



Maine Track Club

PASTA POT-LUCK SUPPER

DATE: April 15th, '83

TIME: 6:30 P.M.

PLACE: SPRAGUE-GRANGE HALL
CAPE ELIZABETH, ME.

All MTC members and guests are invited to this pre PORTLAND BOY'S CLUB & BOSTON MARATHON SUPPER. Please call Joan Connors (799-8240) or Betty Worden (799-7615) to let them know how many people are planning to attend and what type of food you will be bringing. (Pasta, salad, or bread). Please bring enough food to cover the members in your party. MTC will provide beverages and cake. It is imperative to call one of the above so that we have enough FOOD. Thus far, 25 people are planning to attend. Call before 4/9/83.

AGENDA: FUN & FILMS- Portland Boy's Club and April Amble '82.

RACES: APRIL 10th-Sunday-WEBBER HOSPITAL- 4 miler- 1 P.M.- Dutch Elm Golf Course, Biddeford.

1 mile Walk/Run-12 Noon- Beginners/Children

April 16th-Saturday-DAPPER DAN'S DELI DASH- 3 miler- Ocean Park- Dick Roberge-
110 Union Ave., Old Orchard Beach, Me.

*APRIL 18th-Monday- PORTLAND BOY'S CLUB- 5 miler-277 Cumberland Ave., Portland, Me.
Dave Paul-Race Director - 12 NOON.

APRIL 23rd-Saturday-APRIL AMBLE- 4 miler-Westbrook College-Contact-Robert Hodgon.

APRIL 30th- Saturday-CHINA CLASSIC- 10:30 A.M.-Fun Run- 11 A.M.-10K -Contact-
Kevin Purcell-Bob 148-So.China, Me. 04358

APRIL 30th-Saturday- MAD WITCH HALF MARATHON- 9 A.M.- Brewer Auditorium.

*MAY 1st- Sunday-BOB RICE MEMORIAL 10K-USM in Portland- Contact-John Keller
722-0069.

*MAY 7th-Saturday-TRIBUTE TO TERRY FOX- 4 miler-10 A.M.- Portland Expo Bldg.-
Contact-Bob Coughlin-38 Kenneth Rd-So.Portland, Me. 04106.

RACE RESULTS: DOWNEAST MAINE MARATHON-March 20th, '83

1. Dave Trussell-3:32:54
2. Jerry Roberts-3:53:42

DOWNEAST HALF MARATHON- MARCH 20th, '83

1. Herb Strom-1:27:18
2. Mike Worden-1:34:29
3. Jane Dolley-1:43:00
4. Mason Smith-1:51:42

MAINE MILK RUN-March 27th, '83 - 5 miler

- | | |
|------------------------|-----------------------------|
| 1. Mike Towle- 29:22 | 11. Marty Donlon-31:32 |
| 2. Dennis Smith-29:32 | 12. Steve Caron-31:52 |
| 3. Marc Welch-29:38 | 13. Melora Coggeshall-32:31 |
| 4. Russ Connors-29:40 | 14. George Nason-32:47 |
| 5. Bob Coughlin-29:54 | 15. Dave Trussell-33:04 |
| 6. Barry Howgate-30:24 | 16. Harvey Rohde-33:33 |
| 7. Bob Quentin-30:30 | 17. Brian Gillespie-33:36 |
| 8. Dick McFaul-30:59 | 18. Rick Strout-33:56 |
| 9. Laurie Munson-31:20 | 19. John Conley-34:42 |
| 10. Herb Strom-31:22 | 20. Arthur Chapman-35:02 |

MTC. NYLON RUNNING SUITS -----\$35.00-Pre-paid-Orders will be taken at PASTA SUPPER.

MAINE MILK RUN-cont.

- | | |
|--------------------------|-------------------------|
| 21. Dave Manthorne-35:47 | 28. Ellie Rohde-41:49 |
| 22. Warren Wilson-36:53 | 29. Pam Twombly-42:34 |
| 23. Dick Manthorne-37:04 | 30. Ken Hutchins-43:06 |
| 24. Jane Dolley-38:05 | 31. Donna Roberts-43:48 |
| 25. Joan Welch-39:09 | 32. Lori Towle-44:02 |
| 26. Barb Footer-39:31 | 33. Art Quint-45:17 |
| 27. Chris Twombly-41:08 | 34. Phil Dube-46:52 |

SHAMROCK MARATHON-VIRGINIA BEACH March 24th'83

Bob Jolicoeur- 3:07:30

Bob is a new MTC member from Cape Elizabeth and the only runner from Maine this year finishing the Virginia Beach Shamrock Marathon. Bob finished 109th out of nearly 1,200 finishers. (Top 10 %) 1,900 were registered but an unexpected break in the clouds and warming trend drove temperatures up to the 70 degree mark, accounting for the large drop-out rate. The course is flat and includes 5 miles of cross-country running and 3 miles on the cement "board-walk" looping past the finish line at 17.6 mi. Winning time-2:19:34-Nick Manchu from Minnesota and first woman finisher, placing 36th overall-Juanita Etheridge-2:51:51.

HELPERS-MAINE MILK RUN

- | | |
|------------------------|-------------------------|
| 1. Dave Conley | 13. John Keller |
| 2. Bob & Barb Coughlin | 14. Bob Payne |
| 3. Ted Cunningham | 15. Jerry Roberts |
| 4. Ken Dolley | 16. Brian St.Pierre |
| 5. Carl Fogg | 17. Jean Thomas |
| 6. Barb Footer | 18. Al/Sandy Utterstrom |
| 7. John Gale | 19. Mike Worden |
| 8. Dick McPaul | 20. Dave Goodwin |
| 9. Jeanne McDonald | 21. Charlie Scribner |
| 10. Greg Dugas | 22. Bob Jolicoeur |
| 11. Frank Knight | 23. Mike Marchetti |
| 12. Laurie Munson | |

THANK YOU's- Many thanks to Barbara Footer for organizing the successful Maine Milk Run and Nutrition Clinic. We also thank all of the helpers and the runners who were registered to run and opted to help instead. It was appreciated. Bob Coughlin and Charlie Scribner deserve a lot of credit for the amount of time they put in to help organize the race.

