



Maine Track Club

May Meeting, May 9th at the Public Safety Building, 7:30 PM

Agenda will include: (1) Dick Brink, Cyclemania - bike riding, and training
(2) Nike questionnaire on running shoes.
(3) need for bylaws. (4) update on future races with emphasis on the Half-marathon. BE THERE!!

THE APPRECIATION DEPARTMENT

The spaghetti feast carb-loaded the Boston Marathon and Boy's Club participants thanks to our Chief Chef, Mike Worden, and his family. The bottle washing crew included Herbie Strom, Art Quint and John Conley, and Barbara Coughlin.

Barb Footer and Dick Manthorne are applauded for their organization of the Milk Run, an event which may be the largest Spring event in this area. The symposium was well represented by Maine Track Club members both as speakers (Tony Owens and Kim Beaulieu) and booth participants.

Dave Paul performs again, umbrella and all!! His name is synonymous with the Portland Boys Club Race, the most competitive short distance event held in Maine before the hot weather arrives. His quiet efforts do not go unnoticed!

RACING CALENDER.....

- May 5: * Terry Fox Cancer Run, 10 AM, Univery of Southern Maine, Bob Coughlin, Director
* Windham Rotary Four Mile Classic, Windham High School, 10 AM
- May 6: * Bob Rice Memorial 5 Miler, Gene Coffin, Director. Deering High School, 11 AM starting time.
* Biddeford 15 Miler, Call Marathon Sports, Saco for information.
- May 13: * Falmouth Little League 4 Miler, Falmouth Legion Field
- May 20: * Run for the Special Olympics, 2 and 5 Miler, 10 AM
Saco Defense Systems, North Street, Saco. Call 2822375 for information.
- May 27: * MAINE COAST MARATHON, PO Box 1131, Biddeford, Me 04005.
- June 2: * Officer Friendly Run, see flyer for details
- June 10: * The Great Maine Race, 15 KM, 9 AM, Contact Bob Waddle 725-6222, Brunswick for information.

Art Quint and Charlie Scribner have devised a new race shute which will fit into the trunk of even the smallest mini-cars. The savings to the MTC from the Rent-a-Trucks necessary to haul the old system will be substantial.

RACE RESULTS.....

- 1) Boston Primer - Harry Nelson, 1:30
- Dave Conley, 2:02.57
- 2) Webber Hospital 4 Miler, James McGovern 33:24
- 3) Gold Bar 10 km, Gorham, Brenda Cushman, 56:24, Bob Cushman 41:19
(ladies before gentlemen!)
- 4) Westbrook Patriots Race: 2.25 Miler, 2) Jeff Pomroy, 10:47,
4) Chris Kein, 11:01, 12) Kevin Kein, 11:37.
- 5) Boys Club 5 Miler: 45th place) Bob Quentin, 28:43, 78) Brian Gillespie, 29:54, 80) Randy Talbot, 30:10, 94) Steve Caron, 30:44, 126) Harvey Rhode, 32:02, 152) Wes Rothermel, 32:56, 175) Ruth Rhode, 32:57, 176) Bob Cushman, 33:58, 221) Frank Morong, 35:27, (237) Orlando DeLogue, 36:07, (241) Dave Conley, 36:15, (252) Arnie Clark 36:57, (270) Bernard Ross, 38:02, (280) Jeff Paul 38:15, (281) Dennis Smith WELCOME BACK! 38:16, (329) Ray Hefflefinger, 40:42, (375) Widgery Thomas, 44:39, (396) Brenda Cushman 48:43.
- 6) Boston Marathon - see Herbie's news release.....
- 7) Rockland-Union 15 Miler - Al Utterstrom and Mason Smith, 2:28
- 8) Maine Milk Run;

