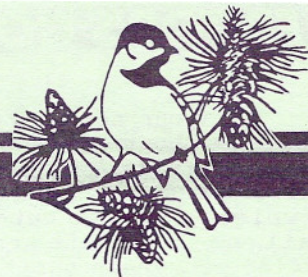


# Maine Track Club

FEBRUARY 1987

Run with a friend ...



## UPCOMING MEETINGS

### Membership Meeting: February 11, SMVTI in South Portland at 7pm

Last month Bruce Ellis was scheduled to talk to the membership at the membership meeting held on January 14. However, on meeting day Bruce was in Houston training for the Houston Marathon to be held January 18. Buzz Davis, owner of the Snowrada Recreation Center in Auburn was our substitute speaker and provided a lot of good advice and comment on cross country ski technique and equipment - - as well as giving all present a free day's pass to the Snowrada trails!

This month on February 11, Bruce will be the featured speaker and will give all present an idea of training methods which have worked for him. Also, he may give us a synopsis of the Houston race.

Meetings are held the second Wednesday of each month in the Machine Tool Auditorium on the SMVTI campus in South Portland from 7:00 to 9:00 PM. There is adequate parking in the parking lot behind the auditorium. If you are not sure how to get there, call any of the officers listed on the back page of the newsletter.

Following is a list of the meeting dates:

February 11  
March 11  
April 8  
May 13  
June 10  
July 8  
August 12  
September 9  
October 14  
November 11

## ANOTHER RENEWAL REMINDER

Membership renewals are now due for calendar year 1987. You should have received a renewal form in last month's newsletter. If you've misplaced that one, please use the membership form on the back of this newsletter (or a copy of it) and mark on it "renewal". Note that the student membership is for students up to 18 years of age. The March newsletter will not be mailed to those who have not renewed their membership so don't delay! If you joined the club after October 1, 1986, you are paid up thru December, 1987.

Maine Track Club's 6th Annual Mid-Winter

### 10 Mile Classic

Sunday, Feb 8, 12 noon at SMVTI, South Portland. \$4.00 entry

We apologize to those who don't get their newsletters in time ... the mail service has been erratic.

### FIRST CLUB SOCIAL FOR 1987

WHAT: Cross Country Skiing  
WHERE: Snorada Ski Touring Center  
Outer Lake Street, Auburn  
WHEN: Sunday, February 22, 1987, 10AM-5PM

All club members are encouraged to come out for a day of skiing. Snorada has many miles of trails over varied terrain for all ability levels.

For those of you who have never skied or need to brush up on your technique, a group lesson will be taught by Buzz Davis, owner of Snorada at 11 AM.

Snack bar and ski rentals are available at the center. Skiers should meet at 9:15 AM at the Northgate Shopping Center on Washington Avenue to carpool or to follow one another. Discount rates will be provided to those identifying themselves as MTC members (bring your MTC membership card).

	Member	Non-member
Trail Fee	\$4.00	\$5.00
Ski rental (adult)	8.00	10.00
Ski rental ( <14 )	5.00	7.00
Group lesson		
with rental	15.00	20.00
without rental	10.00	----

Ski rental fee includes equipment and trail fee. Group lesson for \$15.00 includes rental equipment, trail fee and lesson. Group lesson for \$10.00 includes using your own equipment, trail fee and lesson.

If you would like to come, please sign up by calling Nancy Stedman at 774-4013.

Please see page 5 for map to Snorada Touring Center.





## EDITOR'S COLUMN

We (your newsletter committee) continue to learn about the inner workings of the U.S. Postal Service. Without belaboring the point, third class mail such as utilized now by this newsletter may go out as fast as first class mail, or it may sit around in your local post office for weeks until your postmaster decides to include it with the days mail. The last newsletter was mailed on January 5. Some recieved it by the 7th, others the 22nd, and probably a few after that. We apologize for the delays. Apparantly it is due in part to the large amount of third class mail which is sent out after Christmas. (Notice I didn't say "junk mail"). This newsletter will be posted at the Yarmouth post office on February 2. I hope you recieve it in time for the meeting and social functions. If it still is late in being delivered, we'll have to look into other possibilities for getting the news to you on time.

Running on the winter roads normally poses no problems. However, this winter the roads and conditions have been particularly tough. It is much harder for drivers to avoid runners when the roads are slippery, the sun is in the eyes of the driver squinting out a frosty, salt-encrusted windshield, and two passing cars and a runner are trying to take up 15 feet of road width. Some drivers are reluctant to move the steering wheel even an inch lest they put the car in a spin. So, please, please use judgement as to the safety of roads. On those days when conditions are questionable, take a rest day or go out for a run on your cross country skis. You might set up a circle or rectangle about 200 feet across or on a side and go round and round. Its good practice, can be done at night, and will teach you a lot about skating turns, etc. Thirty minutes on a circle at good pace will give your whole body a workout and will keep you out of a dangerous road situation.

As always, your newsletter committee needs input from the members. If you have some thoughts or stories you'd like to share with the membership, give a call or send your copy in typed in columns 4 1/2 inches wide.

### THE RECOVERY CORNER by Nancy Stedman

This column will be a regular feature of the newsletter and is provided to let the membership know who is ailing and may be temporarily "off the roads" due to injury or other debilitating ailments. If you've had problems similar to some mentioned in this column, you might want to contact the ailing one with advise, ideas and encouragement. If you have a sports related injury or are recovering from one, give Nancy a call (774-4013) so that she might let the club know your status.

Greg Dugas is recovering from a bulged disc in his lower back. His doctor is having Greg go for walks and do strengthening exercises for his abdomin and back. He might be able to start running in a couple of weeks. We all hope you have a speedy recovery, Greg!

## RUN WITH A FRIEND COLUMN

The list is growing! Listed below are some of the groups who do regular weekend runs. If you are interested in running with any of them, call the number indicated. If you would like to have your group listed or would like to start a group in your area or are tired of running alone on these cold wintry mornings, call Fred Beck at 846-3111(h) or 846-9065(w) and your listing will show up in the next newsletter.

