



# Maine Track Club

NEXT MEETING...June 13th, Wednesday evening at 7:30 PM  
DON'T FORGET our new meeting place - SMVTI at the  
 MACHINE TOOL AUDITORIUM, located two buildings  
 beyond the gymnasium. A fun-run will start at  
 6 PM from the SMVTI gym. Lockers and showers  
 available! The centralized services available  
 to our club make this a very attractive alternative  
 to the Public Safety Building.



Our guest will be Dick Roberge, organizer of the Coalition of Maine Runners and the Maine Coast Marathon. Dick will speak on race organization, the nuts and bolts behind a successful racing event. His experience should be helpful as we continue early preparations for the MTC Half Marathon, THE CAPE CHALLENGE, to be held September 9th. Mark your calender now!

## RACING CALENDER .....

- June 2 - OFFICER FRIENDLY'S (MTC), South Portland HS, Bob Coughlin, Director 883-9659. 3 and 1 mile races 10 AM
- June 10 - Great Maine Race, canoe or run, 15 km race, For information call Bob Waddle, Brunswick, 725-6222
- June 16 - Mainely Ladies, 4 Miler, Old Orchard Beach, 10 AM, Marathon Sports, PO Box 1131, Biddeford, ME 04005
- June 22 - Doc's Tavern 3 Miler, Biddeford, Call Peggy Wilson Tel. 282-2274 and Mike Gendron Tel. 282-0570. 7 PM
- June 24 - Maine National Bank 5 Miler, Portland, Congress Street, 9 AM starting time.
- June 23 - Heritage Run 5 Miler, Norlands Estate, Livermore Falls, 4 PM
- June 23 - Waldoboro Days Triathlon, 5 mile canoe trek, 6.2 mile run and 25 mile bike ride. For info call 623-2125, Hallowell, ME.
- July 4th - LL Bean 2 Miler and 10 km Runs, 10 km start at 7:30 AM 250 limit to 10 km Race. Rick McCabe, director 865-4761.
- July 4th - Bridgton 4 on the Fourth, 9 AM, Bridgton Jr HS

Maine Track Club is a non-profit organization.



LIFE. BE IN IT week begins June 3. During those five days, the Recreation Division of the Health and Human Services Division will emphasize physical activity. Events from volleyball to bicycling will be held. On Tuesday, June 5th at City Hall, 11:30-12:30, Bob Jolicoeur will hold a session, Introduction to Running with the MTC. Join him to share your experiences with interested people. For information call Recreation Office, Ext 300.

Mark OCTOBER 13 on your calender. The day before the Casco Bay Marathon, Stroh's Run for the Statue of Liberty will be held nation wide as an effort to commemorate this monument, our symbol of Liberty. Portland is one of 100 chosen cities. The Maine Track Club under the direction of our Veep, Bob Jolicoeur, will organize this event. The tentative plan is for a 5 mile race from SMVTI to the Portland Headlight and back. Stroh's Brewery is donating an impressive amount of advertising and money to make this a success. Maine Track Club members glycogen loading for the Casco Bay Marathon should plan on helping that day. More discussion at future meetings.....

Following the Maine National Bank Race, we will have a MAINE TRACK CLUB PICNIC starting at 12 Noon. Place SMVTI picnic area. Bring your swimming suit, not booze. \$1.00 per person. The MTC will supply the hotdogs, hamburgers and drinks. Bring dessert! We need a head count. Call Sandy Utterstrom, 797-4710, if you don't attend the next meeting but plan to come.

Bob Payne already carried the Olympic torch en route to Los Angeles. After a 900 mile simulation run through the Mid-Atlantic States, Bob found his shoulder was strong enough for the real test!

More reasons to jog!!! the Journal of Psychosomatic Research report that runners were less depressed and socially introverted. After the Anorexia nervosa association, we need this favorable press. Purdue University reports that a fit body might improve our problem solving ability by 60%. This explains why exercising executives earn more that \$3000/year more than their sedentary partners. The Journal of Cardiac Rehabilitation reported that aerobic exercise and anxiety management decreased their participants Type A personality profile& systolic blood pressure. Need we say more??

Finally.....a computerized copy of all MTC members will be soon mailed to each member. Another thanks to Bob Jolicoeur and the Maine Savings Bank computer!



MEMBER PROFILE.....

