



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

MAY, 1986 NEWSLETTER AND CONVENTION PROGRESS REPORT NO. 6

OFFICERS

Jane Dolley	President	846-6018
Phil Pierce	Vice President & Chairman	
	Program Committee	782-3760
Rick Strout	Treasurer	829-3216
Maggie Soule	Secretary	846-3631
Charles Scribner	Race Comm. Chairman	772-5781
Ted Cunningham	Chairman, Membership Comm.	648-9516
Bob Jolicoeur	Chairman, Newsletter Comm.	799-4127

ALL CONVENTION VOLUNTEERS - SPECIAL MEETING - MAY 14, 1986

This newsletter is the last convention progress report we will be able to produce before the Convention takes place. As noted in the heading, a special meeting of all volunteers will be held Wednesday, May 14, 1986 at our regular meeting time and place, SMVTI Machine Tool Auditorium at 7:00 PM. Everyone is welcome to attend to receive the latest report on the Convention and get last minute detailed instructions from your Committee Chairmen.

A final report will be presented at the June 11, 1986 Spaghetti Feed at SMVTI, including damages, if any, to the club's membership and Treasury. Hopefully, no casualties will be suffered. All seems to be going very well so far with the Convention. See subsequent pages of this Newsletter for the progress report.

POT LUCK SUPPER - WEDNESDAY, JUNE 11, 1986 - SMVTI CAFETERIA

6:30 p.m.

As mentioned last month (and above) the potluck supper will be held to help recognize the RRCA Convention Volunteers. All members and their families are invited to this celebration for \$2.00 per person. RSVP by completing the tear-off piece below and returning it by June 2, 1986.



Please detach and return to: Joan Lavin, 655 Stevens Ave., Portland, ME 04103

Pot Luck Supper
Wednesday, June 11, 6:30 PM
SMVTI Cafeteria

☐ I will attend the pot luck supper.

_____ # people

☐ Enclosed is my \$2.00 per person. (Make checks payable to Maine Track Club)

☐ Yes, I will bring a dish:

☐ cold salad

☐ hot casserole

☐ dessert

☐ other _____

Name

Tel. #

NEW MEMBERS

Memberships have slowed down a bit - perhaps because everyone is so busy working on the Convention. The following new members joined the club in April, just in time to get rolled over by the RRCA Convention:

<u>Name and Address</u>	<u>Phone</u>	<u>Occupation</u>	<u>Age/Other Interests</u>
Howard W. Spence 6 Tarbox Hill Bath, ME 04530	921-2241W 442-9575H	US Navy	33/Golf, Softball
Bill Lovett 7 Studley Street	655-4555W 781-4566H	Inspector, Dielectric Comm.	44
Russell Lehman and Katy Marshall P. O. Box 10392 Portland, ME 04104	773-7166W 761-1886H	Attorney, Tureen & Margolin Family Therapist, York Cty Cslng.	31R; 32K; Dance Cycling, skiing and Squash
Roberta A. Greenfield 18 Phillips Road Falmouth, ME 04105	854-1821B 781-5232H	Accountant, Hanover Ins.	
Sandra A. Collis U. of New England P. O. Box 107 Biddeford, ME 04005	934-7168H	Med. Student	skiing, biking, knitting Sponsor: AF
Robert Butcher Rt 1, State Park Road Box 553 Casco, ME 04015	655-7793H	Student - Lake Region High	17; Boating, Bicycling, running Sponsor: AF
William G. Stuart P. O. Box 1175 Kennebunk, ME 04043	985-2944B	Toms of Maine, Inc. 28 Asst. Prod. Mgr.	

MEMBERSHIP (Continued)

A new membership roster was sent out in mid-April. Everyone was asked to review it for corrections. If the number of changes warrents, we will then publish a new roster. Otherwise, simply write "as of April 16, 1986" at the top of the page, and we'll wait until July.

Changes noted since the roster was published include the following:

Lee Allen, 7 Cartland Road, Apt. #1, South Windham, ME 04082

George Prescott, new telephone number, 846-5979

New Address for Cindy Tifft and Doug Aiken - 12 Bowdoin Street, Yarmouth, ME 04096, new telephone No. 846-6030(H)

Please make a note - it's Ted and Robin McCarthy of 11 Pine Street, S. Portland, ME
Charlie Harlow (Denise's father); has signed up the whole family: Sylvia, his wife, and Kristen, Denise's sister).

Dan and Jennifer DeSena have added their daughter, Whitney (3 mos old)

A new address for Tom Cannon - Citibank Maine, 100 Foden Road, S. Portland, ME 04106; new work telephone number is 761-0083

Tia LaMarre has a new address: 87 W. Main Street, Yarmouth, ME 04096; telephone number 846-6262



KARATE ANYONE?

Dear Maine Track Club Members:

I survived the winter in Maine! Since moving here from Miami last September, I realized I need an alternative exercise program to keep me in shape when the snow, cold, and all those other great Maine elements keep me from putting in the mileage I was accustomed to in the sunny south. So I took up karate. It proved to be a real good cardiovascular workout and incorporates stretching exercises, coordination, balance and concentration. I feel it has improved my running by helping me to avoid injuries (the stretches really help) and by improving my overall conditioning.

I believe this type of exercise would be beneficial to most runners and I mentioned this to my instructor. Because most people are unaware of what is involved in learning karate, my instructor is offering to all members of the Maine Track Club a free introductory class at the Fred Villari Studio located at the Falmouth Fitness Center, 170 U.S. Route 1, Falmouth, Maine. He will also offer discount programs to members of the Maine Track Club and their families. Anyone interested in a free introductory class (it's co-ed and we can do it as a group) or more information about other programs please contact me at the numbers listed below or Bruce Cross, Chief Instructor, at 781-3309.

Sincerely,

Steve McCullough
Tel. 846-5992 (home)
846-9076 (work)

CONVENTION UPDATE - PROGRESS REPORT NO. 6

By: Bob Jolicoeur, Convention Chairman

CELEBRITIES ARE COMING!

In addition to world famous Joan Benoit Samuelson, who will be with us for the Friday noon rally at the Holiday Inn, we have just learned that Bruce Bickford and brother Stan Bickford are planning to be here for the National Championship 10K on Sunday morning.

Runner's World magazine and The Runner both ran articles on Bruce in October, 1985, proclaiming him to be "America's newest and brightest distance star." Bruce won a 10K in Stockholm on July 2, 1985 in 27:37:17 which caught the world's attention because it was the fourth fastest American time ever (behind Salazar, Craig Virgin and Mark Nenow).

Important was the fact that in that race in Stockholm, Bruce beat the field "outright with Nenow in second". Others in that race were Olympic Gold Medalist Alberto Cova and world record-holder Fernando Mamede.

And that's not all folks...Pete Fitzinger, winner of the 1984 US Olympic Marathon trials will be here as well as Phillip Coppess, holder of the fastest US marathon time in 1985. Other big names in running are coming, including Barry Brown, US Masters record-holder and Gabrielle Andersen-Schiess, 1985 Female Master Road Runner of the year.

This is only to name a few. At the Boston Marathon I asked Fred Lebow of the NYRRC if he was coming and he answered "yes". Harold Tinsley, RRCA President, has invited him to participate in one of the programs during the convention.

Picture at right: Bruce Bickford is #55



PREPARATIONS

Preparations are going well. As of Monday, April 28, 95 rooms had already been booked for early arrivals on Thursday, May 15 (we had blocked out 100 rooms) and 126 rooms have been booked for Friday and Saturday nights. This means more people are coming early this year. Pris is expecting a big crowd at the RRCA Board and early arrivals reception Thursday night at the Jolicoeur house. Many MTC volunteers are making home cooked pastas, lasagna, salads, etc to make sure we don't run out of food.

TRANSPORTATION

One of the hardest working Committees is the Transportation Committee being chaired by Bob Payne. Vehicles (and sometimes drivers) are being provided by the

Portland YMCA, Bay Leasing Rent-A-Wreck, and Dube Travel. Bob's committee is expanding daily so if you're looking for something to do, call Bob Payne. He's got room for more helpers.

THURSDAY NIGHT RECEPTION

Popular is the work for the Thursday night reception at Bob and Priscilla's house. Bob reports that this year more conventioners seem to be arriving early. He speculates this is partly due to the fact that many Americans have cancelled plans for overseas travel this year due to terrorist activities and international tensions. Also contributing is the healthy economy, lower gasoline prices and the fact that Convention activities begin a half-day earlier this year, compared to last year.

Priscilla says helpers for Thursday night are doubling their recipies because we now expect about 200 people, including MTC helpers. She has also decided to cook a turkey, ham and roast beef. Priscilla says she's not ready to panic yet, but if you're looking for her during the reception, she'll be the one hiding under the dining room table.

Also proving very popular is the bus trip to L. L. Bean on Friday night. About 50% of conventioners are signing up. Bob Payne says he may have to hire additional busses for the trip.

PROGRAM BOOK

The Program Book has turned out to be the brightest spot of the project. Forty-four ads totalling \$2,300 have been received and paid for. When we started, we assumed the book might reach 17 to 18 pages. On Tuesday, April 29, 1986, we shut off contents at a full 40 pages, plus inside and outside covers. A phenomenal success is the only way to put it. Our thanks to Carolyn Krahn, Everett Davis, Judy Davis and Nancy Stedman for chairing this project. Lots of helpers also worked hard on this one selling ads, including outstanding performances by Harry Nelson, Carol and Sumner Weeks, Brian Milliken, Susan Stone and Ken Dolley.