### Yarmouth

Ken and Jane Dolley's house  
Sunday AM  
up to 15 miles;  
Pace: about 8 min/mile  
Call Jane Dolley, 846-6018

### Cape Elizabeth

Cape Elizabeth High School  
Saturday AM  
10-12-15 miles, with options  
Pace: variable  
Call Russ Connors, 799-8240

---

### MAINE TRACK CLUB Membership Meeting Wednesday, January 14, 1986 SMVTI

Phil Pierce opened the meeting indicating how he will be running the meetings. After the guest speaker, new members, guests, members attending their first meetings will be introducing themselves. After the introductions, Chairpersons will give updates on their respective committees then Phil will bring up old business then we will finish up discussing new business.

Cheryl Bascomb, Program Chairperson introduced Buzz Davis who owns and operates Snorada, a Ski Touring Center located on Outer Lake St. in Auburn. Buzz is also Bates College's cross-country ski coach. Here is a brief synopsis of Buzz's talk: Buzz believes that cross-country skiing is the perfect alternate and companion sport to running. Cross country skiing is at the top of the list in terms of cardiovascular fitness because you are working the whole body. It is an excellent strength training method because you are pushing hard all the time; hill work is harder on skis. The caloric output is exceptionally high. Another benefit of cross country skiing is that you develop rhythm or a tempo and this in turn will benefit your running. Also, cross country skiing gives your body a break from the constant pounding associated with running. Buzz recommends anyone interested in getting started with the sport to take a lesson, practice for 5 or 6 times then take another lesson. For those of you who have not cross country skied in years, the equipment has changed dramatically. Look into the new equipment. Buzz is a wealth of knowlege on cross country skiing; go see him at Snorada. This brings us into our



first social event of the year, Nancy Stedman, our Social Chairperson announced that on  
date: FEBRUARY 22, 1987  
place: SNORADA  
time: 10:00am  
lesson: group lesson 11:00  
Snorada flyers and complimentary passes were given to all. Thank you, Buzz.

Our guests, new members and members attending their first meeting:

Herb Hoppe, Cumberland  
Tim Smith, Peaks Island  
Yvonne Jurkowski, Brunswick  
Chris Stanley  
David Crawford

Julie Grant  
Bill Lovett and Bambi Crane

Rick Strout went over the Treasurer's Report and copies of the report were available. The next report will be including the Banquet.

Charlie Scribner: Race Committee Chairperson  
Thanks to the Frost Bite 4-miler helpers.

The Club netted a profit of \$475.00 thanks to Joe Jones sponsoring the event and covering the costs. Bruce Ellis won the race with a time of 20:19 mins.

The next race is the Mid-Winter Classic a 10 mile race to be held on Feb. 8, 12:00 noon at SMVTI, So. Portland. Race directors are Robert Payne and Marie Wood. Volunteers are needed for the race.

Steve Moody announced that the MTC is invited to attend a panel discussion on Long Distance Running which is to be held Jan. 16, 7:00pm at Biddeford H.S., sponsored by the Maine Coast Road Runners.

Rick Strout will be the race director for the Stroh's Race. We have been contacted by Strohs to put on the Liberty Run and have been guaranteed \$1,000.00. The race is to be held on May 16 at Cape Elizabeth H.S.. It has not yet been decided whether it will be 5K or 10K. Winners of this race will qualify for the Super Run to be held in Arizona, all expenses paid.

The 50 miler will be held on Nov. 15th, starting at 7:00 am, Ken Dolley is race director and will be looking for volunteers.

Fred Beck: Newsletter Chairperson

The Newsletter was mailed by bulk mail on Jan. 5th. When you receive the Newsletter depends on when your local Post Office delivers their bulk mail. The cost to send 434 Newsletters is \$300.00 or \$3,600.00/year. Cheryl Bascomb emphasized to please fill out the enclosed questionnaire. Dennis Connolly needs assistance in coming up with new words each month for the puzzle. Any help will be appreciated. As of now the MTC has 376 paid up members.

Nancy Stedman: Social Chairperson

Nancy reiterated the details of the Snorada Event and also mentioned that anyone who shows a MTC membership card will get a discount on their trail fee and equipment rental. Thank you notes were received from Barb Coughlin for the flowers sent because of the death of her father, and also from Bob Coughlin because of the death of his mother. Nancy requested that if you know of anyone in need of a sympathy, get well, etc. card please let her know.

Phil Pierce mentioned having a summer social event at his house that would combine a 2 mile race, and a get-together at the beach.

Maggie Soule: Publicity Chairperson

Maggie has arranged for race announcements to be aired on the Community Calendar on TV. She is also working diligently on getting MTC and race coverage in the paper.

Cheryl Bascomb: Future programs will be tailored around the questionnaire. The March program is about Training/Running and Psychiatry. This will be your annual treatment session. She is looking to do a track training in the summer.

News on the Bates Track Meet: Everybody had a good time. Jane Dolley, Phil Pierce, Bruce Ellis, Bob Lasky, Barry Fifield, Bob Paine, Ken Dolley and Lance Guliani. The next track meet will be the DEMERS CLASSIC at Bates on February 21. The following one will be in April. 1987 TAC forms are available.

Brian Milliken: Refreshment Committee

Thanks to Al Butler, Frank Ferland, Russ Conners, Russ Bradley, and Cheryl Bascomb for providing the evening's refreshments.

Frank Ferland: Photography Chairperson  
Volunteers are needed to help with photography at upcoming races. Please contact him.

OLD BUSINESS: Please pick up awards left over from the annual banquet. See Jan. Newsletter.

NEW BUSINESS: RRCA Convention will be held in Rockville, Md. this year. Jane Dolley, Charlie Scribner and others will be going. Jane Dolley has been nominated to receive the outstanding president of the year award. Charlie Scribner the race director award and Bob Jolicoeur the journalist award. Jane Dolley has also been asked to serve on the Woman's Long Distance Running Committee.

Wearing name tags at the meetings would be very helpful. You can order your "official MTC" name tag through Charlie Scribner for only \$1.00. There has been formed another Saturday morning running group. Twelve members have been running from Cape Eliz. H.S. (10-15 Miles) please join them. For use of shower facilities, etc. there is a fee of \$1.00. Contact Russ Conners and Dick McFaul if you are interested.

Barry Fifield makes frequent trips up to Snorada and will welcome any additional company.

