



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...



FEBRUARY, 1986 NEWSLETTER

OFFICERS

Jane Dolley
Phil Pierce

Rick Strout
Maggie Soule
Charles Scribner
Ted Cunningham

Bob Jolicoeur

President	846-6018
Vice President & Chair.	
Program Committee	781-3769
Treasurer	829-3216
Secretary	846-3631
Race Comm. Chairman	772-5781
Chrmn. Membership Committee	648-9516
Chairman, Newsletter Committee	799-4127

NEXT MEMBERSHIP MEETING

You've already received a notice about the February meeting. It was sent to you in advance of the Newsletter in case the Newsletter is late reaching you. We are all looking forward to Danforth S. DeSena, DPM's presentation on February 12, 1986, 7:00 PM at the SMVTI Machine Tool Auditorium. Refreshments will be served and the public is invited as usual.

Danforth and spouse, Jennifer, are members of the Club. The DeSena's are probably finding life a little hectic these days since they are the proud parents of a new baby girl, Whitney, born January 14, 1986. Danforth says Whitney is "now teaching us nocturnal running."

An interesting and talented doctor of podiatric medicine (including surgery), he also is an enthusiastic squash player and an avid fan of Lightning class sailboats. Danforth says he also occasionally gets the neighborhood dogs barking with his fiddle.

ADVANCE NOTICE - MARCH MEETING

On Wednesday, March 12, 1986,
we will be privileged to hear
William F. Gayton, Ph.D.

USM's Psychology Department speak about "The Mind of the Runner."
More to come on the speaker and topic in the next Newsletter, but please, mark your calendar for March 12, 1986, 7:00 PM at the SMVTI Machine Tool Auditorium.



Maine Track Club is a non-profit organization.



Jane's List of Things



Bob said I could have some space in the newsletter if I wanted to say a few words to you. As many of you know, I'm never really at a loss for words, so maybe I'll take him up on it, at least this time. I may not put something in each month, but I do have a few things on my list now:

- Let me thank you for a great turnout at our first meeting of 1986. I'm not sure if you all showed up to hear Andy Palmer or to see the first Maine Track Club president to wear a skirt - but it was wonderful to see so many smiling faces anyway. These monthly meetings are a good place to keep in touch with your friends, especially during the winter months when there are so few races.
- I had a great "one-on-one" meeting with Joe Cesta recently. Joe is the new president of the Maine Coast Road Runners Club and the race director for the Maine Coast Marathon. We met to share ideas and to offer help to each other during the year. We both seem to have our hands full (RRCA Convention and Maine Coast Marathon), and it's good to know that our respective clubs are there to lend a helping hand. We want to keep in touch on a regular basis - maybe call it our "President's Conference." I will be attending the MCRR membership meeting on February 9 to ask for their support in the RRCA 10K race.
- On a recent business "junket" to Phoenix, I met a young woman from a running club there. I gave her a copy of our last two newsletters, and she said she would share her club's newsletter with me. So, now the MTC name has found its way west. If any of our club members have to go on these awful business trips, take along a newsletter and share it with other runners. It's good PR for Maine and the MTC.
- We've been getting a lot of grief lately about our "tacky" answering machine. I know Kenneth's message won't win any awards for the most original (have you called Maggie Soule, Vin Skinner or Sandy Utterstrom lately?) but at least we won't miss any calls while we're at Pat's or DF!
- When you fill out the Membership Renewal applications, please take a minute to also include your birthdate (strictly confidential!) and your other interests. It helps us to understand the make-up of the membership a little better.
- Did you hear what Charlie Scribner's little daughter Trisha said? When I send Charlie his mail, I usually write a note on a yellow "sticky" piece of paper. Charlie had stuck one of these by the phone to remind himself to call me. Trisha pointed to it and told her mother: "That's Daddy's girlfriend!" I wonder how long Norma and Kenneth will put up with this.

Thanks for listening.

Jane

NEXT NEWSLETTER COMMITTEE MEETING

Wednesday, February 26, 1986, at 7:00 PM in the Main Savings Bank Board Room (2nd Floor). All materials for the March Newsletter are due at or prior to this meeting. All members are welcome to attend and participate.

FUTURE MEETINGS

Please mark your calendars in advance for the year. All membership meetings are held on the second Wednesday of each month and all Newsletter Committee meetings are held on the last Wednesday of each month.

The second Wednesday of May will be the notable exception this year. Because of the National Convention, the May 14, 1986, meeting will be dedicated to Convention volunteers only. Of course, since that includes the entire club, we'll see you all there at the SMVTI auditorium. More to come on this in future Newsletters.

MEMBERSHIPS

Renewals are coming in strong this year with some accompanied by compliments. Paul Merrill sent in his check "with pleasure." Thanks for the comment Paul. Neal Workman is so enthusiastic, he included Linda (spouse) with his renewal and recruited 4 new members in January!! Terrific job Neal - give that man a free MTC sweatshirt. 48 Renewals have come in as of January 29.

Here are the new members for January, 1986: (another record-breaking month).

<u>Name and Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Timothy J. Maloy 80 Longley Rd. Westbrook, ME 04092	W856-6911 H854-5161	Proc. Technician S.D. Warren	35 Sponsor: Olympia
Anne & Ralph Hendrix 21 Willowdale Rd. Scarborough, ME 04074	W774-1456 W774-5701 H883-4923	A-DP Mgr, Seavey Printers, Inc. R-Ofc Mgr, MacDonald Page & Co.	29 Sponsor: Jolicoeur
Cheryl Bascomb 48 Western Prom. Portland, ME 04102	W780-2885 H773-5678	Market Research for Unionmutual	25 - Biking, skiing, cooking Sponsor: Jane Dolley
Frederick Williams RRI, 76 Egypt Rd. Gray, ME 04039	W773-3821 H657-4175	VP - EF Hutton	29 - XC-skiing, sailing Tennis Sponsor: N. Workman
John A. Mattor Box 85 Bar Mills, ME 04004	W856-6511 H929-3201	Chemist for S. D. Warren	54 - Too numerous to mention (his choice) Sponsor: S. Wyman
James Bonnvie 14 Cleaves St. Portland, ME 04101	W773-3533 H773-6777	Student, USM & PT DataProc for Debt Management Services	20 - Hockey-USM, Skiing Sponsor: N. Workman
Michael Schumacher 7 Union Street S. Gardner, ME 04359	W623-5181 H582-6054	Sales for BC/BS	24 - Hunting, fishing gold, skiing Sponsor: N. Workman
Kevin M. Joy 90 Mellen St. Portland, ME 04101	W773-3533 H871-02081	Sales for Debt Management Serv.	19 - Hockey, Skiing Sponsor: N. Workman

New Members (Continued)

