



Maine Track Club

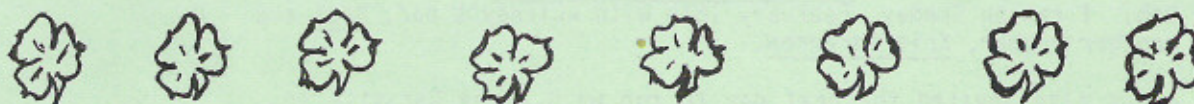
P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

MARCH, 1986 NEWSLETTER

OFFICERS

Jane Dolley	President	846-6018
Phil Pierce	Vice President & Chairman Program Committee	781-3760
Rick Strout	Treasurer	829-3216
Maggie Soule	Secretary	846-3631
Charles Scribner	Race Committee Chairman	772-5781
Ted Cunningham	Chairman Membership Committee	648-9516
Bob Jolicoeur	Chairman, Newsletter Committee	799-4127



! ! ! ! HAPPY ST. PATRICK'S DAY ! ! ! !

ADVANCE PLANNING - UPCOMING MEETINGS

The April meeting is scheduled for April 9, at 7:00 PM, Southern Maine Vocational Technical Institute. Although all details have not been worked out, we are hoping that Joe Cesta, President of the Maine Coast Road Runners and Director of the Maine Coast Marathon will address the MTC on the Maine Coast Marathon and show a brief videotape of the 1985 race. Following this, a panel of MTC members will discuss last year's race.

While there will be no program meeting, our May 14 organizational meeting will deal with all the details of the RRCA Convention which is taking place in Portland May 16-18, 1986.

The June meeting will be a celebration of the conclusion of a very successful National Convention with a spaghetti feed for all MTC members and families. It will be held at SMVTI. Look for additional details in upcoming newsletters.

Phil Pierce is currently organizing and scheduling programs for July, August and September, and though he has many ideas, he would like to hear from members as to what they think would make for good program meetings. Please give him a call with suggestions you might have.



Maine Track Club is a non-profit organization.



JANE'S LIST OF THINGS

My Lord! The word has spread. February's meeting saw the largest attendance in Maine Track Club history. I'd even call it a crowd. Our guestimate is over 100 people! It certainly is a delight to see so many of you enjoying your membership. I noticed that lots of people stayed after the meeting for the social hour. Joan Lavin improvised very well with no table to put the food on.

There was a good, healthy debate, and exchange of ideas and opinions during the discussion about the newsletter. The Board will review the responses and make a decision on the Newsletter's future. Your input was gratefully received. Thank you for taking an interest. I will keep you informed of our progress.

Now, on to my list.

- The Progressive Dinner on February 10 was a huge success. Sandy Wyman did an excellent job planning this social event, and the hosts put on quite a spread for all the hungry guests. Our thanks to the Utterstroms, Thomas' and Peali's who managed to feed and entertain 36 people. (The Dollev's had the easy part - cocktails and hors d'oeuvres.) The timing between courses was perfect; everything went off like clock work; and there was a cracker-jack clean up crew!
- Welcome to two new Maine Track Club members: Jennie Ellen Isgro, born February 4th and Whitney Elizabeth Workman, born February 9th. I ran on Sunday, February 16th with Whitney's dad, Neal and another member, Kris Sorenson.
- I was also invited the next day to run with Kathy Christie in Freeport, with her friends Pam and Sue. It's fun to run with other club members along different routes, but Kathy's house could become a favorite spot of mine. She has a real, California-type hot tub outdoors on her back porch! We luxuriated in 106° water while the skies spit snow in 25° weather. What a life.
- I can't believe how many people have been "felled" by the flu recently. It's put a lot of us healthy runners out of commission: Kim Moody caught it; Carol and Sumner Weeks were hit hard; Barb Coughlin was out for a few days, Ruth and Ray Hefflefinger were suffering; John Gale didn't run a step for 2 weeks; Al and Sandy fought valiantly against it but lost; and even Gordon Chamberlain couldn't escape it! I missed 5 days of work and 7 days of running! Now I want to publicly thank my good friend and surrogate mother, Barb Coughlin, who physically dragged me to the doctor's for medication (and then bought me cookies and ice cream). Thanks for caring.
- My illness was very poorly timed because Ken was unfortunately recuperating from surgery at the same time. Needless to say, he received minimal, substandard nursing care. Some of us were just not cut out for nursing. Where were Kim Moody and Brenda Cushman when Ken needed you?
- Let's wish Peter Bastow and Terry McGovern a speedy recovery as they recuperate from knee surgery.
- Happy belated birthday to John Gale (March 1st). Will Gordon Chamberlain and Barb Footer be celebrating their birthdays together? (March 16 and 17).



Stay healthy please.

Jane

New Memberships in February included:

<u>Name and Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Dennis J. Connelly 99 Commonwealth Dr. Portland, ME 04103	W783-1461 H797-2007	Asst.Gen.Mgr Clark Intl. Corp.	38; Photography, Computers Sponsor:
Marina Denning & Fm. 12A Broad Cove Woods Yarmouth, ME	W865-6311 H846-6069	Real Estate Sales Century 21 Balfour	Sailing, skiing, antiques, pottery, oil painting Sponsor:
Norman & Pattie Locke 79 Falmouth St. Portland, ME 04103	W761-2655 H775-5937	Acct.-Citibank Benefit Spec-UM	N-26; P-22 Running, Hunting, Camping Skiing Sponsor:
Donald R. McGilvery 225 Newell Road Yarmouth, ME	W774-6016 H846-3154	Partner Terrien Archs.	35; Sponsor: C. Scribner
Toni Parise 339 Main St. Saco, Me 04072	H282-7389	Teacher USM	33 Sponsor: R. Strout
Janice Parry RR #2, Box 223G S. Windham, ME 04082	W883-5531 H892-9333	Sales Coord. Yankee Indus. Trucks	Camping, Canoeing, Swimming, Spectator Sports Sponsor: L. White
David C. Reynolds 16 Mussey, No. 108 S. Portland, ME 04106	W775-3126 H767-3903	Manager Bicknell Photo	43
Lloyd M. Smith P. O. Box 944 Houlton, ME 04730	(506) 328- 9521	Student New Brunswick Comm. College	42
Janet O. Tortorella 241 Yarmouth Road Gray, Maine 04039	W773-0924 B657-4663	Office Temp. (will be with Harnden RE in May)	27; horseback riding, sailing, reading Sponsor: C. Scribner
Peter Vachon 130 Bridgton Rd. Westbrook, ME 04092	W775-8189 H797-9453	Engineer Fairchild	29; Sponsor: S. Wyman
James L. Williams 409 Ocean Ave. Portland, ME 04103	H774-8829	Retired	69; Heartliner, Lifeline, Mt. climbing; white water rafting; canoeing; biking; camping; gardening; boating