If you run with a group of people on a regular basis contact Fred Beck. He wants to put together a column on group runs. Don't forget that there are regular runs from Jane Dolley's house on Sunday mornings at 7:30.

Bowdoin Track is available from 7:30-9:00 pm on Monday and Thursday evenings.

☐ **Skipping lunch hinders afternoon concentration as much as or more than eating a large meal at midday. Though eating heavily does cause sluggishness immediately after the meal, eating *nothing* causes fatigue later in the afternoon. *Best:* A light (300-calorie) lunch. It's not heavy enough to drag you down early in the afternoon, and it provides enough energy to keep you alert through the day.**

Research by the British Medical Research Council, cited in *American Health*, 80 Fifth Ave., New York 10011, 10 issues, \$14.95/yr.



# 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.

## THE GREAT MAINE RACE

The Great Maine Race is held each year in the month of June. This race, although not well attended as road races go, is always a competitive event because it is one of the more difficult races to run. The race is somewhat unique in that a canoe race is held simultaneously with the foot race. The race starts at Mackerel Cove where the Bailey's Island Tuna Tournament is held, winds its way up and down substantive hills to close out 9.3 miles later at a lobster pound. The route is quite scenic and particularly rigorous for the not-so-experienced runner. I ran the race for the first time in 1984 and the memory of that race is so vivid it seems like yesterday. . .

I arrived in my car about 45 minutes in advance of the race. Being one of the first runners there, I picked up my tee-shirt from the race director, Bob Waddle, and looked around for a good place to stretch. I spotted a nice, clean, flat-bottomed boat by a tree which I leaned against as I stretched my legs. This would be a hot race - the temperature was already 97° Fahrenheit at quarter to nine. I then sat on the boat and continued to stretch my legs. As I attempted to remove myself from the boat, I noticed that I was literally stuck to the bottom of the boat, glued if you will. Now this was embarrassing. Soon the race would start and I'll still be sitting on the boat! Slowly I removed all but my bottom from the boat. My new Bill Rodgers nylon shorts had adhered firmly to the bottom of the boat. Slowly I extracted my shorts from the boat, making sure to carefully keep them on. I am now covered with rusty, red/brown paint, a substance which I now know never really hardens and is used by fishermen to prevent fouling (marine borers, lichens, etc.).

The bottom of my gray and blue Bill Rodgers shorts are covered rusty red, and it doesn't look good. Completely flustered, I sit on the ground to hide the problem, which only makes matters worse. Sticks, stones, and grass now adhere to my bottom. To hell with it, I came to race! Let the runners (Jane, Joan, Barb, Bob, etc) think what they may!

The gun goes off at approximately 9 a.m. and no one is on the starting line. Runners converge from every conceivable direction and up the first hill we go. Strangest start I ever witnessed. The heat is tremendous and every little bit of shade helps. After the first mile and one half, I find myself beside the venerable Carlton Mendell, and a duel begins that I shall never forget.

Up one hill and down the next, Carlton and I stay together. On the up-hills, I manage to close on Carlton and periodically pass, but on the downhill, it is no contest. Carlton stretches out his stride, leaving me breathless in his wake. Only at the next hill will I retake Carlton, who is exactly 20 years my senior. But this is no mismatch; this is the test of a novice runner coming of age. Hill after hill, side by side, twenty feet separate us, then 200, then we close again. I take every advantage, running tight tangents as Carlton remains faithfully on the right-hand side of the road.

The heat, now 98° Fahrenheit, takes its toll, especially since I have sacrificed shade for the shorter distance with tangents. As I am about to cave in, a long rolling flat (the only one in the race) arrives and

Ron Paquette passes me, announcing that there is one mile to go. A mile to go. I can still see Carlton ahead in the distance. I draw on the knowledge. Can I bring him back to me once more? Is he slowing? I pour it on. Carlton isn't slowing, I'm going faster. Closing, closing, closing. Around a curve and the finish line is in sight. I cut on the inside of a parked car; Carlton goes outside. Over the finish line we go.

I immediately sit down in the shade beside Gary Cochrane who is caring for a distraught runner who is suffering from heat exhaustion and stomach cramps. Carlton is down by the waterfront, unperturbed if not unaware of, the great race. (Why not; most of it took place behind him!) Carlton might never know the importance of this race or the lasting meaning it has given me. I gave my all that day and managed to keep up with Carlton, in and of itself a first. On a cooler day I would not have stood a prayer.

One must measure oneself by the accomplishments of others, and Carlton is a good yardstick. He is consistent, steady, a winner in every aspect. He takes life in stride, day by day, and is an inspiration to us all. He is a strong runner, with a long stride, and he can run downhill as few runners can. He is easy to watch, with flawless form. Carlton and I had never run together before and have never run together since, as we did that day, even though we have now been in a hundred races together.

It was a unique coming together and Carlton my friend, I met the test and you did not give an inch!

## AWARDS

Several members were awarded trophies for a variety of exemplary feats during 1986. If you weren't at the awards banquet, or at the last membership meeting you probably have an award waiting for you. President Phil Pierce is the keeper of the awards and will have them with him at each meeting. Also you might give Phil a call and arrange to pick it up from him.

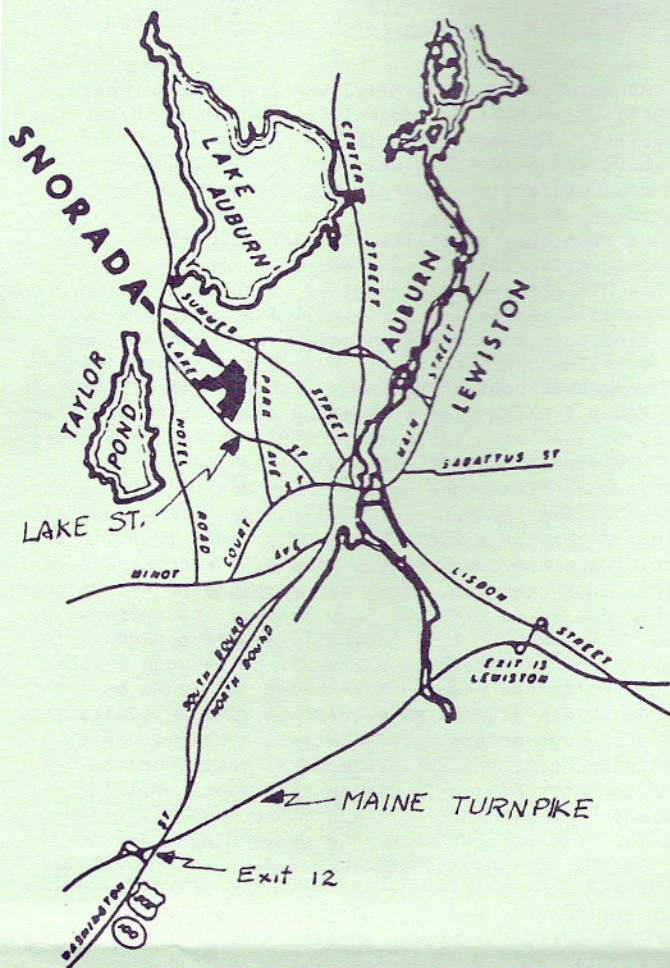
Rae and Phil Pierce Host  
Maine Track Club New Year's Eve Party