CONVENTION PROGRAM

The final details are still falling in place, but a detailed listing, hour-by-hour, has been released and it looks as follows:

THURSDAY, MAY 15

- 1:00- 5:00 PM - RRCA EXECUTIVE BOARD MEETING (Harold Tinsley)
- 5:30- 6:30 PM - FUN RUN (Bob Coughlin)
- 7:00-10:00 PM - RRCA BOARD BUFFET (Home of Bob and Priscilla Jolicoeur)

FRIDAY, MAY 16

- 7:00- 8:00 AM - FUN RUN (Vin Skinner)
- 8:00-10:00 AM - RRCA EXECUTIVE BOARD MEETING (Harold Tinsley)
- 10:00-11:30 AM - 1987 CONVENTION SITE SELECTION PRESENTATIONS REVIEWS (Harold Tinsley)
- 10:00-11:30 AM - NUTRITION WORKSHOP (Nancy Clark, Barbara Footer, Ann-Marie Davee)
- 12:00-12:15 PM - PRE RACE RALLY (Bob Jolicoeur, Joan Samuelson, Mayor Casale)
- 12:15- 1:15 PM - L.L. BEAN/RRCA 5K FUN RACE (Charles Scribner)
- 1:30- 2:55 PM - ROAD RACE MANAGEMENT WORKSHOP (John McGrath)
- 2:00- 7:00 PM - RUNNERS EXPO & RACE PACKET PICKUP (Barbara Coughlin)
- 3:00- 3:55 PM - COMPUTER APPLICATIONS FOR CLUBS & RACES WORKSHOP (Alan Jones)
- 4:00- 4:55 PM - SPORTS ORGANIZATIONS WORKSHOP (TAC, ARRA, RRTC & NRDC)
- 5:30- 6:30 PM - FUN RUN (Marie Wood at SMVTI)
- 5:30- 6:30 PM - RUNNER'S WORLD SOCIAL (Priscilla Jolicoeur at SMVTI)
- 6:30- 8:00 PM - LOBSTER BAKE (Priscilla Jolicoeur at SMVTI)
- 8:00-11:00 PM - L.L. BEAN SHOPPING TOUR (Bob Payne)
- 9:00-11:59 PM - HOSPITALITY SUITE (Carol & Sumner Weeks)

CONVENTION PROGRAM (continued)



SATURDAY, MAY 17

- 7:00- 8:00 AM - FUN RUN (Herb Strom)
- 7:30- 8:30 AM - STATE REPRESENTATIVE BREAKFAST (Jane Sisco)
- 9:00- 9:05 AM - DELEGATE WELCOME (Jane Dolley)
- 9:00-11:55 AM - RRCA NATIONAL CONVENTION BUSINESS MEETING (Harold Tinsley)
- 10:00- 5:00 PM - RUNNER EXPO & RACE PACKET PICKUP (Barbara Coughlin)
- 12:00- 1:30 PM - RRCA DELEGATES LUNCHEON (Sandy Utterstrom - Special Speaker Nancy Clark)
- 1:30- 2:55 PM - OPEN SESSION & INSURANCE ISSUES (RRCA Officers & Committee Chairmen)
- 3:00- 3:55 PM - SPORTS MEDICINE WORKSHOP (Damien Howell)
- 4:00- 4:55 PM - WOMEN RUNNERS WORKSHOP (Henley Gible)
- 4:30- 5:30 PM - FUN RUN (Ken Hutchins)
- 5:30- 6:30 PM - SUFFOLK AWARDS RECEPTION (Priscilla Jolicoeur)
- 6:30- 7:30 PM - AWARDS BANQUET (Priscilla Jolicoeur)
- 7:30- 7:35 PM - AWARDS BANQUET KEYNOTE SPEAKER INTRODUCTION (Harold Tinsley)
- 7:35- 8:15 PM - AWARDS BANQUET KEYNOTE ADDRESS (Don Kardong)
- 8:15- 9:30 PM - AWARDS PRESENTATIONS (Harold Tinsley)
- 9:30-11:55 PM - HOSPITALITY SUITE (Carol & Sumner Weeks)

SUNDAY, MAY 18

- 6:30- 8:15 AM - FINAL PACKET PICKUP FOR 10K NATIONAL CHAMPIONSHIP (Jane Dolley at USM)
- 8:30-10:00 AM - MAINE SAVINGS BANK/RRCA NATIONAL 10K CHAMPIONSHIP (Jane Dolley at USM)
- 10:30-11:30 AM - AWARDS CEREMONY (Jane Dolley at University of Southern Maine)

LOBSTER BAKE

Mike and Dick Marino, owners of the new Ruby's Choice restaurant in Portland said they can handle 400 or more people. "All you have to do is dig a longer ditch" said Mike at a recent committee meeting. We were shocked to hear, however, that they will be buying the seaweed. We thought we'd just be scooping it up from the ocean?

Very few people are choosing the steak option, but wouldn't you know it would be someone from Texas who has. Oh well!

PHOTOGRAPHY

Don Johnson and Nancy Stedman have done a superb job organizing this effort. New member Dave Reynolds got his employer, Bicknell Photo to donate 120 rolls of 35 mm film (a mixture of color and black and white). This really put the committee on the map. Everything will be caught by the "Shut-eye" so be careful where you go and what you do during this convention folks. There's bound to be a camera there.

VOLUNTEERS

A separate list of all volunteers that I know about is being published and will be ready for distribution at or prior to the convention. If you are a volunteer and your name has never made the list, please notify me or Priscilla. We'd like to have each of you get proper credit. A final list of all volunteers will also be published after the convention to make doubly sure we got everyone.

CONTRIBUTORS

More contributors keep rolling in. Don Rubin, Director of the Wine Glass Marathon from Corning, New York said he is coming to the Jolicoeur house on Thursday night, May 15, with two cases of Taylor wine directly from the factor to us.

Don't worry folks, if we don't finish it we'll bring it to the Lobster Bake and/or hospitality suites on the following nights.

Also donating to the cause, either to the convention or to the races, are the Lewiston Regional Vocational Center (printers of the Program Book), Portland High School Girl's Track Team, Greely High School Teams, Olympia, Coastal Silkscreening, Dale Rand Pringing, Seltzer & Rydholm, Poland Spring Water Corp., Fair City Foods and Produce, Carr Bros., Eagle Brand Snacks, Locust Farm Dairy, Shaws, Shop & Save, Bill Rodgers Running Center and Stroh's Brewery.

With that kind of community support, it's gonna be hard to lose folks. What a great project this has been so far. Just super! Nice job! Let's really follow through now folds and stand proud that we're going a great job.



CONVENTION RACE AND BUDGETS

On the following pages you will find the RRCA Convention budget as best we can approximate as of this time. It may take up to a month after the convention to find out exactly how we did financially.

The budgets are broken down into three pieces:

Convention Budget
L. L. Bean 5K Fun Race
Maine Savings Bank 10K National Championship

As you can see from the budgets, we should just about break even for the whole project. The Convention budget shows a profit of \$1270, the 5K Race a profit of \$31.00 and the 10K Race a loss of \$1,160. The reason for the estimated loss from the 10K race is that we have reduced the number of anticipated runners from 1500 to only 750 on the basis of a very slow response. As of May 1, 1986, we were just barely over 200 runners registered for this race. The 5K responses, however, are surprisingly strong and we've upped our estimates for that one from 150 to 200 runners.

RRCA CONVENTION BUDGET
May 15-18, 1986

Estimated Revenues

Exhibition Booth Sales (1)		\$ 3900
Registration Fees - Convention (2)		
25 @ \$5.00	125	
100 @ \$10.00	<u>1000</u>	1125
Corporate Sponsorships:		
Runners World	1000	
Suffolk Awards for Banquet - Cash	1200	
Tom's of Maine - Cash	1000	
Osteopathic Hospital of Maine, Inc. - Cash	1000	
Maine Printing & Business Forms - Services (3)	<u>1000</u>	5200
Events:		
Lobster Bake - Regis. Fees, 280 x \$10.00 (4)	2800	
Saturday Luncheon - 150 x \$6.00	900	
Awards Banquet - 280 x \$12.50	<u>3500</u>	7200
Program Book:		
Ad Sales and Club Listings		2300
Sale of Commemorative Polo Shirts - 80 @ \$8.00		<u>640</u>
Total Estimated Revenues		\$20,365

Estimated Expenditures

Exhibit Booths:		
RRCA Split - 60% of net (6)	1710	
Partitions and Backdrops - 27 @ \$25.00	675	
Electrical hookup - Holiday Inn - 27 @ \$15.00	<u>405</u>	2790
Lobster Bake:		
Meal - 300 @ \$8.50 (5)	2550	
Social Refreshments	300	
Jazz Band (Belamy) \$350 + 7 lobsters	350	
Transp. - buses - Hotel & L.L. Bean	200	
Facility - SMVTI	<u>200</u>	3600
Saturday Luncheon - 150 @ \$5.00		750
Awards Banquet:		
Social Hour - See Suffolk Sponsorship	1200	
Dinner - 300 @ \$12.50	<u>3750</u>	4950
Printing (Including Maine Printing sponsorship)		1200
Postage, Secretarial, Equipment Rental		500
Office Supplies		200
Commemorative Polo Shirts - 300		1900
Photography Processing		250
Program Book Printing & Production (50% of revenue)		1150
Program Book - share of profit with RRCA - 50%		575
Hospitality Suite - Room Rent \$187.50 (less CMS*Cont)		100
Appearances, Honorariums and Expenses		600
Airport Transportation		100
Advertising - Boston Running News (Half-page)		200
Miscellaneous & General		<u>230</u>
Total Estimated Expenditures		\$19,095