PAINTER CAPS- Will be on sale at the Pasta Supper and Portland Boy's Club Race.

\$2.00/cap- Proceeds from sales will go toward awards for annual banquet. See John Conley.

NEEDED- HELPERS for the Bob Rice Memorial 10k on May 1st. Call John Keller in the evening-772-0567. Quite a few more helpers needed.

RACE DIRECTORS- Make sure you get your flyers in to Bob Booker at Maine Running in plenty of time for your race. Please print on flyer that results will be published in Maine Running.

BOSTON MARATHON- All MTC runners are welcome for a small get-together, after the race, at Howard Johnson's 57 Park Plaza-200 Stuart St., Boston, Mass. 482-1800

WELCOME- New members- Timothy Gibson, Michael McKenna, and Don Stanhope.

NEXT MEETING- Wed. May 11th-7:30 p.m.-Public Safety Bldg.- Newsletter- May 3rd- 6P.M.



Maine Track Club

NEXT CLUB MEETING: MAY 11th '83-WEDNESDAY-7:30 P.M.-PUBLIC SAFETY BUILDING

- AGENDA:
1. Interval training.(again)
 2. Uniforms -Dick Manthorne.
 3. Social functions.
 4. Equipment purchase-Charlie Scribner.
 5. SPEAKER-DICK BRINK from Cycle-Mania-"Bicycles-Buying & Riding."

- RACES:
- *1. MAY 7th-TERRY FOX-4 miler-Portland Expo-10 A.M.-MTC.
 2. MAY 7th-CAMPBELL SCRAMBLE-4 miler-11 A.M.-Maine Youth Center.
 3. MAY 8th-BIDDEFORD 15 MILER-(MSRC).
 - *4. MAY 15th-WGAN-4 miler-11 A.M.-North Port Plaza-Washington Ave. Portland.
 5. MAY 21st-WAYNFLETE SPRING FLING RUN-4 miler-10 A.M.-360 Spring Street.
 6. MAY 29th-MAINE COAST MARATHON-Kennebunk-Biddeford-(MSRC).
 7. JUNE 3rd-VILLAGE IRISH PUB-3 miles-7:00 P.M.-271 Commercial Street.

MTC *

DOWNEAST SKI CLUB LODGE: The Downeast Ski Club is once again offering their lodge for use by the MTC on June 19th. The lodge is situated at the base of Pleasant Mt. on Moose Pond. There are running trails, canoe rentals, mountain water slides etc. Spend the day with your family and friends. Bring a grill and food for a cook-out. Russ Connors will tell us more at the next meeting.

NYLON RUNNING SUITS: Last chance to order your 100% AISC TIGER running suit. Cost-\$35.00. Complete orders will be taken at the next meeting. Checks should be payable to the MTC with your size written on the back of the check. If you are unable to attend the meeting just send your check to John Conley at 50 Goudy St. So. Portland on or before May 12th '83.

TRAINING RUN: Saturday-May 14th-7:30 A.M.- Meet at the Univ. of N.E. to run the last 20 miles of the Maine Coast Marathon-Dave Trussell, John Conley, Alan Leathers.

RACE RESULTS: APRIL AMBLE-4 miles

- | | |
|----------------------------|--------------------------|
| 1. Jim Babb-20:59 | 7. Steve Woodsum-23:35 |
| 2. Bob Coughlin-21:56 | 8. Merle Hartford- 23:37 |
| 3. Mark Hoffmaster-22:22 | 9. Arnie Clark-23:42 |
| 4. Marjorie Podgajny-22:30 | 10. Larry Barker-23:47 |
| 5. Brian Gillespie-23:09 | 11. Dave Trussell- 24:23 |
| 6. Mike Worden- 23:25 | 12. Frank Morong- 24:45 |
| | 13. Randy Talbot-25.03 |

BOB RICE MEMORIAL 10K

- | | |
|-----------------------------|-------------------------|
| 1. Werner Pobotschnig-34:11 | 6. Bob Jolicoeur-37:54 |
| 2. Jim Babb-34:50 | 7. Barry Howgate-38:17 |
| 3. Gregory Dugas-36:24 | 8. Herb Strom-38:26 |
| 4. Russ Connors- 36:34 | 9. Laurie Munson- 39:17 |
| 5. Arnie Amoroso-37:08 | 10. Harvey Rohde-40:41 |

BOSTON MARATHON

- | | | |
|-------------------------|------------------------------|---------------------------|
| 1. Greg Parlin-2:40:43 | 4. Kim Beaulieu-2:51:15 | 7. Herb Strom-3:13:03 |
| 2. Russ Connors-2:51:02 | 5. Ken Curtis-3:21:58 | 8. Bob Payne-3:16:03 |
| 3. Bob Coughlin-2:56:38 | 6. Melora Coggeshall-3:26:40 | 9. Doug Moreshead-3:36:52 |



Maine Track Club

W G A N Race Help: This is a list of people who have signed up to help out on MAY 15 1983 at North Port Plaze, Washington Ave. The race starts at 11:00 AM. Please try to be there by 10:00 AM. This is a very important race so let all try to help out if you can.

