



Maine Track Club

P.O. Box 8008, Portland, Maine 04104

...Run with a friend...

JUNE, 1985 NEWSLETTER

OFFICERS

Bob Jolicoeur	- President	799-4127
Jane Dolley	- Vice President & Chairman, Program Committee	846-6018
Rick Strout	- Treasurer	829-3216
Russ Connors	- Chairman, Newsletter Committee	799-8240
Charles Scribner	- Race Committee Chairman	772-5781
Phil Pierce	- Secretary	781-3769
Bob Ayers	- Membership Chairman	799-7284

NEXT MEMBERSHIP MEETING

June 12, 1985, at 7:00 p.m., at the SMVTI Auditorium. Michael J. Perry, L.L. Bean Clinic Coordinator, will have a slide presentation about "Paddling the Coast of Maine by Sea Kyack," highlighting our beautiful Maine coast from Casco Bay to Canada's Campobello Island, a distance of 220 miles.

Michael is an avid outdoorsman. He has hiked the Appalachian Trail from Katahdin to New York, the Rocky Mountains, and the Grand Canyon, as well as climbed Mt. Ranier, Mt. McKinley, and several others. He has also received silver and bronze awards in the Canadian Ski Marathons (100-milers).

Yeah, but what does he know about running?, you say. Well, he's completed at least 5 marathons, including three Bostons, plus Newport and Washington, DC. Let's have another big turnout for this one. It's guaranteed to at least be entertaining. Questions and answers will follow the slides. Refreshments will follow the meeting, courtesy of Maine Savings Bank.

NEXT NEWSLETTER COMMITTEE MEETING

June 26, 1985, at 7:00 p.m., at Maine Savings Bank in the board room on Congress Street (2nd floor). All members welcome. Material to be included in the July newsletter should be submitted at this meeting.

CLOTHING COMMITTEE

Maine Track Club caps will be available for purchase at the next meeting of the membership. Shorts are in, but being imprinted with the MTC name and may or may not be ready for the meeting. Long-sleeve polypropylene shirts for those who ordered them are also in, but also being imprinted.

Sandy Utterstrom

"We can't all be heroes because someone has to sit on the curb and clap as they go by."

Will Rogers



MEMBERSHIPS

Another record month for memberships is recorded by the Maine Track Club, with 18 new households joining the Club, plus another renewal. This brings the roster to 190 households. At this rate, it appears we should reach our original goal of 200 households for 1985 by the end of June. We couldn't be happier about that.

Thanks to Russ Bradley and Bob Jolicoeur for sponsoring new members this month, as well as the Athletes Foot and the YMCA who were each indicated as the source of a new member. Olympia, for the second month in a row, gets credit for 3 new members. Nice going, everyone. Let's go for 250 by the end of 1985. A hearty welcome to the following new members:

