



News•Run

Run with a friend ...

February 1998

From the Presidential Suite ...

As we begin a new year, I would like to take an opportunity to thank all the officers and volunteers who worked so hard during the past year. Under the able leadership of Joe Teno, the club pulled together to save the Maine Marathon and put on a first-class event. This is but one example of the effort and dedication exhibited by our volunteers. They make the club what it is today. The board and officers also work tirelessly to insure the smooth operation of our events. Most importantly, I want to thank Mike and Terry for the superb job that they did this past year as co-presidents. The club is much better off this year for their efforts.

I am looking forward to the coming year. I have been a member of the Maine Track Club since approximately 1979 (my memory isn't what it used to be!) and have enjoyed every minute of my involvement. I am pleased to count many of the members among my closest friends. I appreciate the support that I have received not only from the members of the board but from the club as a whole. It will make this year much easier.

On behalf of myself and the board and officers of the Maine Track Club, good luck with your running in the year to come.

— John Gale



February MTC Meeting

Wednesday, February 11, 1998, 6:30 p.m.
Southern Maine Technical College
Machine Tool Auditorium
Fort Road, South Portland

Our guest speakers at this month's meeting will be members of the women's masters team that set a course record while winning their division at the Lake Winnepesaukee Relay last September. Carol Hogan, Carol Weeks, Nancy Kneeland and perhaps a few other members of the team will be on hand to discuss their experience at the event.

The MTC meets the second Wednesday of each month at SMTC's Machine Tool Auditorium.

Upcoming MTC meetings

March 11 — Speaker: Kyle Rhoads
April 8 — Speaker: Vicki Bryant
May 13 — Speaker: Paul Greene

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News•Run Notes

Handicap Race rescheduled

The annual MTC Handicap Race was postponed due to Ice Storm — Part II, so we'll try again on Sunday, Feb. 15 at 9 a.m. Marge and Bob Aube are hosting this casual 5K event at their home in Cumberland Center. For those who haven't participated in this race in previous years, all runners are assigned a time handicap based on their ability as measured by race results within the past year. The slowest runner starts first, and other runners are sent off at intervals determined by their handicap. The fastest runners starts at the back of the pack and has to try to catch everyone ahead of him (or her). Ideally, all runners will "merge" near the finish line. There's no charge for this event, but everyone is asked to bring food or drinks. For directions or more information, contact Marge or Bob at 829-5079.

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Rick Krause wishes to note that anyone interested in the history of track and cross country at the University of Maine can read up on the subject by obtaining the book "University of Maine, A Sports History". The book, which was published in 1992, actually is a detailed history of all the university's sports, but Rick says it is worth buying just for the cross country and track sections. The book originally sold for \$29.95 but now is available for \$10. At last report, there were about 45 copies left, and there were no plans to print additional copies. The book can be purchased from Regional Activities Guide of Maine, P.O. Box 503, Union, ME 04862. Their phone number is 785-4812.

□□□

Anyone who did not collect his or her 1997 MTC Award at last month's banquet is asked to call Marge or Bob Aube at 829-5079 to make arrangements to pick up the award. The same holds true for any race director or volunteer (if you worked on at least three MTC events in 1997) who wasn't present at the banquet. We have a couple of boxes full of race director towels (full-sized towels this year) and volunteer fanny packs, and we'd like to get rid of them soon.

□□□

The Eastern States 20-Miler, formerly the Border To Border 20-Miler, will be held on Sunday, Feb. 22, at 11 a.m. The race starts at Traip Academy in Kittery and finishes at the N.H./Mass. state line. The course follows scenic route 1A. An application for the race is included in this newsletter, but ignore the part about having to register before Feb. 1. Pre-entries will be accepted as long as they are postmarked no later than Feb 15. Craig Wilson, an MTC member, is helping organize the start of the run.

If you or a friend who is going to the race with you is able to help out, please contact Craig at 207-439-4153. If you have any other questions about the race, contact race director Don Allison at 617-893-8383 or e-mail dea@world.std.com.

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We need your input

News•Run Notes features news of interest about fellow MTC members. If you have some news to share about yourself or someone else in the club, please pass along the information by calling Marge or Bob Aube at 829-5079, sending e-mail to Bob at raube@sunjournal.com, or by mail to: Maine Track Club, Newsletter, P.O. Box 8008, Portland, ME 04104. The deadline for each issue is the 15th of the preceding month.

Our prayers go out to former MTC co-presidents Ron and Martha Deprez and their 13-year-old daughter, Erme, who suffered serious complications during an operation last month regarding her scoliosis. Erme has been paralyzed from the chest down since her operation, though she has regained feeling in her toes. She is currently a patient at the Children's Hospital in Boston. Anyone wishing to send a card can mail it to: 10 North, Room 1019, Children's Hospital, 300 Longwood Ave., Boston, MA 02115.

News•Run Sponsors

If you would like to become an individual **News•Run** run sponsor, please send \$10 to: Maine Track Club, P.O. Box 8008, Portland, ME 04104.