- | | |
|-------------------|-------------------|
| 1. Bob Perkins | 6. Randy Phillips |
| 2. Mike Worden | 7. Al Mack |
| 3. Marion Leschey | 8. John Keller |
| 4. Robert Payne | 9. John Gale |
| 5. Phil Dube | |

RACE RESULTS: PORTLAND BOY'S CLUB - April 18th

- | | |
|-----------------------------|----------------------------|
| 1. Werner Pobotschmig 26:35 | AL Butler 31:49 |
| 2. Jim Babb 27:21 | 13. Rick Strout 32:24 |
| 3. Dennis Smith 27:46 | 14. Harvey Rhode 32:43 |
| Greg Dugan 28:39 | 15. Frank Morong 33:07 |
| 4. Bob Quentin 28:41 | 16. Warren Wilson 33:49 |
| 5. Arnold Amoroso 28:58 | 17. Dave Conley 35:36 |
| Steve Clark 29:22 | 18. Bernard Ross 35:50 |
| 6. Barry Howgate 29:48 | 19. Ray Hefflefinger 36:58 |
| 7. Martin Donlon 30:00 | 20. Al Mack 38:26 |
| 8. Mike Worden 30:25 | 21. Ellie Rohde 38:29 |
| ARNIE CLARK 30:35 | 22. Wilbur Holmes 42:19 |
| 9. Larry Barker 30:58 | |
| 10. Steve Woodsum 31:02 | |
| 11. Frank Knight 31:36 | |

RACE HELPER'S PORTLAND BOY'S CLUB

- | | |
|---------------------|----------------------|
| 1. Charles Scribner | 11. Lloyd Cook |
| 2. Barbara Footer | 12. Chris Kein |
| 3. John Conley | 13. Kevin Kein |
| 4. George Nadeau | 14. Mike Colerick |
| 5. Grace Amoroso | 15. David, Jeff Paul |
| 6. Dick Lajoie | 16. Mike Towle |
| 7. Ken Hutchins | |
| 8. Dick Manthorne | |
| 9. David Manthorne | |
| 10. George Nason | |

RACE HELPER'S: BOB RICE MEMORIAL

- | | |
|---------------------|-----------------------|
| 1. Jamie Gildard | 17. Alan Leathers |
| 2. Bob Coughlin | 18. Bob Handy |
| 3. Jane Dolley | 19. Dick Lajoie |
| 4. Ken Dolley | 20. Mike Marchetti |
| 5. Joan Welch | 21. Bob Perkins |
| 6. Bob Quentin | 22. Melora Coggeshall |
| 7. Laurie Munson | 23. Larry Butler |
| 8. Larry Barker | 24. Charles Scribner |
| 9. Al Mack | 25. Mike Worden |
| 10. Dennis Smith | 26. Marion Leschey |
| 11. Phil Dube | 27. Jerry Roberts |
| 12. Warren Wilson | 28. John Gale |
| 13. Pan Trombly | 29. Ted Cunningham |
| 14. Steve Demers | 30. Dick McFaul |
| 15. Peter Connolly | |
| 16. Wendy Twitchell | |

WELCOME NEW MEMBERS: Al Butler, Mike Schumacher

NEXT CLUB MEETING--JUNE 8th--WEDNESDAY--7:30 P.M.--NEXT NEWSLETTER MEETING--May 31st--TUESDAY--
186 Park Avenue--6:00 P

NEWSLETTER COMMITTEE: Charlie Scribner 772-5781, Marion Leschey 772-0740

Boston

KIM BEAULIEU

2:51:15

With all the ink Joan got following Boston, I'm amazed that no other news agency picked up on the fact that Kim Beaulieu of Standish qualified for the Olympic trials. I was unsure of the exact qualifying time so I started calling around and both Amby Burfoot and Larry Allen have assured me that Kim has in fact qualified for the trial by one second!

Larry said, "We were standing about a hundred yards from the finish line and had the split worked out (So that women could hit the finish line in less than 2:51: when I saw Kim coming. I started screaming, 'Sprint, Kim, sprint!'. She put her head down and flew past people to the finish." When I talked to Roger her husband the other night they were still not sure whether or not she had made it.

According to the National Running Data Center all Kim (or anyone else qualifying for the Olympic Trials) needs to do now is send a copy of her 1984 TAC registration card to the NRDC, PO Box 42888, Tucson, AZ 85733. The race director of Boston (and any other certified, TAC sanctioned race) will submit the names of all qualified athletes (men under 2:19:04 and women under 2:51:16) to the NRDC. The trials race directors, Brent and Laurel James of Olympia, Washington will notify the qualified women. The race directors hope to obtain funds to pay travel and lodging/meals expenses to the top 200 women qualifiers for their race.



Maine Track Club

NEXT CLUB MEETING: June 8th '83-WEDNESDAY-7:30 P.M.-Public Safety Building

FUTURE MEETING: July 13th '83

AGENDA: Discussion Pleasant Mt. Cookout.
Interval Training- Possible panel.

- RACES:
1. June 4th- OFFICER FRIENDLY- 1 and 3 miler-4 P.M.- So.Portland Parks & Recreation Bldg- Bob Coughlin-Director.
 2. June 12th- SPECIAL OLYMPICS- 2 mile-1:00 P.M.- 5 Mile-2:00 P.M.- Maremont Corp, Saco,Me.
 3. June 19th- MAINE-LY LADIES INVITATIONAL- 4 mile-10 A.M.- Old Orchard Beach High School- Jeanne Berthiaume/Denise Coburn.
 4. June 25th- THE DELTA RUN- 4 mile- 8:45 A.M.- SMVTT.
 5. June 25th- RUN FOR THE COOKIES- 10K- 9:30 A.M.- East Loring Park, Maine Rd., Loring AFB- Mike Mendonca- 328-9244.
 6. June 26th- MAINE NATIONAL BANK- 5 mile- 9:30 A.M.- Barb. Hopkins- 775-1000.
 7. June 26th- GREAT KENNEBEC RIVER- Half-Marathon- 8 A.M.- 2 miler- 8:05 A.M. Water St. Augusta, Me. - Russell Martin- 31 Cedar St. Augusta,Me.
 8. July 2nd- 5th ANNUAL GARDINER COMMON- 5 Mile- 8:00 A.M.- Brunswick Ave.- Gardiner,Me.- Greg Nelson.
 - *9. July 4th- L.L. BEAN- 10K (9:30 A.M.)- 2 Mile (8:30 A.M.)- Freeport,ME. Thad Dwyer-865-4761 Ext. 2106.
 10. July 24th- YMCA Triathalon- 2K Swim-40K Bike-15K Run-10 A.M.- Pre-Registration only.