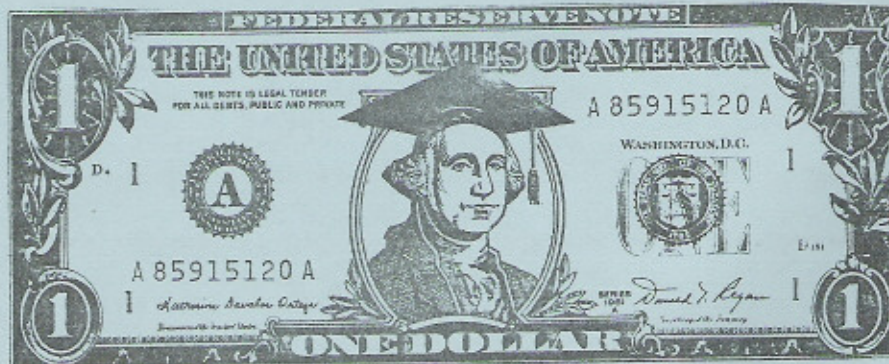
Estimated Revenues over Expenditures	<u>1,270</u>
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*Central Maine Striders

RRCA CONVENTION BUDGET
continued

- (1) Exhibit Booth sales estimated at 20 paid units There is a potential for more if we can generate the demand.
- (2) Registration fees:
\$10.00 regular fee for non-delegates. Only one free delegate allowed per club.
\$5.00 discounted price for volunteers.
Entire fee will be waived only for Chairpersons of responsibility groups, Exhibitors, Sponsors, Program Speakers and invited dignitaries.
- (3) Maine Printing and Business Forms Company. This is a non-cash contribution and includes the cost of race flyers as well as the convention flyer.
- (4) Lobster Bake Registration fee assumes approximately 20 free dinners - 7 for the band, 3 for SMVTI officials and 10 for invited dignitaries and RRCA award winners.
- (5) Meal - \$8.50 is soft number based on Dick Marino estimate.
- (6) Exhibit Booth Finances:

Revenues: (13 sales @ \$250)	3250	
(2 sales @ \$200)	400	
Charged to 10K Race (Jones)	<u>250</u>	3900
Less Expenses:		
15 sales @ \$40 (curtain & electrical)	600	
Free booths - 10 @ \$40	400	
Miscellaneous	<u>50</u>	1050
Net Revenues Before Split		<u>2850</u>
Split with RRCA - 60%		<u>1710</u>



RRCA NATIONAL CONVENTION BUDGET
L.L. Bean 5K Fun Race - May 16, 1986

Revenues

Corporate Sponsor - L.L. Bean	2500	
Registrations - 200 @ \$5	<u>1000</u>	<u>3500</u>

Expenditures

Operations :		
Scaffolds/Platform	100	
Race numbers, 300 @ 18¢	54	
Finish line supplies	50	
Two-way radio communication	50	
Sound system (in and out)	25	
Permits, licenses	25	
Chronomix & Digital Clock (1)	<u>--</u>	304
Police Assistance Allowance		500
Promotional :		
Printing of aps (donated)	--	
Postage Allowance	200	
Give Aways		
150 runners @ \$4 each	600	
150 volunteers @ \$4 each	600	
Advertising - MR&O	15	
Awards (2)	<u>100</u>	1515
Refreshments - \$1.50 @ 350		525
Insurance		25
Medical supplies, ice, towels, Medcu, etc.		100
Management Fee - Maine Track Club		300
Miscellaneous		<u>100</u>
		<u>3369</u>
<u>Estimated Revenues over Expenditures</u>		<u>131</u>

Notes :

- (1) Cost of Chronomix and Digital Clock included in management fee
- (2) Awards for open division winners and 12-age groups

RRCA NATIONAL CONVENTION BUDGET
Maine Savings Bank National Championship 10K - May 18, 1986

Revenues :

Corporate Sponsor - Maine Savings Bank	5000
Registrations - 750 @ \$6 (2) (3)	<u>4500</u>
	9500

Expenditures :

Operations :

Scaffolds/Platforms	100	
Race Numbers - 2000 @ 18¢	360	
Race Headquarters, including 10 tables, 20 chairs	245	
Finish line supplies (1)	--	
Two-way radio communications	50	
Sound system (in and out)	50	
Permits, Licenses	25	
Chronomix & Digital Clock (1)	--	
Computer finish (scoring, results, reporting) (4)	<u>350</u>	1180

Medical and Comfort, Safety :

Porta Johns - 10 @ \$34	340	
Police Assistance	500	
Med. supplies - ice, towels, Medcu, etc. (donated)	--	
Tent	<u>100</u>	940

Insurance

100

Promotional: (5)

Printing of aps - Courtesy of Maine Printing & Business Forms	--	
Postage Allowance	500	
Give aways - Commemorative Award		
1000 runners @ \$4	4000	
150 volunteers @ \$4	600	
Avertising - MR&O	15	
Awards by Suffolk	<u>1000</u>	6155

Refreshments - \$1.25 @ 900 (coffee, etc.)	1125
Management fee	1000
Miscellaneous	<u>200</u>

Total Expenditures	10,660
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<u>Estimated Expenditures over Revenues</u>	<u>1,160</u>
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Notes to National Championship 10K Budget

- (1) Finish line supplies and the Chronomix and digital clock are included in the management fee.
- (2) A maximum 2000 runners will be allowed to register.
- (3) No "race day" registration allowed.
- (4) Alan Jones to do computerized finish line results.
- (5) Budget does not include secretarial help for race day, appearance money for celebrities, or any of the following other items:
 - a. banners
 - b. local newspaper advertising
 - c. local radio advertising
 - d. video taping
 - e. office equipment
 - f. transportation
- (6) Awards will include equal open competition for men, women and all legitimate teams recognized by TAC/RRCA. We plan to go 5 deep in the open division and 3 deep in all age groups as follows:
 - under 19
 - 5 year age groups 20-24, etc., up through 45-49
 - 50-59 and 60 and over

Member Profile Maggie Soule

As a runner, Maggie Soule does less than Charles Scribner's 5-mile week. But as a writer, Maggie does more than five Maine Track Club members do in a year. Maggie is the Maine Track Club Secretary. Hers is the angel halo of blond curls framing the pretty green eyes sitting down front catching every word. She is modest about her "speed" when she notes the following: "In an instant, people were popping up from their seats like jack-in-the-boxes, far outpacing your secretary's nimble pen."

At that March meeting, Maggie "caught" fourteen names of members and guests. She's a good catch, but fishing is not her sport. Maggie, however, is a good sport. For 10 years, she was an equestrian; for 30 years, a skier. But the focus of her activities is writing. From Waynflete School to Smith College to the Bread Loaf School of English, Maggie has produced print with ability and determination. She wrote off high school teaching as a career after approximately five years in the classrooms of Dedham High School in Massachusetts and Kennebunk High School in Maine. From 1980-1984, Maggie was the Editorial Coordinator at Walch, Publisher.

Currently, Maggie edits several newsletters: The Craft Tradesman (United Maine Craftsmen); Maine Media Women News; and the Waynflete Alumni Bulletin.

Running is a part of Maggie's life. For 12 "long ago" years, she used one pair of leather Adidas. By 1982, running was a habit but not a skill. "Go to aerobics!" sang a jogger sailing by. Maggie, being a good listener, signed up for Jackie Sorenson

Aerobics. And then New Balance replaced the Adidas and the July 4 L.L. Bean Fun Run (2 miles) beckoned: 19:30 minutes; 1983 - The Great Pumpkin, 49 minutes; 1984 - The Cape Challenge, 1 hour 58 minutes. Aerobics - 2 times a week @ 1 hour - works! Weight works, too. As most runners know from personal experience, when body weight increases, running times hang in there for the climb. Maggie's personal best is "plus ten pounds equals plus five minutes" in a 10K race. That's the bad news. The good news for Maggie is that a weight increase improves her endurance: 1984 - The Good Sport 10-mile, 1 hour 27 minutes.

When one hears a crack now and then about Maggie's injuries here and there, plus some bulletins about her scarce time, a person can easily complete the secretary's profile: a recreational runner who has volunteered to listen to the Maine Track Club. "Hey Maggie, did you get that down?"

The Runner's Edge - A Contemporary Running Column by Phil Pierce, Ph.D.

Running in the Boston Marathon

The Boston Marathon is unique, a non-pareil in American Sports History. Unlike other long-standing traditions such as the World Series or the Indianapolis 500, each of us can personally participate as a qualified or unqualified entrant in this event. There are thousands - perhaps a million spectators - hugging the sides of the road and standing in all but the middle of the road, cheering the runners on. You are never alone in this race.

This race is a happening, a celebration of America. It is an important social event, a re-affirmation of America and what it really stands for. This race is the heart of America, a birthday party, a joyous occasion. It celebrates, as only Boston can, the eventual and continual birth of America.

How truly appropriate to have a marathon road race on Patriot's Day. The struggle for the birthing of America is epitomized in the struggle of the runner as he and she proceed from Hopkinton to Boston. Symbolically and in fact, all are allowed to participate; to run, to watch, to cheer and inspire, to yell, to touch others, to convey words of encouragement, to support, to be free.

Citizens from all walks of life, and runners the world over, converge on Boston every Patriot's Day. Runners come away from this race moved and awestruck. Time and place are not important; the struggle just to get there is. It is a deeply moving event, an end-point.

Running the Boston Marathon is not an automatic thing; it is not something everyone should do. But it is something you should contemplate if you are a runner because it represents, deeply and symbolically, what too many of us take for granted, the freedom to run.