The traditional Maine Track Club New Year's Eve Party with a 9 p.m. Fun Run was held on Waites Landing. Approximately thirty club members and friends ushered out the old year, eating, drinking, and running in grand style. Members attending included John Wood (heard lecturing Chris Bovie on pain), Warren Foye, Dave and Cindy Smith, Mrs. and Mr. Herb Strom (Herb almost ate the pot-pourri), Carlton Mendell, Don Penta, Mr. and Mrs. Art Quint, Ken and Jane Dolley, Al and Sandy Utterstrom, Ray and Ruth Hefflefinger, Cindy and Jud Esty-Kendall, Sue and Brian Milliken, Barry Fifield, Cindy Vokey, Gordon Chamberlain and friend, Verna, Judy and Everett Davis, Maggie Gordon, and Lisa Schwarz.

At 2 a.m. January 1, 1987, only a stray Central Maine Strider was left at the party. There was a good run (with Barry Fifield taking a dive), good food (with Herb attempting to eat non-food items) and good fun. A panel discussion on grits and Grits proved quite interesting (there is a big difference - you eat the former and not the latter). If you were not there, we missed you. However, you may get another chance!



## Map to Snorada Ski Touring Center.



### RUNNING IN THE U.S.S.R. by Katherine Christie

Moscow, mid-November, mid-afternoon, and snowing lightly. I am still pretty tired after two days of travelling, but feeling a great need to get some exercise. I'd better go now, while there is still some daylight left. Darkness comes early this far north. From my room at the Cosmos Hotel I can see out past the soaring Sputnik Monument to the radio and TV tower in the gray distance. As long as I can keep those two landmarks in view I won't get lost.

I jog down the hotel ramp to the sidewalk and then down the stairs to the pedestrian tunnel under the highway. As I emerge in front of the busy Metro station, nearly every head turns, and I have to fight hard against the self-consciousness. I must have been a strange sight in my sweats and Nikes. Russian women all seem to wear hats and boots, and I have yet to see one wearing pants in public. It would be so easy to turn right around and head back to the safety of the Intourist hotel.

A young man suddenly steps in front of me and asks in English if I am an American. (What else!) He offers me rubles for my Maine Track Club sweatshirt. I am so startled by the offer that all I can think of is how cold it would be running without it. Besides we have been warned not to deal on the black market, so I turn him down. In retrospect, I wish I had given it away. It would

have been so easy for me to get another, and such a kick to think of that sweatshirt still roaming the streets of Moscow!

Muscovites all travel by bus or Metro, rarely by car, so there is practically no traffic on the eight lane streets. Across one of the huge, empty intersections I can see a very enticing paved walkway down the median strip of a very wide boulevard. Although I have heard that Russian police take a very dim view of jaywalking (Jayrunning?), I decide to go for it.

Once on the nearly deserted pedestrian walkway, I am able to run in a straight line for nearly twenty minutes before turning around. Massive apartment buildings loom on either side. The thousands of people who live here are just beginning to return after the day's work, but with the exception of a couple of baby carriages and one man walking a dog, I have my track to myself. If this were the good old U.S.A. there would be dozens of joggers out here. If this were England, there would be dozens of people walking dogs!

Forty minutes later I am back in the pedestrian tunnel. The Metro is now disgorging rush hour crowds, and I have to slow to a walk. I have forgotten my room card which I need to get back into the Cosmos Hotel, but the guards at the door just smile and wave. No mistaking me for anything but a Yankee tourist!

Tbilisi is in Soviet Georgia, between the Black Sea and the Caspian Sea, about 1200 miles south of Moscow. The temperature is in the 50's, breezy, with occasional sunshine, so I seek out Vivian, our guide, to ask about the propriety of wearing shorts while running. She assures me, with a laugh, that I will draw lots of stares regardless, so I might as well be comfortable.

I had agreed to meet David Wilson from Orland, Colin Hedefine from Lamoine, and Tom Mills from Lincolnville at 4 o'clock in the hotel lobby. When Tom appears I know I need not worry about my bare legs attracting attention. Tom, who is about 6'2", is decked out in yellow print Hawaiian shorts, red striped shirt, long scarf, and corduroy hat. David and I are wearing identical Casco Bay Marathon t-shirts, so we look like a team.

Tom and Colin, both high school athletes, set off in the lead at about a 7 minute mile pace into downtown late afternoon traffic. (Unlike Moscow, the people in Tbilisi drive cars.) We head for a bridge which we hope will lead to a park on the other side of the river. The boys charge wildly across intersections, waving and grinning at the startled motorists. The pace is doing me in fast, but I figure I have to stay in the middle of the pack in order to make it safely through the intersections! Tom and Colin keep up the mad scramble for about 45 minutes, hurdling over concrete flower planters and scrambling up embankments. People honk and wave, and we holler back the Georgian greeting, "Gorbajoval", which means "Victory to You!" (Particularly appropriate for me since I probably have a PR for the distance!) Everyone seems to love the crazy Americans. For us it is a wacky and exhilarating run.



Leningrad is almost as far north as Anchorage, Alaska. An icy mist off the Gulf of Finland hangs in the air, and the temperature hovers around -1° C (30° F). We were told that the average number of sunny days in Leningrad in November is zero. Now that's an interesting statistic!

