35	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80	-85	-90	-95	-100
40	0	-5	-10	-15	-20	-25	-30	-35	-40	-45	-50	-55	-60	-65	-70	-75	-80	-85	-90	-95	-100	-105
Little Danger					Increased Danger (Flesh may freeze within one minute)					Great Danger (Flesh may freeze within 30 seconds)												

JANUARY SURVEY RESULTS

As of February 7, 1985, we had received 21 responses to the January survey - 13 from male members and 8 from female members.

Of the total respondents, 18 regularly read running magazines, many of whom read more than one. The favorites in order most mentioned were: Runners' World, The Runner, Maine Runner, New England Running, Running Times, ARFA Newsletter, Boston Running, Triathlon, and NYRRC News.

The number of years that respondents have been running fell into a vast range... from 1½ to 20 years, with an average of 9 years. The same was true for the estimated number of miles run per year. There the low was 500 miles and the high was 2,600 miles, with an average of 1,340 miles per year.

In answer to whether one runs more now than two years ago, the number of "yes" and "no" responses were fairly close - 12 answered "yes," and 9 answered "no." Among the reasons given for people running more now than two years ago were:

- Improve oneself for competition
- Trying to be more consistent
- Weight control
- Enjoyment
- Participation in cardiac rehabilitation program
- Stress control
- Comfortable with current mileage
- Recovered from injuries.

The reason most frequently given for running less today than two years ago was because of injuries. However, a few of you said that the lack of time, interest in other sports, and feeling more comfortable with a lesser distance were reasons for cutting back on running.

Most respondents evaluated themselves as "intermediate runners," with two considering themselves "beginners," and four rating themselves as "advanced."

Not surprisingly (after learning why many folks have cut back on their running), nearly all respondents have suffered injuries of some kind due to running. Most common complaints were knee and hip injuries, sprained ankles and tendonitis. However, most reported recovery after a period of rest and gradual return to running.

It seems that MTC members are into more than just running! With the exception of one response, everyone indicated interests in other sports. Many of you swim, ski, bike, hike, and play tennis. Other forms of exercise noted were aerobic dancing, walking, canoeing, basketball, baseball, handball, weight lifting, and rowing.

JANUARY SURVEY RESULTS CONT.

Besides enjoying these other sports and providing variety, people indicated that they participated in them for the benefits to other parts of the body that running alone doesn't affect; to improve body looks and strength; and as an alternative to running in the winter. Another reason given was as something to fall back on in the event of a running injury.

We received a variety of answers to the question regarding what the Maine Track Club can do to help improve your running. Among them were:

- Encourage speedwork
- Continue offering quality races
- Discuss diet, training techniques, and signs of injury
- Provide help/companionship for speed training or intervals
- Report on 4 and 5 star races in the area
- Provide more speakers at meetings
- Provide films and clinics
- Encourage the advanced runners to help those less experienced runners.

Many respondents provided thoughtful suggestions as to how the Club might be improved. To give credit where it is due, we've included the members' names along with their suggestions below:

- Barbara Hamaluk would like to see the business portion of the membership meeting taken care of before the speaker for those who are unable to stay for the presentation.
- Sandy Wyman made a few suggestions: (1) Provide a Question & Answer column in the newsletter. Members send in their questions, and answers are researched and reported in either the next issue or at the next membership meeting. (2) Focus more on beginning and intermediate runners, and provide encouragement to those running for health and not competition. An example would be to sponsor a Corporate Challenge Event where corporations from around the state get together and compete based on team participation and talent.
- Laurie Munson suggests increasing social events that don't center around running.
- Ron Cedrone would like to see chartered or planned trips to "big events" in running for competitors, as well as spectators.
- Phil Pierce would like more informative programs provided.
- Gordon Chamberlain suggests that topics for meeting programs be expanded to include total body fitness and diet (i.e., triathlon events)
- Grace Amoroso suggests sponsoring more races that would include more young runners who often can't afford the entry fees. She'd like to see a no frills (no T-shirts, etc.) race with an entry fee of perhaps \$1 - \$2, providing ribbons instead of trophies. Grace would also like to see less emphasis on winning. Keep the road races simple and more accessible for kids.
- Don Stanhope made a suggestion that affects runners' health. He'd like to see the "Most Times Running" award abolished in the future. He has been aware of too many runners who will leave their sick beds so as not to miss a day of running and possibly spoil a record of number of days run! He's more concerned about the long-term effects of running when one is sick, as well as the legal implications that might come up as a result of the Maine Track Club awarding such behavior.
- Finally, we received some very nice compliments: Brian Gillespie said he was very pleased with the improvement and the growth of the Club, and was proud to be a member. Another member (whose signature we couldn't read) said we're doing a great job, and another indicated that she thinks the Club is excellent and very supportive of its members.