To become a corporate sponsor, please mail your \$25 donation to the same address. Or, if you would like to have your business card included in every issue of **News•Run** for the rest of the year, you can do so by making a donation of \$60.

1997 Maine Track Club Awards

Congratulations to the following recipients of 1997 Maine Track Club Awards as presented at the annual awards banquet on Jan. 24.

OUTSTANDING CONTRIBUTOR TO MAINE RUNNING

Nate Parsons

MTC HIGH SCHOOL RUNNERS OF THE YEAR

Matt Lunt, Claire Fontaine

MTC RUNNERS OF THE YEAR

George Towle, Carol Hogan

MTC MOST IMPROVED RUNNERS, OPEN

Kevin Conley, Kimberly White

MTC MOST IMPROVED RUNNERS, SENIORS

Don Russell, Sherry Carll

MTC OUTSTANDING RUNNERS, OPEN

Michael Payson, Carrie McCusker-Brady

MTC OUTSTANDING MASTERS RUNNERS

Robert Ashley, Nancy Kneeland

MTC OUTSTANDING SENIOR RUNNERS

John LeRoy, Kitty Kelley

MTC COMEBACK RUNNERS OF THE YEAR

Russell Connors, Kim Moody-Roberts

MTC OUTSTANDING TRIATHLETES

Will Lund, Rosalyn Randall

MTC OUTSTANDING ULTRAMARATHONER

Craig Wilson

JOHN FYALKA AWARD FOR OUTSTANDING SERVICE TO THE MAINE TRACK CLUB

Mel Fineberg

FIRST MARATHON AWARDS

Milt Dudley, Bob Aube, Kevin Conley, Sally Gore

Upcoming Races

February 15

MTC Handicap Race (5K), Cumberland Center, 9 a.m. Contact: Marge or Bob Aube 829-5079.

February 22

Eastern States 20-Miler, Kittery, 11 a.m. Contact: Don Allison 617-893-8383.

March 15

Boston Primer (15 Miles), 9:30 a.m. Contact: Bob Brosius 395-2464.

Irish Road Rover 5K, Portland, 11 a.m. Contact: Dan McKeown 657-2184.

March 22

Killarney's 10K, Waterville, 9 a.m. Contact: Tom McGuire 465-2829.

April 4

Championship 25K, Rockland, 11 a.m. Contact: Leo Smith 596-2010.

April 5

Presidential 5-Miler, Kennebunkport, 11 a.m.. Contact: Kathy Jacobsen 985-4107.

April 11

Bert 'n I 5-Miler, East Vassalboro, 9 a.m. Contact: Mert Dearnley 923-3301.

April 12

York County YMCA 5K, Biddeford, 10 a.m. Contact: Charlie Scribner 781-RACE.

April 18

Unity Spring 5K, 9:30 a.m. Contact: Gary Zane 948-3131.

April 20

Boys & Girls Club 5-Miler, Portland, noon. Contact: Maine Track Club 741-2084.

April 25

April Amble 4-Miler, Portland, 9 a.m. Contact: Charlie Scribner 781-RACE.

April 26

Animal Orphanage 5K Pet Run, 10:30 a.m. Contact: Roberta Fowler 827-2658.

May 3

Saucony Classic 5K, Bangor, 10 a.m. Contact: Peter Dauphinee 942-7644.

Rape Crisis 5K, Waterville, 9 a.m. Contact: Melissa Krueger 872-0601.

May 9

Waynflete 4-Miler, Portland. Contact: Charlie Scribner 781-RACE.

May 13

MMMC Hospital Week 5K, Waterville, 6 p.m. Contact: Jane Wherren 872-4490.

May 16

Close to the Coast 5K & 10K, Freeport. Contact: Charlie Scribner 781-RACE.

May 17

Sugarloaf Marathon & 15K, Eustis, 7:30 a.m. Contact: Sugarloaf/USA 237-2000.

Isaac Archibald 5K, Gardiner, 8:30 a.m. Contact: Peter Hagerman 582-7716.

May 22

YMCA Back Bay 5K, Portland, 6 p.m. Contact: Howard Spear 741-2084.

May 24

Live Your Dreams 5-Miler, Kennebunk, 8:30 a.m. Contact: Debra Fitts 967-8514.

May 25

Memorial Mile, Cumberland Center, 8 a.m. Contact: Jim McCorkle 781-3134.

Apple Blossom 15K & 4.7-Miler, Monmouth, 8 a.m. Contact: Doug Ludewig 933-4677.

Note: MTC races are in bold

For the latest race schedules and information, call the MTC hotline at 741-2084 or visit the Sub5 web site at <http://www.finishlynx.com/sub5>

Notice about race fliers

Anyone who wishes to have their race fliers included in the Maine Track Club newsletter must submit the fliers and a payment of \$40 by the 15th of the month. Fliers will not be included in any mailing if not accompanied by the \$40 service fee. The fee applies only to races not run by the MTC, so if a race fee is already being paid to the club, there is no charge for race fliers.

