

# Maine Track Club

Expires: December 31, 19 84

CHARLES SCRIBNER  
**MEMBERSHIP CARD**

James Connors  
President

Maine Track Club is a non-profit organization.



# Maine Track Club

The next MTC meeting will be on April 11th, 7:30 PM at the Public Safety Building.

Agenda will include:

1. Dr. Tony Owens, MTC member speaking about "Running, Health and Injuries."
2. Pasta Dinner Details, April 13th, Cape Elizabeth Grange, 6:30. BYO and dessert. Members only \$1.
3. Update on Boys Club, Bob Rice Memorial and Boston Marathon.



*"Jogging really reduces stress. Now, all I worry about is getting hit by a car, bit by a dog or mugged."*

## UPCOMING ROAD RACES ---

- April 8 - Roma Cafe, 5.8 miles, Portland, Call either the Roma or Doug Ingersoll, 775-0204
- April 8 - Webber Hospital Race, Webber Hospital, 1 and 4 Miles 11 AM and 1 PM start. Dick Roberge, 934-5390.
- April 16 - PORTLAND BOYS CLUB and Boston Marathon. Dave Paul needs helpers for the Boys Club Race. Call 797-4242
- April 28 - Westbrook April Amble, 4 Miles
- April 28 - China 10 K Classic, 11 AM. Dave Comeau, 968-2511.
- May 5 - Brunswick Rotary Road Race, 10 AM Brunswick Jr High. Brian Perkins, 725-4327.
- May 6 - BOB RICE MEMORIAL, Deering High School, 11 AM - see flyer.
- May 6 - Biddeford 15 Miler, Marathon Sports.

## ODDS 'N ENDS DEPT. ---

Another bargain!!!! The Athletic Attic will allow a 15% discount on all purchases with a MTC ID card. This offer compares with the 10% offered by all other stores. Do we hear 20%??

Rapid Robert Coughlin needs trophies for the Officer Friendly Race. All you front runners who have accumulated hundreds of metals might contribute to this cause without noticeably altering the appearance of your book shelf or living room.

After 3½ years in the making, the women's uniforms have arrived! We thank Sande Utterstrom, Marion Leschey and others for their persistence. This should dispell the rumors that the MTC is a sexist organization.



## ODDS 'N ENDS (continued)

For those members still carrying their running gear (among other things) in a brown paper bag, Charlie Scribner has uncovered MTC running bags in James Bailey's basement. The cost is only 7.0 dollars while they last. They will be available at the next meeting. Move over K-Mart!

The Winter Triathlon was held one week late for lack of winter. Our 23 MTC volunteers were there waiting on the grassy slopes of Pleasant Mountain. The challenging course included a 5 mile run, 6.2 mile gruelling X-country trek and a brisk down hill slalom chase. Al Leathers was the first MTC finisher followed by Russ Connors and Herb Strom. Bob Payne and son won 3rd in the Combined Category. The Rhodes also joined forces.

## NEW FACES ----

Joe Croteau, 34, joined the MTC after two years of running. What started as a method of weight control has now become a desire to run the Maine Coast Marathon this year in less than 4 hours. Joe grew up in Portland. He is married and a father of four children. He works for Lee Dodge when he is not logging in his 35-40 miles a week. He enjoys the April Amble hoping to break 30 minutes this year.

Dave Canarie, 25, moved to Portland in 1981 from Springfield, MA. Dave is a lawyer employed at Union Mutual. He trains 25-35 miles per week and the Cape Elizabeth area. His recent training has been hampered by a hip injury. If he mends he wants to run the Casco Bay Marathon or Island Marathon (Vermont) this Fall. Daves favorite run is the Tall Cedars Road Race, Manchester, CT.

## RACE RESULTS -----

Athlete's Foot Five Miler, March 11,  
Many thanks to Dick LaJoie, Race Director

10. Jeff Pomroy	28:16	59. John McGovern	33:51
18. Bob Coughlin	30:03	71. Bernnie Ross	36:28
19. Russ Connors	30:04	74. Barb Coughlin	36:58
20. Lisa Waken	30:31	88. Ray Hefflefinger	38:26
24. Barry Howgate	31:01	96. Joe Croteau	38:55
27. Brian Gillespie	31:11	113. Pam Twombly	42:11
28. Bob Jolicoeur	31:18		
42. Herbie Strom	32:09		
44. Bob Quentin	32:13		
48. Harvey Rhode	32:25		

Helpers included Art Quint,  
Charles Scribner, Al Butler,  
the Utterstroms, Bob Handy,  
John Gale, Bob Cushman, Randy  
Talbot, Warren Wilson, Mike

Worden, the Manthornes, Barb Footer, Orlando  
Delogue, Leslie Coleman, Amy LaJoie.

RACE RESULTS (continued)

Kerryman Pub St. Pats Race, 4 Miler, March 18th

15. Jeff Pomroy	21:02
37. Greg Dugas	23:03
45. Kim Beaulieu,	23.29 - course record!
86. Al Butler,	25:26
225. Ted Cunningham	36:53

Boston Primer, Readfield, 15 Miles\*\*

Bob Coughlin	1:32.44
Bob Jolicoeur	1:38.36
Harvey Rhode	1:44

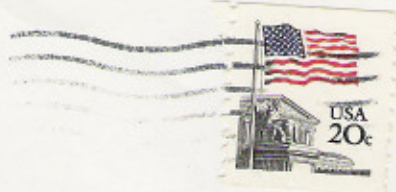
Albany New York 30 K

Jean Thomas	2:47
Sandy Utterstrom	3:02
Al Utterstrom	3:11
Mason Smith	3:30

\*\* members who run in out of town races must notify members of the Newsletter Committee to make us aware of your times. Exclusions are not intentional!

MISCELLANEOUS DEPARTMENT:

The next newsletter meeting will be April 25th, 6 PM  
7 Bramhall Street. Portland. 773-2723. Coffee served.



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