NAME & ADDRESS	PHONE	OCCUPATION	AGE/OTHER INTERESTS
Brian F. Alward 30 West Street, Apt. 23 Portland, ME 04102	H774-8907		Age 45
Martha Muldoon, John Charest & Family Fiddlers Green Farm P.O. Box 24 West Buxton, ME 04093	W871-111 H727-3952	VP-Marketing, Maine Savings (M) Ship Master/Amoco & Farmer (J) Christine & Daniel	Ages 42(J), 15(C), 12(D); raising beef cattle, basketball, field hockey, soccer, track
Jill Scirpo & Paul Coulombe 12 Flintlock Drive Scarborough, ME 04074	W883-3846	Salesman, White Rock Dist. (P) Freshman, UCONN(J)	Ages 18 (J) & 32 (P)
Tim Drury 50 Avon Street Portland, ME 04104	H773-9416	Custodian	Age 30
Michelle Guy 501 Westbrook St. Apt 106B S. Portland, ME 04106		RN-Osteopathic Hospital	Age 21; swimming, skiing, water-skiing, weight lifting
Randy L. Hastings RFD #2, Box 4096 Farmington, ME 04938	W897-3431 H778-3445	Lift Truck Oper., Internat'l Paper Co.	Age 30
Bob Hazzard P.O. Box 128 So. Freeport, ME 04078	W773-7721 H865-6419	CPA - Self- employed	Age 53
Dave Horne 101 Blackstrap Road Falmouth, ME 04105	W775-5128 H797-4912	Merchandise Mgr, Emery Waterhouse	Age 48
Lloyd P. LaFountain, III 384 Alfred Road Biddeford, ME 04005	H282-9030	Law Student (1st year), Suffolk University	Age 23
Richard E. Littlefield Box 789 Ring Landing Road Casco, ME 04015	W774-8221 H655-7473	Banking, Casco Northern Bank	Age 36
Dail Martin 10 Bates Street Yarmouth, ME 04096	H846-3036	Nurse Practitioner	Age 36; rugby, biking, hiking, canoeing, fishing, camping
Ellen B. Minor 44 Berkeley Street Portland, ME 04103	H772-4304	Temporary work	Age 26; x-country skiing, hiking, cycling
Roy E. Morejon RR2 Box 221B Freeport, ME 04032	W780-3241 H865-3273	Law Enforcer, US Dept. of Commerce NMFS	Age 42; outdoors
Jeffrey Morris P.O. Box 730 Raymond, ME 04071	W799-8593 H655-4711	Truck Mechanic, Kris Way Truck Leasing	Age 28

NEW MEMBERS cont.

NAME & ADDRESS	PHONE	OCCUPATION	AGE/OTHER INTERESTS
Raymond P. Neveu 123 Wayside Road Portland, ME 04103		USM Faculty	Age 46
Maureen M. & James J. Puckett 304 Summit Street Portland, ME 04103	W879-3285 H797-4951	Pharmacist, Osteopathic Hosp(J) Med. Secy, Mercy Hospital(M)	Ages 38(M) & 36(J)
Perry Seagroves 94 Hills Beach Road Biddeford, ME 04005	W283-0142 H284-6541	Engineer, Delta Precision Castings	Age 32
Matthew Tefft Brackett Point Peaks Island, ME 04108	H766-5098	Student, Portland High - 10 grade	Age 16

Renewal - Bernard Ross, Sr.
491 E. Rust Road
W. Gorham, Me 04038
H839-2362

Some people will do anything to get their names in the paper!

THE WALL STREET JOURNAL THURSDAY, MAY 9, 1985

Keeping Our Nation's Streets Safe: Palm Beach Fights Topless Joggers

By SONIA L. NAZARIO

Staff Reporter of THE WALL STREET JOURNAL

PALM BEACH, Fla.—Quick. Name the fashion risk people are taking here that is also illegal: a. men jogging shirtless; b. men wearing leisure suits; c. elderly women wearing short shorts.

Even though you may have been rooting for "b," the correct answer is "a." And that fact has some angry runners seeking, well, redress.

Under a six-year-old city ordinance that has been ruled unconstitutional twice, revised once and upheld on appeal in March, anyone 14 or older must keep the upper part of his or her body covered, except on private property or the beach. The maximum penalty: \$500.

"We're attempting to protect the welfare of the people in this town," says John Randolph, the town's attorney. "It's not odd and it's not silly."

Allen DeWeese, a local attorney and committed shirtless jogger, is the force behind the challenges to the law. On an early-morning run six years ago, police pulled him over and accused him of "indecent exposure-lewdness."

Mr. DeWeese sued the town and several officials. His lawyer, James Green, argued in court that Mr. DeWeese "has the right to dress or not dress so long as he does not

expose his sexual organs in public." He also argued that the ordinance doesn't deal with the town's real aesthetic problems: "I personally think that leisure suits on men and short shorts on elderly, overweight, geriatric women are more offensive," he said.

Mr. DeWeese is appealing the latest ruling, and as long as the law is being contested the police aren't enforcing it. In six years, only some 10 people have been charged with not wearing shirts and none have been imprisoned.