RACE CANCELLATIONS: June- Bethel Inn Weekend July- Half-Marathon.

RACE RESULTS: CAMPBELL SCRAMBLE 4 mile

1. Mike Towle-22:58
2. Frank Morong-26:54
3. Dave Conley-27:47

WAYNFLETE SCHOOL 4 mile

- | | |
|-----------------------|----------------------------|
| 1. Bob Coughlin-22:24 | 3. Bob Handy-30:44 |
| 2. Bob Payne- 23:44 | 4. Cathy Silverbrand-37:58 |

BIDDEFORD 15 mile

- | | |
|--------------------------|----------------------------|
| 1. Bob Coughlin-1:30:41 | 7. Herb Strom-1:38:18 |
| 2. Joel Titcomb- 1:34:39 | 8. Marty Donlon- 1:41:28 |
| 3. Russ Connors-1:35:17 | 9. Harvey Rohde- 1:44:24 |
| 4. Bob Jolicoeur-1:36:01 | 10. Frank Morong- 1:46:29 |
| 5. Arnie Amoroso-1:36:27 | 11. Jane Dolley-1:56:45 |
| 6. Arnie Clark- 1:36:43 | 12. Barb Coughlin- 1:56:59 |

SOUTH WESTERN BOYS

Second

- | | |
|--|-----------------------------------|
| 1. 800 Meter- Chris Kein-First- Course Record- 1:59:05 | 3. 1600 Meter-Chris Kein- 4:23:02 |
| 2. 800 Meter- Steve Demers-PR- 2:08 | 4. 3200 Meter-Marc Welch-10:12:5 |

Fifth

TRIPLE C GIRLS

1. 3200 Meter-Lisa Wakem- 11:08:3- Record
2. 1600 Meter- Lisa Wakem-5:13

MAINE COAST MARATHON

- | | |
|----------------------------|-----------------------------|
| 1. Greg Parlin-2:35:44 | 12. Dennis Smith-3:18:02 |
| 2. Bob Coughlin- 2:44:46 | 13. John Conley-3:20:37 |
| 3. Greg Dugas- 2:49:39 | 14. Dave Trussell-3:20:42 |
| 4. Kim Beaulieu-2:50:07 | 15. Barb Coughlin-3:28:35 |
| 5. Bob Payne- 2:55:11 | 16. Jane Dolley- 3:33:44 |
| 6. Steve Caron-3:01:06 | 17. Joan Welch- 3:45:20 |
| 7. Marty Donlon-3:07:01 | 18. Dick Manthorne- 3:45:49 |
| 8. Tony Owens- 3:09:30 | 19. Al Mack- 3:51:58 |
| 9. Harvey Rohde-3:11:54 | 20. Bernard Ross-4:02:46 |
| 10. Alan Leathers- 3:16:49 | |
| 11. Mike Worden-3:16:49 | |

Race Results from Evening Express- Please call newsletter committee if your name has been omitted.

TERRY FOX HELPERS:

- | | |
|------------------------|-------------------|
| 1. Marty Donlon | 6. Ted Cunningham |
| 2. Marion Leschey | 7. Rick Strout |
| 3. Barb & Bob Coughlin | 8. Al Mack |
| 4. Ken & Jane Dolley | |
| 5. Charlie Scribner | |

THANKS: To all of the WGAN helpers.

EVENING RACE: June 17th-Friday-10K- Brunswick Tennis & Racquetball Club-100 Harpswell Rd. 7pm. Brunswick, Me. Catered by the ROWDIES. If you don't mind being alone, after dark, with this group. It should be an intersting change. Of course, some partying will take place later or it would not be a ROWDY AFFAIR. Gary Cochrane 725-8413
Bill Gayton-729-3817

TRIATHALON: Barb Coughlin, Jane Dolley, and Merle Hartford are preparing for the July individual event. We wish them well.(Isn't there enough pain in the marathon?)

MASTER TEAM: Bob C. is looking for a biker and swimmer to compete in future triathalons as a team. Also, if any other club members want a team, you can call Bob C. and leave your name and the race or sport you wish to participate in.

OFFICER FRIENDLY RUN HELP: Please call Bob C.-773-0807 if you can help on June 4th. Helpers should be at the So.Port. Parks & Rec. Bldg. at 4:00 P.M.

L.L.BEAN 10K Help: Many more helpers are needed.

NYLON RUNNING SUITS: For those who have ordered these suits, they should be arriving sometime in the middle of June.

WGAN RACE RESULTS: 4 mile

- | | | |
|------------------------------|-----------------------------|-----------------------------|
| 1. Werner Pobatschnig- 20:45 | 8. Merle Hartford-24:14 | 15. Lori Ann Towle-30:00 |
| 2. Jim Babb-21:53 | 9. Dick LaJoie-25:51 | 16. Ken Hutchins-32:02 |
| 3. Greg Dugas- 23:08 | 10. Burt Wolf- 28:27 | 17. Pam Twombly-32:11 |
| 4. Brian Gillespie- 23:24 | 11. Katti Towle- 28:34 | 18. Art Quint-32:41 |
| 5. Barry Howgate- 23:39 | 12. Ralph Towle-28:35 | 19. Cathy Silverbrand-38:24 |
| 6. Mike Towle-23:58 | 13. Wendy Twitchell-29:38 | |
| 7. Ken Curtis-24:00 | 14. Ray Hefflefinger- 29:39 | |

NEXT NEWSLETTER MEETING- July 5th Tuesday-6:00 P.M.- 186 Park Ave.

NEWSLETTER COMMITTEE: Charlie Scribner, Bob & Barb Coughlin, Russ Connors, Herb Strom,
Jeanne & Don, Marion Leschey



Maine Track Club

NEXT CLUB MEETING: JULY 13th '83-WEDNESDAY-7:30P.M.-PUBLIC SAFETY BUILDING

Future Meeting: August 10th '83

- AGENDA: 1. Surf and Turf Challenge.
2. Donation to Junior Olympics.
3. Heat Related Injuries.