<u>Name and Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Michael R. Delcourt Star Rt Box 497 Steep Falls, ME 04085	H642-3797	Guy Gannett Publishing	40 Sponsor: W. Foye
Daniel J. Fitzgerald 182 Concord St. Portland, ME 04103	W774-0301 H774-1620	Sales, Maine Paint Service	26 Sponsor: C. Scribner
Patrick Haynes, Mst 12 Fenway Rd. Cape Elizabeth, Me 04107	W799-2481 H799-2481	Massage Therapist	Sports Massage Sponsor: YMCA
Donna Pound-Graves Jacob Graves 113 Fort Road S. Portland 04106	W799-5000 H799-1196	D-Real Estate Sales, Century 21-Balfour J-Houseperson/part-time sailmaker	D-31 J-24; Both are interested in food, books and being physical. Sponsor: R. Jolicoeur
Joann McDermott 99 Woodfield Rd Portland, ME 04102	W772-8057 H879-0223	Office Manager	34 - Aerobics & Enerjazz Sponsor: L & J Cook
Ralph Duquette 74 Marlboro St. Belmont, MA 02178	W617-876- 2400 H617-484- 7190	Paralegal with Casner, Edwards & Roseman	28 - Also a member of Greater Boston Track Club; likes photography writing, history & sunrises Sponsor: Olympia
Mary Lou Maisel RFD I, Rt. 112 Box 283 Saco, Me. 04072	W780-2785 H929-5795	Human Resources Consultant	39 - Downhill skiing cooking and travel Sponsor: B. Coughlin
Nancy & Bruce Ellis 7 Tilton Ave Exeter, NH 03833	W(N)603- 778-7311 W(B)603- 749-1414 H603-778- 1603	N-Radilogic Tech Instruc. at Exeter Hosp. B-Real estate appraiser for Dan Gabriel Appraisals	N-32; B-33 Both enjoy camping, xc-skiing, canoeing kayaking, cycling, rafting Sponsor: J. Dolley
Rosalyn Randall(Roz) 70 Brentwood St. Portland, ME 04102 or P. O. Box 936 Oldsmar, FL 33557	W883-3313 H772-8921	Veterinarian, Scarborough Animal Hospital	36-Triathlons, 8 hour training days, eating sleeping, occasional cute men with nice teeth, "daily doubles" "trifectas" Sponsor: J. Roberts
Mark Clinch 238 Main St. Gorham, ME 04038	H839-2103	ARA Slater Corp.	29-Basketball, Art, baseball card collector Sponsor: R. Scribner
Sandee Prescott 112 Winter St. Portland, ME 04102	W780-6191 H772-8797	Securities Research Assistant	36-Skiing (both), swimming, bicycling
Jack Oppen RRI, Box 472A Gorham, ME 04038	W839-3544	Systems Analyst, Manager	53-XC-skiing, hiking, gardening, rock hunting
Eric R. Ellis 117 Clearwater Dr. Falmouth, ME 04105	W856-6911 H781-2386	Scientist for S. D. Warren	33

Welcome all new members!



We're happy you joined us!

Your rosters should also be updated for the following changes:

- Carolyn Krahn has added Hans-Peter Krahn
- Gordon Chamberlain's work and home phone numbers are reversed on the roster
- Carol Mills home telephone number is 772-5441
- Al Butler's business telephone number should be the same as his home.
- Phil Pierce's membership now includes:

Rae, who is a nursery school teacher at Stepping Stones
Jessica L., who is a seventh grade student at Falmouth
Jr. High School

- Wesley Rothermel has a new home telephone number, 799-4995
- Daniel B. Hutchinson's address change:
P. O. Box 597, RFD #3
Wiscasset, Maine 04578

Telephone No. 921-2917
- Grace and Arnold Amoroso have a new PO Box = 1284
- Harvey and David Rohde have a new home phone number: 985-3517
- New work telephone numbers for Susan Stone, 775-3755, and
Brian Milliken, 878-2822
- Brian Gillespie's address should be changed to: 6 Vernon Place
Portland, ME 04101
- Eleanor Vance's business telephone number is 925-2101; her
home telephone number is 925-2121
- Dick McFaul has a new address: RD 5, Highland Lake, Falmouth
Maine 04105
- Bob Perkins new business phone number is 289-2681
- Neal Workman now has a family membership, including Linda his
wife.
- Joseph A. Croteau also has a family membership now, including
his daughter Courtney.

MINUTES OF THE MAINE TRACK CLUB

January 8, 1986

President Jane Dolley called the meeting to order at 7:07 p.m. Guests were introduced and included Gary Bethume and Dick Neal of the Yankee Running Club, Mary Lou Maisel and Fred Beck (Father of Susannah). New members introduced included Dan Fitzgerald, Georgianna and Jim Hagerty, Garrett Clough, Tom Keller, Carolyn and Hans Krahm and Elaine Goodrich (apologies to any person whose name I have misspelled).

Vice President Phil Pierce then introduced Past President Russ Connors who spoke briefly about our speaker for the evening, Maine Track Club Male Runner of the Year, Andy Palmer.

Mr. Palmer began by stating that many runners adopt models or idols, so to speak, and his were Fred Judkins and Ken Flanders. Mr. Palmer then spoke about the basics of training:

The Base - doing the miles, building.

Transitional - attaining strength, speed, stamina, through hill work, speed work, etc.

Speed/Race - the fun part.

He went on to tell us that long and short range goals are very important, and rest is of critical importance. Mr. Palmer has been strongly influenced by the philosophy of Arthur Lydiard ("Train, Don't Strain") and recommended running up to, but not more than, one hundred miles per week. In emphasizing the importance of rest, Mr. Palmer stated that Charles Spedding of England, a 2:08 marathoner, would take a month off after an important race. Analysis of positive and negative stress, running trials, massage, jacuzzi, taking days off, and "prevent instead of cure" were recommended. "Find a schedule that works for you" summed it up.

Mr. Palmer then talked briefly about the summer running camps at College of the Atlantic in Bar Harbor which he, Bob Booker and others run. Camp is available for youngsters and adults (separate camps at different costs). Adult camp is approximately \$300 for the week and much time is spent eating lobster and running carriage trails. (Word has it that Russ Connors' wife is sending him to camp this summer.)

Questions were then asked by an appreciative and attentive audience. Many thanks to Mr. Palmer for an excellent presentation.

The business meeting continued with several announcements by President Jane Dolley, while the Secretary pro-tem wrote furiously (I prefer LSD - long slow drawl):

John Keller and Laurie Munson are engaged.

Thanks to Jodi and Mike Reali, Sandy Utterstrom, Widgery Thomas, Carol Weeks, Joan Lavin, Barbara Footer, for providing refreshments.

MINUTES (Continued)

Bob Jolicoeur was quoted at length on the front page of New England Running (January 1986 issue) relative to winter running.

Cheryl Bascomb will hold one or more running clinics for MTC Members, with a limit of 15 per class. I believe this clinic will be scheduled for the Spring.

and New, nicely printed Maine Track Club Race Calendars (large and small) have been printed and really look professional. Hats off to Charlie Scribner who thought this one up.

Midwinter Classic 10 Miler: Scheduled for February 9, 12 Noon, at SMVTI. Race Directors, Bob Payne and Ken Hutchins are looking for volunteers and helpers. MTC members are reminded that they should conscientiously work three (3) races during the year, unless they make other contributions to the Club.