Area residents seem split on the issue. Camille Bood, a legal assistant, says the controversy seems silly. "There are women who walk around with next to nothing on, and the town doesn't say anything about that," she says.

The president of the town council, Paul Ilyinsky, says the law was prompted by residents who called saying they didn't like the sight of shirtless joggers. But Mr. DeWeese says residents' real objection is "seeing people running rather than holding a cocktail."

C. Z. Guest, a part-time Palm Beach resident and prominent New York socialite, says the weather, not laws, should determine if a man takes his shirt off. Besides, she adds: "Since most of the residents of Palm Beach are short-sighted, it really doesn't make any difference."

Portland, Maine, Press Herald, Tuesday, May 7, 1985

Thief hits Old Port

Nine businesses in the Old Port Exchange were discovered broken into Monday morning, but most reported only minor losses.

Amigo's Restaurant, 9 Dana Court; Times 10, 420 Fore St.; and DeGage, 28 Market St., told police small amounts of cash were missing.

Door frames were damaged but nothing found missing in burglaries at Portmanteau, 36 Wharf St. and The Moccasin Shop, 5 Wharf St.

The Wool Room, 9 Union St., was also burglarized, and police reported finding an open door at the office of Dr. Ronald M. Cedrone, an optometrist. ~~AND MEMBER OF MTC.~~

Also, attempted burglaries were discovered at Dock Square Clothiers, 363 Fore St. and Handsomes Are, 1B Dana St., but the intruders were apparently unable to gain entry.

☐ **Exercise myth:** Sit-ups flatten stomachs. **Fact:** Sit-ups can strengthen abdominal muscles, but they don't reduce observable fat. In a recent study, college students who performed 200-300 sit-ups a day for 27 days didn't lose any fat in the stomach area. Moreover, researchers concluded that no spot reducing works. **Solution:** Decrease caloric intake and increase sustained aerobic exercise such as running, walking or swimming.

University of California Wellness Letter, Box 10922, Des Moines, IA 50340, 12 issues, \$18/yr.

(From: "Boardroom Reports" May 15, 1985)

MEMBER PROFILE

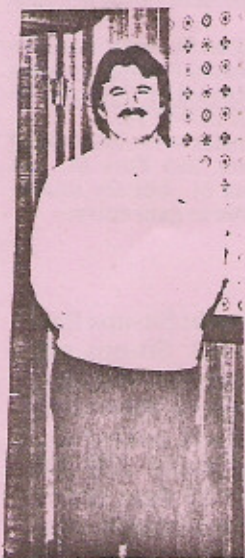
Raphael P. DePrez, born in Worcester, Massachusetts, will turn 45 on June 10, 1985. He joined the Maine Track Club less than a year ago, but then that's not the amazing part of the story.

The amazing part is that "Dee," as he is known by his many friends, ran his first marathon after only one year of running, when he completed the Maine Coast Marathon on May 26, 1985, in 4:07:36. It was to be a marathon he'll never forget. Dee was doing nicely until about mile 17 when the 4:30 a.m., english muffin and coffee breakfast began to assert itself. Around mile 20 he had to take a little side trip into the bushes.

But then the stomach cramps wouldn't go away. So he did the best he could walking, jogging, running, and walking some more. His wife, Renee, waiting at the finish, was getting worried because he had estimated his time at approximately 3:30.

The local runner is well known in the Portland area, having lived here most of his life. He's a graduate of Cheverus High School and the University of Southern Maine. He also attended Boston University for four years, and holds two Bachelor of Science degrees - one in Social Services and Psychology, and one in English. He has been the Executive Director of the South Portland Housing Authority for over 9 years. Dee really enjoys people and loves his work because of the fact that he can help others.

That's how he met his wife, Renee. Both were in service to others during the Model Cities years (late sixties). He was a social worker and she worked as a supervisor at the Danforth Neighborhood Center. They were married in 1972. But this one was more than a marriage. It was also a merger. Renee had 7 children and Dee had 4 children by previous marriages. So when they combined forces, they found themselves with 11 children and now have 17 grandchildren. But don't panic...only two are still living at home with Dee and Renee. It's a piece of cake now.