- RACES: 1. JULY 23rd- DEERING OAKS FAMILY FESTIVAL-5 mile-9:00A.M.-Deering Oaks Park-Hannaford Bros. (see flyer)
2. JULY 23rd- CAPE DAY'S RACE- 2 1/4 miles-10:00A.M.- Fort Williams Park- Race Director: Russ Connors. (see flyer)
*3. JULY 31st-SUN. -CHILDREN'S FUN RUN- 1 mile & 3 mile-9:30A.M. 1104 Forest Ave.-Dr. Lloyd Wolf-MTC
4. JULY 31st-Sun.- MAINE EVENT TRIATHLON-Running, canoeing, & biking- (10K, 6mi., & 27mi.)- Gardiner Jr. High School-10:00A.M.-
WRITE To: Maine Event c/o Me. Road Ramblers-p.o.Box 264, Augusta, Me.

RACE RESULTS: ROWDY RUMBLE 10K

- | | |
|-----------------------------|------------------------|
| 1. Werner Pobatschnig-32:07 | 4. Kim Beaulieu-37:13 |
| 2. Joel Titcomb- 34:59 | 5. Wes Rothermal-39:22 |
| 3. Bob Coughlin-35:15 | 6. Barb Coughlin-43:44 |

DOC'S TAVERN 3 miler

- | | |
|------------------------|-----------------------|
| 1. Jim Kein-17:42 | 3. Ken Hutchins-22:33 |
| 2. Warren Wilson-20:01 | 4. Art Quint-25:28 |

L.L.BEAN 2 miler

- | | |
|-------------------|--------------------|
| 1. Jim Kein-11:34 | 2. Pat Kein- 13:45 |
|-------------------|--------------------|

L.L.BEAN 10K

- | | |
|--------------------------|------------------------|
| 1. Hank Pfeifle-30:25 | 5. Dick McFaul-38:38 |
| 2. Steve Podgajny- 32:57 | 6. Laurie Munson-39:06 |
| 3. Bob Quentin-37:45 | 7. Al Mack-51:29 |
| 4. Kim Beaulieu-38:08 | 8. Jean Thomas-51:30 |

BRIDGTON 4 Miler

- | | |
|-----------------------|-----------------------|
| 1. John Keller-20:48 | 3. Russ Connors-22:52 |
| 2. Dennis Smith-22:38 | 4. Bob Payne-24:08 |

OLYMPIA 5.2 miler

- | | |
|-------------------------|----------------------------|
| 1. Barry Howgate-31:17 | 3. Arnold Frechette- 40:01 |
| 2. David Paul Jr.-38:05 | |

MT. WASHINGTON RACE 7 miles

- | | |
|----------------------|-----------------------|
| 1. Bob Coughlin-1:26 | 3. John Gale- 1:49 |
| 2. Herb Strom- 1:40 | 4. Barb Coughlin-1:58 |

Times unknown: Harvey Rohde, Larry Barker, Frank Knight, Bob Payne- Club Team position not posted- VERY HOT DAY

ROTTERDAM MARATHON- Jean Thomas- 3:36

MAINE NATIONAL BANK 5 miler

- | | |
|------------------------------|-----------------------------|
| 1. Werner Pobatschnig- 25:24 | 19. Dick Manthorne- 34:20 |
| 2. John Keller- 25:36 | 20. Dave Conley- 34:21 |
| 3. Bob Quentin- 27:18 | 21. Bert Wolf- 34:27 |
| 4. Bob Coughlin- 27:53 | 22. Barb Coughlin- 34:30 |
| 5. Greg Dugas- 27:55 | 23. Warren Wilson- 34:41 |
| 6. Russ Connors- 28:14 | 24. John Gale- 35:01 |
| 7. Barry Howgate- 28:38 | 25. Dave Goodwin- 37:16 |
| 8. Bob Jolicoeur- 29:09 | 26. Jean Thomas- 38:35 |
| 9. Bob Payne- 29:23 | 27. Ellie Rohde- 38:41 |
| 10. Herb Strom- 29:36 | 28. Al Mack- 39:02 |
| 11. Laurie Minson- 30:01 | 29. Sandy Utterstrom- 40:34 |
| 12. Virginia Connors- 30:40 | 30. Ken Hutchins- 40:59 |
| 13. George Nason- 31:11 | 31. Sandra Phillips- 42:16 |
| 14. Scott Strout- 31:28 | 32. Brian St. Pierre- 42:24 |
| 15. John Conley- 32:45 | 33. Art Quint- 43:30 |
| 16. Dave Trussell- 33:16 | 34. Charles Scribner- 45:28 |
| 17. Rick Strout- 33:16 | |
| 18. Harvey Rohde- 33:51 | |

WESTERN MAINE REGIONAL TRACK CHAMPIONSHIPS

- CLASS A BOYS- 1600 M-2nd-Chris Kein 4:41:5
800 M-4th-Chris Kein 2:03:6
CLASS B GIRLS 1600M- 3rd-Lisa Wakem 5:29:9
3200M-1st- Virginia Connors 11:46:3

CLASS A TRACK CHAMPIONSHIPS- BOYS FINALS

- 800M-1st-Chris Kein 1:57:6
1600M-1st-Chris Kein 4:20:9

CLASS B TRACK CHAMPIONSHIPS-GIRLS

- 1600M-3rd-Lisa Wakem 5:16:0
3200M-1st-Virginia Connors 11:09:3
2nd-Lisa Wakem 11:33:3

BATH HERITAGE 5 miler

1. Barb Coughlin-1st Master-33:45 3. Bob Coughlin-1st Master- 27:32
2. Jane Dolley-1st-30-39 - 33:15

CORPORATE Run 10K

- 1st Master Team- Frank Brume & Russ Connors

DELTA RUN 4 miler- Hank Pfeifle & Laurie Munson- Winners of the trip to the NIKE Marathon- Oregon

LAKE WARAMAUG 50 miler- Kim Beaulieu- second straight win

BATH TRIATHALON- 1 mi. swim, 15 mi. bike, 10K run

- | | |
|-------------------------|------------------------|
| 1. Bob Coughlin- 1:47 | 3. Barb Coughlin- 2:06 |
| 2. Merle Hartford- 1:54 | 4. Jane Dolley- 2:14 |

By position Jane was 74th, Barb 62nd, Bob 13th, and Merle (sorry) All received awards.