Our thanks to all the sponsors of these new members for a great effort and we welcome all new members. We hope to see you at the meetings, races, and social events. Please don't forget to involve yourself in the RRCA Convention in May. You'll be glad you did and it's a fast way to meet new people.

CHANGES TO THE MEMBERSHIP ROSTER

Many changes to the membership roster have come in and are listed below in alphabetical order. You might want to keep this with your roster, or actually make the changes thereon. A new roster will be coming out shortly after the end of March if you'd rather wait.

Antoniuc, Robert, New address and telephone number: 70 Mona Road,
Portland, Maine 04103 Tel. Home 878-2766

Bascomb, Cheryl - Telephone Number 773-5687, not 773-5678

Bastow, Peter - New business telephone number, 772-0011

Brennan, Fran - New home telephone number, 729-4522

Cedrone, Ron - Now a family membership; wife Ellen added

Davenny, Bill and Susan - added son, Benji

DeLogu, Orlando - Now resides in Oregon

Deprez, Ron - New home telephone number, 772-4312

Drury, Tim - New home telephone number, 773-0957

Ferland, Frank - Added the whole family - wife Diana and sons Marc & Christopher

Frost, Mike - Address, 323 Main Street, P. O. Box 207, Cumberland, ME 04021

Gale, John - Address, 121 Bay Street Ext., Portland, 04103 (Same phone)

Gibson, Timothy - Not at home phone number listed, 767-5010

Ginn, Rosemary - Not at phone number 797-5154

Hewson, Deborah - Change of Address, RR 1, Box 125, Cape Elizabeth, ME 04107
Telephone Number 767-3152

Mack, Al - Change of Address, 81 Sandpiper II, 309 Blackpoint Road,
Scarborough, ME 04074 Telephone (B) 773-0274 (H) 883-2295

Moody, Kim - New Telephone number 799-8201

Nelson, Harry - Now a family membership - wife Liz, sons Sam & Peter

Stanhope, Don - New address - 351 Butternut Drive, No. Kingstown, RI 02852

Stergiou, Eileen Dunfey - Telephone number 767-5435, not 767-5425

Twombly, Pam - Business phone 854-2584

Woodsum, Steve - Now a family membership - wife Karen, son Christopher and
daughter Rebecca

MEMBERSHIP RENEWALS

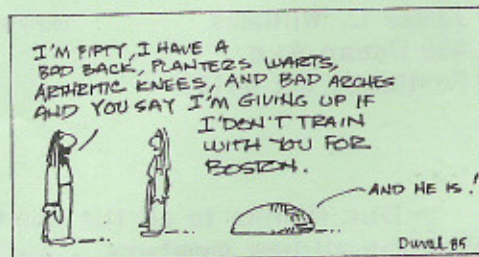
March is your last chance to renew your membership for 1986. Anyone not renewing will be dropped from the Roster to be published in early April and will, of course, no longer receive the Newsletter or progress reports on the Convention. If you are in doubt about your status, please call Jane Dolley.

From the March 7, 1986 Portland Press Herald

Benoit cited for prominence

EMMAUS, Pa. (AP) — Olympic marathon champion Joan Benoit and middle-distance runner Mary Decker Slaney, both of the United States, and marathoner Grete Waitz of Norway have been named as the three most influential women in the sport of running over the past two decades by Runner's World magazine.

The three were cited, in the magazine's March issue devoted to women, for their outstanding performances in distance running on a consistent basis over the years.



Boston Running News

Walking the 1/2 mile home was the best Joan Lavin could do in 1978. "Something is wrong with me. This shouldn't be so hard." This was running telephone pole to telephone pole in a healthy attempt to shed nicotine and pounds. Today, running a 10K in 45:02 is Joan's best. The Maine Track Club voted her a Most Improved Runner for 1985. And, tomorrow, her best will be even better. Why? Joan concentrates on finding the answer to HOW.

Initially, Joan's running routine was consistent, but it lacked something. Running shoes were always in her closet, but Joan would sometimes watch two months waltz by before taking the Tigers out for a run. Frustrating injuries to her knees, her feet and her tibiae seemed unavoidable, as did the required rest for these stress injuries.

In 1984, Joan joined the Maine Track Club. Being around runners and their chit chat has proven to be healthy and beneficial. Jeff Galloway's Book on Running may be a bible, but running companions are the translators. Conversation heightens awareness of it all: from shoes, to strengthening, to speed.

Consequently, Joan is aware of what works best for her. Turntec shoes are her long run choice. After miles and miles, the fit is still like a rigid ski boot, not a sloppy old slipper. Her knees love Turntecs! The Body Shop at USM provides an individualized weight program to strengthen Joan's muscles. Strong muscles share the stress thus reducing bone injuries. Joan plans speedwork at the Expo track. Speedwork - a comfortably-fast pace alternating with a recovering-slow pace - will enhance Joan's 1986 race strategy.