Sunday Fun Runs are occurring in Falmouth (Sandy Utterstrom, I believe), in South Portland at SMVTI at 7:00 a.m. (Greg Dugas and Bob Coughlin) and later (Herb Strom) (See Group Run article elsewhere in this Newsletter - Editorial Comment).

Treasurer Rick Strout reported that financial reports of substance will begin appearing in the Newsletter on a monthly basis. Balance on hand November 30, 1985, was \$4,037.69; December 31, 1985, \$3,146.04.

Sandy Wyman, our Social Committee Chair, reported that several activities are planned over 1986 and will be reported separately in the Newsletter as plans are firmed up.

There was a cross country ski clinic on January 11; ten members had already signed up and there was room for ten more.

A Progressive Dinner will be held on Saturday, February 15. Look for information elsewhere in this Newsletter.

For March, a winter outing is being planned by Mike Reali. During April, Sandy Wyman is arranging a social event/get together in conjunction with the Boston Marathon. Sandy continues to plan about one social event each month. When Sandy stopped talking (again, I was writing furiously), she received a nice ovation for her work.

Sandy Utterstrom, Clothing Committee Chair, reported that winter hats and wind suits were available for purchase.

Phil Pierce reported on upcoming programs:

February, Dr. Dan DeSena will speak on feet and foot injuries - see announcement elsewhere in this Newsletter.

March, Bill Gayton, Ph.D., Chair of the University of Southern Maine's Psychology Department, will speak on "The Mind of the Runner."

MINUTES (Continued)

April, most probably a program on marathoning, with emphasis on the upcoming Maine Coast Marathon.

Nancy Stedman made a request for MTC members with cameras to consider taking pictures of MTC members in races.

Jane Dolley reported that 36 Club members showed up for the New Year's Eve Run and Party in Yarmouth.

Old Business - None

New Business - It was commented upon by a Maine Track Club Member that it was nice that Portland had plowed the running path on Baxter Boulevard. President Dolley stated that she would write a letter to the Portland Public Works Department thanking them for doing this.

Meeting adjourned at 8:33 p.m. (this may be a Club record).

Respectfully Submitted,

Philip S. Pierce, Ph.D.
Secretary Pro-Tempore

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OLDER RUNNERS

According to 1985 data and The Sporting Goods Dealer Magazine's 1984 sports census, with 2.8 million Americans who are over the age of 50, running is the favorite sport.

One of that 2.8 million is a nun, 56 year old Sister Marion Irvine of San Francisco. Not satisfied with just running, Sister Marion in December of 1983 also became the oldest qualifier at the first U. S. Women's Olympic marathon. Sr. Marion describes herself as a religious woman and an educator first, than an athlete. Still, she finds herself a friendlier, more alert and more self-assured person as a result of her running. Sr. Marion's success at the Olympic marathon trials has somehow "challenged the common wisdom that athletes somehow stop improving as they age." "One of the most significant findings in older athletes" according to Michael Pollock, an exercise physiologist and director of a 10-year study of 24 world class track stars aged 50 to 82, "is that once you get to a certain age, the body can still perform at a very high level." While intense training may not stop the aging process, he concludes it can slow it down.

(The source of the above information is an article which appeared in PARADE in December 1985.)

From the RRCA Handbook comes the following list of runners' rights and duties:

1. Pedestrians (runners) are subject to traffic control signals.
2. No pedestrian (runner) shall suddenly leave a curb or other place of safety and walk or run into the path of a vehicle, which is so close that it is impossible for the driver to yield.
3. Pedestrians (runners) shall move whenever practicable upon the right half of crosswalks.
4. No pedestrian (runner) shall cross a roadway at any place other than by a route at right angles to the curb or by the shortest route to the opposite curb except in a cross-walk.
5. Every pedestrian (runner) crossing a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right-of-way to all vehicles upon the roadway.
6. Any pedestrian (runner) crossing a roadway at a point where a pedestrian (runner) tunnel or overhead pedestrian (runner) crossing has been provided shall yield the right of way to all vehicles upon the roadway.
7. Between adjacent intersections at which traffic control signals are in operation, pedestrians (runners) shall not cross at any place except in a crosswalk.
8. No pedestrian (runner) shall pass through, around, under or over any crossing gate or barrier at a railroad grade crossing or bridge while such gate or barrier is closed or is being opened or closed.
9. Where sidewalks are provided, it shall be unlawful for any pedestrian (runner) to walk along and upon an adjacent roadway.
10. Where sidewalks are not provided, any pedestrian (runner) walking along and upon a highway shall, when practical, walk only on the left side of the roadway or its shoulder facing traffic, which may approach from the opposite direction.

Ed Rice Survey

Ed Rice (remember him from the Terry Fox Cancer Run?) writes that he is currently preparing a book on "running in Maine". He has invited input from the club. If anyone is interested, please contact Jane Dolley or Ed Rice. Ed's home address is 124 Parker Street, Brewer, Maine 04412; telephone W-872-1411 or H-989-2383

Bank of Boston/New Bedford Half Marathon

Some of our club members are planning a trip to New Bedford, Mass. to run in the "Bank of Boston/New Bedford Half Marathon" to be held Sunday, March 16, 1986 at 11:00 a.m. This is a certified course run through historic New Bedford along the Moby Dick Trail.

Joan Lavin has talked with the race director, and he is sending original race registration forms to the club.

According to Paul Foster, the race director, the field is fast, the course flat to rolling (mostly flat), and the race attracts between 1500-1700 runners. However, this year it may be much larger, due to first-time advertising.

For those of you who are interested in long-sleeve t-shirts, these will be given to the first 1000 registrants. Also, there is plenty of prize money. If you are interested in joining the group, please contact Joan at 797-6395.