It is dark at 7:30 AM when I set out for a morning run. The sidewalks are busy with pedestrians heading for the bus stops, but like Moscow, there are few cars on the wide streets. The street lights cast a hazy glow through the fog. What appear to be puddles and wet spots on the sidewalk turn out to be films of ice.

I turn west from the Pribaltiyskaya Hotel along the river until I reach the first canal. There are broad dirt paths along both sides of the canal, and here I encounter, for the first time during my trip to the USSR, fellow runners!

There are about 10-12 other runners making the mile-long loop down one side of the canal, across a bridge, and back on the other side. I make the loop several times, nodding and waving, and enjoying the chance to study the average Russian runner. They are all dressed in heavy winter jackets or sweaters, and ordinary street pants. Most of them are wearing gym shoes made of black vinyl, although I spot a couple pairs of running shoes with the familiar Adidas stripes. No stream-lined tights or Gore-tex jackets on this crowd! Only one of my fellow runners this morning is a woman.

The clock outside the hotel reads 8:42 as I trot back up the ramp to the front door. It is still dark. The gray dawn is still a half hour away.

Ed. note: Kathy visited the USSR late last year as part of the Surrey Opera Company - - a truly unique group of singers (and a few runners!) mostly from the Surrey-Blue Hill area. They performed for audiences in Leningrad and Tbilisi and Kathy was able to give a case of Joanie's Jam to a school and to explain a little about the cause. Kathy reports that all the kids knew who Samantha Smith was.

---

December, 1986

Dear Maine Track Club:

Sure have enjoyed keeping in touch with your activities and performances via the newsletter. I miss my running friends out here in Seattle and I know there will never be any so dear to me.

Dave and I are very happy on the West coast. It is beautiful and we have had many adventures in the mountains.

Doctoral studies are challenging and I'm learning and growing every day. Dave has a stimulating job at Hamilton Engineering and really likes it. It is a small company and the group is extremely athletic: kayaking, wind surfing, running and skiing.

I think of you often!

Kim Moody

*Kim*

## EQUIPMENT ROUNDUP by Chris Stanley

My name is Chris Stanley, and I'm hoping that you'll enjoy this new monthly column that I'm putting together. My goal is to inform Maine Track Club members about anything that has to do with running shoes. While I'm certainly not omniscient about the footwear, I am an assistant manager of a sporting goods shop that specializes in athletic shoes, and through my position I can pass on information to other MTC members that normally would be privy to only those inside the industry. I am not, however, writing this as a representative of my company, but as a fellow MTC member. If anyone has any questions or comments about the column, just drop me a line.

Today I think I'll talk about some of the new shoes that will be seen later on in 1987. Nike has dropped it's V-series and will introduce a whole new line of Air shoes. Two shoes in this line are the Air Support and the Nike Air Max, which will have an expanded Air midsole that is a whole 5/8th of an inch thick in the heel for extra cushioning. Nike will also expand on it's "Sock" concept, which was originated by the Sock Racer and later with the Sock Trainer, by introducing the "Aqua-sock". It's basically a stripped-down version of the Sock Racer, that's to be worn on the beach or in the water. Nike plans for it to be the perfect life guard's shoe, plus it will be available in different colors. It's neither a racing nor a training shoe, but it's so unusual that I had to mention it. Nike will change the colors of it's flashy Sock Racer to blue and white, as well as to replace the buckles with more conventional laces.

Reebok will have a complete and well-rounded line of training and racing shoes this new year. Dropped are the DL5600, the LC3000/1500, and the Hurricane. In are two new stability shoes- the DL6000 (I believe there will only be a men's version) and the DL5000 (in M & W), both of which have Reebok's new anatomical "cradle" that will offer overall stability by unifying (or so they say) the midsole with the rest of the shoe. Other new training shoes are the GL1600 and the CL1400, both of which will offer the beginning and intermediate runner a well designed shoe at a low price. Their new racing flat is called the PB, which will have some of the same stability features found the top-of-the-line DL6000.

Asics-Tiger is expanding the use of it's Gel, which is a superior silicon-based cushioning material developed by Tiger in Japan. Between their running, walking, basketball and fitness shoes, Tiger hopes to have ten different Gel shoes on the market by the end of '87. Although Tiger has had serious production delays in it's Gel plant in California, things are getting better.

Probably the most unique stability concept seen in a long while is the new Brook's Kinetic Wedge, which brings advanced, bio-mechanical motion control to the forefoot. The "wedge" is basically a soft piece of E.V.A. placed in the shoe's midsole directly under the first metatarsal. It's a complicated story as to how a little piece of foam can stop the foot from over-pronating, so I asked Brooks for some pamphlets about the theory, and if anyone would like one, all you need to do is drop me a line. Both the top-of-the-line Brooks Nexus and the "new" Chariot have the kinetic wedge, and both are available now in Maine.

Hopefully this gave you some insight as what to expect to see in your favorite store later on. The new, 1987 shoes will undoubtedly take some time to make their way up north, but some of the new Tiger and Brooks shoes are available now!



# UPCOMING RACES

FEBRUARY 8 6th ANNUAL MID-WINTER CLASSIC  
12 noon SMVTI, 50, PORTLAND Contact: Bob Payne, RFD  
1, BOX 305 Raymond, Me 04071, (207) 655-4156 or Marie  
Wood (207) 839-6785.

FEBRUARY 8 9th ANNUAL SNOWFEST 5 MILER.  
12 noon from the rear of the Augusta Civic Center.  
\$5 entry fee. Contact Joanie Rhoda, RFD 2, Box 1092  
Union Me. 04862. T-SHIRTS first 60 registrants.

FEBRUARY 22 DEMERS TRACK GLASSIC  
Bates College, Lewiston Maine  
For info - John P. LaFreniere c/o Demers Plate Glass  
Co. (207) 784-5404

MARCH 28 MAINEiacs HALF-MARATHON  
Bangor Me. More info next time.