Welcome to our newest members

Meri Adams (45)
 Fred Adams (46)
 Jake Adams (12)
 8 Green Street
 Gorham, ME 04038
 Temp. Employee, Lebel (Meri)

"Your mail is the only junk mail that does not get trashed! I'm the only runner/jogger in the family. It's the only thing I can do w/out my family. It's also my quiet time!"— Meri

George Campbell (51)
 340 E. Promenade, Apt. 253
 Portland, ME 04101
 772-3283 (H)/774-9500 (O)
 Business Consultant, Governmental Services LLC

"I've been running for 6 1/2 years, competed in several road races including the recent ME Marathon: 3:30:14 (my PR). I used to belong to the ME Track Club and thought it was time to rejoin. Thanks for all your good work."

Doreen Morrow (44)
 George Spatoulas (46)
 9 Kirkwood Road
 Scarborough, ME 04074
 Physician, ME Neonatology Assoc.
 Project Mgr., Matrix One

Rita Moulen (39)
 121 Columbia Avenue
 Brunswick, ME 04011
 798-6879 (H)/921-1205 (O)
 Aviation Supply Leading Chief, US Navy/NAS

"I've been running since July '97. I enjoy it very much but feel I need some help to run faster/longer. I'm not sure how to train. I know I don't push myself. I see so many familiar faces at races and would like to get to know some other local runners."

Gary Punskey
 25 State Avenue
 Cape Elizabeth, ME 04107
 799-0913 (H)/774-1444 x 101 (O)
 Deputy Sheriff, Cumberland County Sheriffs Dept.

Mike O'Brien (30)
 11 High Street
 Framington, ME 04938
 778-5562
 Math Tutor, UMaine Farmington

Stephen Nelson (31)
 48 Park Street
 Portland, ME 04101-4535
 773-9604

Ron Perry (60)
 Carol Perry (50)
 P.O. Box 2545
 Kennebunkport, ME 04046-2545
 B&B Inn Owners/Operators

"I've been more involved in running lately, especially in road races, and thought that I'd like to support your organization with membership money. It's been a pleasure to meet many of the MTC members and I hope to meet more of you, perhaps at an MTC function or meeting." —Ron

Colleen Boland (42)
 17 Wood Road
 Cape Elizabeth, ME 04107
 Housewife (Mother of 3)

Deborah Stewart (37)
 4 Shobe Avenue
 Brunswick, ME 04011
 729-1809
 Mother and Wife

Sara Corbett (30)
 Mike Paterniti (33)
 87 Emery Street, #3
 Portland, ME 04102
 Self-employed Writers

Joe Hermans (24)
 108 Eastern Promenade, #2
 Portland, ME 04101-4404
 Occupational Therapist, Cerebral Palsy Center

"Greetings. I'm joining MTC to be connected to a network of health-conscious people and to be on top of local road racing. I did my first 2 races ever this past summer, a 4-mile and 5K. I am a sporadic runner who does it for the joy of movement and freedom. In my public school years, I ran track in the spring, doing long sprints. All my other running experience is in non-competitive training, runs, with friends and solo. Looking forward to new experiences and to be meeting people."

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Melanie Collins (33)
1 Winn Farm Lane
Falmouth, ME 04105
878-2741
RN, Mercy Hospital & Women to Women

Jeanne Johnson (42)
Box 223, Rte. 2, Harpswell Road
Brunswick, ME 04011
725-6414
Farmer

John Stevens (55)
15400 Fox Briar Lane
Midlothian, VA 23112-6361
(804)739-8592
Regional VP Sales, Hill Phoenix

James Osborne (51)
Box 47 Junction Road

Westport, ME 04578
Elementary School Teacher
Georgetown Central School, Union #47

"Running 20 years; finished dozen marathons, best under 3 hrs; competed in a few triathalons. Haven't run seriously past few years; new in Maine and want to start racing; need to 'get in touch'; interested in running the mile, need training support."

Mark (Mac) A. McAfee
LeeAndra McAfee
Sean McAfee
P.O. Box 911
Yarmouth, ME 04096-0911
846-9157