WINTER HIKE AT MT. WILLARD !
SATURDAY, MARCH 8th
1986

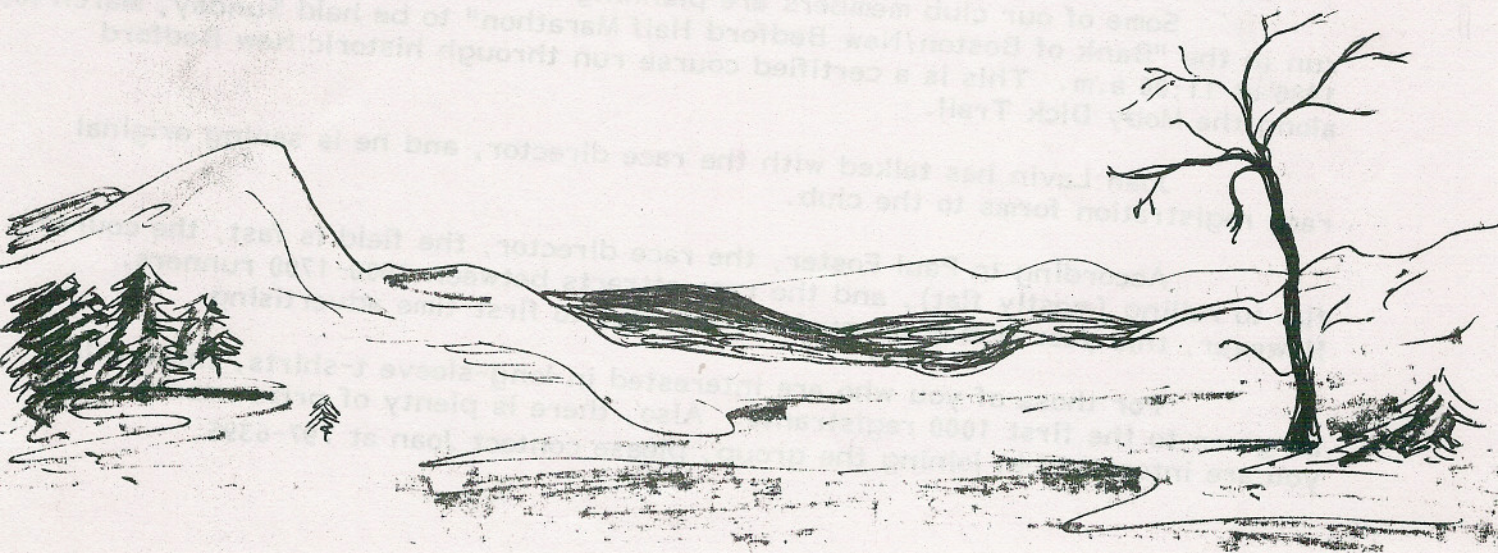
The summit of Mt. Willard (2,804 feet) is accessible by a gentle 1.4 mile hike from Rt.#302 out of Crawford Notch, New Hampshire. This mountain, though small, offers spectacular views of the surrounding area. Bring a lunch and munchies in a day-pack, along with a water bottle, as there may be no water along the trail.

The path will be snow covered, so wear warm comfortable boots. I like to hike with ski poles for balance, but these are not necessary. Dress in layers so you can keep cool while hiking, and bundle up when we reach the summit. You can store the extra clothes in your day pack. I like to wear a layer of Poly Pro, a layer or two of wool, and either a parker or wind breaker as the final layer.

We would like to car-pool, so let me know who can take a vehicle. We will meet at 6:30 AM at the S.M.V.T.I. parking lot behind the gym. The hike is rather easy and should be no problem to anyone. For you animals, bring your running clothes, and we can get in a run in the notch if the hike was not enough of a work-out.

Don't forget your camera!!

CALL MICHAEL REALI TO SIGN-UP @ 767-5218.



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 tries to deal with some of these issues. Comments and letters are invited.

II The Perfect Race

The perfect race is but a figment of your imagination until it happens to you. Since it happened to me it certainly could happen to you. I suggest, however, that you not prepare for the perfect race or expect it - just let it happen. Prepare only for the unexpected.

The just-completed running season has been relatively successful. I had for three years desperately wanted to qualify for the Boston Marathon and had worked diligently pursuing this goal. Although none of my other goals for the year had been attained, I had managed by the grace of God to qualify for Boston by running 3:06 at Casco Bay in October. As a consistent middle-to-the-back-of-the-pack winner, this was accomplishment enough for me, and I looked forward to Boston in April.

While standing at the Casco Bay starting line (that's right - right on the starting line), Gary Cochrane came up beside me and I asked him when and where the Rowdy Ultra 50 Miler would be. He knew where, but not when, and asked me to write him, saying he would mail me an application blank. I had considered running the fifty if I qualified for Boston, was still healthy, and saw myself as capable of a 50 mile training run. The furthest I had ever run was 30 non-competitive miles in 4 to 4½ hours.

I approached the Rowdy Ultra as a training run for Boston; not as a race but as an endurance test, a matter of mind over body. Being a psychologist, I am interested in such matters. When race day came, I was healthy but wary; I knew for example that Bob Payne estimated it would take 8, possibly 9, hours to complete; that my good friend and model for running excellence Bob Coughlin had had great difficulty with the race the year before. Therefore, just to finish would be an accomplishment.

The morning of the race, I got up at 4:00 a.m. and motored to Bowdoin College. My old friend Bill Gayton handed me my number and I re-introduced myself to him. (We are both psychologists and worked together many years ago.) At 6:30 AM, the entrants and others drove wagon-train style to a rural area which appeared to me to be near part of the traditional Good Sports 10 Miler Course. Since I had already stretched, I got out of my car and stripped off my Nike racing appearance outfit (that's all I do with this "suit" - wear it preceding and right after a race).

I could see the starting line and the direction of the race, so I ran down the course about a half mile and urinated discreetly by some bush at the side of the road (I'm trying to be factually correct about this). Then I ran back to the starting line. About this time, I noticed that No One Else was warming up. I continued running back and forth across the starting line, concerned that No One Else was warming up.

The Race Director announced that the race would start in two minutes. Only now did runners get out of their cars. Only one of these runners was dressed like me in racing shorts and singlet - the rest remained in their appearance outfits, some of whom wore hats, gloves, tights, and other mid-winter paraphernalia. I was, as usual, too nervous to really care. I was ready to go!

THE RUNNER'S EDGE (Continued)

The gun went off and I took off like I usually do. (For some strange reason my marathon and 10K pace are virtually identical) Well, I found myself leading the race. Well, why not - I was the only one who warmed up! But, low and behold, I held the lead! At mile one, I turned the U-turn at 6:53 - nothing wrong with that I thought. As I ran back - the first mile was out, the second back - followed by 12 laps of the 4-mile course - I carefully remained stone faced and relaxed looking like other "leaders" I had seen in many prior races.

At mile two (14:00) I was still ahead! How long can this last, I thought. I felt like Rock Green - what a great feeling! At about 2½ miles, a fellow pulled up beside me and said "You're over 40 aren't you?" I nodded and he said "Well, I'm going to run at a 7 minute pace, stay with me if you wish!" He slipped away before mile 3 and I was in second place. (I later learned that this was last year's winner, Bryant Bourgoïn.) Between miles 3 and 4, two more runners passed me and I was in fourth place.

There I stayed in fourth place until Mile 22, when the split person announced I was in third place! Clearly someone ahead had cashed in early. By mile 30 I began lapping people I had never even dreamed of beating, people who were much faster than I. I mean, I had a 4 mile lead on these very good runners. Words of encouragement came now from runners, the spectators, and the race helpers. I knew I was doing good.

At mile 38, a bearded fellow passed me then stopped for food. I passed him and remained in third. He repassed me and disappeared ahead. At mile 40, Rozalyn Randall, an outstanding female distance runner, unlapped me and disappeared ahead. Earlier, when I had lapped her, she had said, "Look at you!" and I had given her a thumbs up hand sign. That remark had really felt good.

Up until this point in the race, I had not spoken a word to anyone, nor had I eaten anything or drunk anything but water. I was becoming ravenously hungry and was eyeing the cookies on the split tables. There were two split tables, and thus, I was looking at cookies and drinking water every 2 miles.