APRIL 12 OAKHURST MILK RUN 4-MILE  
10 AM SMVTI, Contact John Gale (207)-77-55017  
or Maine Track Club P.O. 8008 Portland Maine  
04104

## UPCOMING RACES - OUTSIDE MAINE

FEBRUARY 22 13th ANNUAL SUGARLOAF/DH JONES 10 MILER  
Amherst, MA. Starts 1 P.m. Entry \$6 Pre, \$7 Post.  
Contact Harry Brooks, Sugarloaf AC, PO Box 659  
Amherst, MA.

FEBRUARY 22 PLODDERS 10/20 MILE  
N.EASTON MA. Starts 11 a.m. Entry fee \$4 Pre, \$6  
Post. Contact Steve Brooks, 75 Hilltop Rd., Whitman  
MA 02382

MARCH 1 HYANNIS MARATHON.  
Hyannis, MA. Starts 10:30 a.m. Entry fee \$9 Pre, \$11  
Post. Contact Jack Glennon, PO Box 1678, Hyannis Ma.  
02601

---

## A NOTE FROM THE DIRECTOR'S CHAIR

As you all know as a member it is up to you to work on three club events or races each year. To make the race director's job a little easier why don't you give him a call to volunteer, and not wait for him. Our next race which will need your help will be on April 12 at 10 a.m. at SMVTI it will be the OAKHURST MILK RUN a 4-mile race. So give John Gale a call at (207) 77-55017 if you can help, don't wait for him to call you.

Also if anyone has Flags, clipboards or race jackets Please return them.



# RACE RESULTS

## FIRST ANNUAL FROSTBITE 4-MILE ROAD RACE JAN. 4, 1987 MTC SPONSORED (Sunny, 60 degrees)

PLACE	NAME	AGE	S	TIME
=====	=====	=====	=====	=====
* 1	BRUCE R ELLIS	34	M	0:20:19
2	RICK GARCIA	22	M	0:21:00
* 3	KEVIN KEIN	19	M	0:21:28
* 4	BARRY FIFIELD	29	M	0:22:03
5	CHRISTOPHER BOVIE	37	M	0:22:09
* 6	JIM TOULOUSE	38	M	0:22:15
7	RICK MACDONALD	24	M	0:22:37
8	JOE BENNETT	40	M	0:23:01
9	DANIEL CAMPBELL	34	M	0:23:40
10	CHRISTINE SNOW	20	F	0:24:09
* 11	MIKE TOWLE	38	M	0:24:17
* 12	BOB PAYNE	48	M	0:24:19
13	ROBERT MARQUIS	48	M	0:24:22
* 14	WANDA HANEY	20	F	0:24:38
15	PHILL VEZINA	27	M	0:24:50
16	LARRY KINNER	37	M	0:25:09
* 17	JOHN LUNT	27	M	0:25:32
18	ROBERT S KRAMER	43	M	0:26:06
* 19	GORDON CHAMBERLAIN	48	M	0:26:13
20	DAVID FREEMAN	38	M	0:26:16
* 21	PHILIP PIERCE	45	M	0:26:30
22	PAUL CASEY	32	M	0:26:39
* 23	ERIC ELLIS	34	M	0:26:58
* 24	GEORGE LIMING	35	M	0:27:03
* 25	DAVID HOUSER	36	M	0:27:08
* 26	CARLTON MENDELL	65	M	0:27:38
27	WALTER SMITH	44	M	0:27:57
28	JERRY SAINT-AMAND	43	M	0:27:58
* 29	NANCY ELLIS	33	F	0:27:59
* 30	THOMAS NORTON	34	M	0:28:03
* 31	DALE RINES	34	M	0:28:04
32	DAVID VOLIN	42	M	0:28:15
* 33	GARY BARTON	40	M	0:28:20
* 34	FRANK MORONG	53	M	0:28:26
35	RICHARD JEWELL	43	M	0:28:27
36	LEE NICELY	47	M	0:28:40
37	LINDY SARGENT	37	M	0:28:50
* 38	BOB CUSHMAN	49	M	0:28:51
39	KENNY WINEGARDENER	13	M	0:28:56
40	JOHN BICKFORD	46	M	0:29:08
41	JOHN CAMPBELL	26	M	0:29:09
* 42	RODGER B. SMITH	41	M	0:29:10
43	BRUCE LITTLE	30	M	0:29:23
44	WOODY WOODBURY	37	M	0:29:34
45	ROGER DUTTON	43	M	0:29:44
46	ROBERT WHITE	38	M	0:29:47
47	TED PRATT	18	M	0:29:48
* 48	ANDREW MEYER	23	M	0:29:48
49	GREG CONLEY	20	M	0:30:09
50	ST. JOHN HALL	26	M	0:30:15
* 51	CINDY VOKEY	28	F	0:30:20
* 52	RICK O'BRIEN	40	M	0:30:22
53	PETER ADAMS	42	M	0:30:29
54	WILLIAM DONOVAN	44	M	0:30:31
* 55	JERI SCHROEDER-BUGBEE	39	F	0:30:32
* 56	DAVE CONLEY	47	M	0:30:35
57	JAMES CONSIDIME	24	M	0:30:37
58	KATIE CONSIDIME	25	F	0:30:44
59	CHARLES HEWS	40	M	0:30:45
60	JOEL ANDERSON	15	M	0:30:50
* 61	DAVID HORNE	49	M	0:31:06
* 62	RUSS BRADLEY	63	M	0:31:12
63	ROBERT JUNKINS	29	M	0:31:14
64	LORNA GILES	42	F	0:31:24
* 65	LORI TOWLE	13	F	0:31:32
66	MICHAEL CHRISTIANS	33	M	0:32:34

* 67	WARREN WILSON	53	M	0:32:50
* 68	BILL DAVENNEY	42	M	0:33:07
69	LARRY DYER	42	M	0:33:11
70	JOSEPH MELVIN	18	M	0:33:12
* 71	RAY HEFFELFINGER	60	M	0:33:19
* 72	SANDY UTTERSTROM	43	F	0:33:23
* 73	MAGGIE SOULE	45	F	0:33:44
74	DANIEL O'LEARY	23	M	0:33:50
* 75	GEORGIANNA HOGERTY	32	F	0:35:13
* 76	JAMES HOGERTY	32	M	0:35:14
* 77	MEL FINERBERG	51	M	0:35:43
78	DEE NICELY	46	F	0:36:26
* 79	TERRY MCGOVERN	63	M	0:36:27
* 80	WARREN FOYE	38	M	0:36:35
* 81	SUSAN DAVENNEY	38	F	0:37:07
* 82	TED CUNNINGHAM	59	M	0:39:01
* 83	RUTH HEFFELFINGER	57	F	0:40:04

\* =MTC member

Results of the First Indoor Corporate Track & Field Meet on Saturday, Dec. 20 at Bates College, courtesy of Maggie Soule.