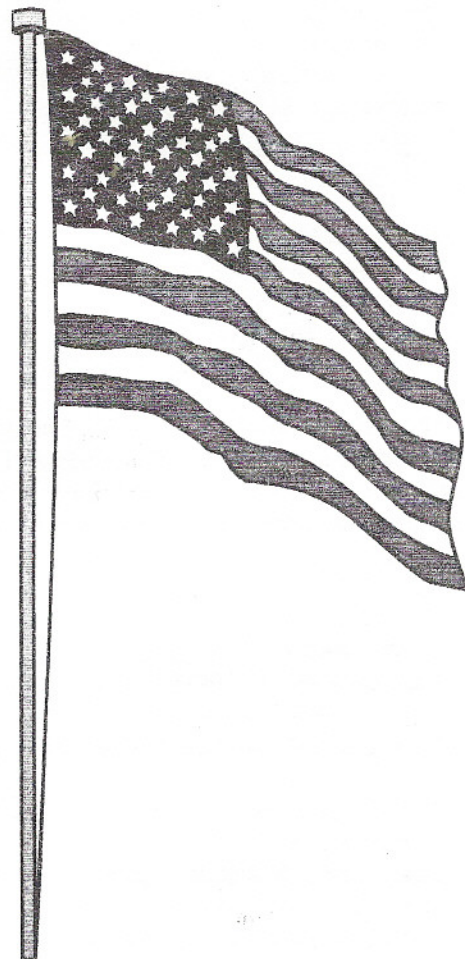
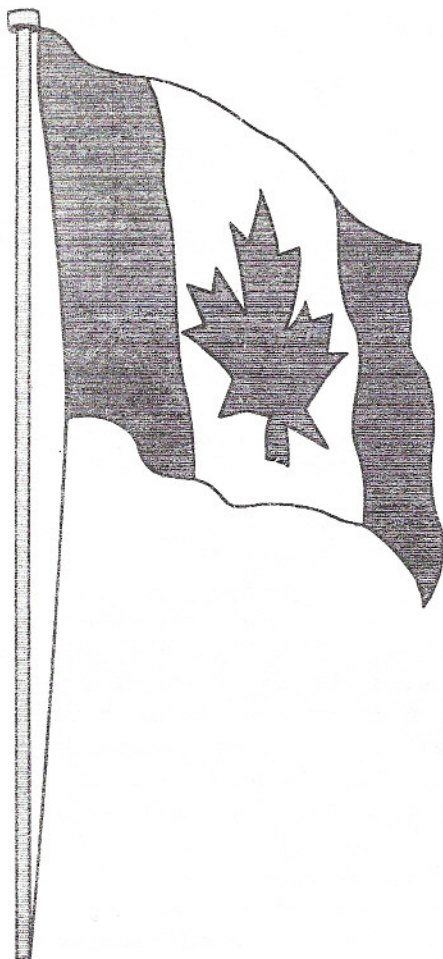
John Morse (52)
63 Main Road
Phippsburg, ME 04562-9611
443-3948 (H)
443-5245 (O)
Sawmill Manager

Maine Distance Festival gaining in stature

The 5th-annual Maine Distance Festival to be held on July 4 at Bowdoin College is shaping up as the biggest yet. The meet already has commitments from 30 top American athletes. In addition, the USATF men's middle distance and distance development teams will be on hand. We expect to witness some of the fastest times in the United States next year. The 1997 meet featured the fastest 5,000 meters by a woman on American soil, and Top 10 times were run men in the men's 800 and women's mile.

A Canadian-American summer track series has now developed, with the Distance Festival being the middle meet. We expect 5,000 people to be on hand this year to see top flight high school and elite racers.

— Steve Podgajny,
Maine Distance Festival meet director



A memorable marathon debut

By Paul Nicolaides

Editor's note: Paul Nicolaides is an MTC member who is from Maine originally but now lives in San Antonio. Paul shows up at several Maine road races during the peak racing season, however, as he regularly travels back to his home state.

I ran my first marathon on Nov. 9, completing the San Antonio Marathon in 2 hours, 51 minutes and 48 seconds. I finished 24th overall and first in my age division (40-44). For this I am grateful, and thankful to have a supportive coach in Ralph Brazicio, as well as a steady stream of San Antonio friends and fellow runners who were there to over endless words of encouragement.

I got a hug on the starting line from my significant friend and fellow runner Tina, and then we were off. The first half of the race went by uneventful as I matched strides with another friend, Claudia Kasen. Ten miles into the race, I had to make an unplanned stop to tie my left shoelace, and Claudia moved ahead.

At the halfway mark, I was maintaining a steady 6:18 pace, and there was lots of applause from the relay team members awaiting their handoffs. But all was not well. Within the next 400 yards, to my dismay and surprise, I felt a dry heave, and I threw up moments later.

Troubled, surprised and concerned, I became aware that my body was not well. My legs were OK and my feet were fine, but my stomach was upset. My pace slowed as if under a yellow caution flag. Claudia, just up ahead, soon disappeared from view (Claudia ran in my home state of Maine at the Bar Harbor Half Marathon in September, placing second. On this day, she would win the San Antonio Marathon).

I passed some of the mixed relay runners, first Heather, then Pete, and finally Anna Marie — members of the top three relay teams. My stomach continued to trouble me.

Leaving Brackenridge Park, I concentrated on taking light, gentle steps south through downtown. The day was cool, cloudy, a little humid and wet in some places. In the downtown area, a few tourists greeted us with friendly indifference. Policemen stopped traffic, allowing us to pass occasional pockets of enthusiasm. I sipped water at each water stop now and considered taking my Power Gel for energy, but when I put it to my mouth at Mile 20, it made me nauseous. I licked a small bit and sipped water.