About mile 44, I was incredibly hungry and becoming confused. I had made a pact with myself to eat all the cookies I wanted AFTER the race, but was I on the next-to-last-lap or did I have two more laps to complete after completing this one? I needed to find out because I did not think I could make it two more laps.

Just then I heard chatter coming up behind me. I mean Kim Moody and Dave Roberts were talking a mile a minute, like they were on the Phil Donahue Show or something. Incredible, I thought. As Kim passed, I spoke my only words of the race. A calculated "One more lap to go??" drew a "That's right" response from Kim and I knew I was correct, no longer confused, and could make it one more lap. Since I couldn't tell if Kim's friend was racing or just accompanying her, I lost track of my position and assumed I was somewhere in the top 10. On the last lap, Lance Guliani passed me at mile 48 like I was standing still. I mean, he flew by! Actually, in retrospect, I was only shuffling at an eleven minute a mile clip and just hanging on. Lance, however, was the only runner to lap me, and he won the race coming from behind.

THE RUNNER'S EDGE (Continued)

When I crossed the finish line, I headed straight for the cookie table. No cookies left! How unfair! Incredible! Nothing!! In despair, I went to my car, opened the door, sat down, and held my head in my hands. I did not move for several minutes. Someone came up and said "Are you OK?" I tried to stand and could not. I said "I can't stand and I need food." He said "Wait here" and disappeared. I certainly was not going anywhere. I tried to stand again and could not - it was like I was paralyzed from the waist down.

The helper returned with donuts and I asked for coke. While he was gone, I ate the donuts and when he came back, I asked for more anything. He made three trips and probably saved me from God knows what.

I attended the race banquet and awards, which I usually do just to see who did what, and I was still hungry. Runners and others had brought home-cooked food, and I made friends with the out-of-state bearded runner who had passed me at miles 38 and 40. When the race director announced the male, over-forty winner, I was stunned - totally unexpected. Sixth overall and 1st male over forty!

This was my 73rd race and the only race I have ever placed in, no less won my division. I continue to run in the middle to the back of the pack and write this piece to let you know that such an experience could happen to you - given the right race and the right conditions. It could all fall into place and result in the perfect race. Just hope and let it happen.

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. The peak experience I have just described will remain with me the rest of my life. I wish such a wonderful experience on everyone.

* * * * *

Group Runs

Even though we're in the middle of one of our coldest winters (or does it just seem that way?), many of the Club members are being very faithful to their weekly long runs. On Sunday, January 19, 14 people met at Jane and Ken Dolley's house in Yarmouth to run. New member Fred Beck mapped out optional routes of 6, 9, 11, 13, 15 and 17 miles - there was a distance and a pace to suit everybody. Those hearty souls who started at 7:30 a.m. were: Greg Dugas, Bob Coughlin, Sandy Wyman, Jean Frankovic, Steve McCullough, Vin Skinner, Fred Beck, Tom Kelly, Joan Lavin, Gordon Chamberlain, Carol and Sumner Weeks and Dick McFaul. Everyone ended up back at the Dolley's at about the same time for coffee, juice and a hot shower. Then we proceeded into Portland for brunch at the West Side, where John Lavin joined the crew.

As everyone knows, it's a lot easier to get those miles in when you're in the middle of a pack, instead of gutting it out all alone. If you want to join us, please give either Jane (846-6018) or Barb Coughlin (799-0463) a call. We alternate between Yarmouth and Cape Elizabeth, just to keep a little variety in our runs.

Keep those little feet running !

Jane

Maine Track Club^{- 14 -}

TREASURER'S REPORT

January 1, 1985 - December 31, 1985

Checkbook Balance January 1, 1985 \$ 2,257.00



Receipts:

January	\$ 641.25
February	\$ 1,987.00
March	\$ 2,532.50
May	\$ 950.75
June	\$ 2,006.66
July	\$ 662.10
August	\$ 687.93
September	\$ 1,460.42
October	\$ 1,460.89
November	\$ 1,573.78
December	\$ 1,001.11

Total Receipts:

\$ 14,964.39

Disbursement:

January	\$ 593.80
February	\$ 1,655.13
March	\$ 400.01
May	\$ 4,702.06
June	\$ 537.92
July	\$ 422.36
August	\$ 1,008.24
September	\$ 511.54
October	\$ 1,218.06
November	\$ 1,133.47
December	\$ 1,892.76

Total Disbursements:

\$ 14,075.35

Checkbook Balance December 31, 1985

\$ 3,146.04

Baxter Blvd Running Path \$19,951.61

Richard K. Strout
Richard K. Strout
Treasurer

ANNUAL BANQUET

December 1985

Receipts:

\$1,259.35

Refund dinners-Verrello's

85.92
\$1,345.27

Expenses:

*Bill Green- Speaker	\$ 50.00
*Susannah Beck-Scholarship	200.00
*Scott Roberts-Scholarship	200.00
*Verrello's-Dinner	1,568.06
*Bob Jolicoeur-Reimbursement expenses	22.40
*Sandy Utterstrom-Flowers	105.54
*Sandy Wyman-Reimbursement expenses	39.76
*Reimbursement to members for meal	128.50
*James Bailey Co.-Awards	163.25
*Coastal Silfscreen- Officer's shirts	274.68
*Curry Copy-Certificates	16.40
*Port "N" Starboard-President's gift	45.00

Total Expenses:

\$2,786.59

Net Cost of Banquet

\$1,441.32

Richard K. Strout
Richard K. Strout
Treasurer

NEW MEMBER PROFILE

By Nancy Stedman

Let's meet Warren Foye who joined the club in November 1985.

Last April, at the age of 37, Warren decided he needed to get into general shape so he started running again. He ran cross-country in high school and in his freshman year at Plymouth State College.

Warren wanted people to run with so he joined up with Lifeline. He met many runners including several of our own club members. He now runs with them every weekday morning at 6:00 a.m. from the USM Gym.

Asked why he joined the club, Warren exclaims, "I run with such great people from the club who have been very supportive of my running. We even get together and run on Sundays."

Warren ran three races last year, including our own club run. His goals are to do the Mt. Washington road race and a ten-miler by the end of the summer. He would like to attempt a marathon in the future.

* * * * *

TALKING WITH THE PACK - by Nancy Stedman

Here's what some of the members had to say when asked "How many pairs of running shoes do you own?"

Maggie Soule: "Just one. In the past when I ran consistently, I went through two pairs a year. When they wear out, I either junk them or use them to mow the lawn"

John Gale: "I must have ten pairs left. Most get thrown away. I have six inactive sets, two sets of active training shoes, and two sets of active racing shoes. My favorites are Tigers and Addidas and I average 450-500 miles/set."

Harry Nelson: "I have two pairs of racers, but only one active pair and five pairs of trainees but only three active pairs. I alternate my pairs when training. I had one pair of New Balance that lasted over 2,000 miles. I usually average 800 miles per pair.