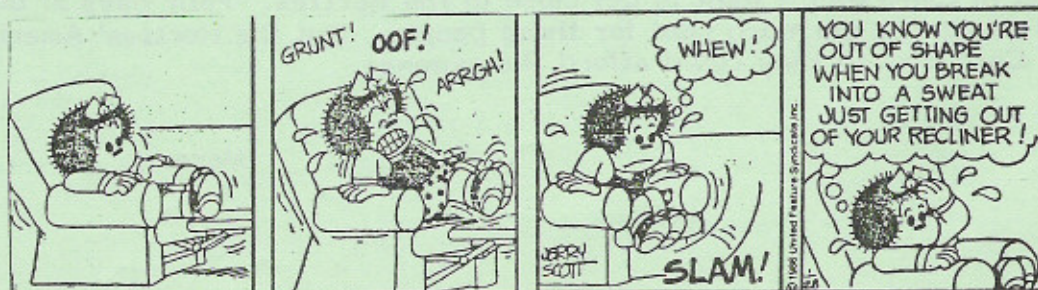
1986 will be more than running, racing, and resting for Joan. Joan volunteered to be the Chairperson for Promotion and Publicity. Increasing the public's awareness of the Maine Track Club is one of her prime goals. She invites the membership to converse with her about media use. Her job is to work with race directors to promote and publicize MTC road races utilizing running magazines, radio, newspapers, and possibly television. She will publicize the monthly membership meeting, reminding the public that they are invited to enjoy the informative programs.

Joan will blend her volunteer time, her running time, and the rest of her life with a "visualizing strategy": remembering past experiences, imagining the hurdles, and running her own races.

By: Carol Mills

Editor's Note: We're grateful to John Lavin (Joan's husband) who can be seen helping at many of our races.

Nancy



The Adventures of Eric and Kathy Hertz

The MTC Newsletter reports on a lot of people running around here and there for X minutes and Y hours. But this time, the news is about bicycling! Around the world!! For almost a year!!! The good news? Taking bicycles on international air flights doesn't cost extra. The bad news? None! Eric and Kathy Hertz confidently report that such an adventure is within the reach of ordinary people who seek to celebrate life by knowing people and places beyond the ordinary. How? Seize the moment! Eric was between graduate school and career; Kathy between careers. Second, know what to enjoy and do it. Both Eric and Kathy liked to bicycle distances - not to race, but to pace. Outdoor, aerobic recreation.

So, the Hertzes liquidated, arranged monetary logistics, grinned good-byes and began to roll. From June 10, 1984 to May 3, 1985, Eric and Kathy travelled 6,000 miles. They flew, they biked, they trekked. To London. The English countryside. The Rhone Valley, crisscrossing between France and Germany, across the Alps in Switzerland. To Italy. The Yugoslavian Coast. Greece. Israel. Across the Sinai Desert to Egypt. Delhi, India. The Kashmir. New Delhi. Katmandu, Nepal. The base camp of Mt. Everest in the Himalayas. Bangkok, Thailand. The Hill Tribe Region of North Thailand (the Golden Triangle region). Indonesia. Melbourne and Tasmania, Australia. New Caledonia. New Zealand. Manila, Philippines. Hong Kong. Macau. Taiwan. Seoul, South Korea. Japan. Hawaii. Home. The modest itinerary of two recreational bikekeys.

The Hertz way to travel is light: 18 speed touring Specialized Edition bikes, basic back-pack equipment and the clothes on their backs. Each carried sleeping bags, ground pads, and four panniers. Eric carried their dome tent. They were careful to bring metric parts, and they were surprised that the tubes and tires were in inches. They replaced MANY tubes, but only four tires. Eric was the mechanic for minor repairs. But a Greek did the major repair: a bent rim. Eric had kept his eyes too long on the scenery behind him instead of too carefully on the road ahead of him. Curses.

Curses. Curses. But remember the words of Tolkien: "Adventures are not all pony-rides in May sunshine." As Eric and Kathy reflect on the "lesser moments," they describe not what they lost, but what they gained: patience, flexibility, perseverance, and goal-orientation. Their adventure offered them breathless visions: the Alps, the Sinai. And laughter: no water, nowhere in the Sinai Desert. Yet Eric and Kathy shared the sand with a man carrying an outboard motor on his back. Destination unknown! And mild anxiety: riding into a curfew in Northwest India. And gourmet dining: roast dog for supper at a roadside stand in Malaysia. And surprise: a serious customs examination in New Zealand, the Miami of the Pacific (drugs). And understanding: the population density of Indian and Japan equal CROWDED!

Eric and Kathy chose to travel by bike because they wanted to be close to the land and the people. Consequently, their accommodations were at times inexpensive. They camped in the dunes of the Sinai and were fed by the Bedouins. They stayed one night at an Egyptian Army outpost. Next, management of a five-star hotel in Cairo didn't want to get close to the Hertzes. Four days of desert dirt and sweat was too much land for those people. But the Hertzes' American Express Card proved they could afford the expense.

More

Eric and Kathy Hertz (Continued)

Replace the track in MTC with travel. And watch for Eric and Kathy Hertz running round their new neighborhood near the Osteopathic Hospital. They are new too: new to Maine and new to the Maine Track Club. They'll love the lobster, and they'll love the laughs: courtesy of the Maine Track Club!

(Thanks to Carol Mills for this interesting focus report.)

MEMBERSHIP SURVEY

By Nancy Stedman

Here are the results from a membership survey which asked "What is one of your favorite races and why?"

Dennis Connelly: "The Casco Bay Marathon, because of the friendship and companionship which develops during the weeks of training, and the feeling of satisfaction and accomplishment when the run is finally completed regardless of your time or placing."

Ken Hutchins: "I will answer from an standpoint of working the races, since I haven't raced in several years. The Cape Challenge would vie for one of the toughest, most challenging, and favorites because of the course and all those water stops."

Caroline Krahn: "The Stouffer's Bedford Glenn High Tech 10K road race in Bedford, Mass. was one of my favorites. It was an excellent race because of the course, the great T-shirts, free food and entertainment. It was a corporate race and I ran for Welch Foods."

Hans Krahn: "The Maine Coast Marathon because it was well organized, very scenic, and had plenty of waterstops. This race was my first marathon and I've run it twice."

James Bonnvie: "The Strohs Race because it is tough and challenging with lots of hills and was very well organized."

Marie Wood: "My favorite race was the five-miler at Camp Ketcha because it was my first five-mile race and my first trophy."

Jennifer Rood: "The Boston Marathon is one of my favorites which I've run four times. I like the race because it is a point-to-point course and I've met a lot of fun people."