THANK YOU: MTC Pleasant Mt. Trip was a huge success due to the efforts of Russ Connors. A thank you note was sent by Barry Howgate to the Downeast Ski Club and also Ken Miller for the use of his beach facilities.

CONGRATULATIONS: Mason Smith on becoming a Golden Master.

RUNNING SUITS: Pick up at the next meeting.

BUYING A BIKE: See John Conley at the meeting if interested.

L.L.BEAN HELPERS: John Gale, Charlie Scribner, Rick Strout, Frank Knight



Maine Track Club

THE ARMFUL

For every parcel I stoop down to seize
I lose some other off my arms and knees
And the whole pile is slipping, bottles, buns,
Extremes too hard to comprehend at once,
Yet nothing I should care to leave behind.
With all I have to hold with, hand and mind
And heart, if need be, I will do my best
To keep their building balanced at my breast.
I crouch down to prevent them as they fall;
Then sit down in the middle of them all.
I had to drop the armful in the road
And try to stack them in a better load.

Robert Frost
from "West-Running Brook"

As we again approach the cool autumn, our thoughts must again focus on year-end activities and the '84 racing calendar. We are told by the New England poet that we must reassemble our thoughts, ideas, beliefs and goals periodically to make a "better load." What Frost was describing for each individual can be applied to the Maine Track Club.

Over the next few meetings we will evaluate the racing schedule, elect officers, form committees and plan the club banquet. We are a large running club with many opinions. We need those opinions to restack the armful! The decisions we make by consensus; sometimes different than previously "stacked boxes" but always by the members who prepare and participate in the club activities. We need your presence if we are to "stack...a better load" for 1984.

Dick
Dick McFaul

INVITATION FROM THE JOLICOEUR'S: Bob & Pris Jolicoeur are inviting all Club Members running the Casco Bay Marathon to join them for refreshments after the race on October 16th at their home at Beacon Lane, Two Lights, Cape Elizabeth. Festivities will begin at approximately 1:00P.M. Spouses & guests also welcome. House was built by Roger Beaulieu (Kim's husband) who will be there to explain details to anyone interested.

Charlie

next newsletter meeting Oct. 4th 6PM Tues at 116 Park Ave.

A.T.C.



Treaty of Paris 1783

US Bicentennial 20 cents

le Charlie Scribner
e 172 Bradley St.
Portland, Me.

Charlie, I want to thank you for your comments and contributions to the newsletter these past few years. I appreciate your support and consistent attendance at the meetings. M



Maine Track Club

NEXT MEETING: November 9th, '83-Wednesday-7:30P.M.-Public Safety Building

- AGENDA:
1. Election of officers.
 2. Committee assignments.
 3. Discuss 1984 Race Schedule.
 4. Banquet plans.
 5. Discussion-Nighttime Running.

- RACES:
1. NOVEMBER 6th-WISCASSET VETERANS MEMORIAL-4.4 miler-1P.M.-Wiscasset Recreation Dept- Start & finish at Wiscasset High School- Also, 1 mile Cross Country Run for Younsters (ages 12 & under)-12:30P.M.
 2. NOVEMBER 6th-SUNDAY- 5th ANNUAL PALMOUTH LIONS-5.3 miler-11A.M.- Falmouth High School- Gerald Caruso, 18 Kelley Rd., Falmouth, Me.-781-5249.
 3. NOVEMBER 6th-SUNDAY- PUMPKIN RUN-4 miles-10A.M.-McAuley High School- Mary Wellehan-772-0520.
 4. NOVEMBER 11th-FRIDAY-4th ANNUAL VETERAN'S DAY-HALF-MARATHON-10A.M.- Hodgkins School, Malta St. Augusta, Me.- Also, 5K-10:15A.M.-Contact- American Heart Assoc. Affl., 20 Winter St. P.O. Box 346, Augusta, Me.
 5. NOVEMBER 13th-SUNDAY- ELEPHANT RUN-5 miler-1:00P.M.-S.M.V.T.I.-So. Portland-Contact-Russ Connors, 31 Vernon Rd. Cape Elizabeth, Me.-799-8240.
 6. NOVEMBER 13th-SUNDAY-5th ANNUAL SEMPER FIVE-12 Noon-Marine Corps Training Center, Naval Air Station Annex, Topsham, Me.
 7. NOVEMBER 13th-SUNDAY-AMERICAN PHYSICAL THERAPY ASSOCIATION-10K-9A.M., Report to WJBQ van in Deering Oaks Park-WJBQ, 583 Warren Ave, Portland, Me.
 8. NOVEMBER 13th-SUNDAY-ROWDY ULTRA-50 miler-7A.M.-Sargent Gym-Bowdoin College- Contact-Gary Cochrane, 30 Cumberland St., Brunswick, Me. 04011.
 - * 9. NOVEMBER 20th-SUNDAY-TURKEY TROT-1P.M.-Cape Elizabeth High School- Contact-Werner Pobatschnig, 94 Blanchard Rd., Cumberland Center, Me. 04021.
 10. NOVEMBER 26th-SATURDAY-THANKSGIVING HOLIDAY CLASSIC-4 miler-11A.M.- Portland Exposition Building-Contact-Ken Flanders, 25 Kittredge Rd., So. Portland, Me. 04106.