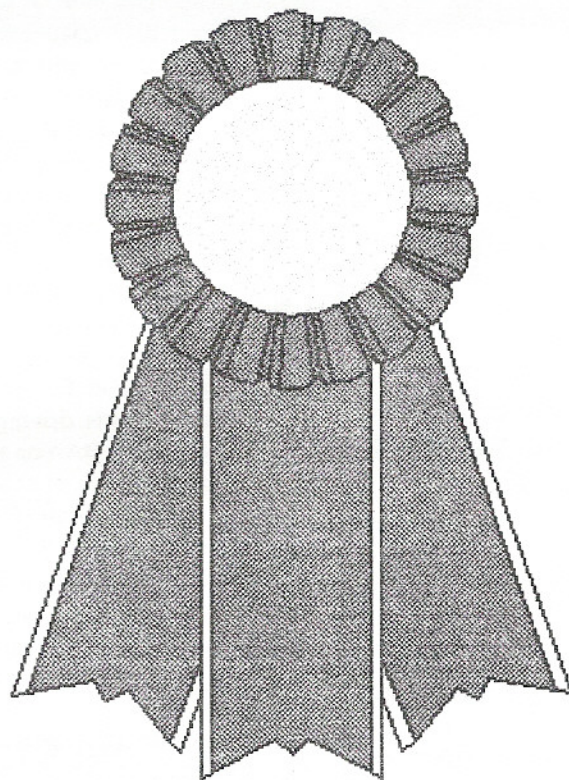
I knew the running and fighting off my upset stomach was making me weary. Passing through the historical King William district, I saw a friend, fellow runner and teacher, Patrick, at Mile 21. I saw that "uh-oh" look on his face and could only imagine that I did not look good. I didn't feel good. I thought to myself that I had done everything right over the previous four months preparing myself for this racing, including 3x3-mile repeats on the track at 6:10 pace, long Sunday runs with Claudia and other friends, carbo loading, etc.

Perhaps I was too nervous because this race meant so much to me. Every effort had been made to prepare myself with great care. Since August, this date was at the top of my list. In my small apartment on Kampmann Blvd., somewhere in a box is a trophy with the date Nov. 9, 1970. As a high school freshman, I sprinted past Frank Carroll of Cape Elizabeth, placing second to lead my

Gorham team to victory at the Bath Invitational Cross Country Race. Back home on Highland Ave. that evening with a proud smile and a trophy, I was informed that by my mom that my sister Louise had given birth to a son, making me an uncle. There are some days in your life that you will always remember for some reason or another, and this was one of them.

Weary and worn, I still passed a couple more runners and

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MTC Financial Report

1/1/97 through 12/31/97

Income

Race Income.....	\$12,801.56
Membership.....	\$7,585.00
Banquet.....	\$1,272.00
Clothing sales.....	\$1,226.50
Social events.....	\$1,197.00
Newsletter.....	\$990.00
Reimbursement: Mt. Washington/Newbury.....	\$817.00
Scholar.....	\$600.00
Sponsor.....	\$250.00
Miscellany.....	\$184.00
Interest.....	\$61.16
Total.....	26,984.22

Expenses

Race expenses.....	\$4,425.58
Banquet.....	\$3,059.24
Newsletter.....	\$2,840.98
RRCA.....	\$2,501.57
Administrative.....	\$1,810.70
Scholarship.....	\$1,475.00
Social expenses.....	\$1,102.75
Mt. Washington/Newbury.....	\$781.70
Bulk permit.....	\$695.00
Clothing.....	\$539.46
Meeting.....	\$525.00
1996 Marathon.....	\$450.00
Race committee.....	\$430.25
Insurance.....	\$370.00
Race committee.....	\$387.85
Rental.....	\$135.00
Post Office Box.....	\$58.00
Bank Charges.....	\$56.91
Miscellaneous.....	\$46.01
Total.....	\$21,587.66

Surplus..... \$5,396.56

Notes

The MTC checkbook balance at the beginning of 1997 was about \$4,800, so we began the new year with a checkbook balance of more than \$10,000. The NYLCare Maine Marathon proved to be a huge success. A \$1,500 donation was made to the Freeport YMCA, and \$250 was donated to Portland Parks and Recreation. Outstanding bills from the 1996 Maine Marathon in excess of \$1,000 were also paid off, leaving a net profit of about \$4,100 dollars for the event.

(Continued from page 7)

had just turned a corner when my stomach revolted. I slowed, dizzy, distressed and helpless, took two walking steps, bent over and heaved violently — once, twice, three heaves, accompanied each time by a loud gasp of air. Anna Marie, a native of Columbia, passed by with words of encouragement and a promise to send for help. Slightly dazed, I started running again. Another friend, Arturo, came running toward me on the next turn and asked if I was all right. But I was more than glad to be running again. His words "only four miles, you can make it," gave me hope. My stomach ached a little and my pace slowed, but I was running. Quitting was never an option. I passed Anna Marie, whispering "thank you".