Before

Speaking of cake, that's really how Dee got into running, more or less. He loves to eat as the "before" and "after" pictures show. Dee says he was doing fine until about age 35. Then something happened. His metabolism must have slowed down because he started to gain weight. Not only did he eventually shoot up to 205 lbs., but his blood pressure shot up as well - "sky high," he says. So Dr. Carnes (a YMCA member) put him on blood pressure pills, but also continued to pressure him to do something about his situation. Dee's father had died of a heart attack at age 65, so Dee knew he was in trouble.



After

Renee, who has now been working at the YMCA for about 8 years, was also after him to join the aerobics fitness class or do something else...anything. Well, eventually he agreed, and in December, 1983, started working out in the Y's Fitness Center and even bought a rowing machine and treadmill for his home. On May 15, 1984, he started running and also soon joined the Y's aerobic fitness class to strengthen his legs.

MEMBER PROFILE cont.

The results were dramatic. He lost over 45 lbs. - from 205 lbs., in May, 1984, to under 160 lbs., four days after the marathon. Blood pressure also dropped dramatically...to normal levels and Dee stopped taking the pills. He recently went on a no-red meat diet but will eat fish and chicken. He's also sworn off fried foods and salt...and grew a beard.

Why a beard? Well, you try losing 45 pounds in one year with a big family around. Renee says everybody thought she was abusing him. They were asking if he was sick and making remarks like, "Don't you ever feed him?" The beard is a disguise and it worked. Now everybody comments about the beard instead!

If you meet Dee you'll immediately like him. There's a solid tranquility about him, a quiet sense of determination and discipline. It reflects in his lifestyle. He's an avid reader of Reverend Andrew Greeley works (My Brother's Wife, Lord of the Dance, etc.), goes to church everyday (7:00 a.m.), is President-elect of St. John's Church Parish Council in South Portland, is a Eucharistic Minister, and President (King Lion) of the South Portland Lions Club. Dee wraps it all up by saying the good Lord has been very kind to him, and he's very thankful for all the blessings.

EAT, DRINK, HAVE FUN, HELP THE YMCA AND WIN PRIZES!

The Portland YMCA's many friends in the Maine Track Club will want to be quick to buy their \$200 ticket for the Fund Raising Dinner for camperships and other YMCA needs. Only 200 pre-numbered tickets are being sold.

Price includes open bar and dinner for two at the Italian Heritage Club on Friday, September 13, 1985. 400 people will be there for the raffle, which will include over \$25,000 in prizes. A 1986 Isuzu Trooper II, 4 x 4 Station Wagon valued at \$12,500, and a 1985 16' Thundercraft boat with 75HP Mariner Outboard Motor and Trailer valued at \$9,000 are the top two prizes. Over 20 prizes valued at \$200 or more each.

Bob Jolicoeur has tickets, but they are selling fast. Anyone interested should call him right away at 775-0065(W), or 799-4127(H).

BAXTER BOULEVARD PROJECT UPDATE

There's obviously been a delay in the ground-breaking of the Baxter Boulevard resurfacing project. A meeting is being held at City Hall on Thursday, June 6, 1985. Bob Jolicoeur will give a full report at the membership meeting.

NEW PARENTS

Bob Quentin reports that both his newborn daughter, Elisabeth, and wife, Lisa, are doing fine. Born on May 5th, Elisabeth weighed in at 6 lbs., 10 oz. Bob figures he ought to have his life back in order in a few more months. Said he is enjoying the shopping, feedings, etc. Congratulations, Bob and Lisa, on the new family addition.



HOW TO TELL WHEN RUNNING IS RUNNING YOUR LIFE

Your lover leans over in bed, whispers, "How was it for you?" and you automatically respond, "It was okay, but it wasn't my Personal Best."