RACE RESULTS: CASCO BAY MARATHON

- | | | |
|----------------------------|----------------------------|-------------------------------|
| 1. Greg Parlin-2:35:08 | 13. Steve Baron-3:06:21 | 26. Art Chapman-3:30:24 |
| 2. Harry Nelson-2:38:23 | 14. Merle Hartford-3:06:37 | 27. Rick Strout-3:32:39 |
| 3. John Keller-2:40:03 | 15. Scott Strout-3:08:47 | 28. Al Mack-3:37:10 |
| 4. Bob Coughlin-2:45:57 | 16. Ken Curtis-3:15:04 | 29. Dick Manthorne-3:42:16 |
| 5. Greg Dugas-2:48:19 | 17. Don Stanhope-3:15:50 | 30. Phil Dube-3:44:30 |
| 6. Russ Connors-2:52:02 | 18. Al Butler-3:17:31 | 31. Lloyd Cook-3:44:50 |
| 7. Stephen Woodsum-2:54:39 | 19. John McGovern-3:18:58 | 32. Jean Thomas-3:44:51 |
| 8. Mike Towle-2:54:55 | 20. Larry Barker-3:20:39 | 33. Stephen Strout-3:46:55 |
| 9. Bob Jolicoeur-2:57:02 | 21. Harvey Rohde-3:23:16 | 34. Ray Hefflefinger-3:57:02 |
| 10. Randy Talbot-2:58:40 | 22. John Conley-3:23:37 | 35. James McGovern-4:04:15 |
| 11. Bob Payne-2:58:49 | 23. Dave Trussell-3:24:22 | 36. Sandra Utterstrom-4:13:37 |
| 12. Barry Howgate-3:05:37 | 24. Warren Wilson-3:28:18 | 37. Brian St. Pierre-4:37:47 |
| | 25. Frank Knight-3:29:33 | 38. Al Utterstrom-4:39:19 |

NEW YORK CITY MARATHON-Marjorie Adams-3:20.

COLUMBUS DAY-6 Miler-Bob Coughlin-35:19.

VILLAGE CAFE HALLOWEEN CLASSIC-3.0 Miles

1. Warren Wilson-20:14	4. Pam Twombly-24:20
2. Lloyd Cook-20:21	5. Joyce Cook-28:51
3. Lauri Towle-21:57	6. Pete Howell-34:05

BONNE BELL-1OK-Boston- Jerie Bugbee-43:21 Marion Leschey-48:30

NATIONAL AMERICAN JOGGERS ASSOC.-50 Miler- KIM BEAULIEU-6:30-FEMALE WINNER- Won a trip to the GREAT WESTERN 100 miler.

HIGH SCHOOL NEWS- JEFF POMROY- Paced the Cape Elizabeth Cross Country Team to Championships in the Triple C and Regionals held at Riverside. Congratulations on an excellent year.

LISA WAKEM-Scarboro- Overall girls Class B Champion-Cross Country.

SARAH CONNORS-Top runner for the Cape Elizabeth Cross Country team.

CHRIS & KEVIN KEIN-Good showing in the Class A Championship.

DAVID ROHDE-Lovell- Outstanding Cross Country season.

GRAMMAR SCHOOL-DAVE MANTHORNE-Winner of the Lyman Moore Invitational.

COLLEGE- VIRGINIA CONNORS-Freshman on the Boston College team which won the Big East and N.E. Championships held in Mass.

HELPERS NEEDED- Turkey Trot-11/20/83- Call Werner Pobatschnig- 829-5815.
Falmouth Lions-11/6/83- Call Charlie.

WELCOME NEW MEMBERS- John Eldredge, Margaret Soule, John McGovern, James McGovern, Harry Nelson, Mike Reali, and Tammy Carter.

P.R.'S- Rick Strout-40:38-Great Pumpkin-10K Casco Bay-3:32:39
Scott Strout- Casco Bay Marathon-3:08:47

FEBRUARY TRIATHALON- Pleasant Mt.- Down-hill skiing, Cross X skiing, and Snow-shoeing.
More in the future about this winter event. Start thinking about it.

REMINDER- for those who might not have received the notice about the MTC Annual Banquet.

PLACE: Verrillo's Red Coach Grill
155 Riverside Street
Portland, Maine

TIME:	Sunday, December 4th	
	Social Hour (Cash bar)	5:30 to 6:30
	Dinner	6:30 to 7:30
	Awards and Speaker (Maine Humorist - Rev. Gunn)	7:30 to 9:00

PRICE: \$7.00 per person (The actual cost per person is \$9.00 with the club picking up \$2.00) (Checks payable to the Maine Track Club)

MEAL: Choice of Baked Haddock or Braised Tenderloin Tips

Please fill in the information below and return along with your money to:

Barry Howgate
7 Coach Road
South Portland, Maine 04106

NAMES OF PERSONS ATTENDING-Tel.#-Dinner
Choice

MUST BE RECEIVED BY NOVEMBER 25th

SEND YOUR SUBSCRIPTION IN TO MAINE'S ONLY MAGAZINE ON RUNNING-Feature articles, Race results
Club news, etc.

Name: _____

Address: _____

Zip _____

Make checks payable to

MAINE Running

Discount to:

Me. track club members - 12.50/year



Send to:

Bob Booker
E. Holden, Maine

Runners Make Lousy Lovers (Puff, Puff)

By COLMAN MCCARTHY

Within a few weeks as many as 30,000 of the fit and the restless will have run marathons; the televised New York Marathon, with an expected 15,000 runners, comes on Sunday, one week before Chicago's race and Washington's.

These 30,000 will have given their cardiopulmonary best to be faithful to Emerson's advice on how to inch nearer to wisdom: "First be a good animal." From what I've noticed in the recent races I've run in, from 26.2-mile marathons to neighborhood five-milers, more and more animals see the running season as the mating season.

The weekend 10-kilometer is the new singles bar. If you're looking for fast women or for men who know how to get around, the territory between the starting line and finish line is now known as the meet market. What was once the loneliness of the long-distance runner is now the friendliness.