JANUARY SURVEY RESULTS CONT.

Thanks to all who completed the survey form. Hope you enjoyed reading the results as much as we did. This month's survey deals with Road Racing. We look forward to your responses (to be published in March).

MEMBER FEEDBACK

Member feedback is one important benefit of doing surveys. At membership renewal time, we also receive many comments from members. Here's an unusual example from Mary Ann and John Doherty:

"We are both working as school nurses/health educators for Department of Defense Dependent Schools in the Nuremburg, Germany area. We are really enjoying our experience of living in another culture. Both daughters are in German school and speak beautiful German. Dad wishes he was so fortunate. Runners are few and far between on the roads. Not like South Portland. It is so nice to receive the newsletter every month. If anyone gets the travel bug, or wants to run an international race, let us know. We have plenty of room, and the great-great beer makes "carbo loading" no problem. Our town of 2,000 has 2 breweries and a beer truck delivers each week. Dave Trussell eat your heart out!"

Footpath plans shaping up fine

By BILL NEMITZ
Staff Writer

Proponents of a new footpath around Back Cove are nearing the finish line on a plan that is bigger and better than even they originally hoped.

Bolstered by a "very reasonable" offer from Blue Rock Industries of Westbrook to upgrade the existing Back Cove footpath for \$30,000, jogging enthusiasts and city officials have joined hands to raise all of the money privately by this spring.

About \$10,000 has been pledged so far, they say, with the remainder expected to come with relative ease this winter.

The group is also keeping close tabs on the Maine Department of Transportation's plans to complete the pedestrian loop around Back Cove as part of its reconstruction of Interstate 295's Washington Avenue interchange.

"It's all coming together now," says Terry Ann Lunt, the city's director of health and human services. "We'd like to get started in April."

Concern over the footpath first surfaced almost two years ago, when several outdoors enthusiasts formed Citizens For A Walkway Around Back Cove.

They had two goals — to persuade the MDOT to complete the 3.5-mile loop; and to upgrade the existing 2-mile footpath, which is now rutted and often rendered unusable by mud.

Their first breakthrough came in late 1983, when MDOT officials agreed to complete the loop by building a footbridge parallel to Tukey's Bridge and creating a path

along the east shore of the cove from the northern end of Baxter Boulevard to the Preble Street Extension.

That work, part of the MDOT's \$8 million I-295 project, is expected to begin in 1986.

The citizens group has since focused on the existing footpath, teaming up with City Hall last fall to get things moving.

The original plan was to use bioash — a byproduct of S.D. Warren Co.'s biomass boilers that the company offered to provide for free — as a base material for the footpath.

That plan got a boost last fall when the Maine Department of Environmental Protection granted a permit to S.D. Warren to install an experimental 300-yard bioash test patch along the footpath.

Enter Blue Rock Industries, which subsequently offered to grade the entire 2-mile stretch and to put down a layer of "stone dust" — a fine, gravelly substance that compacts well and holds up under heavy foot traffic. The price tag: \$30,000.

"That is a very reasonable estimate," said Ms. Lunt, who oversees the city's recreation division.

Ms. Lunt and the other organizers decided to accept Blue Rock's offer, but at the same time to go ahead with the bioash test patch across from Payson Park for possible future applications around the city.

The stone dust is desirable because it is an inert material that requires no special permits and because it already has a proven track record when it comes to footpaths, Ms. Lunt said.

"The stone dust won't detract from the area," she said. "It makes it much more attractive, comfortable and safer."

One side benefit from an improved footpath will be that joggers who now run outside the ruts will no longer be damaging the root systems of the trees along Baxter Boulevard — "a real concern for the city's arborist," she said.

Ms. Lunt said plans are still being made for a relatively low-key fund-raising campaign. But with pledges already totaling more than a third of the goal, she said, no problems are anticipated.