I shall write more about the Boston Marathon in months to come, for there are levels of running and lessons to be learned at Boston. Philosophies of life are sorely tested. It is a place where, for example, winners may never win again, and losers may never lose again. It is a place to visit but not to stay. It is a passage in the paradox of life.

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. The column tries to deal with some of these issues. Comments and letters are invited.

VOLUNTEER NEWS

Thank you TELEPHONE TEAM!

April Amble: Steve Caron, Ron Deprez, Eric and Kathy Hertz, Joseph Isgro, Skip Kessler, Ellen Minor, Gerald Poirier, Richard Robinov, Ellen Stergiou, Kathleen Woods

Portland Boys Club: Robert Cushman, Jean Frankovic, Michael and Barbara Frost, David Houser, Tom Ledue, Gerald and Pat Monroe, Rick and Norma O'Brien, Elizabeth Skofield, Kris and Linda Sorenjen, Michael White.



Thanks to club photographers Harry Nelson and Maggie Soule for taking pictures at the Boy's Club 5-miler.

Wearing your MTC outfits at the races would help identify you to the club photographers and show your club spirit. So let's see all that "fast and flashy" green and gold!

Any club photographer or member wishing to photograph other members in any upcoming races, please call Nancy Stedman at 774-4013 (H) or 846-9055 (W). Volunteers will get credit for working that race. Film can be picked up at Nancy's house in Portland.

April 1, 1986 ☐ Boardroom Reports

☐ Fast foods, fat and calories. McDonald's Big Mac: 563 calories, 53% of them from fat. Wendy's Double Burger: 560 calories, 55% from fat. Burger King's Whopper with Cheese: 760 calories, 53% from fat. Kentucky Fried Chicken's Original Recipe (two pieces): 393 calories, 60% from fat.

Fast Food and the American Diet, published by the American Council on Science & Health, cited in *Tufts University Diet & Nutrition Letter*, 475 Park Ave. S., New York 10016, monthly, \$18/yr.

R.F.D. 5, Box 782
Augusta, Maine 04330

March 28, 1986

Robert J. Jolicoeur
Maine Track Club
P.O. Box 8008
Portland, Maine 04104

Dear Mr. Jolicoeur:

On December 1, 1985, I was awarded a "Maine Track Club Scholarship Award" for \$200.00. At that time, I did not indicate what should be done with the money as I had not made a final decision on the college I planned to attend. Since that time, I have been accepted at St. Joseph's College, and I have decided that is where I want to go to school. Therefore, would you please arrange to have the check for the scholarship award sent directly to the school?

Thank you for your attention to this matter, and I hope to see you on the roads this summer.

Best regards,

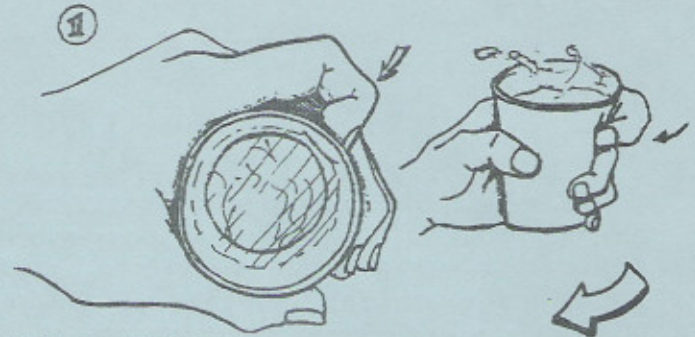
Scott
Scott Roberts

SC/lpr

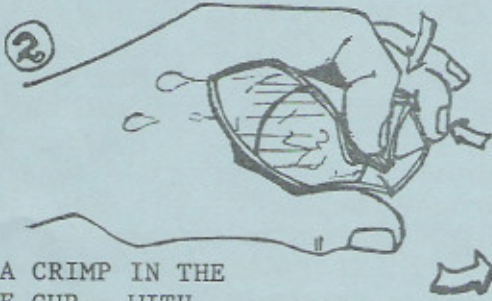
HOW TO DRINK ON THE RUN



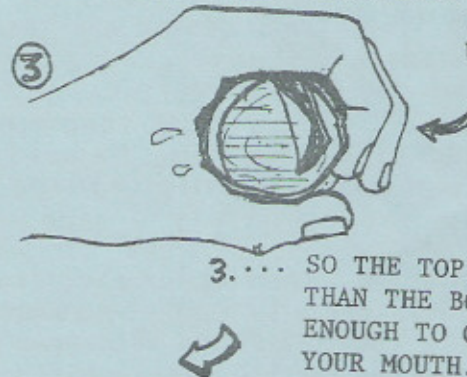
TO DRINK FROM A CUP
ON THE RUN--WITHOUT
GETTING MOST OF THE
CONTENTS ALL OVER YOU,
DOWN YOUR WINDPIPE OR
UP YOUR NOSE ...



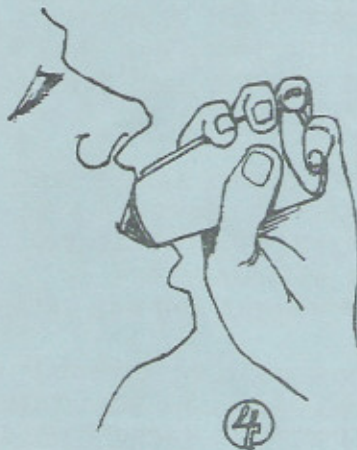
1. MAKE A "C" WITH THE REST OF YOUR HAND TO
HELP THE CUP KEEP ITS SHAPE WHILE YOU PUSH
IN THE FAR SIDE
WITH YOUR INDEX
FINGER...



2... PUTTING A CRIMP IN THE
TOP OF THE CUP. WITH
THE OTHER FINGERS
GATHER THE FOLD ...



3... SO THE TOP IS NOW SMALLER
THAN THE BOTTOM, SMALL
ENOUGH TO GET THE TOP INTO
YOUR MOUTH.



4. TAKE A DEEP BREATH
WHILE RUNNING, PUT THE
CUP TO YOUR MOUTH, TAKE
A MOUTHFULL AND RUN WITH
THE CUP WHILE YOU SWALLOW,
TAKE ANOTHER BREATH OR TWO
AND THEN FINISH OFF WHAT'S
LEFT IN THE CUP WITH
ANOTHER MOUTHFULL ...
UNSPATTERED AND
ON THE RUN!



KEEP HYDRATED DURING YOUR RACE! IF IT'S WARM, KEEP COOL BEFORE YOU OVERHEAT... POUR WATER OVER YOUR HEAD AND SHOULDERS OFTEN AND DRINK PLENTY OF DILUTE FLUIDS LIKE *Gookinaid E.R.G.* TO MAINTAIN ELECTROLYTE AND FLUID LEVELS. DRINK A LITTLE AT EVERY AID STATION, ENOUGH THAT YOU AREN'T THIRSTY WHEN YOU GET TO THE NEXT ONE BUT NOT SO MUCH THAT YOU HAVE A "FULL" FEELING... TOO MUCH CAN BE UNCOMFORTABLE AND CAN EVEN FORCE FLUIDS INTO THE INTESTINES ... WITH DISTRESSING RESULTS. BECAUSE ONLY THE SLOWER RUNNERS CAN POSSIBLY ABSORB AS MUCH AS THEY ARE LOSING, MOST MARATHONERS MUST PRE-HYDRATE BY DRINKING AS MUCH AS A GALLON OF FLUIDS THE DAY BEFORE. BECAUSE THEY WILL PASS SOME OF THIS ALONG WITH THEIR OWN MINERALS, IT MAKES SENSE TO DRINK A BALANCED ELECTROLYTE DRINK AND/OR TAKE POTASSIUM, CALCIUM AND MAGNESIUM SUPPLEMENTS ALONG WITH THE WATER. DRINK PLENTY THE MORNING OF THE RACE TOO, UP TO AN HOUR BEFORE THE RACE TO GIVE THE BLADDER A CHANCE TO CATCH UP AND THEN A CUP OR SO A FEW MINUTES BEFORE THE START. THIS IS THE PROCEDURE FOR BILL RODGERS, RON TABB, JULIE BROWN AND MOST OTHER SUCCESSFUL MARATHONERS.

IF IT'S COOL, WATCH FOR SYMPTOMS OF HYPOTHERMIA OR HYPOGLYCEMIA---HEAVY LEGS, IRRITABILITY, DEPRESSION, WEAVING --- YOU NEED THE GLUCOSE IN *Gookinaid E.R.G.* FAST AND OFTEN! IF IT'S COOL, WEAR A CAP OR HAT, GLOVES OR MITTENS AND A LONG-SLEEVED SHIRT....YOU CAN ALWAYS TAKE 'EM OFF IF IT WARMS UP BUT YOU CAN'T PUT 'EM ON IF YOU DON'T HAVE THEM!

LOOK FOR THE RED *Gookinaid E.R.G.* cups at the AID STATIONS AND HAVE A GREAT RUN!

***Gookinaid E.R.G.*, 4475 University Ave., San Diego, CA 92105**

7011 5555 (200) 254 1057 - from California, Hawaii and Alaska (619) 283-6505

ME RUN? YOU MUST BE KIDDING!

by Harold Tinsley

At 203 pounds, a TV addiction, constant indigestion, pills for every virus the kids would bring home from school and twelve years of sedentary living, I was not your most obvious candidate to start a jogging program. I had learned that dieting was something I'd never be able to stick with to lose weight. And at 5 feet 8 inches and 203 pounds, I did have a weight problem. If I wasn't on a diet then I was beginning an exercise program. I was always starting one or the other but never sticking with either.