Cheryl Bascomb: "My favorite races are run on the track. My favorite road races, regardless of my personal performance, are those in which I have a good time along with others. The Turkey Trot was a good race because the timing was efficient, runners were treated well, and everyone had a good time."

HEALTH REPORT

In the February 14, 1986 issue of the Journal of American Medicine a report appeared on Hyponatremia and Ultramarathon Running. Evidently two ultramarathon runners were hospitalized with hyponatremic encephalopathy after completion of 80 and 200 km of the 1983 American Medical Joggers Association ultramarathon race in Chicago. The two runners consumed such large quantities of free water during the race that apparent water intoxication developed. Both recovered satisfactorily after treatment with intravenous saline. The hyponatremia was caused primarily by increased intake and retention of dilute fluids and contributed to by excessive sweat sodium loss. A possible explanation for the post-race onset of symptoms might be the sudden absorption of fluid in the gastrointestinal tract after exercise ceased, with subsequent further dilution of the plasma sodium. Hyponatremia, which has not been commonly associated with exercise, should be considered as a possible consequence of ultraendurance events. (JAMA 1986;255:772-774) (Copies of the complete report are available from Bob Jolicoeur)

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SURVIVAL OF THE FITTEST?

Ken Dolley had a double hernia attack and operation on February 24, 1986. That wasn't bad enough. . . the same week Jane came down with a severe attack of the flu and even missed the February Newsletter Committee Meeting. Fortunately, everything turned out OK for Ken and Jane and things are somewhat back to near normal.

Word is also that Peter Bastow is recovering from knee surgery. Best of Luck for a complete recovery Pete.

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TAC/USA REGION 1 JR. OLYMPICS

This event, being held on June 28 and 29 at the Portland Expo is being hosted by the Portland Track Club, George Towle, Coordinator. An organizational meeting was held on Monday, February 24, which Charlie Scribner and Sandy Wyman attended to determine how the MTC membership could help with this event. Volunteers are needed in two areas: About May 1, five people would be needed to help out with registration forms and information. On Saturday, June 28 & Sunday, June 29, 12-20 people are needed to help out on event timing and scoring during the meet. In the meantime, Charlie will check on the MTC being a sponsor via a donation of race numbers for the events. If you wish to help out in other areas, call Sandy Wyman at 773-8664, days. She would like a commitment before the April MTC meeting.



SOCIAL COMMITTEE CORNER

Boston Marathon - April 21 - If any member is planning on staying overnight in Boston on Sunday, April 20, and would be interested in opening his/her room up for other members to convene there after the race, please call Sandy Wyman at 773-8664 to make arrangements. We will put an announcement in the April newsletter.

Maine Track Club Progressive Dinner - Saturday, February 15.
A total of 34 members gathered for the club's first attempt at a progressive dinner. Although Bill Green from WCSH-TV called me twice to ask if he could cover the running part of the dinner, nobody attempted to run from house to house!

Jane and Ken Dolley started the evening with cocktails and hors d'oeuvres, then the group headed for Sandy and Al Utterstrom's home for a great home-made minestrone soup (shrimp optional) and tossed salad. A delicious entree of salmon loaf, mixed vegetables, and wild rice pilaf was presented at the home of Jonnie and Widgery Thomas.

The group was right on schedule when we headed for the dessert stop at Mike and Jodi Reali's home. We weren't disappointed. Home-made apple pie, chocolate cake, brownies, cheese cake, and ice cream. Judging from the paucity of leftovers, it was obvious that during the first three courses, the members had budgeted their food intake wisely.

As for the receipts toward the club's computer purchase, I'd say we're half way there, thanks to some prudent planning on our four hosts' part.

Based on the dinner's enthusiastic response, I'm planning a second progressive dinner for November. I need four new hosts for this one, and I'd appreciate any volunteers getting in touch with me (773-8664 days).

* * * * *

MINUTES OF THE MEMBERSHIP MEETING - Wednesday, February 12, 1986

President Jane Dolley opened the proceedings at 7:00 pm by greeting those present and circulating a sheet for new members and guests to sign. She went on to introduce our main speaker, Danforth DeSena, a podiatrist specializing in running-related injuries. "About 75% of you need this advice," she said.

Dr. DeSena presented a clear, concise slide talk, first explaining the normal function of foot pronation and supination and then describing various injuries that occur when a runner pronates or supinates excessively. Many in the audience winced in recognition at the mention of such painfully familiar conditions as Morton's toe, plantar fasciitis, tendonitis and shin splints. Remedies cited included RICE (rest, ice, compression, elevation); orthoses; running with injured leg toward the road shoulder; and, of course, proper stretching and exercising. DeSena then covered other types of disorders such as ilio-tibial band pain, stress fractures, subungual hematoma ("runner's toe"), neuroma (inflamed nerve), bunions, warts and callouses. Most of these conditions are treatable, it seems, which gave us all some hope. A question and answer period followed.

MINUTES (Continued)

As a prelude to the business meeting, the President asked new members and guests to stand and introduce themselves. In an instant people were popping up from their seats like jack-in-the-boxes, far out-pacing your Secretary's nimble pen. A few of the names caught were Lisa Tagariello, David Bedell, Walter Ashley, Ed Cedrello, Dennis Conolly, Alison Coulter, Jean Frankovic, Mary Lou Maisel, Dale Rines, Eric and Kathy Hertz, Tony Parisi, John Madeira, Nancy and Bruce Ellis.

Rick Strout presented the Treasurer's report and asked for feedback regarding the cost of last year's Awards Banquet.

Sandy Utterstom announced she's had two responses so far with the new clothing forms. Barb Footer and Don Penta served as models for the photos that will soon appear in Sandy's clothing notebook, she told us.

The President reminded the Club about the Progressive Dinner scheduled for Saturday, February 15. Twenty-six people have signed up, leaving room for 14 more.

It was also announced that Kim Moody, Barb Coughlin, Don Penta, Herb Strom, Nancy Stedman and Georgiana Hogerty had brought this evening's post-meeting refreshments.

