



Maine Track Club

The Maine Track Club Officers and newsletter committee helpers extend their condolences to those members who have not yet renewed their membership for 1984. This will be your last bit of news from these headquarters! Send 12 to our treasurer, Dave Trussell

The next Maine Track Club meeting will be held at the Public Safety Building, March 14th at 7:30 PM. Our guest will be Bart Hersey speaking on "What's in the \$150. Running Shoe?!" His made-to-order training shoes are worn by several members already.

URGENT!!!! Glen Poland needs a wear report on the Contrail, the demo model distributed last month. He interested in the sole (not to be confused with 'soul') wear and tear that may have developed during the slush and snow. Your quick reply guarentees our future participation in these projects. Call Blue Ribbon Sports, Saco - 2845911. Ask for Glen Poland.

UPCOMING RACES

March 11, The Althlete's Foot 5 Miler, SMVTI in South Portland, Sunday, 1 PM start

March 17, Killarnay's 10 K, American Heart Association sponsor. Upper Main Street, Waterville. 1:30 PM

March 18, Kerryman Pub 4 Miler, Marathon Sports directing. Route 1, Saco, 12PM start

March 25, Boston Primer, 5 and 15 Km., Readfield, Maranacook Community School. 11 AM

April 1, 2nd annual Maine Milk Run, Maine Track Club, SMVTI in South Portland. Sunday. Don't forget the symposium on "Nutrition and the Athlete" held Saturday, March 31 from 10 AM to 3 PM. SMVTI

April 8, Webber Hospital Run, 1 and 4 Mile. Biddeford. Starting times are 11 AM and 1 PM.

Our race directors, Dick LaJoie and Dick Manthorne need helpers for the March 11 and April 1 runs.

For real pain, may I suggest the Downeast Half Marathon, March 17th, 11 AM Bangor, Holiday Health and Racquet Club. Register by March 14.

WHO DID WHAT DEPARTMENT:

Midwinter 10 Mile Classic

1. Rock Green 52:56 new record!
4. Dick McFaul, 58:27
8. Bob Coughlin, 61:15
9. Joel Titcomb, 61:26
11. Barry Howgate, 62:47
13. Kim Beauleau, 63:41 first female
15. Tony Owens, 64:06
24. Dave Trussell, 71:02
26. Bob Cushman, 72:35
27. John McGovern, 72:42
42. Brenda Cushman, 101:12
- Teams: MTC 45, Rowdies 54

Many thanks to Bob Payne!

Helpers

Joan Welch, Pam
Twombly, Al Utterstrom,
Donna Roberts,
daughter Jennifer
Rick Strout, Mason
Smith, Art Quint,
Geo Nason, Mark
Cushman, Ken Curtis,
Warren Wilson, Jeff
Pomroy, Bill Davenney,
Marg Soule, Bob
Jolicoeur, Jim McGovern,
Dave Conley, Dick LaJoie

Snofest, Augusta

1. Ken Flanders, 25:51 new course record
20. Kim Beaulieu, 32:14 first female
22. Bob Jolicoeur, 32:25
47. Bob Cushman, 36:02
53. Warren Wilson, 36:54

Kiwanis 5-Miler

2. Brian Flanders, 25:10
9. Harry Nelson, 28:13
14. Greg Dugas, 29:00
30. Harvery Rhodes, 31:42
43. Pat Kein, 33:14
49. Bob Cushman, 33:41
54. Frank Morong, 34:27
64. Bob Caron, 35:26
65. Bun Ross, 35:48
83. Joel Croteau, 38:52
95. Brenda Cushman, 43:23

NEW MEMBER PROFILE: A running family: A common name within the finishers list is Cushman; Brenda, Bob and Mark. Brenda became hooked on running 4 years ago; her male companions two years later. The Cushmans are Mainers- born in South Paris and Lewiston, now living in Westbrook. Mark, age 12, attends Falmouth Jr. High. Bob teaches English to 7th graders; Brenda is a nurse at the Maine Medical Center. Their running mileage varies between 30-40 miles a week. Mark says he doesn't like the cold winter runs so he concentrates on indoor sprints recently achieving a 5.6 seconds 40 yard dash! Bob lists the Cranberry Island and The Breakwater Race as his favorites. Brenda won her age group for the 10 mile Midwinter Classic while Bob set a PR of 72½ minutes. Bob has extended his goals to the marathon - Maine Coast, '84 while Brenda looks toward the half marathon.

MISCELLANEOUS

- * One pair on Nike Contrails have been returned with minimal wear. Anyone with a 10½ size feet call Dick McFaul, 7732723. First Come, first claim!!
- * Bob Caughlin has started his weekend mega-mileage in preparation for the Boston Marathon. Those interested in group runs should call Rapid Robert, 883-9659. Distance will vary from 15 to 23 miles depending on the weather, scenery and conversation.
- * Reports are that Mark Hoffmaster is on the mend and hopefully will be home before long. Rick Strout will be sidelined for a few weeks. He hopes removing the gal stones will lighten the load and improve his times. We may have another member for the 'endangered species' award if we can't keep Rick healthy for the rest of the season.

MEDICAL BRIEFS

Joel Dimsdale et al. recently published results of adrenalin levels during and after exercise. Adrenalin is the bodies chemical that gives us the "butterflies" while waiting for the race to begin. Besides giving us the extra strength during competition, the author warns that adrenalin may have adverse influences on us after strenuous exercise. During the "cool" down phase, adrenalin and its derivatives increased 10 times to that measured during competition. This increase results from a sudden decrease in utilization which allows these chemicals to build to levels that may increase our chance for a cardiac heart rate disturbance. These finding may explain why sudden death occurs most often after, not during, intense exercise. The message to the runner is to gradually decrease your exercise level by jogging a few blocks beyond the finish line. The message to race directors is to design a finishing gate long enough, wide enough and efficient enough to allow the competitors this opportunity. POSTEXERCISE PERIL, Dimsdale et al, J Amer Med Assn, Feb, 1984, Vol 251, No. 5

Running and Fitness News report new data from the Human Performance Lab at Ball State Un., Indiana on marathon recovery. Those runners resting completely four days after the event recovered the muscle capacity faster than those continuing to run daily after the marathon. Although the researchers refrain from any final statement, it does dispell the old theory that the "morning after" workout was essential. I'm all for tempering the no-pain, no gain advocates. Justing getting to the bathroom is difficult enough after 26 miles. Lets rejoice that we can leave the singlet and shoes behind!!