In 1969 my son was six years old and running was easy for him. It took only a couple of trips to the YMCA track for him to realize that he had found, for the first time in his life, that running was the thing where he could beat the old man. Not only beat him but make him suffer. It made me furious and a challenge was born.

So what did I hear every day when I got home from work? "Daddy let's go to the track and jog." What a sight that must have been. A six year old leading a huffing, puffing, red-faced, sweating, fat old man around the track. Two laps - a half-mile - and I was done in, with calves so sore I couldn't repeat the process two days in a row.

Slowly, ever so slowly, I made progress. My weight dropped some and my muscles seemed to hate me less and less. It was nearly two years before I could jog two miles without stopping. We ran our first race in August of 1971, a three mile. Harold, Jr. won, but I survived. In fact, I was hooked. Running was now something I looked forward to. Our goal was to run the Peachtree Road Race, July 4, 1972. We had a long way to go to be able to run 10,000 meters (6.2 miles). By the spring, we were running four or five miles a day and that was finally enough exercise to work off all that excess weight I had gained since my school days in sports. I was back to the 140's and that made my running easier and faster. Resistance to illness increased and the need for medicine became less and less. Trips to the doctor stopped since I became active. Progress was now rapid and that was motivation.

Running road races was a frequent weekend activity. Harold, Jr. always won his age division and now I was even picking up a trophy here and there. Best of all, I felt like a new person and I no longer was ashamed to look at myself in the mirror. I was now involved in an active hobby instead of lying on the sofa watching TV.

Never did I know how miserable I was until I lost the weight and got in shape so that I felt good and a comparison could be made.

That first three mile race we had run had also included a six mile race. In it a runner my age from Chattanooga had averaged six minutes per mile. At that time I had thought that if I could ever run six miles at a six minute per mile pace, I would have achieved the impossible. Since that time I have, more than once, averaged better than that for the marathon (26.2 miles). My best marathon time as a master (40+ age) runner is 2:33:05 - a sub 5:52 per mile average. I have been a national age group champion and even broke the age 38 two mile world record. For a person who couldn't run more than a half-mile when I started, that is some change.

The point being made here is that one can only judge his capability relative to his present condition. As one trains, the body undergoes a change, slowly, yes, but in time there is a significant modification. Capability increases and goals are adjusted to levels once considered impossible. Running when you are out of shape isn't much fun, but when you can handle the work load, running is a pleasure beyond what I have achieved in any of the skill sports. There is a sense of well-being and accomplishment which are two of the greatest satisfactions we humans respond to. Obviously fitness and health, and in my case weight loss, are excellent reasons to run. However, many of the other means to exercise that I had tried would have achieved the same results, but I didn't stick with them. I have now been running over fourteen years. Why do I run - I enjoy it!

My initial motivation to run was to lose weight and improve fitness. What I learned from this experience was that running was not only good for the body but was

also good for the mind. Running, once you achieve fitness, is also enjoyable. It relieves the mental stress accumulated from job and the aggravation of everyday life. For me it also provided an outlet for my competitive instincts.

What do the experts have to say about the values of running? Here's a list I've compiled over the years from reading on the subject.

- * You will live longer, but more importantly, your final years will be more active and useful.
- * Although you will use some of each day running, your actual useful hours will increase.
- * Due to less fatigue, you will have a greater work efficiency.
- * Spending a portion of each day in the environment and your improved fitness will better adapt your body to the environment. Heat nor cold will seem as harsh as in the past and you will actually think the summers and winters have grown milder. It's you, not the weather, that's changed.
- * Your physical appearance will have improved. Through losing weight, improving muscle to fat ratio and improved posture, your outward appearance will be far more pleasing and skeletal ailments will be less likely to occur.
- * Your susceptibility to heart attack will be significantly reduced and should one occur, your chance of survival will be greatly enhanced.
- * The stress relief will reduce tension and bring relief from frustration.
- * The fit individual under less stress will exhibit better concentration with a longer attention span.

Yes, you will find that running promotes a sense of well being, independence, accomplishment, self-assurance and greater willpower that produces a personality change for the better.

Running is a natural function of man and is the most basic fundamental sport. Not only is running an excellent exercise, but it is low cost, relatively safe, time efficient, mentally relaxing, convenient, enjoyable and one in which it is very easy to measure progress.

I have talked to many groups, participated in clinics and taught classes on "Jogging for Fitness and Weight Control". In all of these for the beginning jogger/runner, I stress five important points that his or her program should include.

- 1 - **Wear proper shoes made for jogging.** Running will not only be more comfortable but you will be less susceptible to injury.
- 2 - **Keep jogging convenient.** One only needs to set aside the time, put on your running gear and head out the door. Most everyone does their jogging on neighborhood streets. Arranging partners, scheduling time and driving to a meeting place or special place to run only complicates the sport and provides excuses not to run that day if any of these pose a conflict.
- 3 - **Take it easy and enjoy your run.** Slower and farther is more beneficial than faster and harder. It is also much more enjoyable and you are far more likely to continue with the program.
- 4 - **Be consistent and make jogging a habit.** You must commit and dedicate yourself to its values realizing its importance to your life or excuses not to run will easily be found and its value greatly diminished.
- 5 - **Stretch before and after jogging.** Exercise of any type tightens as well as strengthens those muscles used in the exercise. To maintain flexibility or reduce the risk of injury due to muscle imbalance, stretch the primary muscles used in running.

Good luck with your running. I'll see you at the Cotton Row Run before too long and the Rocket City Marathon in the not too distant future.

TREASURER'S REPORT

March 31, 1986

Checkbook Balance January 31, 1986

\$2,403.00

RECIEPTS:

Union Mutual Award-Jane Dolley	\$ 200.00
Memberships	1,590.00
Progressive Dinner	470.00
Clothing	8.50
Mid Winter Classic Race	563.76
Interest	35.69

\$2,867.95

\$5,270.95

DISBURSEMENTS:

*Dale Rand Printing	\$223.00	
Letter Heads, copies, envelopes		
*Brain Millikin	9.00	Overpayment Membership
Overpayment membership		*Nancy Stedman
*Jane Dolley	280.68	Reimbursement-film
Reimbursement Expenses		*Maine Running/Outing
*Jane Dolley	138.00	Mid Winter Classic Flyer
Reimbursement Expenses		*Jane Dolley
* Dale Rand Printing	50.50	Reimbursement expenses
350 copies		*Bill Gayton
*James Bailey Co.	18.90	Speaker March Meeting
Trophies-Mid Winter Classic		*Sandy Wyman
*Joseph Pennell	50.00	Expenses Progressive Dinner
Custodial Services-SMVTI		*Sandy Utterstrom
Mid Winter Classic		Expenses Progressive Dinner
*SMVTI-Mid Winter Classic	50.00	*Widgery Thomas
gym rental		Expenses Progressive Dinner
*Richard Robinov	12.00	

\$1,189.07

Checkbook Balance March31, 1986

\$4,081.88

CONVENTION ACCOUNT

RECEIPTS:

Booth Rentals	\$1,250.00
Conventions sponsors	3,000.00
Interest	17.62
	\$4,267.62

DISBURSEMENTS:

Bob Jolicoeur*	\$ 39.14
Reimbursement expenses	
*Checkbook Charges	15.22
	\$ 54.36

Check Balance March 31, 1986.....\$4,213.26

Baxter Blvd. Running Path \$ 874.92

Rich Strout
Richard K. Strout
Treasurer

Talking with the Pack by Nancy Stedman

Several members were asked the question "Do you have a special meal you eat the night before and morning of a race?" Here's what they had to say:

Don Penta: "I eat pasta the night before; my favorite being linguini niceoise which is made with shrimp or scallops in a garlic & tomato sauce."

Al Mack: "I like to attend the big spaghetti parties the night before a race and usually have one beer. The morning of a marathon, I'll eat a banana and whole wheat bread four hours prior to the race. For short races, I won't eat anything."

Steve McGrath: "I'll drink a couple of beers and make sure I have as much water as beer. I'll eat lots of pasta, rice, or baked potatoes, with lots of vegetables, but stay away from meat and fatty foods. The morning of a race, I'll have $\frac{1}{2}$ banana or cantaloupe, corn flakes or oatmeal and lots of coffee (at least 4 cups).

Sandy Wyman: "Beer the night before always guarantees good results. All my best races accompanied a night of beer and socializing. I don't eat breakfast. (Information supplied to us by Barbara Footer lists chocolate chip cookies as one of Sandy's pre-race foods. I'd love to see what she eats after a race!)

Bruce & Nancy Ellis: "We eat pasta, bread, or potatoes sometimes starting three nights before a race. We eat lots of salads, drink plenty of water, and stay away from alcohol and meat." Bruce doesn't eat in the morning but drinks plenty of water. If it's an early race, Nancy doesn't eat but if it's at noontime, she consumes a piece of dry toast or crackers with plenty of water.

Kris Sorensen: "I eat things easy to digest so I don't feel full. I have been known to consumer a couple of beers on the eve of a race."


Jim Toulouse: "The only thing I do is a couple of days prior to racing I make sure I don't overload on calories so I won't feel full or heavy during the race. I do eat differently starting a week prior to a marathon."

Barbara Footer: "I consumer high carbohydrates like pasta with just tomato sauce. In the morning, I'll eat dry toast, cereal, or a bagel with juice."

Jean Frankovic: "The night before I'll eat pizza or pasta especially with seafood. I feel it helps. In the morning, a real light breakfast of juice. If I'm hungry the night before a race, I'll have a muffin or a piece of cake."