Harry Nelson was all smiles approaching the Casco Bay finish line. The time clock read 2 hours and 38 minutes! Not bad for an overweight, 1 pack a day puffer only six years ago who now makes running part of his weekly routine. Harry joined the MTC last year. His wife, Liz, jogs also when she not running after their 1 year old. Harry requalified for the Boston Marathon this April with another sub 2:50 performance. Of late, his mileage has been curtailed by housebuilding - 40 per week doesn't require any apology. His sixty hour work week with Data General doesn't help the matter either. Look for him among the frontrunners!

RACE RESULTS.....

Terry Fox Memorial Run, Bob Coughlin, Director

1. Bob Quentin, 22:04, 5. Barry Howgate, 22:57, #14 Jerry Roberts 24:49, #17 Ruth Rohde 25:40, #20 Harvey Rohde 26:18, #28 Jane Dolley 27:27 Sandy Utterstrom (Bangor) 24:31 -3.1 km

Bob Rice Memorial, John Keller, co-director (No times submitted)

MTC finishers: Harry Nelson, Rick Strout, Randy Talbot, Jerie Bugbee, Brenda and Bob Cushman, Brian Gillespie, Dick Lajoie and Don Penta.

Biddeford 15 Miler: #11 Bob Coughlin, 1:34:51, #14 Bob Jolicoeur, 1:37:21, #48 Harvey Rohde 1:48:03  
#51 Al Butler 1:48:26, #72 Jerry Roberts 1:55:51,  
#79 Herbie Strom 1:57:18, #84 Bill Davenney 1:58:06,  
#85 Barb Coughlin 1:58:30, #86 Al Mack 1:59:04,  
#90 Jane Dolley 1:59:39, #91 Dave Conley 2:00:28,  
103 Joe Croteau 2:07:47, #108 Jean Thomas 2:09:50  
110 Widgery Thomas 2:10:21 #111 Jim McGovern 2:10:22

4th Annual Rocky Coast, Boothbay Harbor, Bob Jolicoeur #41  
38:22 for 10 km

Special Olympics 5 Miler at Saco: #4 Werner Pobatschnig, 26:52

#74 Bob Cushman 33:37 #83 Dave Conley 34:13  
#114 Don Penta 36:15, #128 Ray Hefflefinger 36:56

Falmouth Little League 4 Miler - Bob Cushman 27:04, Brenda Cushman 35:17

Boston Marathon - Overlooked Greg Parlin last month. His time was 2:58 1/2.

High School Track - West "A" Boys - 800 m Chris Klein, 1:58:06.  
West "B" Boys - Jeff Pomroy, 1600 m - 4:31:02.



Sure was beautiful weather for the 5th Maine Coast Marathon. A bit hot for some, but otherwise you couldn't ask for better. Great to see Werner Pobatschnig back leading MTC runners with a 2:39:27 in 21st place. Greg Dugas knocked 1:15 off 1983 to come in 59th with 2:48:24 followed by John Eldredge in 60th place with a 2:48:28, followed in 91st place with a 2:52:55 by Bob Coughlin.

To take her third 1st place in five years, Kim Bearlieu ran an amazing 2:55:23, this a couple of weeks after Olympic Trials which were fast on the heels of Boston Marathon. Tony Owens broke his three hours wide open with 2:58:45, 11:15 less than '83. Harvey Rohde dropped 6:36 off '83 to come in 186th with 3:05:18.

Dick McFaul came in 202nd with a 3:06:39, a most rapid recovery. Bob Payne and Bob Jolicouer tied with 3:07:28 for 212 and 213 respectively. Yours truly holding down 269th with a 3:13:12 and hard on my heels was Alan Leathers with a 3:14:11 (-2:38 over 1983). Shortly thereafter came Al Butler in 317th with 3:17:02. Jerry Roberts, 390th, pacing friend Rosalyn with a 3:24:26. Sandy Wyman, one of our newest members, ran a tough 3:28:35 for 434th.

Winning the 1st over 40 in 456th with 3:29:43 was Barb Coughlin. In 510th with 3:35:25 was our treasurer, Dave Trussell plus Rick Strout, fresh from fairly recent surgery coming in 3:38:37 for 532nd. In 563 with 3:43:06 was Bill Davenny (25:44 less than '83). In 590th, John McGovern with a 3:47:26 and Jean Thomas, 3:52:17 for 617th; Jim "Terry" McGovern, 635 with a 3:54:03 (30:07 faster than '83). Widgery Thomas - 4:00:03 (6:16 faster than 1983) for 667.

Another one of our new members, Joe Croteau, 4:09:12 for 693rd. In 728th after a couple of minor surgeries with a 4:21:46, Bernard "Bud" Ross. And coming back after a long hiatus and dropping a lot of weight was Bob Ayers in 741st with a 4:27:38.



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