The turnaround at Mission Conception sent us back toward downtown on South Alamo, heading to the finish. During this stretch, I passed several runners, some cheered for me, others called my name. I tried my best to acknowledge them with a slight wave, but my whole self concentrated on each step, light gentle rolling, quick little steps, my head erect, focusing on holding form and keeping up my pace. The Alamodome waited two miles away, and I could see the Tower of America. I thought of the words of my friend Bob Winn before Newburyport last July, "I tell myself ... I'm just running. It's very simple, I'm just running." I thought of Christine Snow-Reaser and Laurie Webber, those crazy summer nights driving down the Maine Turnpike to train with the BAA on the Charles River. I needed some zaniness now.

I have hardly any recollection of the last two miles except for the voices for Kelly and Michelle — students at Tom C. Clark High School, where I teach and coach cross country — yelling "Go Coach Nic!". My body began to tremble, to ache with joy. Running on fumes and jubilation, I realized I would make it. I wouldn't break 2:50 as hoped, but I would finish. I was getting closer to being a marathoner, being a member of a select group.

I collapsed at the finish, puked once more for good measure as helpful strangers guided my fragile frame to the medical tent, where a bad stomach couldn't suppress emotions of supreme elation and a sense of wonderment. Someone was yelling my name, but she seemed to be far away across a field. I turned, and there was Claudia, 10 feet away, beaming and waving. Four frail little fingers on my left hand did a little wiggle in her direction — all the physical movement my body permitted. But I was the happiest of men. I wanted to call my mother in Somerville, Mass., and tell her that I'd be coming home for Patriots Day ... it's about time.

HELP WANTED



Members Needed for The Maine Track Club Race Committee

ORGANIZATION

The committee is made up of seven volunteers to oversee the Race Management business of the club. The Chairman is elected and a voting board member.

FINANCIAL

The committee sets the management fees for the races each year being sure that all financial matters are equal and fair

MEETINGS

The committee is supposed to meet a minimum of six times a year. A meeting can be called whenever it is necessary to get an answer ref an MTC event.

REQUIREMENTS

Persons with race directing experience or a desire to get involved are all that is needed. The Treasurer, Equipment Manager, and state Statistician are honorary positions with full voting rights as the races are part of their charges.

If Interested contact: Everett Moulton at 799-2894



MTC 1998 Officers and Committee

USA Track & Field



John Gale	President	775-5017	Charlie Scribner	At-Large	772-5781
Marge Aube	Vice President	829-5079	Howard Spear	At-Large	856-6496
Mike Reali and Terry Sutton	Past Presidents	829-2014	Steve Fox	Clothing	799-8840
Joe Guimond	Treasurer	797-9463	Al Butler	Equipment	772-6463
Alyce Schultz	Secretary	780-9805	Don Penta	Statistician and Photography	892-4526
Maggie Soule	Membership	846-3631	Dale Rines	Course Certification	854-2481
Everett Moulton	Race Committee	799-2894	Bob Aube	Newsletter	829-5079
Ann McGovern	At-Large	934-1825			

Another successful Turkey Trot

By Mel Fineberg

Through snow and cold, our hearty Turkey Trot volunteers performed magnificently. The weather this year was a far cry from the previous year's Turkey Trot, but it did not affect the great enthusiasm demonstrated by both runners and volunteers. Here's what the weather looked like on Sunday, Nov. 23:

6 a.m. — Cold and snowing

7 a.m. — Still snowing

8 a.m. — Snow begins to taper

8:30 a.m. — Snow stops just in time for the kids' race

9 a.m. — 5K race starts under clear skies

We had a record number of kids preregister for their race (55). It was great to watch the faces of the kids as they finished and received a ribbon and t-shirt from Hannaford Hank and Donna.

It was very satisfying to observe all the volunteers pitch in and help each other. All the volunteers did a great job under less than ideal conditions. During the social time in the cafeteria while waiting for computer results (which came down in record time), I heard nothing but good things from the runners.

With all the excitement and things that needed to be done after the race, it was difficult to thank everyone. I would like to take this opportunity to thank you all now.

Keep next year's race in mind. It will be the 30th annual running.

Volunteers

Bob and Marge Aube
Don Bessey
Peter Bottomley
Henrietta and Russ Bradley
Pat Buckley
Al Butler
Al Caserio
Mary Anne Champeon
Andrew Coffin
Sue Davenny
Steve Fox
Glen and Terry Gallupe
Sally Gore
Hannaford Hank
Ray Hefflefinger
Kitty Kelley
Nancy Kneeland

Paul Lavangie
Hope Mills
Terry Morris
Donna Moulton
Don Penta
Bob Perkins
Gretchen and Ronald Read
Mike Reali
Betty and Dale Rines
Alyce Schultz
Maggie Soule
Howard Spear
Joan Tremberth
Al Utterstrom
Heather Van Luling
Malcolm Washburn



Running News

Volume 3 Issue 1

1998 RRCA Convention to be at Peoria, Illinois

Still time to apply
for a State
Championship!!!