Georgiana Hogerty, who works for Ladd's Tours and Cruises, mentioned that she can arrange transportation to and from this year's Honolulu Marathon. Since it falls on the same date as the Awards Banquet, members may have some trouble deciding which event to attend.

Cheryl Bascomb said she'd be giving a running clinic for both men and women, geared toward the intermediate to advanced runner. There is room for 15 people and the cost is \$35.00. Those interested were invited to talk to Cheryl after the meeting or to call Ruthie Rohde of New Routes.

Charlie Scribner and Jane Dolley have asked the ME Coast Road Runners for help with the RRCA Convention. In return, MTC will assist them with the ME Coast Marathon.

Joan Lavin has been busy publicizing MTC activities in the press, notably in ME Running and Outing. That magazine recently listed several MTC members as the State's top ranking runners; they include Kim Moody, Jim Toulouse, Danny Paul, Wanda Haney, Denise Harlowe and Nancy Ellis.

Members were urged to renew their memberships as soon as possible.

Charlie Scribner thanked all who helped in the recent 10-mile Mid-winter Classic. Participation in that event has increased 100% since last year. He also asked people to collect their marathon trophies left over from the Awards Banquet; he's tired of lugging them around.

A lively discussion about the future of the Newsletter was the topic of the rest of the meeting, which then adjourned at 8:50.

Respectfully submitted.

Maggie Soule, Secretary

CONTRIBUTION RECEIVED

Union Mutual Insurance Company has what is called a Contributor's Program. Basically this program recognizes and supports the volunteer activities of its employees by awarding cash grants to eligible nonprofit organizations, as a match for the volunteer contributions of employees to community organizations. Our president, Jane Dolley, has secured from Union Mutual a charitable contribution in the amount of \$200.00. Details are set forth in the memo from Ms. Amsden to Jane, a photo of which appears below, along with a copy of the check we have received. I am sure all members join me in saying "Thank you, Jane" for your efforts on the Club's behalf.



Unionmutual

The UNUM commitment to excellence™

DATE 3-7-86	TO Jane W. Dolley	FROM <i>Rebecca L. Amsden</i> Rebecca L. Amsden
RE CONTRIBUTIONS TO CONTRIBUTOR'S PROGRAM GRANT REQUEST		

Your request for a Contributions to Contributor's Program grant on behalf of the Maine Track Club has been reviewed according to Program guidelines.

As you know, Unionmutual seeks to recognize and encourage the volunteer commitments of its employees based on the type of service the nonprofit organization provides, the position you hold in the organization and the time you have committed to your volunteer activities.

We believe that your volunteer activities are important, not only for the assistance it provides the Maine Track Club, but also because it contributes to the enhancement of the quality of life in your community. Enclosed is a check for \$200.00 for your presentation to this organization in recognition of your volunteer service.

Unionmutual is proud of its employees who volunteer their services to community organizations and we applaud your commitment and volunteer interest.

RLA/wjl

Enclosure

UNIONMUTUAL CHARITABLE FOUNDATION		2087
March 6, 19 86		\$52-5 112
PAY TO THE ORDER OF	Maine Track Club	\$**200.00**
Two Hundred-----00/100-----		DOLLARS
Maine National Bank <small>We Can Help</small> PORTLAND, MAINE 04104		
FOR		<i>Rebecca L. Amsden</i>
⑈002087⑈ ⑆000005⑆ 005⑈1755 0⑈		



Maine Track Club

Treasurer's Report

Checkbook Balance January 1, 1986 \$ 3,163.54

Receipts:

Membership	\$ 662.00
Refund Banquet	\$ 85.92
Interest	\$ 12.60

Total Receipts	\$ 760.52
	\$ 3,924.06

Disbursements:

*James Bailey - Plaques for Banquet	\$ 163.25
*Coastal Silkscreen Shirts for Banquet	\$ 274.68
*Curry Copy Certificates - Banquet	\$ 16.40
*Dale Rand Printing Membership cards, envelopes Race Fliers	\$ 302.35
*Andy Palmer Speaker - Banquet	\$ 50.00
*Postmaster - postage	\$ 22.00
*R/J Associates - Strohs Expense	\$ 6.93
*Sandy Utterstron Reimbursement Banquet	\$ 21.50
*Dale Rand Printing Poster, Letterheads, Folders	\$ 287.00
*Cape Elizabeth School Dept. Club Fun Run	\$ 42.00
*Road Runners Club of America Annual Dues	\$ 196.50
*Michel's Restaurant Deposit 1986 Banquet	\$ 100.00
*R.K. Strout - Postage	\$ 13.45
*TAC - Dues	\$ 25.00

Total Disbursements:	\$ 1,521.06
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Checkbook Balance January 31, 1986	\$ 2,403.00
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Baxter Blvd. Path	\$ 865.97
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Rick Strout
Rick Strout
Treasurer

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.

Running Your Life Without Ruining It

It is not easy to maintain a balanced lifestyle. Let me provide an operational definition of a "balanced lifestyle." Maintaining balance means taking care of business or functioning well in the world of work - doing what has to be done. It also means taking care of your personal world, your interpersonal relationships, your important and meaningful relationships. And, hopefully, there is time left for that third and seldom identified world - time for you to do your own thing. In my case and maybe yours, this amounts to running, nothing more - nothing less.

But running can become a time-consuming activity which can impinge upon both your work and your personal relationships. The positive benefits of running you have read about, as have I - better health, more energy, new friends. But what about the old friends you are perhaps, in some sense, leaving behind, like your spouse, children or significant others? Running takes time away from other things and some of us allocate a very significant percentage of time to this activity on a daily basis.

Have you ever taken a day off from work simply to take a long (well-deserved) run?

Have you ever missed a family outing, church, or other traditional-for-you social event in order to race?

Do you find yourself scheduling your work and personal activities around running/racing rather than vice versa?

I suppose all of us are guilty of the above, more or less. And when it becomes more rather than less, others may begin to complain, most likely with justification. You may have job obligations, family obligations, or other obligations which should come first, or at least someone else thinks that they should come first. And, there's the rub - the relative importance of running to you is not well understood by the non-runner, your spouse or partner in life.