"Look how much we've raised without any solicitations," she said.

SPECIAL NOTE: Mason Smith has shown a special interest in this project and has become a one-man campaign, having already raised \$700+. Great job, Mason!!



MINUTES OF THE MAINE TRACK CLUB MEETING

JANUARY 9, 1985

President Bob Jolicoeur called the meeting to order at 7:40 p.m.

Guests were introduced and included Russell Bradley, Haven Oliver, Donna Morang, Dick Murray, Steve Mooney, and others. New members also introduced themselves.

The Secretary's Report was accepted as written.

The Treasurer's Report was accepted as presented, with \$2,257 on hand as of January 9, 1985. Dave Trussell, immediate past Treasurer, suggested that the cost of the Annual Banquet and the December 2, 1984, MTC Handicap Race be cost-accounted.

The program speaker for the evening was introduced by Vice President Jane Dolley. He was Buzz Davis, former UNH cross-country skiing coach and current Bates College coach.

Mr. Davis discussed touring, recreational, and racing aspects of cross-country skiing. He commented that cross-country skiing is similar to running regarding cardiovascular activity, but dissimilar in that it is much easier on the body than running, with fewer stress injuries occurring. He felt it was a good adjunct to running, and also mentioned swimming in this regard.

Major technical points made by Mr. Davis included:

- (1) Selection of appropriate place to ski, i.e., in the woods rather than fields.
- (2) Selection of appropriate clothing, e.g., protection from cold.
- (3) Selection of the right equipment, i.e., good quality skis, boots and bindings.

The merits of waxed skis versus unwaxed skis was discussed, as was the merits of fiberglass skis which have essentially made wooden skis obsolete.

Mr. Davis mentioned the Maine Nordic Council, the availability of touring centers and citizen races each weekend.

Several questions from the audience elicited much more specific technical information, giving the audience a greater appreciation of Mr. Davis' depth of knowledge on this subject. The advantages of machine-prepared tracks at touring centers as opposed to open woods and fields, the pros and cons of recent developments in roller-skiing and telemarking were mentioned.

Following Mr. Davis' talk, a vote was taken on revising the MTC By-Laws to conform with requirements of the Road Runner's Club of America. Moved by Russ Connors to accept the revisions; seconded by Charlie Scribner; passed unanimously.

Bob Jolicoeur announced that a tax I.D. number has been applied for, and that 1985 TAC applications were available.

Charlie Scribner announced that a meeting of road race directors would be held January 28, 1985, at 7:00 p.m. at Maine Savings Bank.

Steve Mooney of the Marathon Sports Club mentioned that he could get Club members significant discounts on Bill Rogers' clothing. Sandy Utterstrom also discussed ordering MTC clothing.

Bob Jolicoeur stated that Greg Nelson had been appointed the Maine TAC Association course certifier.

Upcoming races were then discussed at length.

Russ Connors made belated awards to our president, Bob Jolicoeur, for (1) Casco Bay Marathon, and (2) Maine Track Club Runner of the Year.

Discussion regarding renting a suite at the Boston Marathon drew many comments from the membership. This suggestion was overwhelmingly defeated.

The meeting was adjourned at 9:45 p.m., and members enjoyed refreshments which were provided.

Philip S. Pierce, Ph.D.
Secretary

If you don't like Dick McFaul's "Medical Briefs," maybe this one will cheer you up!

A Young Wife Saves Your Life— That's What the Researchers Say

THE WALL STREET JOURNAL

TUESDAY, JANUARY 22, 1985

By FRED SAEZ

Staff Reporter of THE WALL STREET JOURNAL

A long time ago, some men sailed across the sea to find a water fountain that promised eternal youth. Modern men concerned about aging might track down a University of Oklahoma study. It discusses, in a sober and statistical way, the "life-enhancing properties of a younger wife."

Researchers Laurel Klinger-Vartabedian, Dorothy Foster and Lauren Wispe discovered that younger wives appear to be a basis for a longer lifespan in men aged 50-79. The death rate for older men married to women one to 24 years younger was 13% lower than average for their age group. Men with older wives seemed to have a death rate 20% higher than average.

The researchers compared the expected male deaths of 1968 from 1970 national census data with reported male deaths from the National Mortality Followback Survey for the same year.