In the singles bar of the past, men and women approached each other by offering to buy the drinks. In the new, the rites of acquaintance begin by offering a gob of Vaseline to prevent heel blisters. When the man preens, "I run around a lot," he's about to tell of his split times at the high-school track where he does his speed work. When she talks of wearing something new and pink, she's describing her \$100 running shoes. When they ask each other what's their idea of a good time, he says "under 3:30 for the marathon" and she says "45 flat for the 10-K."

The socialization of running reached full stride this fall when Foot Locker, a national chain of athletic footwear stores, began sponsoring partner races. For the men and women who run so much that the only new people they have time to meet are podiatrists and chiropractors, Foot Locker puts the names into a computer and, like dating-service printouts, leaves the rest to love.

The wind would appear to be at everyone's back, except that running into romance can cause emotional shinsplints that no amount of stretching exercises can cure.

Last year The Runner magazine took a survey to learn "the facts of life and sport." In answer to the question, "If forced to choose between running and sex, which would you give up?" 23% of the men and 38% of the women said sex.

With celibacy thus established, another question was asked, "Do you spend more time thinking about running or sex?" Forty-seven percent said running. When asked, "Do you ever think about running while having sex?" 29% said yes, with 31% of those saying that such thoughts were "inhibiting."

Instead of getting cardiologists to speak at the pre-race health clinics, race sponsors should bring in Masters and Johnson. Can it be that sexual dysfunction among runners is as grave a threat as coronaries? Non-runners who keep saying that they never see runners smile now have their answer. The joy of sex has vanished. It isn't the pulled hamstring or what runners call a biomechanically deficient tibia (bum knee) that contorts faces into finish-line grimaces.

The sex drive is only one loss. The Runner examined other priorities. "Which of the following would make you happiest: winning the Boston Marathon, peace in the Middle East, single-digit inflation, peace in Northern Ireland, passage of the equal-rights amendment, peace in your bedroom?" Forty-six percent chose the Boston Marathon. Peace in the Middle East won 12%, peace in Northern Ireland 2%, lowered inflation 16% and passage of the ERA 3%. Sixteen percent went with peace in the bedroom.

We know where runners' legs are, but the survey raises the question of where their heads are. Dr. George Sheehan, a runner-writer, says that many of the breed have "withdrawn from society. We have been putting running ahead of everything else, including family and job." Sheehan, who pushes the self-development and personal-growth line, thinks that the sport can be the way to "reach beyond ourselves and become more complete persons."

For the 30,000 complete or incomplete who will soon have gone the distance in the New York, Chicago or Washington marathon, recuperation from the race needs to involve recovering some balance. When the sport comes ahead of family, work and sex, it isn't running anymore. It's running out.

Colman McCarthy is a syndicated columnist in Washington.

TURKEY TROT

5.8 MILES

15TH ANNUAL



DATE: SUNDAY, NOVEMBER 20, 1983

TIME: ONE O'CLOCK SHARP

PLACE: CAPE ELIZABETH HIGH SCHOOL
CAPE ELIZABETH, MAINE
(SHOWERS AVAILABLE)

FEE: \$5.00 ENTRY FEE IN ADVANCE AND DAY OF RACE
ALL WHO ENTER BY NOVEMBER 1, 1983, RECEIVE A
FREE T SHIRT.

AWARDS: 35 TURKEYS DONATED BY SHOP/N SAVE WILL BE
AWARDED TO THOSE WHO FINISH WELL IN THEIR AGE
BRACKETS.

OFFICIAL ENTRY FORM

THE 15th ANNUAL TURKEY TROT

SPONSORED BY THE MAINE TRACK CLUB

NOVEMBER 20, 1983

CAPE ELIZABETH, MAINE

5.8 MILES

In consideration of this entry being accepted, I, the undersigned,
declare that I am physically fit and trained well enough to compete
in this event, and understand I accept full responsibility for any
injury I may receive in the above-described road race.

NAME (print) _____ SIGNATURE _____

ADDRESS _____ YOUR AGE ON 11/20/83 _____

SHIRT SIZE _____ SM. _____ MED. _____ LG. _____ X-LG. _____

MAIL THIS FORM WITH \$5:00 TO:

WERNER POBATSCHNIG

94 BLANCHARD ROAD

CUMBERLAND CENTER, MAINE 04021

Tel. 829-5815

MAKE CHECKS PAYABLE TO THE MAINE TRACK CLUB

**Budweiser
LIGHT**



**Pleasant
Mountain**



DO YOU LIKE THE CHALLENGE OF the downhill slalom course? a cross country trail? running despite the season? Do you like to feel that you've contributed to a cause that will help future generations do the same?

If you can answer "yes" to any of these questions, we have just the event for you. A Winter Triathlon!!! And it benefits the March of Dimes.

On SUNDAY, FEBRUARY 26, 1984, Pleasant Mountain will host and sponsor along with Bud Light and WMGX-FM radio the FIRST WINTER TRIATHALON ever! The three events selected to combine the "Ironman Triathlon" with Maine's winter conditions are: DOWNHILL SLALOM, CROSS COUNTRY SKIING AND RUNNING. The three legs of the event can be completed either by individuals or teams. The proceeds will help the March of Dimes in its fight to prevent birth defects which is our nation's most serious health problem that strikes more than 250,000 babies born each year.

The day long event will begin at 10 AM with the downhill race, proceed to the cross country race on a snowmobile track trail and then to the runners' event. A post-event party will be held in the Pleasant Mountain lounge following the last event where all participants will be treated to food and beverages, entertainment and prizes and awards will be presented.

INTERESTED? If so, please complete the blank below and send it to the March of Dimes, 640 Brighton Avenue, Portland, Maine 04102. If you have questions, call them at 772-2878 and ask to speak with Pat.

SURE I'LL TAKE THE CHALLENGE. Please send me an entry form at the address below.

NAME: _____

ADDRESS: _____



SOUTHERN MAINE CHAPTER

March of Dimes
BIRTH DEFECTS FOUNDATION

640 BRIGHTON AVENUE, PORTLAND, MAINE 04102

AN
DEC
21
PM
1963



41

de Charlie Scribner
e 172 Bradley St.
Portland, Me.

04/102