Complaints may be justified if running means avoidance, obsession, or compulsion. Of course, you would not see it that way, but others, more insightful of your behavior, may begin to "call you" on a few matters.

To make a marriage work takes work, no two ways about it. It does not just happen blissfully, just as a sub-forty minute 10K does not just blissfully happen. (Tell me about it!) A successful marriage requires good communication, good listening skills, a willingness to give, to compromise, and to do things that you might not really want to do if you had your druthers.

So it is with running, you run when it creates the least disruption in your life and others' lives - late at night, early in the morning. The weekends can be rough - family outings and activities versus racing can become a focal point of contention in a marriage. The runner can be seen as selfish, narcissistic, obsessed, egotistical, responding with anger that at least he/she is not in bars, is not

THE RUNNER'S EDGE - Continued

raising hell, is not running around (sic), is not doing something unhealthy or unholy!

You are right you know; it is really hard for a non-runner to criticize his or her spouse on these grounds, which makes it all the more difficult and complicated. Be sensitive to this dilemma and listen. Marriage, running and work can all fit together if you and your partner in life are both reasonable. Running can ruin a marriage, particularly if it is the last straw! On the other hand, running can make a marriage if the time spent in both the running and the marriage is well thought through.

I think about my family and I think about my work a lot while I am running. I work through rather serious problems while I am out on the road, giving as it were several hours to particular subjects that need attention. I do this on my long slow runs which are frequent and in which I take particular pleasure. I have made a lot of good decisions out here on the roads, none of which I look back on and regret. So, on the whole, running has helped me in many ways; in my work and in my marriage. But; I must remember to maintain balance, to listen, to back off, to think, to be fair. Remember who washes your sweat suits, who watches the kids when you race, who gives you the carbos you need when you need them, who worries that you will be hit by a car, who cares about you and who loves you. Just remember, runner, it has got to work both ways.

RECOGNITION DEPARTMENT

Thank you Telephone Team: Karen Johnson, Elizabeth Lunt, Sue Morejon, George Prescott, Joel Russ, Carol Mills, Dorothy Stoddard, Carol Weeks, Sue Young, and Nancy Stedman. The Mid-Winter Classic was well volunteered on February 9, 1986, as shown below.

Our thanks to the over thirty volunteers who helped put on a great race. Your support in this race and the other Club races is much appreciated: Fred Beck, Phil Coffin, Steve Caron, Garrett Clough, Ken Dolley, Sue Davenney, Ben Davenney, Ted Cunningham, Mel Fineberg, Warren Foye, Jim Hogerty, Dave Horne, Tom Kelly, Elizabeth Lunt, John Lavin, Joan Lavin, Dick Scribner, John McGovern, Jodi Reali, Art Quint - who?, Dick Scribner, Dean Stoddard, Jeanette Strickland, Nancy Stedman, Bruce Stedman, Charlie Scribner, Jim Toulouse, Carol Weeks, Sumner Weeks, Joan Welch, and Marie Wood.

Special thanks also to Joan Lavin for advertising and refreshments, and to Nancy and Bruce Stedman for photography.

Ken Hutchins

RACE RESULTS

Some less than arbitrary statistical data:The Class A High School Indoor Track Championships, held at Bates College, 17 February, had at least two MTC participants: Jeff Paul (5th, Shot Put) & Denise Harlow (4th, both

RACE RESULTS Continued

mile and 2 miles).....The Demer's Track Classic, also held at Bates College, 23 February, had at least the following MTC participants: Wanda Haney & Denise Harlow (1500 & 3000 meters, open); Charles Serritella (1500 meters racewalk, masters), & Don Penta (1500 meters, jr. masters). Also - Jim and Georgianna Hogerty came up from Scarborough to cheer us along... Gordon Chamberlain finished the circa 4.8 miles (according to Gordon: "more than five") Fifth Annual Wild Katahdin Trust Snow Run, 8 February, in 30:33, 29th out of 105.

According to Joe Concannon in the Sunday Boston Globe, 23 February, p. 81, Joan Benoit-Samuelson's recovery from her foot surgery last November "has been slower than expected." She is thinking of running "something in the middle of March: a 15 kilometer, 10 miler or half-marathon" in order to determine whether she would possibly consider the B.A.A. which is "partial to". In a very interesting article that I am barely touching on, Joe also says that if Joan decides to run a half-marathon "it would be the New Bedford, Mass." held on the 16th of March, which apparently several M.T.C. members have been considering...

Statistical Querys - If anyone has done any races in obscure locations (e.g. out of state races such as the Gasparilla Distance Classic or the Bermuda Marathon & 10K) between 1 January and 1 March, please inform your loyal and trusty statistician, Don Penta, so that the results can be documented.

Anyone interested in running either the Boston Milk Run (13 April) or the Battlegreen Run 10K (1 June) please come to the March or April membership meetings, or write to the MTC Box number. Perhaps we could get a good club turnout at either or both of these big races.

Don Penta
Club Statistician

MORE RACE RESULTS

SNOFEST ROAD RACE - Augusta

1. Peter Lessard	26:29
2. Chris Bovie	27:28
3. Bill Hine	27:56
4. Randy Hastings	28:28
10. Jerry Allanach	30:00

5 Miles - Feb. 16, 1986 - 65 Finishers

20. Robert Jolicoeur	32:09
31. Phil Pierce	33:51
36. Carlton Mendell	34:27
49. Rich Duncanson	38:32
56. Georgianna Hogerty	41:11

Note: Jan Nadeau was first female behind Rich at 38:36



Can
You
Guess
Who?