Ms. Klinger-Vartabedian says the survey was designed "to explore the folklore and myth of the older man with the younger woman." She says people wonder if men like Fred Astaire or Cary Grant "look so good and live so long because they are living with a younger woman."

Ms. Foster says the group didn't study the flip side. "The mortality tables we used," she says, "were not tabulated in terms of women's ages and their spouses."

The report has already come in for criticism. Margaret Padin-Bialo, information-services specialist at a Census Bureau office in New York, says, "They may be right as far as that particular period goes, but I'm skeptical about it in terms of future population estimates."

The cause of the phenomenon isn't clear. The study suggests a "pre-marital" factor, whereby active and healthy men select, or are selected by, their younger mates. There's a "post-marital" factor too, which means that being married to a younger wife is "psychologically, physiologically or socially beneficial."

Robert Butler, chairman of the department of Geriatrics and Adult Development at the Mount Sinai School of Medicine, leans toward the post-marital explanation. "You tend to retain your youthfulness with a younger wife," he says. Dr. Butler, coauthor of "Love and Sex After Sixty," has a wife 11 years younger than he is. He says the survey "disproves the male myth that marriage to a younger wife will kill you."

But Amy Silverman, program coordinator for the Gray Panthers, an older citizens advocacy group, dismisses the survey as "a little silly," and also "pretty degrading to the aging process, because it's the old stereotype that older women are detrimental to your health."

MAINE TRACK CLUB
1985 RACES UPDATE

<u>Race Date</u>	<u>Name</u>	<u>Location</u>	<u>Contact/ Race Director</u>
February 10	✓Mid-Winter 10 Mile Classic	SMVTI	Bob Payne
March 10	March of Dimes Ski Triathlon(C)	Pleasant Mt.	Russ Connors
March	Winged Foot 5-Miler (Athletic Attic)	SMVTI	Dick Lajoie
March 31	✓Maine Milk Run(A) 5-Miler	SMVTI	Barbara Footer
April 15	✓Portland Boys' Club(C) 5-Miler	Boys' Club-Portland	Dave Paul
April 27 (Sat.)	April Amble(B) 4-Miler	Westbrook College	Bob Hodgdon*
May 5	Falmouth Little League Benefit Races (3 races)(C)	Legion Field, Falmouth	Phil Pierce
May 12	Bob Rice Memorial 5-Miler (10:00 a.m.)	Cape Elizabeth High School	John Keller
May 30	Vinnie Welch Cancer Memorial(D)	USM	Bob Coughlin
June 1	✓Officer Friendly Children's Run	So. Portland Elem.	Bob Coughlin
June	Portland Rotary Triathlon(B) (Bike, Run, Canoe)	Back Cove, Portland	Charlie Scribner
July 4	Four on the 4th(B)	Bridgton Jr. High	Charlie Scribner
July 14	✓Athletic Attic 10K(B)	Back Cove	Ingersoll/Scribner
July 20	✓Pat's Pizza(D)	Main St., Yarmouth	Charlie Scribner
August 18	✓Goodsports Run to the Coast(C)	Bowdoin Track	Charlie Scribner
September 8	✓Cape Challenge Half Marathon (Benefit)	SMVTI	Jane Dolley & Barbara Coughlin
September 29	✓James Bailey 5-Miler Cross- Country & Children's Run(A)	USM-Gorham	Dave Paul
October 12	✓Stroh's Run for Liberty 8K	SMVTI	Rick Strout
October 13	Casco Bay Marathon(B)	Expo Building	Charlie Scribner
November 3	✓Falmouth Lions 5.3 Miler(C)	Falmouth High School	Sandy/Al Utterstrom
November 10	Asconio Classic 5.5 Miler(B)	Portland St./Park Ave.	Charlie Scribner
November 24	✓Turkey Trot 5.8 Miler	Cape Elizabeth High	Joan Lavin
November 30	✓MTC Handicap Run	Cape Elizabeth Middle School	Bob Jolicoeur

*Woodsford School

Footnotes

- (A) 90% Club participation. We are not responsible for flyers, promotion, program.
(B) Timing and equipment only
(C) Timing, equipment, chute and results only
(D) Replaces Terry Fox Cancer Run

2/13/85