Portland, Maine, Evening Express,

Thursday, April 10, 1986

 **Skunk:** To the young woman in the long-sleeved white top and dark nylon pants jogging across Tukey's Bridge in the middle of morning rush hour last month. Maine Track Club President Jane Dolley, who saw her, was appalled. "She not only put her life in jeopardy but also endangered scores of drivers who had to quickly maneuver around her in the narrow confines of that bridge. Selfish joggers like her give other serious and safety-conscious runners a bad reputation." Dolley said her club takes pride in promoting safety in road races and "etiquette" when running in traffic. "Perhaps this young woman would like to join our club and save her life and ours."



RACE RESULTS

Last month we reported the results of the March 16, Kerryman Pub Race. Two additional names have been reported. Brian Milliken came in 41st in 23:14 and Tom Norton came in around 100th at 26:45.

Joan Lavin and Carlton Mendell ran the New Bedford, MA half-marathon on March 16 in 1:37:23 and 1:33:20, respectively.

Denise Harlow was second woman at the Needham, MA 10K on April 6 in 41:18.

Roz Randall was first woman in the Sophomore Strut 4.5 miler at Thomas College on April 12 in 26:59.

On April 13, Joan Benoit Samuelson covered the MDA - Boston Milk Run 10K in 3rd place behind Lynn Jennings and Lesley Welch in a time of 32:28. Not a bad comeback after surgery and a long, tough recovery!

Many runners from the club ran a short course at Bowdoin College on April 13. Somehow the lead runners took a wrong turn at the Frank Sebastianski Memorial 10K and only ran 5.5 miles. Here are the results:

Frank Sebastianski Memorial 10K, Bowdoin College
April 13, 1986
119 Finishers

1. Danny Paul	28:33	2. Andrew Whelan	29:12	3. Paul Merrill	30:49
4. John Noyes	31:03	5. George Towle	31:12		
9. Jim Toulouse	31:37	49. Eric Ellis	36:34		
11. Steve McGrath	31:49	50. Dave Trussell	36:47		
19. George Limong	32:31	57. Don McGilverg	37:33		
25. Vin Skinner	33:38	60. John Conley	38:32		
28. Jane Arnold	33:50*	63. Jane Dolley	38:52*		
31. Bob Jolicoeur	34:11	72. Deb Hewson	40:48		
37. Dave Canarve	35:27	79. Don Penta	41:31		
38. Phil Pierce	35:31	84. Fran Brennan	42:04		
39. G. Chamberlain	35:31	91. Kathy Christie	43:00		
44. Nancy Delaney	35:54*	96. Russ Bradley	44:07		
46. Rich Littlefield	36:16				

Congratulations to Paul Merrill for a great showing in 3rd place and Jim Toulouse and Steve McGrath for finishing in the top 10%.

The Boston Globe of April 18 reported that Joan Benoit Samuelson was the first woman in the BC Relays at Chestnut Hill in the 10,000 meters. Her time was 32:45.4 which set a new meet record. Nice going, Joan.

Two big races took place on Patriot's Day. The Boys' Club in Portland and the Boston Marathon. See the Boys' Club clipping with 65 MITC runners circled. Not a bad showing. Jim Toulouse (16th overall) as you can see, was first club member to come across the finish line.

Picture at right: Boys' Club - Greg Dugas
#398

The local publicity was great with
several MITC runners caught by the
camera (see below).



Staff photo by Merry Farnum

Women's winner Robin Emery Rappa runs between two men
as she heads for the finish in the Boy's Club race Monday.



A tired finisher gets some support.

SUSAN STONE - Boys' Club



Joe Wildman, the last runner in, heads
for the finish line on Cumberland
Avenue in the Boys Club race Monday.

Boys Club 5-miler

4/21/84

22

Results of Monday's 57th PBC road race

1-25

1. Andy Palmer, 23:46; 2. Bob Winn, 24:01; 3. Larry Reed, 24:53; 4. Bruce Bridgman, 24:59; 5. Peter Lessard, 25:06; 6. Kim Wettlaufer, 25:11; 7. Danny Paul, 25:16; 8. Myron Whippley, 25:25; 9. Lance Guliani, 25:27; 10. Rich Brooks, 25:46; 11. George Bockus, 25:51; 12. Rock E. Green, 26:38; 13. Wendell Blood, 26:39; 14. Barry Fifield, 26:51; 15. John Tarling, 27:07; 16. Jim Toulouse, 27:17; 17. Jody Norton, 27:20; 18. Richard Neal, 27:24; 19. Stephen Fluet, 27:32; 20. John Mathieu, 27:42; 21. Joe Wojas, 27:47; 22. Joe Bennett, 27:53; 23. Steve McGrath, 27:53; 24. Dennis Benard, 27:55; 25. Michael Cally, 27:58.

26-50

26. John James, 28:03; 27. Warren Dean, 28:05; 28. Andre Benoit, Jr., 28:08; 29. John Titus, 28:11; 30. James Maddin, 28:18; 31. Roland Moulin, 28:25; 32. Dennis Smith, 28:26; 33. Wayne Pelletier, 28:31; 34. Judson Kendall, 28:36; 35. Paul Bourget, 28:38; 36. Herman Gavrira, 28:42; 37. Werner Pobatschnig, 28:47; 38. Joel Titcomb, 28:49; 39. Patrick Connell, 28:49; 40. John Lunt, 28:52; 41. Steve Carleton, 28:53; 42. Jim Harmon, 28:55; 43. Gregg Edelmann, 28:56; 44. Larry Deans, 29:02; 45. Phil Vezina, 29:03; 46. Garry Myatt, 29:04; 47. Andrew Rosen, 29:03; 48. James Desmond, 29:09; 49. Doug Darby, 29:10; 50. David Smith, 29:11.

51-75

51. Thomas Frederick, 29:13; 52. John Long, 29:47; 53. Greg Dugas, 29:16; 54. Robin Emary-Rappa, 29:17; 55. Gerald Wilson, 29:18; 56. Jack Hardy, 29:20; 57. Kurt Nielsen, 29:22; 58. Bob Brainerd, 29:22; 59. Donald Wilson, 29:23; 60. John Beatty, Jr., 29:24; 61. Sam Merrill, 29:27; 62. Brian Daly, 29:29; 63. Muzzy Barton, 29:31; 64. Ron Cedrone, 29:33; 65. Tom Allen, 29:34; 66. Howard Chadbourn, 29:35; 67. Vincent Skinner, 29:39; 68. Frank Ferland, 29:39; 69. Wanda Haney, 29:47; 70. Jeff Lindenthal, 29:48; 71. George Waterhouse, 29:50; 72. Tom Gelchell, 29:51; 73. Michael Getchell, 29:52; 74. Craig Schmidt, 30:06; 75. Jason Burrill, 30:10.

76-100

76. Richard Wood, 30:11; 77. Dana Bartlett, 30:12; 78. C. T. Oakman, 30:16; 79. Charles Hall, 30:20; 80. Billy Childs, 30:24; 81. Alburn Butler, 30:26; 82. Red Merriam, 30:27; 83. Tom Swain, 30:30; 84. Richard Cizek, 30:31; 85. Sam Mitchell, 30:32; 86. Courtney Creamer, 30:38; 87. Alvin Bugbee, 30:40; 88. James Neal, 30:43; 89. Ed Emopd, Jr., 30:55; 90. Bob Ingerowski, 30:56; 91. Gary Johnson, 30:58; 92. Denise Harlow, 31:04; 93. Eric Lagois, 31:17; 94. Michael Worden, 31:17; 95. Lloyd Crocker, 31:18; 96. Chris Ziagos, 31:18; 97. Lloyd Ferris, 31:18; 98. Richard Littlefield, 31:19; 99. Roger Lehr, Jr., 31:21; 100. Curtiss Shigo, 31:23.

101-125

101. Larry Pelson, III, 31:25; 102. Barry Howgate, 31:25; 103. Bob Hunt, 31:25; 104. Larry Whippley, 31:28; 105. Jennifer Rood, 31:32; 106. Douglas Prida, 31:37; 107. Gary Blanchard, 31:40; 108. Dick LaJoie, 31:43; 109. Eric Ellis, 31:44; 110. David Peterson, 31:45; 111. Les Barry, 31:46; 112. David Trussell, 31:46; 113. Debbie Sawyer, 31:52; 114. Kevin Carley, 31:54; 115. Michael Boyson, 31:55; 116. Mardi Reed, 31:59; 117. John Ballicki, 32:02; 118. Bill Pavliski, 32:02; 119. Carl Comstock, 32:04; 120. Richard Marino, 32:05; 121. Tom Merrill, 32:06; 122. Michael Marino, 32:07; 123. Peter Carleton, 32:10; 124. Andrew Ingalls, 32:11; 125. Terry Clark, 32:13.

126-150

126. Charles Greenlaw, 32:18; 127. Norman Twaddle, 32:18; 128. Chris Johnson, 32:20; 129. Steve Watts, 32:23; 130. Cienyl Bascomb, 32:24; 131. Douglas Andrews, 32:25; 132. Ardie Clark, 32:28; 133. Bill McGilpin, 32:28; 134. Larry White, 32:28; 135. Peter Vachon, 32:30; 136. Ted Remar, 32:30; 137. Mark Danyla, 32:32; 138. Karl Geib, 32:38; 139. Thomas Bassols, 32:39; 140. Robin Watters, 32:40; 141. Rick Strout, 32:46; 142. Tia Lamarze, 32:47; 143. James Betsch, 32:47; 144. Henry Roper, 32:48; 145. Edward Lopes, 32:50; 146. John Edwards, 32:52; 147. Lee Crocker, 32:53; 148. Patrick Remy, 32:54; 149. Terrance Allen, 32:55; 150. Charles Probert, 32:56.