### Overall:

1. BIW 176 pts
2. N.E. Telephone 78 pts
3. Maine Track Club 40 pts
4. Maine Awards 13 pts
5. Casco Northern 12 pts

### Results of MTC members

Men's 600: Clint Merrill (BIW) 2nd submaster 1:24:2

Men's 600: Barry Fifield (BIW) 2nd open 1:23:2

Ralph Duquette 3rd open 1:28:0

Long Jump: Bob Payne (NET) 12'5"

Master Corp. 1000M: Bob Payne 2nd 2:57:2

Men's 300: Clint Merrill (BIW) 1st sub masters

Bob Payne (NET) 2nd masters 43:8

55 M dash: Dave Costa 7.0 2nd open

Phil Pierce 8.8

Ken Dolley 8.9

Jane Dolley 9.1 2nd submaster

Clint Merrill 7.27 (BIW) 1st submaster

Men's High Jump: Ken Dolley 3' 10 1/2"

Bob Payne (NET) 3' 8 1/2"

Men's Mile: Jim Hogerty 5.27 3rd submaster

Bruce Ellis 4:31 1st open

Barry Fifield (BIW) 4:43 2nd open

Charlie Probert (Casco N) 5:41

Women's Mile: Wanda Haney 5:27 2nd open

Jane Dolley 6:19 1st submaster

Men's 2-Miler: 1. Bruce Ellis 9:29

2. Ralph Duquette 9:32

3. Lance Guilani 10:02

4. Barry Fifield 10:37

Bob Payne (NET) 11:42

Jim Hogerty 12:16



## INDOOR TRACK

Want to see some good indoor track this winter? The first indoor track meet was held 119 years ago in New York City. Since 1965 indoor track has been a collegiate event and Maine high school runners have a full indoor schedule all winter. Most any Saturday afternoon the Portland Expo will be host to a variety of southern Maine highschool events. This provides a good opportunity to see some of Maine's outstanding young runners "up close and personal". On February 22 the fine indoor track at Bates College will see the Demers Track Classic which is open to runners of all ages. And don't forget that the Bates and Bowdoin indoor tracks are used for weekly collegiate meets which are open to the public.

And for those of you who want to travel a bit to see the world's best, don't miss the first World Indoor Championships on March 6-8 at Indianapolis. Yes, some MTC members will be going!

---

**TAC (The Athletics Congress) CONVENTION**  
Tampa, Florida, December 2-7, 1986  
Report by John Woods

Upon being appointed to TAC's Masters LDR (long distance running) Committee I reported in to Marty Weiss of Augusta who is Secretary of the Maine TAC and was Chairman of the Maine Delegation. Marty was kind enough to appoint me as a Delegate from Maine, joining him and Greg Nelson. Last year Maine sent no Delegates.

Attendance at the Convention was 700. There was very little sight-seeing. Meetings were scheduled morning, afternoon, and evening every day. However there was a 5 km Delegates Race and an 8 Km TAC National Masters Championship.

In Masters LDR we concentrated on selecting outstanding athletes in each age group and sex. We also awarded sanctions for TAC National Championship races at various distances. Often we were able to give financial aid to the Race Directors who entered successful bids. In the LDR (not Masters) Committee Greg Nelson performed similar functions. Marty, as Maine Chairman, was spread over many areas but his specialty is Junior Athletics.

We were also fully briefed on the resignation of Ken and Jennifer Young and the resultant demise of NRDC which has kept age group records and emphasized course certification. The Basil Hohnickmans are taking over these duties in January 1987, but major emphasis is to be placed on the TAC State Record Keeper for the collection and initial sorting of road racing data. For Maine it is Greg Nelson, 138 Maine Avenue, Gardiner, Maine 04345. It is vitally important that we in MTC and all Race Directors provide Greg with a copy of meet results so that our top races and top runners (of all ages and sexes) may be recognized nationally.

Next years TAC Convention will beat the Hilton Hawaiian Village, Honolulu from December 8 - 13. right after the World Veterans Games in Melbourne Australia. Anybody interested?

# Bickford will run Boston Marathon

Bruce Bickford announced last week that he will run in the 1987 Boston Marathon on April 20.

Bickford, a 29-year-old Benton native, was ranked No. 1 in the world at 10,000 meters in 1985. He has yet to compete in a marathon.

Bickford was slowed by a hip injury last year and failed to defend his national 10,000 meter title.

He is currently training in Phoenix with Olympic silver medalist John Treacy. Bickford, his wife Barbara and their son Stephen live in Wellesley, Mass.

---

## MAINE TRACK CLUB 1987 RACE SCHEDULE

Date	Race	Distance
Jan 4	Frostbite Four	4
Feb 8	Midwinter Classic	10
Apr 12	Oakhurst Milk Run	4
Apr 20	Boy's Club	5
June 7	Officer Friendly	Fun Run
July 12	Mark Hoffmaster	5
July 19	Pat's Pizza	5
Aug 16	Good Sports	10
Sept 13	Cape Challenge	13.1
Oct 4	WCSH	6.2
Nov 1	Falmouth Lions	6.2
Nov 22	Turkey Trot	6.2
Dec 5	Club Fun Run	?
?	Rowdy Ultra	50

---

### Discounts!

Don't forget members get a 10% discount on at James Bailey, The Good Sports, Joe Jones, all 3 Olympia Sports stores, and Athletes Foot. At some stores it is shoes only. Bring your membership cards with you.