(From: The Runner's Handbook)

1986 RRCA CONVENTION UPDATE

Bob Jolicoeur's trip to Atlanta May 2-5 to present the Club's bid for the 1986 convention, was not immediately successful in securing the convention for Portland, Maine. However, the Road Runners Club of America did not close the door on the possibility of favorable action on an amended bid.

The Executive Board of the RRCA asked Bob to resubmit our bid by June 15, 1985, providing more details as to the specific sources and amounts of sponsorships for the convention and race events, as well as a request that the convention bid be revised to shorten the distance of the National Championship Race and to move the convention to the weekend of May 16, 17, and 18, 1986.

Bob is working on all these details, as well as several others to secure the convention. Even if we are not successful, Bob says all is not lost because he had a great time in Atlanta. He particularly enjoyed meeting Harold Tinsley, the President of RRCA, Henley Gible, VP-East Region, and a current year inductee in the RRCA Hall of Fame, and many others including Sister Marion Irvine and Barry Brown, who were the female and male Masters Road Runners of the Year.

One of the outstanding features of the convention in Atlanta was a talk by Francie Larriau-Smith, last Sunday's winner of the NYC L'eggs Mini-Marathon, on "Training, Competition, Etc., for the Elite Athlete." All this was capped by the highlight of the convention when our own Joanie Benoit Samuelson accepted the award for Female Runner of the Year for the third consecutive year. In accepting the award, Joanie took the opportunity to put in a plug for the Maine Track Club's bid for the 1986 convention.

Thanks, Joanie...we needed that!!

RECIPES

Here are two more breakfast ideas, courtesy of Nancy Stedman:

Breakfast in a Glass

This high-protein drink is great because it's easy to fix and will stay with you awhile. I often fix it for breakfast on the day I'm racing.

½ cup skim milk	1 teaspoon vanilla extract or honey
4 heaping tablespoons yogurt	1 banana or fresh fruit
2 heaping tablespoons cottage cheese (low fat)	1 teaspoon lecithin
1 tablespoon bran or wheat germ	

Place all ingredients in a blender and process until smooth. Serve with a piece of whole wheat toast.

Creamy Eggs

2 eggs (per person)	1 dash pepper
1 tablespoon cold water	1 dash tabasco
2 tablespoons cottage cheese (low fat)	1 dash worcestershire

Beat eggs and cold water until frothy. Add pepper, tabasco, and worcestershire. Cook eggs over low to medium heat in a skillet. When eggs are half set, stir in cottage cheese. Cook another one to two minutes until eggs are cooked through, but still moist. Serve with whole wheat toast or muffins and fresh fruit. (Double recipe for two people.)

ORGANIZATION

Rapid growth of the Club is forcing us to review our corporate structure with a view towards possible expansion of the board next year.

It has been suggested we establish the following new directorships:

Clothing Committee Chairman
Course Certification Chairman
Publicity and Promotion Chairman
Special Projects Chairman (i.e., 1986 Convention, etc.)

Another possibility might include a Chairman for Socials and Entertainment. With such an expanded board, it might also be necessary to consider two Vice President slots: one for Internal Affairs, and one for External Affairs.

The Newsletter Committee seemed favorably disposed to the ideas, which will be the subject of discussion at future meetings. Please pass along any thoughts you might have on how we can best organize for the future.

Bob Jolicoeur

MOVING RIGHT ALONG

Bob Ayers, Membership Chairman who has been doing a splendid job this year, has landed a lucrative position in Albany, New York. Regrettably, that will eventually mean that Bob and family will be leaving us. We wish him the best, of course, and give our wholehearted thanks for the super year he has launched in memberships for the Club.

Fortunately for us, Ted Cunningham has stepped forward and agreed to take over as Membership Chairman as soon as Bob steps down. Thanks, Ted. We're sure to experience continued success with you in charge of this important function, Ted, and we welcome you to the board.

HOW ARE WE DOING DEPARTMENT?!

Are we doing a good job getting race results done at the races? How's our timing? Accuracy? Does anyone have any ideas on how we can do a better job? Should we go with a different system?