151-175

151. Dennis Morrill, 32:56; 152. Richard Bard, 32:57; 153. Tim Smith, 32:58; 154. Thomas McMillan, 32:59; 155. Dan Kidd, 33:00; 156. Donald McGilvery, 33:00; 157. Dan Doyon, 33:01; 158. Stephen Hart, 33:02; 159. Bill Sayres, 33:02; 160. Tim Drury, 33:03; 161. Art Porta, 33:04; 162. Jeff Nixon, 33:04; 163. Berton Cleaves, 33:05; 164. John Shippie, 33:12; 165. Gerald Wiles, 33:14; 166. Linda McKenzie, 33:15; 167. John Willholte, 33:17; 168. Tom Brown, 33:18; 169. Laurence Boyd, 33:20; 170. Seth Denning, 33:21; 171. Aims Coney, III, 33:23; 172. Sandra Wyman, 33:23; 173. Wayne Fordan, 33:25; 174. Jonathan Cooper, 33:32; 175. Stephen Potter, 33:42.

176-200

176. Gary Barton, 33:43; 177. Andrew Pease, 33:44; 178. Barbara Coughlin, 33:44; 179. Brett Baber, 33:45; 180. Bob Wight, 33:50; 181. Harvey Lafreniere, 33:51; 182. Jack Reagan, 33:57; 183. Michael Nixon, 33:57; 184. Bud Dorr, 33:57; 185. Eileen Stergion, 34:02; 186. Thomas Welch, 34:03; 187. Ralph DePrez, 34:04; 188. Jim Splude, Jr., 34:07; 189. Chris Clark, 34:07; 190. James Bishop, Jr., 34:09; 191. Ronald Stone, 34:13; 192. Bob Zezer, 34:14; 193. Frederick Davis, 34:17; 194. Gladys Dewick, 34:17; 195. Doug Boilen, 34:18; 196. Joseph Esposito, 34:19; 197. ...

201-225

201. Dale Riones, 34:25; 202. Susan Stone, 34:26; 203. Steve Walker, 34:33; 204. Linda Stragand, 34:34; 205. Paula Stone, 34:36; 206. Barney Berube, 34:37; 207. Bruce Smith, 34:37; 208. Jeff Wax, 34:42; 209. J. P. Lavoie, 34:45; 210. Melissa Grant, 34:45; 211. Ken Casey, Jr., 34:47; 212. Dan Murphy, 34:49; 213. Cliff Ives, 34:49; 214. Don Robinson, 34:51; 215. Tim W. Smith, 34:52; 216. Scott Erickson, 34:54; 217. Gary Collins, 34:55; 218. Walter Taylor, 34:57; 219. Dana Weste, 34:58; 220. David Conley, 34:59; 221. Garrett Clough, 35:01; 222. Thomas Norion, 35:03; 223. Carol Cifino, 35:04; 224. Michael Flaherty, 35:07; 225. Fred Stone, 35:07.

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351. Michael Grant, Jr., 40:19; 352. Don Johnson, 40:28; 353. Ginny Esposito, 40:39; 354. Linda Crawford, 40:44; 355. Claire Edwards, 40:57; 356. Rod Stanley, Sr., 40:57; 357. Kim Goodwin, 41:01; 358. Joe Coyne, 41:07; 359. Melvin Fineberg, 41:09; 360. Pam Twombly, 41:09; 361. Jack Copper, 41:09; 362. Edward Galli, 41:29; 363. Jack Smith, Jr., 41:41; 364. Harry Trask, 41:43; 365. Albert Giasson, 41:45; 366. Matt Barnes, 41:46; 367. Steve Plymton, 41:51; 368. David Clark, 41:58; 369. Eleanor Vance, 42:02; 370. Keith Hunter, 42:12; 371. Frank Arsenault, 42:26; 372. Colleen Flaherty, 42:27; 373. Carol Mills, 42:56; 374. Daniel Foley, 43:02; 375. Tom Madden, 43:08.

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376. Wilbur Holmes, 43:41; 377. Joyce Goodie, 43:56; 378. Steve Stetson, 44:23; 379. Robert Christie, 44:28; 380. Bonnie Poirier, 44:34; 381. Jan Oliver, 44:36; 382. James Carroll, 44:51; 383. Cammie Hall, 44:53; 384. Anthony W. Harvey, 45:13; 385. Edward Devine, 46:18; 386. Joseph Pacella, 46:27; 387. Dail Martin, 46:27; 388. Ruth Heffelfinger, 46:56; 389. Daniel Ross, Jr., 47:15; 390. Thomas Dwane, 391. Lloyd Holmes, 48:49; 392. Carl Patis, 48:50; 393. Ronald Brunelle, 48:51; 394. Joe Wildman, ...

MARATHON '86

The Boston Marathon was a treat again this year for most. A few of our members went out a bit too fast and turned in what they termed disappointing times (for them), but overall the hospitality was improved and the cheering section super. See Phil Pierce's article for his impressions of Boston elsewhere in the newsletter.

Here are some of the results of the top finishers and MTC members who made the Boston Globe.

Top men finishers

Results courtesy of the Honeywell Corporation.

1. de Castella, Rob, Australia, 2:07:51	\$60,000
2. Boileau, Art, Canada, 2:11:15	\$21,000
3. Pizzolato, Orlando, Italy, 2:11:43	\$16,000
4. Rodgers, Bill, Dover, 2:13:36	\$12,000
5. Barrios, Arturo, Mexico, 2:14:09	\$10,000
6. Hodge, Bob, Hopkinton, 2:14:50	\$8,500
7. Tibaduiza, Domingo, Columbia, 2:15:22	\$7,000
8. Cummings, Paul R., Orem, UT, 2:16:05	\$5,500
9. Schlessinger, Dan, Cambridge, 2:16:29	\$4,000
10. Ito, Kunimitsu, Japan, 2:17:02	\$2,500
11. Tialen, Pertti, Finland, 2:17:04	\$1,400
12. Meyer, Greg, Grand Rapids, 2:17:29	\$1,300
13. Nagashima, Hiroshi, Japan, 2:17:38	\$1,200
14. Huggins, Gonzalo, Venezuela, 2:18:11	\$1,100
15. Doyle, Bobby, Providence, 2:19:03	\$1,000

Top women finishers

1. Kristiansen, Ingrid, Oslo, Norway, 2:24:55	\$35,000
2. Beurskens, Carla, Belfeld, Netherlands, 2:27:35	\$23,000
3. Bussieres, Lizanne, Montreal, 2:32:16	\$15,000
5. Keskitalo, Sinikka, Finland, 2:33:18	\$10,000
6. Isphording, Julie, Comti, Ohio, 2:33:40	\$8,500
7. Vahlensieck, Christa, W. Germany, 2:34:50	\$7,000
8. Moller, Lorraine, New Zealand, 2:35:06	\$5,500
9. Clausus, Eileen G., Sacramento, Calif., 2:38:23	\$4,000
10. Rochefort, Ellen E., Quebec, Canada, 2:40:00	\$2,500
11. Stewart, Hazel, Auckland, New Zealand, 2:41:12	\$1,400
12. Hynes-Johanson, Mary P., Belmont, 2:41:50	\$1,300
13. Grottenberg, Sissel, Norway, 2:43:00	\$1,200
15. Kemp, Audrey S., Cupertino, Calif., 2:46:52	\$1,100
16. Guevera-Mora, Eva, Peru, 2:47:37	\$1,000

Paul Merrill turned in the fastest Maine Track Club time in 2:33:26 which was good for a fantastic 109th overall. David T. Roberts, a friend of Kim Moody (and of the Club), was first finisher in 2:32:41. Bruce Ellis, our member from Exeter, NH, was 265th in 2:40:05. Kim Moody was first female Maine finisher in 29th place with a time of 2:56:34. Kim went out too fast and paid the price a bit later. Look for her real stuff in the upcoming Western States 100.

Roz Randall was second female from Maine in 319th place among the open female division in 3:35:01. Two other Maine women were ahead of her but competed in the Master's division.

Other Club members to finish were Bob Coughlin, Russ Connors, Bob Payne, Phil Pierce, and Bob Jolicoeur, in that order. That's right folks, Phil did it to Jolicoeur even though Bob ran his best Boston time to date in 3:11:46. Phil did a 3:10⁺ and qualified for next year already.

More results on Boston next month if we can get everyone from the Club to send them in.

April Amble 4 miler at Westbrook College
April 26, 1986 315 Finishers

This is a MTC assisted race. Always popular with local runners. Only the top 100 were listed in the paper as shown in the clipping. Other members were picked off the listing obtained for us by Don Penta. Hope we didn't miss anyone.

Other MTC finishers included:

104 Dave Paul	26:14	187 Dave Horne	29:25
116 Roz Randall	26:35*	193 Joseph Croteau	29:43
121 Bob Cushman	26:43	203 Deana Vance	30:06*
125 Carlton Mendell	25:53	226 James Puckett	31:16
131 Barbara Coughlin	27:08*	240 Eleanor Vance	32:06*
132 Craig Hall	27:09	241 Bob Perkins	32:07
133 Doug Moreshead	27:10	263 Ray Nevey	33:09
160 Ted McCarthy	28:09	270 Sally Paterson	33:53*
173 Bill Davenny	28:53	289 Ted Cunningham	35:40
175 Al Mack	28:57	312 Jane Wildman	40:38*
183 Russ Bradley	29:17	314 Joe Wildman	41:06

No, this time Joe Wildman did not come in last. Anita DiCrecchio was 39 seconds behind him. Nice turn out by the MTC.