STATE NEWS

State Championships, are one of my expectations for the future. I would like to see state championships in all the distances held in Maine. These events are just what we already put on, but with the added prestige of being a championship you should notice improved attendance and publicity. It costs your club no extra finances and you get Gatorade for your event. This even holds true to a track or cross country event if UNUM wished to hold a championship event.

Women's Distance Festivals should be held by each club to be recognized as part of the women's running movement as well as *youth runs* being added to your events. These events bring attention to your club by the community and will help you with local support and sponsorship in other events and endeavors, not to mention the added media coverage. The RRCA is there to help you with many services, so please take advantage of them for

your club.

The 1998 RRCA Women's 5K Avon Series has been awarded to the Maine Track Club. The requests for this event should make all Mainers proud and hopefully they will support the club that captured the event.

Welcome to another new RRCA Club/Event. *The People's Beach to Beacon 10K Inc.*, is the official name for the Cape Elizabeth Race being put on by Jane Dolley for Joan Benoit Samuelson. The event is listed with RRCA as any other club would be, so lets all give them a BIG WELCOME.

REGIONAL NEWS

Laura Lapierre of the Greater Lowell Road Runners was the 1997 recipient of the Eastern Region Newsletter Award for the medium size club. Please submit your club's newsletter editor for the 1998 season if you like the newsletter. I have seen several from the Maine Track Club, Central Maine Striders, and

SUB5 Track Club and feel they all should be submitted for consideration. Remember that all clubs should have the State Rep, Regional Director, and National Office on your newsletter mailing list. If you do not have them already, please note the address listed later in this publication.

Freddi Carlip sent me some email on January 15th and mentioned she took a nasty spill on the ice. Hopefully, all is well by now.

Regional Championship requests should be submitted to Freddi approximately six months prior to holding the event. Lets put Maine on the map with a few requests!! Remember, your club is only as strong as it's weakest link, and nothing ventured is nothing gained. RRCA titles and awards bring prestige to a club. *The Yankee Homecoming 10 Miler* held in Newburyport, Ma has had to come up with a new course for 1998 as they are not allowed to cross the I-95 ramps any longer. More info later.

KEEP RUNNING A
SAFE SPORT

Anyone interested in attending the 40th Annual RRCA Convention in Peoria, Illinois on June 18th - 20th please let me know. I would like to see some Maine Representation if possible.

Did you know that nutrition can maximize potential sports performance and total health? Of course you do, or you would not be where you are today. Meals and snacks help runners, walkers, and all fitness enthusiasts gain and maintain personal fitness goals. In combination with training, coaching, ability and commitment, nutritious food promotes success. There is no magic formula, however, healthful food choices enable one to work towards being the best that one can be.

Balanced nutrition can: Provide energy for action, Provide Strength for Power, Provide endurance for long events, Build and repair body tissues, Prevent dehydration, and Promote total Health and prevent disease.

Recommended Nutritional Guidelines show your total caloric intake should be broken down as 60% to 70% Carbohydrates, 10% to 15% Protein, and Less than 25% to 30% Fats. Well balanced daily meals should offer at least 5 servings of fruits and vegetables, 6 servings of bread, cereals, or pasta. Water to the extent of at least 8 cups daily is needed to properly maintain your system.

Daily goals should be to:

1. Eat a variety of wholesome foods.
2. Build meals around high carbohydrate foods.
3. Include protein sources at each meal.
4. Use high fat foods sparingly.
5. Drink water frequently.
6. Eat 3 meals plus 2 to 3 snacks daily. Graze in other words.
7. Think food first for adequate vitamins and minerals.
8. Limit use of alcohol and caffeine.
9. Plan ahead.

RRCA

Programs and Services

Footnotes

*Non-profit status
Tax exempt status*

Personal Fitness Program

*State, Regional and National
Championships*

Visa Card

Gatorade

*Liability Insurance
D & O Insurance
Equipment Insurance*

National Convention

Annual Awards

Race Management Guidelines

Long Distance Service

Alamo and Hertz Discounts

Achilles Track Club

Graphic Jackets

Reebok State Rep Program

Children's Curriculum Guide

Children's Running Booklet

Reebok Guidelines Notebook

Video's:

*"Run Smart-Run Safe"
and
"Children's Running : Fun"*

RRCA Handbook

RRCA CONTACTS

Don Kardong, RRCA President
1610 W. Riverside
Spokane, WA 99201
76033.3624@compuserve.com

Henley Gible, Executive Director
1150 S. Washington St. Suite 250
Alexandria, VA 22314
exedir@rrca.org

Freddi Carlip, Eastern Director
566 Fairfield Road
Lewisburg, Pa. 17837
RunGazette@aol.com

Everett Moulton, Maine State Rep
39 Bonnybank Terrace
South Portland, Me 04106
emoulton@biddeford.com

Maine Track Club
PO Box 8008
Portland, Me 04104
runMTC@juno.com

Central Maine Striders
PO Box 1177
Waterville, Me 04903
cmstride@mint.net

Sub 5 Track Club
PO Box 745
Bucksport, Me 04416
fmerriam@mint.net

Unum Track Club
2211 Congress Street
Portland, Me 04122

5K Sports Road Runners Club
190 US Route #1
Falmouth, Me 04105

Peoples Beach to Beacon 10K
1 Canal Plaza 10th Floor
P.O. Box 7320
Portland, Me. 04112



ROAD RUNNERS CLUB OF AMERICA

Beer or Gatorade After the Race ?