MID-WINTER 10 MILE CLASSIC - So. Portland - Feb. 9, 1986 - 144 Finishers

1. Stephen Gruggier	53:02	62. Alan Leathers	1:08:02
2. Danny Paul	53:38	71. Rick Strout	1:09:40
3. Peter Lessard	54:19	72. Cheryl Bascomb	1:20:05
4. Wendall Blood	55:18	73. Phil Pierce	1:10:06
5. Brian Flanders	55:55	74. Joseph Isgro	1:10:07
10. Alan Quinlan	57:43	77. Frank Morong	1:10:34
11. Paul Merrill	57:51	78. Carlton Mendell	1:10:46
16. John Keller	59:44	80. Dave Canarie	1:11:18
18. Bob Coughlin	1:00:00	85. Gordon Chamberlain	1:12:04
22. Jerry Allanach	1:01:27	86. Peter Roper	1:12:20
23. Greg Dugas	1:02:04	90. Jane Dolley	1:12:33
25. Kim Moody (CrsRcd)	1:02:07	94. Joan Lavin	1:12:49
27. Jim Harmon	1:02:48	98. Bob Cushman	1:14:59
31. Vin Skinner	1:03:06	102. Sandy Wyman	1:16:10
32. Dick McFaul	1:03:36	103. Eric Ellis	1:17:26
34. Bob Payne	1:03:52	104. John Gale	1:17:36
41. Ron Cedrone	1:04:25	109. Barbara Coughlin	1:18:08
42. Dick JaJoie	1:04:16	120. Dorothy Stoddard	1:21:51
43. Steve Woodsum	1:04:30	122. Don Penta	1:22:24
44. Al Butler	1:04:40	125. Dave Conley	1:22:35
45. Wanda Haney	1:04:46	126. Russ Bradley	1:22:52
49. Joel Titcomb	1:05:36	128. Bill Davenney	1:24:20
53. Michael Reali	1:06:47	132. Sandy Utterstrom	1:28:16
54. Tony Owens	1:06:48	133. G. Hogerty	1:28:31
58. Bob Jolicoeur	1:07:53	135. James McGovern	1:29:04
		144. Brenda Cushman	1:38:49

Bob Payne ran the Carter's Last Stand 5K Road Race in Oxford on Jan. 5 in 34:48.

Maine Running & Outing carried results of the January Thaw Road Race held in Belgrade on January 12, 1986. Jerry Allanach took 5th Place in the 4.5 mile race in 25:58 and Phil Pierce came in 16th in 30:13. Only 26 people completed the race which was also won by Chris Bovie. Winning time was 24:21. Donna Davis, first women, was 12th overall with a 29:21.

We hear tell Dave Smith had a nice trip to Bermuda in mid January but had a DNF in the Marathon. Watch out for Dave now guys. He'll be looking to make up for this one.

Felicia Worcester finished second in her age category just behind Robin Rappa in a time of 20:41 in the MDI Lions Club Harbor House 5K on February 9, 1986 at Long Pond End (Ellsworth area). 20 Runners competed with Gary Allen winning it in a time of 16:45.

The Central Maine Striders newsletter, The Interval, reports that Randy Hasting completed the Frostbite 5K in Skowhegan on February 22, 1986. 73 finished the race with 69 of them behind Randy. His 4th place time was 17:06. The race was won by Chris Bovie in 16:35. Jan Rau was first women and 26th overall with a 20:49.

UPCOMING RACES

A few more to report this month. The racing season will be picking up steam from now on. Hope everyone is out there getting ready in spite of the recent cold we have experienced. Couldn't believe 11° temp and 30 MPH winds (definitely below zero wind chill) on March 8. Expo outdoor track was clear last week - tried it on Thursday. The only problem was trying to keep my 440's under 6 minute pace; winter fat still hanging on. RJJ.

MAINE

- March 16 - Killarney's 10K - Holiday Inn, Waterville, 1:00 PM.
Contact American Heart Association
- March 16 - Kerryman Pub 4 miler - 12:00 Noon on Route 1 in Saco.
Contact Stoddard Chaplin, 380 West St., Biddeford, Me. 04005
- March 23 - Boston Primer - 15 Miles, 10:00 AM at Maranacook School,
Readfield. Contact Rich Abramson, PO Box 216, Manchester,
Me. 04351 or telephone (207)623-2447.
- March 29 - Lite Beer Maniacs Half-Marathon, 11:00 AM Holiday Health Club
in Bangor. Contact Marathon, P. O. Box 1217, E. Holden, Me 04429
- April 13 - Frank Sabasteanski Memorial 10K, 12 Noon at the Polar Bear on the
Bowdoin Campus. Very fast course. Register day of race starting
at 10:30 AM.
- April 20 - 10K Qualifier for ABC Wide World of Sports Trip to Lake Tahoe, CA.
Contact the Lewiston Recreation Office, Central Avenue, Lewiston,
for details.
- April 21 - Boy's Club - 5 miles in Portland. Contact Dave Paul at 641 Allen Ave.,
Portland, or call weekends (207)797-4242
- May 16 - L. L. Bean/RRCA 5K Fun Race at Holiday Inn, 88 Spring Street,
Portland, 12 Noon for Rally with Joan Benoit Samuelson and the
Mayor of Portland. Race starts at Congress Square. Contact Charlie
Scribner at RRCA Races, P. O. Box 613, Westbrook, ME 04092
- May 18 - Maine Savings Bank/RRCA National Championship 10K, 8:30AM from
Deering Oaks Park. No Race Day Registrations. Contact RRCA
Races, P. O. Box 613, Westbrook, ME 04092 or Call Jane Dolley,
Race Director at (207)846-6018.

OUTSIDE MAINE

- April 13 - MDA Boston Milk Run - 10K at 12 Noon from Emmanuel College, Ave.
Louis Pasteur, Boston. Contact Boston Milk Run, PO Box 139,
Needham, MA 02192 or call (617)277-5154
- April 13 - District of Columbia Marathon - 8:00 AM. Rated as one of the top
100 Marathons in the country by Runner's World Magazine. Contact
Gary Williams, Coordinator, 3149 16th Street, NW, Washington, DC
20010 or call (202)673-6645/46
- April 21 - BAA Boston Marathon. Deadline for Registration was March 9, 1986,
However, you can try (617)435-6905
- April 17 - Big Sur International Marathon - World class footrace along scenic
Highway 1. Contact P. O. Box 222620, Carmel, CA 93922
- May 4 - Munich Marathon - Munich, Germany. Contact Hapag-Lloyd Travel
(America), Inc., Tour Department, 17 Battery Place, Suite 2433,
New York, New York 10004 or telephone (212)785-5552.
- May 4 - Charles River Run - 10 AM. 7 mile scenic loop along the Charles
River from the MDC Rink at Laley Field, Nonantum Road, Brighton.
Contact Charles River Run, c/o GBARC, 1249 Boylston St.,
Boston, MA 02215

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THE MECHANICS OF THE RACEWALKING STRIDE

The best way to learn the racewalking technic is from an experienced racewalker. Athletes might learn the method in one or two days, while others who may not be in good condition may require up to two weeks. As racewalking coaches are hard to find in many areas of the country, the following "step-by-step" system is suggested to interested walkers. People not interested in racewalking, using a modified version at a pace of 3 to 5 miles an hour, would learn to walk more easily, farther and faster, with more health and recreational benefits resulting.