Portland, Maine, Evening Express, Monday, April 28, 1986

Garcia, Haney win April Amble race

Wanda Haney of South Portland was the first woman finisher in the 10th annual April Amble Saturday, touring the four-mile course in 23:07 and winning the Joan Benoit Samuelson Award.

Haney, an outstanding athlete at South Portland High, received her award from Westbrook alumna Kim Moody, one of the world's premier long-distance runners.

Rick Garcia of St. Joseph's College won the event in 19:18. Former Bates All-America Kim Wettlaufer was second in 19:40. Rich Brooks (19:50) was third.

In the women's division, Cheryl Bascomb was runner-up (24:04) and Deborah Sawyer (24:21) was third.

The race, sponsored by Westbrook College, attracted 355 registrants, according to an official.

April Amble
at Westbrook College
1. Rick Garcia, 19:18.4; 2. Kim Wettlaufer, 19:40.9; 3. Rich Brooks, 19:50.3; 4. Andrew Whelan, 20:13.1; 5. George Backus, 20:18.1; 6. Jody Norton, 20:44.4; 7. Rock Green, 20:55; 8. Russell Keenan, 21:21.9; Dennis Berard, 21:31; 10. Gordon Scannell, 21:37; 11. Guy Berthoum, 21:38; 12. Bob Camara, 21:39; 13. Joe Bennett, 21:44; 14. Warren Dean, 21:48; 15. Jim Paterson, 21:54; 16. Judson Esty-Kendall, 21:59; 17. Sheldon Millican, 22:08; 18. Scott Spaulding, 22:11; 19. Roland Moulin, 22:13; 20. Steve Tugboat, 22:19; 21. Michael Lory, 22:22; 22. Jim Harmon, 22:25; 23. Larry Green, 22:28; 24. Steve Fox, 22:32; 25. John Long, 22:33; 26. Andrew Rosen, 22:35; 27. Guy Martin, 22:38; 28. Roland Thibault, 22:40; 29. James Desmond, 22:41; 30. Mike Cirillo, 22:45; 31. Michael Reigan Jr., 22:48; 32. Jason Surril, 22:49; 33. David Smith, 22:51; 34. Phil Marino, 22:53; 35. Patrick Bernier, 22:55; 36. John Strout, 22:59; 37. Michael Olsen, 23:00; 38. Jack Hardy, 23:06; 39. Wanda Haney, 23:07; 40. James Huebner, 23:11; 41. Don Wilton, 23:13; 42. Mark Mullen, 23:18; 43. Jason Keeler, 23:19; 44. Gary Flick, 23:20; 45. Stephen Woodruff, 23:28; 46. Mike Doty, 23:33; 47. Cyra Shaw, 23:34; 48. Robert Butcher, 23:37; 49. Perley Hookpin, 23:41; 50. Steven Mar, 23:50; 51. Bob Inocowski, 23:55; 52. Richard Wood, 23:59; 53. Cheryl Bascomb, 24:04; 54. Paul Thibault, 24:05; 55. Peter Van Dyck, 24:08; 56. Kevin Kilson, 24:19; 57. Michael Jones, 24:17; 58. Douglas Price Jr., 24:18; 59. Cameron Brown, 24:19; 60. Michael Warden, 24:20; 61. Deb Sawyer, 24:21; 62. Richard Littlefield, 24:22; 63. Bruce McFarland, 24:22; 64. Eric Hirsch, 24:23; 65. Bill Paulisko, 24:24; 66. Roger Berle, 24:25; 67. Douglas Andrews, 24:27; 68. Geoff Rushlow, 24:37; 69. James Hannan, 24:34; 70. Gary Langley, 24:36; 71. Dick Lalale, 24:39; 72. Tom Merrill, 24:41; 73. Chris Salamone, 24:51; 74. Eric Ellis, 24:52; 75. John Edwards, 25:02; 76. Peter Chapman, 25:05; 77. Jen Road, 25:06; 78. Cori Comstock, 25:07; 79. Peter Buhryn, 25:07; 80. David Peterson, 25:08; 81. Laurence Boyd, 25:09; 82. Rick Strout, 25:10; 83. John Burke, 25:11; 84. Melora Cogshall, 25:13; 85. Michael Sheldon, 25:18; 86. Tim Smith, 25:19; 87. Steve Heidke, 25:24; 88. Tom Brown, 25:30; 89. Steve Tukey, 25:32; 90. Matt Winslow, 25:33; 91. Danforth DeSena, 25:37; 92. Don O'Brien, 25:45; 93. David Trussell, 25:45; 94. Peter Vachon, 25:46; 95. Bill Shae, 25:48; 96. Ken Casey Jr., 25:47; 97. Charles Probert, 25:47; 98. Les Crocker, 25:48; 99. Michael Alexander, 25:50; 100. Neil Martin, 25:55.

On April 27, two members, Deborah Hewson and Gordon Chamberlain, competed in the Rainbow Biathlon in Turner, Maine. This was a 5 mile run and 20 mile bike race. Deborah won it for the women in 1:37:15. Gordon was first master in 1:25:23.

Joan Benoit Samuelson and Jeff Drenth of Eugene, Ore., teamed up to win the New York Trevira Twosome in Central Park on April 26. Their winning time for the 10 miles was 1:41:07 while Joan's individual time was 53:18 also good for first woman.

UPCOMING RACES - MAINE!

May 10 - Togus - 5 miler and 1 mile fun run; 10:00 a.m. at VA Medical Center, Rt. 17, Togus, Maine. Contact Chris Bovie, 7 Page Street, Hallowell, ME 04347 or call 623-1033 (H), 623-8411 ext.271 (W).



UPCOMING RACES (continued)

- May 16 - L.L. Bean/RRCA 5K Fun Race - Join Joan Benoit Samuelson and Mayor Casale at the Holiday Inn by the Bay, Spring St., Portland, at noon for a short rally. Then run from Congress Square at 12:15 p.m. Contact RRCA Races, P.O. Box 613, Westbrook, ME 04092 or call Charlie Scribner at 772-5781.
- May 17 - Biddeford Pool Spring Run - 3.5 miles at 10:00 a.m. from Hattie's Deli, Rt. 208, Mile Stretch, Biddeford Pool, ME. Contact Roseann McAllister at 282-6526 or write Race Director, P.O. Box 74, Biddeford Pool, ME 04006.
- May 18 - Maine Savings Bank/RRCA National Championship 10K - 8:30 a.m. at Deering Oaks Park, Portland, ME. Packet pick up at Holiday Inn by the Bay May 15, 16 & 17 (Also sign up). Packet pick up Sunday at 7:00 a.m. at University of Southern Maine gym - race headquarters. Contact Jane Dolley for information at 846-6018.
- May 18 - Lighthouse Walk - Sponsored by Blue Cross/Blue Shield of Maine. Conducted by Southern Maine Volkssport Association. SMVTT to Portland Headlight and return. Must finish by 4:00 p.m. Contact SMVA, P.O. Box 722, Westbrook, ME 04092
- May 25 - Maine Coast Marathon - Kennebunk, ME; starts at 7:00 a.m.; contact Maine Coast Road Runners, P.O. Box 1333, Biddeford, ME 04005. Anyone interested in helping please contact Jane Dolley.
- May 25 - Brunswick Volkssporters - P.O. Box 14, South Freeport, ME 04078.
- May 25 - Pizza Oven Spruce Run 5K - 10:00 a.m.; corner of Union St. and West Broadway in Bangor. Contact Pizza Oven, Spruce Run 5K, 33 Lincoln St., Bangor, ME 04401.
- May 26 - Marsh Stream Stampede - 10K at 9:30 a.m. at Jct. Rt. 139 & 141 in Monroe, ME. Contact Monroe Lions Club, P.O. Box 673, Monroe, ME 04951 or call 525-4459.
- June 1 - Corporate Fund Run for Special Olympics - 2 mile and 5 mile races at Saco Defense, Inc., North St., Saco, ME. Contact Kathy Eon, Benefit Run for Special

July 13- Mark Hotimaster Race- westbrook. This race to replace the Perfect 10 which will not be held this year due to the closing of the Athletic A store at Back Cove.

Selected Upcoming Races - Outside Maine

- May 11 - Stark Trek 10K - Conway Village, NH at 10:00 a.m.. Contact D.A. Sporc Box 286, Conway, NH 03818.

RACES OUTSIDE MAINE (continued)

- May 25 - Great Hyannis Road Race - 13.1 miles, 9:00 a.m. at Barnstable Town Hall, Hyannis, MA. Contact GHRR, 105 Stevens St., Hyannis, MA 02601.
- May 25 - Riverside Twilight 5-Miler - Rt. 159, Agawam, MA. Deadline May 16. Contact Riverside Twilight 5-Miler, Riverside Park, P.O. Box 307, Agawam, MA 01001.
- May 31 - L'Eggs Mini-Marathon - Central Park, New York City. Contact NYRRC, P.O. Box 881, Dept. A, New York, NY 10150-0881.
- June 1 - Honeywell Battlegreen Run 10K - 1:30 p.m. Corner of Mass. Ave. and Harrington Road. Contact Battlegreen Run Committee, c/o Robert Renna, House A, Lexington High School, Lexington, MA 02173 or call 862-2219.

ions to the Portland YMCA on their new Nautilus Center!

Congratula



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