1. Rick Garcia, 24:58 31. Greg Dugus, 32. Tony Owens, 34 Bob Quentin, 38 Kim Beaulieu, 40 Virginia Connors, 45 Brian Gillespie, 46 Russ Connors, 48 Randy Talbot, 69 Ken Curtis, 111 Dennis Smith, 132 Jane Dolley, 143 Robert Caron, 173 Phillip Pierce, 190 Bill Davenney, 195 Arnie Clark, 215 Pam Twombly, 229 Ellie Vance, 246 Al Utterstrom, 250 James McGovern, 252 Brenda Cushman	Helpers: Mike Worden, Sandy Utterstrom, Art Quint, John Conley, Rob Cushman, Ken Conley, Bob Cushman, Ken Dolley, Al Bugbee, Jerie Bugbee, Dick LaJoie Joe Croteau, Charlie Scribner, Barb Coughlin, Warren Wilson, Paul Alpert Ken Hutchins, Jeanne and LeeAnn Manthorne - 9 members of Southern Maine React
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- 9) Roma Race -

9) John Eldredge 36:19, 26) Bob Jolicoeur 39:36, 27) Harvey Rohde 39:40, 43) Ruth Rohde, 43:02, 53) Robert Caron, 44:52 57) Orlando DeLogu 45:22, 58) Barb Coughlin 43:23, 63) Dave Conley 47:01, 69) Jerie Bugbee 48:40, 86) Sande Utterstrom 59:03 and 87) Al Utterstrom 59:03
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1984 Bob Rice Race Helpers

Russ Connors
Marty Conlon
Werner Pobatschnig
Mike Towle
David Smith
Warren Wilson
Bob Quentin
Marion Leschey
Jean Thomas
Bob Handy
Philip Dube
Art Quint
Laurie Munson
John McGovern
Rich Robinov
Bob Caron
Dick Lajoie
Steve Woodsum
Peter Conley
Charlie Scribner

John Doherty, a Maine Tracker who's in Germany at the moment, writes:

"Been a very mild winter- runners stand out in Germany, not many on the road- women runners are even less frequent- miss Maine very much."

Life, Be In It Week

Bob Jolicoeur, Club Vice President, spoke as a representative of the Maine Track Club about beginning running to public employees at the Portland City Hall on Tuesday, June 5, 1984, as part of the national Life Be In It Week program. "How do you motivate yourself to stay with it?" was the most important question asked Bob, who suggested the following ideas in response:

- a) Join the Maine Track Club for learning and meeting other runners,
- b) Establish goals and objectives to provide a target,
- c) Keep a diary on your running to keep track of what's happening,
- d) Take it easy to avoid burn-out.

Please turn in Nike Wear Testing Applications at next meeting or to new mailing address. Glen Poland is transferring to Chatanooga, Tenn., and if we get them in all at once, we stand a better chance of getting on Exeter's running program (new shoes to try out!).

Running in Minneapolis

Looking for a nice run next time you're on a business trip in Minneapolis? Bob Jolicoeur found it on his last trip in June. From downtown Minneapolis, simply run about 26 blocks from 3rd or 4th Street to 30th Street. This will take you to Lake Calhoun.

There is a paved jogging path 6-feet wide all around this beautiful lake, which is about 3 miles around. A round trip as described above is about 10 miles, but once there you may wish to add extra loops around the lake, which is lined with beautiful homes, great landscaping, bike trails and lots of runners.

Note: Many club members travel around. Your suggestions for running in strange cities may be of interest to other club members. Keep the club informed on your favorite places to run and your discoveries by sending us a note for the newsletter. Send to P.O. Box 8008, Portland, Maine 04104.

New Club Mailing Address

Maine Track Club has a new mailing address. Please note it for your future correspondence with the club and include it on all your race forms, membership application forms, and any other outgoing communications. Our new address is:


Maine Track Club
P.O. Box 8008
Portland, ME 04104

Bob Jolicoeur says he will pick up several times a week and make appropriate distribution to club members. Russ Connors, President, will have the other key. The box is paid up for a one-year period, and will be renewed next year.