Tony Owens: "I have three active pairs that include one training pair and two racing pairs. I have two additional pairs for use around the house. I use a pair up in less than six months' time."

Jean Thomas: "I have four pairs of shoes - no racers. I alternate shoes each time I run because my feet feel better."

Norman LeClerc: "I have three pairs. I have two for training and one for racing. I go through one pair per season but keep them to use for rainy days so my new training shoes never get wet."

TALKING WITH THE PACK (Continued)

Kim Moody: "I have no idea - more than five pairs. I have three training pairs and one racing pair that I am using. I started buying NIKE shoes and still have my NIKE Vortex that I ran the Western States 100 Miler in. I've had them for eight months and they are down to the whites - shoe glue works really well."

* * * * *

MEMBERS IN THE NEWS

Dr. Ron Cedrone, Optometrist, has relocated his practice to 152 Middle Street, Portland. All members are invited to visit "at your convenience."

Kim Moody was the featured speaker at the Pen Bay Pacers annual banquet on January 29, which was held at The Eastwood Inn in Tenants Harbor.

Phil Pierce has been invited to speak at a meeting of the Main Road Ramblers in Augusta on March 1, 1986 on "How a Runner and Non-Runner Can Live Together."

Portland, Maine, Press Herald, Wednesday, January 22, 1986

Benoit, Jones top runners

GREENBRAE, Calif. (AP) — **Joan Benoit**, who broke her American record in the women's marathon, and **Steve Jones** of Wales, who came within one second of equalling the fastest men's marathon time ever, have been named Runners of the Year for 1985 by

Runner's World magazine.

Benoit was the first woman's finisher in the America's Marathon in 2:21:21, the second-fastest clocking ever.

Last October, Jones won America's Marathon-Chicago for the second consecutive year.

KIM MURPHY



D-D-Daily Dough

If you haven't seen the new Maine State Lottery Daily Dough television commercial, you're in for a treat.

After six years, Creative Design, the lottery's ad agency, has changed the old commercials — "I played my hunch and won \$50," etc. — which showed Maine folks telling their winnings.

The new commercial features Portland business people pantomiming a bouncy cappella ditty called "Daily Dough." The jingle is vintage '50s.

The Portland "actors" were lined up by independent Kittery producer Steve Sanger and his staff. He recruited some of them the day before the commercial was shot at their places of business, said his business manager Laura Vandegriff. Others he stopped right on the street.

"They got some guy out of a manhole in front of our office," said **Kristian Sorensen**, manager of E.F. Hutton at Monument Square.



Sorensen

Sorensen and Patrick Weiler, a broker trainee at Hutton, are the two who mouth the last notes of the commercial at Canal Plaza.

Sorensen is the tall one.

"They came in the office the day before and asked if we had anybody who'd do a commercial," Sorensen said. "We said we had an office full of hams. So they came back the next day and when everybody saw what it

would be they all backed out. I felt committed so I did it. I told Patrick he had to do it."

It was a wise decision.

They got the best spot — the end — in a charming, entertaining, funny and memorable commercial.

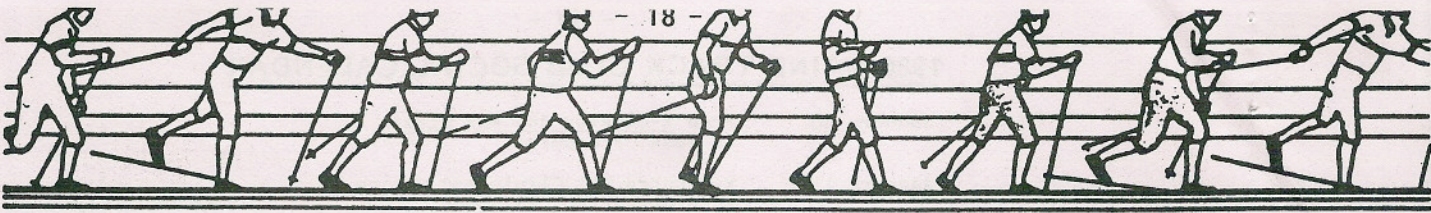
1986 MAINE TRACK CLUB SOCIAL CALENDAR

January 10	<u>Free X-Country Ski Wax Clinic</u> at LL Bean, Freeport
January 11	<u>X-Country Ski Clinic and Outing</u> at Pleasant Mt. Bridgton
February 15	<u>Progressive Dinner</u> Cocktails/Hors D'oeuvres @ Dolley's Appetizer @ Utterstrom's Entree @ Thomas's Dessert @ Reali's
March 8	<u>Winter Outing</u> <u>Winter Climb</u> in White Mts., N. Conway, NH Mike Reali, tour director
April 21	<u>Boston Marathon</u> MTC Hospitality Suite to be open for all members. Sandy Wyman to make arrangements.
May 15-18	<u>RRCA Convention</u> Bob Jolicoeur, Director Volunteers needed! Call Bob for details.
June 27-29	TAC Region 1 Jr. Olympics @ Expo, Portland Jr. Division (8-14 yr. olds) and Sr. Division (15-18 yr. olds) Track and Field Events for NJ, NY, and New England Region George Towle is the coordinator for the entire program.
	** WE NEED A VOLUNTEER TO COORDINATE MTC HELPERS WITH GEORGE. A meeting is scheduled for mid- February to begin plans. Call Sandy (773-8664) if you're interested in helping out. If you need to talk to George about what your duties would be, call 775-5631 days, 761-2197 evenings.
July	<u>Maine Special Olympics</u> Colby College, Waterville Track & Field Events for the handicapped.. let's increase MTC's support this year. All that is needed is a few hours of your time. Last year, volunteers helped time events and kept scores. Call Laurie Munson or John Keller, MTC Co-directors, if you wish to help out..
August 23	<u>Highland Lake Fun (?) Fun & Picnic & Ski Show</u> The 10th annual. This year's Waterski show will include a wide variety of barefoot stunt skiing by the "Fleet Feet" ski group. Watch for flyer in July's newslatter. Sandy Wyman, Outing Dir- ector.
September	<u>Bike Tour</u> Alan Leathers, Tour Director Date and details to be announced later.
October 12	<u>Casco Bay Marathon</u> - post marathon party; details to be announced later.

planning a bike trip, canoe trip, run, etc., and wishes to open it up to
ack Club Members, please let me know in advance so I can put a notice
etter. Call 773-8664 days (best way to reach me). Here's to a fun year.

Sandy Wyman
Social Committee Chairperson

If anyone is
the Maine Tr
in the Newsle



Social Committee Corner...

Cross Country Skiing Outing

A free waxing clinic was given to MTC members at LL Bean on Friday, January 10 @ 7:00 PM. A dozen members showed up to learn the fine art of waxing skis. Deb Hewson, Vin Skinner, Bob and Barb Coughlin, Ken and Jane Dolley, Bob Payne, Jerry Roberts, Ted Cunningham, Nancy and Bruce Stedman, and Joe Bean, an old MTC member were present. LL Bean certainly benefited from the clinic as the average purchase of supplies following the clinic was \$25.00!