# NEW MEMBERS

## MEMBERSHIP ADDITIONS

Since our last newsletter was published the following 10 new members have joined the Track Club:

NAME & ADDRESS	PHONE	OCCUPATION	AGE/SPONSOR/ INTERESTS
Andrew Alexander RR#1, Box 695 Sebago Lake, Me. 04075	(H) 642-2114	Student-Freshman (Bonny Eagle H.S.)	14 Basketball, baseball, ski- ing, bowling and swimming.
Joel Anderson RFD #1 West Buxton, Me. 04093	(H) 929-4300	Student-8th.grade (Bonney Eagle Jr.)	15 Basketball, X/C Skiing, track, biking.
Diana Champeon P.O. Box 668 Bath, Me. 04530	(H) 443-1571	Dietitian	26/Rob Laskey/ Hiking, Biking.
David Hefflefinger 2712 44th. Avenue San Francisco, Ca. 94116			(son of Ray and Ruth Hefflefinger).
Kevin McShane and Mary McShane R.F.D. #1, Box 244 Beans Corner Road New Sharon, Me. 04955	(H) 778-9681	Self-employed	Likes to pro- vide a hospi- tality house for Mainers running BOSTON.
Robin Norcross Box 214, The Hamlet Westbrook, Me. 04092	(B) 797-6111 (H) 854-1026	Marketing Secretary (Southworth Mach.)	26/R. Stanley Sewing, reading and swimming.
Earl Portee P.O. Box 722 Portland, Me. 04104-0722	(B) 854-4651 (H) 883-3687	U.S. Postal Service (Letter Carrier)	31/The Tennis Racket Likes fund raising MS,MD, March of Dimes
William Shuttleworth and Valerie Shuttleworth 16 Western Avenue Portland, Me. 04103	(B) 775-0900 (H) 797-0872 (H) 797-0872	Port. Pub. Schools (Psychologist) Student	39 13



A pot luck brunch will be held at Bruce and Nancy Stedmans', 150 Coyle Street, Portland, on Sunday March 8. The brunch is open to the first 35 people that call Nancy and Bruce at 774-4013. Bring your favorite dish and socilaize with other club members and their families from 10:30 AM to 1:30PM

## TREASURER'S REPORT SUMMARY

Treasurer Richard K. Strout  
October 5-January 5, 1987

Beginning balance	\$10,213.83
Reciepts	2,401.99
Disbursements	3,816.11
Ending balance	\$ 8,799.71



Longtime MTC member Barbara Coughlin's father died recently after a long illness. The club extends condolences to her.

Our condolences to Roberta Greenfield whose father passed away in January.

J U V X Y E U L F H A R H L B F D Z I G  
T R D K S L J Q D N M N Y M C R A M P G  
K J J L W R E T R A T S N D S E A N C K  
V S A A O G G U B T L J R H Y L J I R W  
H H A E M W E H P Z Z C T X K E S R S S  
Z P R E T U H C F I O N H H K E E A U C  
G W N X C I X K E Q Z C A C T Z O K C I  
T I Q W C Y L D L K L A O A S E K E H W  
I N S G O M J E R A I M W O R L D S E A  
G D A R T O S O Z Z N F W C B M Z T R T  
H E Y P L P W J C O Y E H L U K Y J Y C  
T D T L R L S P I K E S D X Q P S E L H  
S M K I L P D F T P X B W N X E L K X W  
H B N I A H P I A P L P A B D F O B U G  
K T H X T T Y U Q R Q A W S F S C S U H  
E Q V G O R T E X S T E C A C Z W S K I  
I A M Z F Q U R W Q Y L W S N O B J F N  
E Q E O P T K G K K D O E K B K M J P E  
S L E W R F I N I S H Z O K U Q M B I G  
M Z X M D L D R O C E R C I G I V H O A

## WORD LIST

CHERYL  
BASCOMB  
SPRINT  
COACH  
WATCH  
HILLWORK  
FARTLEK  
ERG  
STARTER  
FINISH

CHUTE  
LANE  
SPIKES  
TIGHTS  
ELITE  
WINDED  
RECORD  
CRAMP  
GORTOX  
WAFFLE

This months puzzle words were contributed by Cheryl Bascomb.

This month's newsletter deserves a credit line for ImageSet Associates, Computer Publishing and Design. They generously donated their Xerox machine, Macintosh computers and office to help get this newsletter out.

## Officers and Committee Chairpersons

Phil Pierce	President	781-3769	Tom Norton	Clothing	929-5548
Cheryl Bascomb	Vice President	929-8259	Nancy Stedman	Social	774-4013
Susan Milliken	Secretary	781-2321	Maggie Soule	Publicity	846-3631
Rick Strout	Treasurer	892-3216	Don Penta	Statistician	892-8259
Charles Scribner	Race Committee	772-5781	Cheryl Bascomb	Programs	929-8259
Fred Beck	Newletter	846-3111	Brian Milliken	Refreshments	781-2321
Dennis Connelly	Membership	797-2007	John Gale	Course Certific.	775-5017
Jane Dolley	Past President	846-6018	Frank Ferland	Photography	829-3390

Maine Track Club is a  
non-profit organization.

P.O.Box 8008, Portland, Maine 04104  
Run with a friend...





# MAINE TRACK CLUB MEMBERSHIP FORM

I hereby make application to the Maine Track Club as follows: (Check 1)

\_\_\_ Individual (\$12.00)

\_\_\_ Family (\$15.00)

\_\_\_ Student (\$5.00)

LAST NAME \_\_\_\_\_,

TODAY'S DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

1ST. NAME \_\_\_\_\_, INITIAL \_\_\_\_\_, SEX (M/F) \_\_\_\_\_, D.O.B. \_\_\_\_/\_\_\_\_/\_\_\_\_

ADDRESS \_\_\_\_\_, HOME PHONE \_\_\_\_\_

CITY \_\_\_\_\_, STATE \_\_\_\_\_, ZIP CODE \_\_\_\_\_

EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_

EMPLOYER \_\_\_\_\_, OCCUPATION \_\_\_\_\_, PHONE \_\_\_\_\_

IF STUDENT: SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

SCHOOL \_\_\_\_\_, YEAR OF GRADUATION \_\_\_\_\_

OTHER INTERESTS: \_\_\_\_\_

YOUR SPONSOR (IF ANY): \_\_\_\_\_

Make check payable to: MAINE TRACK CLUB PO BOX 8008 PORTLAND, ME 04104

## Maine Track Club

P.O. Box 8008  
Portland, Maine  
04104



Non-profit  
Organization  
U. S. Postage

**PAID**

Yarmouth, Maine  
Permit No. 61