Begin with a distance of about a mile and increase the distance gradually. Taking short strides at first, start out with easy, loose steps, keeping the feet close to the ground and pointed straight ahead close to the midline. Land on the heel and quickly roll the foot to the toes to get ready for the vigorous push-off at the back of the stride. At the same instant that you step forward, swing the hip, pelvis and waist forward in a loose, gliding motion. Carry the upper body in a relaxed, upright position at all times as you look ahead several yards observing the terrain.

The body from the waist up will automatically swing in the opposite direction. Bend the forearms at a comfortable angle from 45 to 90 degrees and maintain that same position. The upper body helps to coordinate and give greater efficiency to the walking stride as the vigorous pumping action of the arms, shoulders and upper back impart an accelerated momentum to both the front and back of the lower body functions - the legs, hips, pelvis and waist.

On the first day concentrate and practice the forward step, which is accompanied by the forceful backward pumping of the shoulder and arm on the same side. The farther back the elbow goes - the farther and easier the forward leg goes.

During the second day concentrate and practice the back of the stride. Twist the hips, pelvis and waist as far back as they will go, then give a strong push-off with the toes, the back of the legs and hips. At the same time pump the arms and shoulders as forcefully and as far as you, pretending you are pulling yourself along on a thick rope.

On the third day concentrate on correlating the front and back of the strides. Count up to about ten for the forward stride and the same for the back. Repeat this process over and over, as it will help to fix the pattern in your mind and body so that the efficient movements will become automatic and harmonious. When you have mastered the rhythmic racewalking stride you may like the idea of abdominal breathing by breathing in for four counts and expelling for another four counts.

more. . . .

Learning the art of the racewalking stride will take two or three weeks of intense concentration and practice. Begin with a short distance of about a mile, which can be increased as desired. At first take short, easy, loose steps, keeping the feet close to the ground with the feet pointed straight ahead. Land on the heel and quickly roll the foot to the toes to get ready for the vigorous push-off. At the same instant that you start the forward step swing the hip, pelvis and waist forward in a loose, gliding motion.

The body from the waist up will automatically swing in the opposite direction. Bend the forearms at a comfortable angle from 45 to 90 degrees and maintain that same position. The upper body helps to coordinate and give greater efficiency to the walking stride as the vigorous pumping action of the shoulders and arms impart an accelerated momentum to both the front and back of the stride.

During the first three days concentrate and practice the forward step, which is accompanied by the forceful pumping of the shoulder and arm on the same side. The farther back the elbow goes the farther and easier the forward leg goes.

The next three days devote your main attention to the back of the stride. Twist the hips, pelvis and waist as far back as they will go, giving a strong push-off with the toes, the back of the legs and the hips. At the same time pump the shoulders and arms forward as forcefully and as far as you can, pretending you are pulling yourself along on a thick rope.

Take a rest on the seventh day. It would be a good time to review all the recommended exercises for strength and flexibility that will complement and improve your stride. On regular walking days a few stretching and warming exercises before the walk will suffice. Then start walking easily to get warmed up. One of the best times to perform the exercises is after walking as the muscles are warmed and in better condition. If time is a problem, the movements can be completed at various times during the day or evening.

During the second week alternate on concentrating on the front of the stride for about ten counts and then on the back of the stride for another ten counts, with appropriate arm and shoulder actions at all times. This will help to coordinate your walking by fixing the pattern in your mind and body so that the efficient movements will become automatic and harmonious.

While completing the third week of practice, kick out the forward leg with a loose fling and lock your knee when the foot hits the ground or soon after. Official racewalking rules specify that the knee of the forward leg must be locked when the leg passes under the body at the middle of the stride and one foot must be in contact with the ground at all times. While health and recreational walkers have no need to be concerned about the rules, they will find that locking the knee of the forward leg on the impact of the foot, or soon after, to be most efficient. Happy, healthy walking to all.

WALKING PACE

2 MILES PER HOUR	-----	30 MIN. PER MILE
3 "" "" ""	-----	20 "" "" ""
4 "" "" ""	-----	15 "" "" ""
5 "" "" ""	-----	12 "" "" ""
6 "" "" ""	-----	10 "" "" ""
7 "" "" ""	-----	8.5 "" "" ""
8 "" "" ""	-----	7.5 "" "" ""
9 "" "" ""	-----	6.6 "" "" ""

WALKING STRIDES

STROLLING	_____	UNDER THREE MILES PER HOUR
REGULAR WALKING	_____	THREE TO FOUR "" "" ""
MODIFIED RACEWALKING	_____	THREE TO FIVE "" "" ""
RACEWALKING	_____	FIVE TO NINE "" "" ""

Note: In the February Master Walker Newsletter comes good news for walkers. Dr. Kenneth Cooper, the famous founder and developer of the aerobic fitness concept, has recently found that walkers covering as little as 15 miles a week at a pace of 4 to 5 miles an hour are assured of cardiovascular fitness. This discounts what other fitness experts have said, as it is below the 70 to 85 per cent of the target range thought to be necessary for fitness.

To get your maximum heart rate subtract your age from 220. The training range is found by multiplying that figure by .60 to .70 per cent. Apparently the 4 to 5 mile an hour walking pace will be in the 60 to 70 per cent range of your maximum heart rate to achieve fitness, when you walk 15 miles per week. For those who prefer to walk at a pace of three miles an hour, longer distances would help.

This month's newsletter published courtesy of