On Saturday, January 11th, several MTC members met in No. Windham for a hearty breakfast, then ventured on to Pleasant Mountain in Bridgton for a X-country clinic. Tom Bennett of the Down East Ski Club, and Bob Fitzsimmons assisted the members in waxing their skis. The group then car pooled to Sandy Creek, then skied a 4½ mile section of a deserted and scenic railroad bed. Great strides (pun intended) were made by all members in their technique, especially Jane Dolley, who ended her run in a furious skating flurry and face down finale - we got it on film for the 86 banquet! A good time was had by all. Present were Ken and Jane Dolley, Russ Connors, Herb Strom, Jean Thomas, Don Penta, Vin Skinner, Dick and Amy Lajoie, Maggie Soule, and new members Jean Frankovic and Steve McCullough. Several Down East Ski Club Members joined us making a group of 20-25 people.

SANDY WYMAN

ANNOUNCING
MAINE TRACK CLUB'S
PROGRESSIVE DINNER

(Running to each house optional)

Saturday, February 15th

4:30-5:30 PM COCKTAILS & HORS D'OEUVRES

@ Jane and Ken Dolley's
62 Blueberry Cove Rd.
Yarmouth
Tel: 846-6018

6:00-7:00 PM APPETIZER Soup, Salad

@ Sandy and Al Utterstrom's
19 West Circle
West Falmouth
Tel: 797-4710

7:30-8:30 PM ENTREE Salmon Loaf, Vegetables, Rice

@ Johnny and Widgery Thomas's
83 Carroll St.
Portland
Tel: 773-0145

9:00-10:00 PM DESSERT

@ Jodi and Mike Reali's
4 Silva Drive
Cape Elizabeth
Tel: 767-5218

LIMITED TO FIRST 40 PERSONS WHO RSVP!

COST: \$15.00 per person, proceeds to go
towards purchase of computer for
race data keeping.

RSVP: Shirley, Sandy's Secretary 773-8664
Send check (payable to Maine Track
Club) to Sandy, c/o Kajaani Inc., 156
Danforth St., Portland, Maine 04102

WHERE DID I
FIND ROOM
FOR DESSERT?!

EXCELLENT
ENTREE

GREAT
COCKTAILS!

WHY
APPETIZER

A NOTE OF SADNESS

We were all saddened to hear of the loss of Mark Hoffmaster, one of our MTC members, in January. Flowers were sent with a card from the Club to express our sympathy to Vicki. John Keller's note to Jane, below, says it all.

1/28/86

Hi Jane,

I attended Mark Hoffmaster's funeral two weeks ago at Sacred Heart Church. It was a very sad and tearful occasion. I estimate over 200 people attended the service, i.e. friends, students, fellow teachers, family and relatives. Many runners were in attendance - Bob Coughlin, Charlie Scribner, Jim Babb, Gene Coffin, the Utterstroms, Jim Kein, Peter Dube, Brian Gillespie, and myself - just to name a few.

Mark's roommate from college (Springfield College) spoke about his times shared with Mark. Mark had photographs of probably everyone he knew and cared for - as evidenced by his many photo albums. Mark felt fortunate to have so many good friends - a statement he made at his wedding a short time ago. He always appeared happy - smiling and joking during down times. He always looked on the bright side of things and cared for others. When in the hospital, he often gave support to other patients who were also ill. He was an excellent teacher, coach, and counselor and often helped kids especially the ones who had problems in life.

He enjoyed his times with the Maine Track Club and was an active member, (ran M.T.C. races, a reliable and frequent helper at races, and he attended most Club meetings and social events). He was a better than average runner who trained hard for his races. I was fortunate to drive down with him to Foxboro, Mass. in November 1981 to compete in the Foxtrotters Marathon. Mark's goal was to break 2:50 and to qualify for the Boston Marathon for the first time. He ran a strong race under severe windy conditions in 2:48. I was just as pleased on his performance as I was for my run (P.R.). I'm glad I was able to share that successful experience with Mark.

To conclude the eulogy at Mark's funeral, his roommate suggested we could honor Mark by carrying out one of his good characteristics in ourselves during our life. Mark ran many races in his life, especially the last 2 years (his illness). Although he died, he did finish the race as a winner. He is now in Heaven with God.

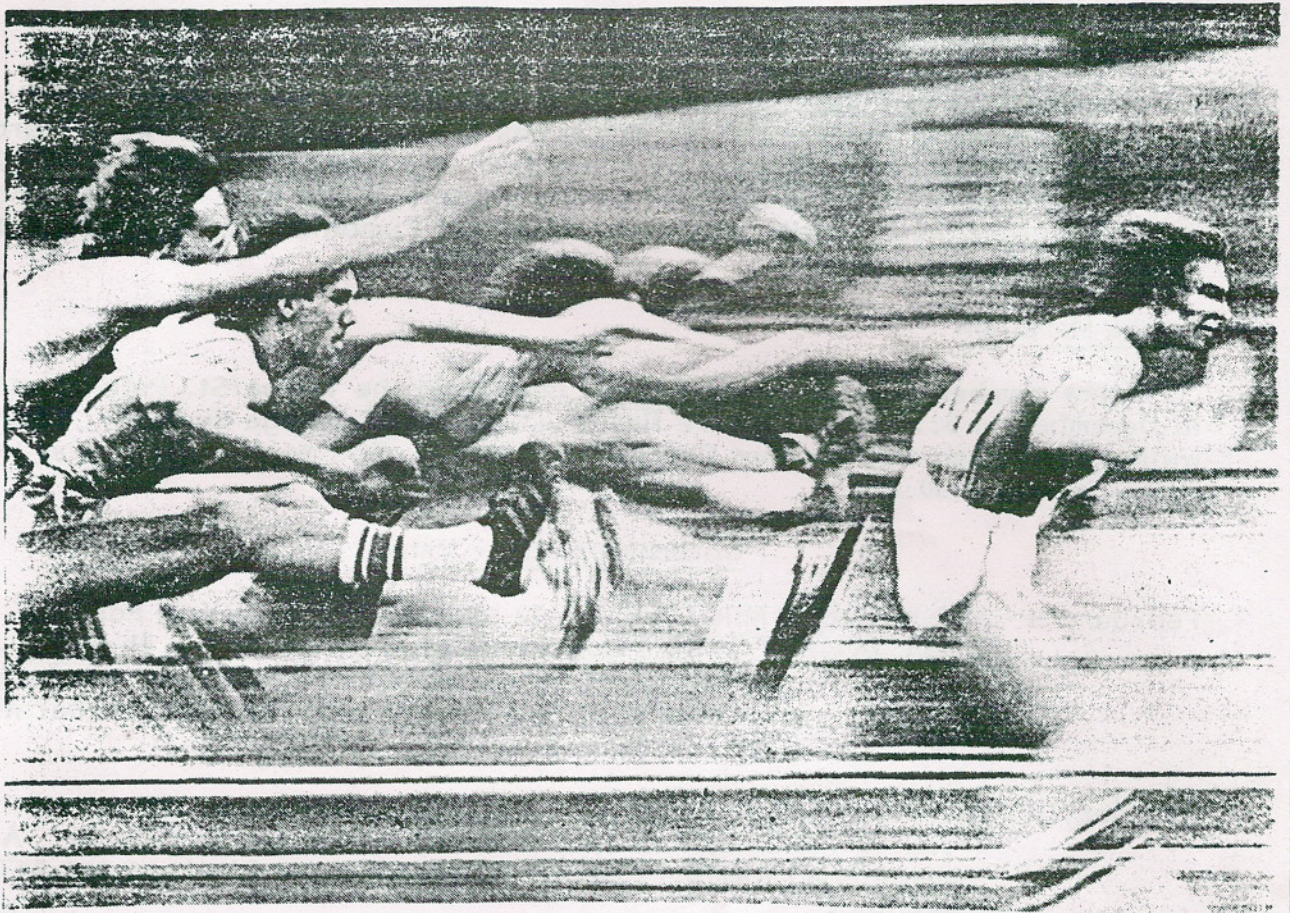
Mark will be truly missed. His memory will live on.