Bob says this should improve the club's communications process and help improve the quality and control over our activities. "Many people have asked me who the editor of the newsletter is; where can I write to say something, ask questions, etc." The P.O. Box won't solve all our problems, but should help us communicate with the world more efficiently. Let's all use it.

Maine Track Club

BOSTON MARATHON NEWS



Sure was great to go home again to Cronin's before a wet, ~~at~~ rainy and damp Boston Marathon. The Cronins sure are beautiful people and they not only welcomed the Maine Contingent, but runners from as far west as California and Wyoming and south to N. & S. Carolina. President Russ presented Maine Track Club woolen caps, which go nicely with Gene's MTC yellow jacket which he wears a lot. They had a lovely sign made of wooden slabs with the State of Maine on it on their front lawn for easy identification. Kevin McShane, their son-in-law, is living in Farmington now and wrote a letter inviting Maine runners, which was published in Maine Running.

Other MTC members in attendance were Greg Dugas, Bob Payne, Bob & Barb Coughlin, Kim Beaulieu, Harry Nelson (with sister MIM, winner in open category at Boston Primer, Readfield), Also Ros Randall, Dick Roberge and Bruce Brunelle, Marathon Sports Running Club and Greg Nelson and others of Maine Road Ramblers.

Sure are beholden to Kent MacDonald, who took our bags, plus others, back to the high school in that torrential downpour before high noon. Great to see veteran Grand Masters Carlton Mendell and Bill Fox of Brunswick. Sorry Bob Jolicouer couldn't find the place and I sure missed Dick McFaul's smiling face and ready wit. Hope he gets his knee squared around and peaks on June 2nd or was it 3rd, when he enters the Masters category. If I overlooked anybody just let me know and we'll put in a plug for you next month.

The Wellesley College girls were more beautiful than ever. Great having a real professional to snap us at Wellesley, Mason Smith. Along with Mason were wife Barbara, Sandy and Al Utterstrom and Jean Thomas, John Keller & Laurie Munson at Heartbreak Hill to give me a boost, lovely wife Evie and daughter Jennifer screaming at me on the last turn. I was looking but I didn't even see them. After five years, it sure was a sentimental journey.

TIMES

Greg Dugas	2:54
Bob Payne	2:59
Bob Coughlin	2:54
Barb Coughlin	3:36
Russ Connors	3:11
Bob Jolicouer	3:15
Kim Beaulieu	2:52

Harry Nelson	2:48
Herb Strom	3:14

Happy Running,

HERB

Half Marathon Update

Barbara Coughlin and Jane Dolley continue in their quest to organize our first annual half marathon. (And "they" said it couldn't be done!) Details are falling into place. Here's all the information that we have to date:

- Date: Sunday, September 9th
- Place: SMVTI
- Course: SMVTI; Preble; Shore Road; left on Rt. 77 (Ocean House); right on Fowler; right on Rt. 77 (Spurwink); right on Sawyer Road; left on Rt. 77 (Ocean House); right on Highland; Up Meeting House Hill; left on Pillsbury; left on Preble; right on Fort Rd. and back to the gym. This will, of course, be wheel measured. It would be great if we could get it certified, too.
- Volunteers: Those who have expressed an interest in helping us are: Joan Welch; Marion Leschey; Charlie Scribner; Greg Dugas; John Connolly; Dave Trussell; and, naturally, Bob and Ken. We'll be in touch with you about what we all can do to help.
- Sponsor: So. Maine Assoc. of Police. Barb and I will be meeting with our contact, Ron Costigan, on Wednesday, May 2nd, to discuss our plans in detail concerning advertising, tee shirts, awards, volunteers, etc.

We hope to have more news at the next MTC meeting on May 8th.

Jane & Barb

NIKE RECALL!!!!!!

Glen Poland needs to examine the Contrails again. Please bring your shoes to the May meeting.

NEXT NEWSLETTER MEETING: MAY 29TH, 7 Bramhall Street, Portland. Tuesday (not Wednesday) evening! Bring information for Junes newsletter.