Here's What Happens When You Mix a 6-Pack with a 10K.

By Jennifer Peck

Ahh, the feeling of having completed a good, hard run. Your declining body heat lets you feel a cool breeze. You take off your shoes, giving your feet a wake up akin to York's Peppermint Patty commercial.

You grab a cold beer.

It might sound like an odd mix to some, but for many runners, a post-run beer is a reward they've earned after doing their body good. They're the runners who slow down at the 20-mile mark of marathons when volunteers hand out Dixie cups of beer, or bypass the granola samples after 10Ks and head to the beer garden-even if it is morning. "I always crave a beer after a race," said Evan Dreyer, a San Diego newspaper editor and avid runner. "It just tastes good."

But just how good for the body is drinking alcohol after a run? Some experts say you'd better stick to Gatorade for the first few hours.

Alcohol Can Affect Heart Rate

Dr. George McGlynn, professor and chairman of sports sciences at the University of San Francisco, said it's not wise to drink alcohol for several hours after running. He especially warns not to imbibe immediately after because your body is still in oxygen debt.

Drinking alcohol slows down the rate at which you can pay back the oxygen debt, because alcohol affects the cardiovascular system, which in turn can affect the heart rate, he said.

"If it's three or four hours later, that's okay, but it can be dangerous right after because you're putting a depressant into your body, and affecting the part of your brain that controls heart rate," Dr. McGlynn said.



Beer Worsens Dehydration

Beer has been a popular drink among some athletes because they mistakenly believe that it's an effective beverage for replacing fluids and supplying high energy—a myth widely perpetuated by television beer commercials.

In reality, beer might actually worsen dehydration. Alcohol has a diuretic effect on the kidneys, causing water loss through excessive urination, according to researchers. And while alcohol provides 7 calories per gram of energy, they are "empty" calories because they do not provide immediate glucose energy as carbohydrates (4 calories/gram) do, the researchers said. Why do you think your coach always insisted on you drinking plenty of water after a running event!

Such facts keep good runners away from the beer, no matter how good it may taste. "I've always been tempted to down a beer but have declined mostly because I'm so concerned about getting rehydrated, especially after the longer races," said Theresa Hineline, a San Diego runner. "I sometimes wish, however, that I'd taken the beer offered me at mile 21 in the San Diego Marathon. I keep thinking it would have made those last miles less painful."

Many runners drink that post-race beer, but limit themselves to one or two. After all, you seem to feel a beer a lot more after the heavy exercise than at other times. "Alcohol goes right to your head when you're dehydrated and your stomach is empty," said Craig Miller, a San Diego runner, who recalls college days when he and teammates would go out drinking after meets. "these days, I avoid beer after races," he said. I know I'll feel woozy after two.

DWI and attached Jail Time do not fit into most of our running schedules



ROAD RUNNERS CLUB OF AMERICA

I wish to apologize for such a small newsletter this time and the missing issue last fall. For all of you that know me personally, this probably is quite understandable, but to those who are not so close deserve an explanation.

I received bad news in September 1996 that my sister had been diagnosed with a rare form of leukemia and needed a bone marrow transplant. My entire family as well as many friends, both runners and non runners gladly gave blood samples for testing as a matching donor. A donor was not found in the United States so the search went on until one was located in the country of Norway. A transplant was done in January 1997 and Cherie spent two and a half months in isolation at Brigham and Women's Hospital in Boston, making many long trips inevitable.

In February my Step Dad of twenty five years was diagnosed with inoperable lung cancer further adding to my stress. Many more trips to the Maine Medical Center now had to be added to a busy schedule.

May proved to be tragic as my Mother in Law passed away in Oklahoma City, Oklahoma during a heart operation that was supposed to be very simple.

My sister Cherie did pass away in July of a lung complication, just as the transplant was doing great.

My Uncle died of a heart attack in August, which by now found me not running, writing or doing much of anything except praying. This did not change our hardships as my mother was really weakening by now, making support emotionally for her a must.

My Step Dad was quite bad through October and passed on in November.

By now my wife Donna's father was not doing too well and her 96 year old Grandfather was almost completely bed ridden. Donna's dad was also hospitalized the whole month of December and upon getting out his father passed away in January and after the funeral her dad ended up back in the hospital where is now and should be getting out again this week.

I have had a full plate for over a year now, and have made a promise to myself to get back on track so I can run the Marine Corps Marathon this fall. I plan to make time for myself now as I see how precious life has become. This has taught me many things over the past year, but most of all THE SUPPORT YOU ALL HAVE GIVEN ME WILL NEVER BE FORGOTTEN.

I apologize once again, and thank you all for bearing with me.

Your Friend,