John
John

*To thank you
for your
kindness and sympathy
at a time when it was
deeply appreciated*

DEAR FRIENDS OF THE
MAINE TRACK CLUB,
I would like to
thank all of you for
the beautiful flowers
and for all the support
and prayers at a
time when it was
greatly appreciated.
The Maine Track Club
and its members played
a big part in Mark's
life. Thank you for
giving him special
times too!!

Sincerely,
Vicki Hoffmaster



RACE RESULTS

Maryland Marathon - Baltimore, December 1, 1985

Not much racing going on in Maine in the month of January. Carlton Mendell ran the Maryland Marathon in December and sends this account:

"The Mean Marathon" or Maryland Marathon was run on December 1, 1985. It was an out and back marathon. Ron Hill in a 5 minute talk at the awards ceremony called it the toughest in the world. Ron is approaching 50 and did a 2:29 which he said was an equivalent 2:25 or 2:24 on a flat course. This was Ron's 103rd marathon and he has run the Maryland Marathon nine times.

800 runners ran the marathon and 1300 and the 10K sponsored by the Baltimore Sun and Heinz Company. White cotton warm-up bottoms were provided to all entries. Carlton didn't have the winning time (1st and 3rd places were taken by Polish runners) but the female winning time was a 2:54.

Carlton won the over-60 age category in 3:26+. This was a well-run marathon and Carlton says he plans to run it again next year. His total mileage for 1985 was 2,790.25

Honolulu Marathon - December 8, 1985

New Members, Bruce and Nancy Ellis, from Exeter, N.H., ran in the Honolulu Marathon. Bruce finished in 2:26, which was 13th overall, 2nd in his age group (30-39), and beat Frank Shorter by 4 minutes! Nancy was 53rd woman in 3:29. You may remember Bruce and Nancy as the winners of the 1985 Cape Challenge. Bruce also won the Schoodic Point 15K, the Great Pumpkin 10K, and our Turkey Trot.

Tampa Marathon

New member Rosalyn "Roz" Randall completed the Tampa/St. Pete Marathon in December in 3:11:08 to capture first place in the 35-39 age division. Overall winner for women was Carolyn Crocket in 3:00:13. The men's division was won by Rick Clark in 2:30:07.

Upcoming Races - Maine

February 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 and Ken are all set with helpers now, so everyone else can run. Good luck to all - let's burn off some of that winter fat.

February 16- SnoFest - 5 Miles - 12 Noon. No pre-registrations. Show up with your \$4.00 at UMA at rear of the Civic Center to register. A Maine Road Ramblers event. Contact Joanie Rhoda at 845-2437, evenings.

February 23- Frostbite - 10K Handicapped Run, 10:00 AM, Beechwood Street, Thomaston. Meet behind the store. Contact Pen Bay Pacers.

April 21 - Boy's Club - 5 miles. Please note the date is not April 14 as previously announced. The Boy's Club race always conflicts with the BAA but, somehow, still gathers a large, growing field of participants.

June - Mt. Washington Road Race - Advance Notice. For race registration forms, send SASE to: Mt. Washington Road Race c/o Bob Tescher 95 Summer Street, Newport, New Hampshire 03773.

Note: No Stroh's Run for Liberty this year. Rick Strout has been officially notified by David Murray and Ben Barron that ours was simply not large enough. Sorry folks. We'll simply have to find a Stroh's Run elsewhere

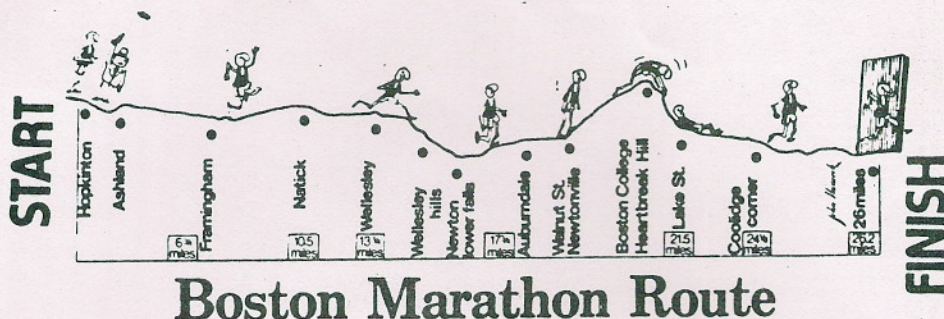
Upcoming Races - Outside Maine

March 9 - Los Angeles Marathon - See last month's Newsletter for info and phone numbers.

March 16 - Bank of Boston/New Bedford Half Marathon - 11:00 AM. See Joan Lavin write-up elsewhere in this Newsletter.

Upcoming Races - Outside of Maine (Contd.)

April 21 - BAA Boston Marathon - Large group of MTC runners this year. Forms are available now. Send SASE to: 90th BAA Boston Marathon, 17 Main Street, Hopkinton, MA 01748, or call (617) 435-6905.




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ATTENTION PHOTOGRAPHERS!

A meeting will be held for those interested in photographing MTC members in upcoming races. You'll get credit for working these races and still have plenty of time to race yourself.

Come share your ideas and meet other club members on Thursday, February 20, 1986, 7:00 pm at Nancy and Bruce Stedman's house on 150 Coyle Street, Portland. For more information or directions, call 774-4023, evenings.

NOT A PAID ADVERTISEMENT



P. O. Box 259, East Holden, Maine 04429

RATE INCREASE IMMINENT

After five years without, Maine Running & Outing Magazine is finally forced to increase its cover price from \$1.50 to \$1.75. Effective March 1 the new subscription price will also increase to \$17.50 (still less than current newsstand price of \$18).

But there is still time! If you act now, you can still take advantage of our old rates! Send your check for \$15 before March 1 and we will extend your present subscription or start a new one in your name. Keep the good news coming in '86 Support Maine Running & Outing Magazine, New England's oldest ongoing regional running publication.