These are a few of the important questions the Race Committee is asking these days. It is also rumored that we are impressed with the Maine Road Ramblers' computer system, although Kevin Purcell admits it's a bit slow to print, etc.

Communications during the races was the subject of discussion at the Newsletter Committee meeting on May 29th. It was suggested we obtain communications equipment when we are in a position to afford it. Citizens Band hand-held walkie-talkies were mentioned as a possibility. These seemed to work very well at the Maine Coast Marathon.

It was also noted that recently after the races, everyone seems to disappear quickly leaving one or two people to clean up the finish line and put our equipment away. The finish line crews are asking more consideration be given by Race Directors to assign a "clean-up" crew at future races.

Charlie Scribner and Art Quint
for the Race Committee

COURSE CERTIFICATION - Maine National Bank 5-Miler

On May 28, 1985, we submitted an application to Greg Nelson, Maine TAC Association Certifier, with a copy to John McGrath, the New England TAC Association Certifier, for certification of the Maine National Bank five-mile fun run course. The statement on their registration form "certification pending" is now valid. Thanks to Charlie Scribner, Don Penta, and Ted Cunningham for their assistance on this project.

Bob Jolicoeur

TRAVEL TO FINLAND ANYONE?

Sandy Wyman, who now works for Kajaani, is doing just that. She'll be leaving for Finland on June 22nd for a business trip lasting about one week. Then on June 29th, her company will be sponsoring a relay run from Inari, Finland (Lapland) to Helsinki, Finland, about 500 miles away.

For her part, Sandy hopes to do 20 kilometers, twice a day or over 100 miles in 5 days. The reward will be "party, fun and dinner," then on to Oulu for a few more days vacation. Oulu is on the bay in Finland (similar to Portland). Sandy should be back to work at the Kajaani office here in Portland on July 8th.

Kajaani is a Finnish company with a sales office and warehouse which has been opened in Portland since November, 1984. The company services the pulp and paper industry with process control systems designed to improve quality and efficiency of production. Have a good trip, Sandy, and take lots of pictures for our future meetings.

TREASURER'S REPORT - May 31, 1985

Checkbook balance, March 31, 1985	\$4,768.81
Receipts	950.75
Disbursements*	<u>4,702.06</u>

Checkbook balance, May 31, 1985	<u>\$1,017.50</u>
---------------------------------	-------------------

*Includes transfer to Baxter Boulevard
Running Path Account

Baxter Boulevard Running Path Balance	<u>\$8,840.91</u>
---------------------------------------	-------------------

Complete Treasurer's Report will be distributed at the membership meeting.

Rick Strout, Treasurer

Since I've been running
for twenty minutes
each day, I can eat
anything I want!



The Fit-or-Fat Target Diet



"You're in fantastic shape for your
age! Something's got to give soon!"

MINUTES OF THE MAINE TRACK CLUB
May 8, 1985

President Bob Jolicoeur called the meeting to order at 7:13 p.m., at the Machine Tool Auditorium at SMVTI.

Guests were introduced and included Tom Carmody, Rita Terriault, Paula Amstren, Warren Tyler, Barbara Seaman, Peter Marietta, and others. New members introducing themselves included Ellen Minor, Charlotte Hartwell, and Dave Horne.

There was no Treasurer's Report, and the Secretary's Report stood as printed in the newsletter. Vice President Jane Dolley then introduced the speaker for the evening, Barbara Footer, an MTC member, Dietitian and Nutritionist, who spoke to us on Sports Nutrition.

Barbara presented general nutrition concepts such as "Make lifestyle changes rather than diet." She emphasized the psychological, social and emotional health factors of exercise, diet, and behavior using a holistic approach to health maintenance.

Barbara showed slides dealing with some of the myths of dieting; that, in fact, there is no "metabolic magic," no quick fix. One cannot buy health. Lifestyle and habit are the key variables.

Some Nutrition Facts

- Our bodies need 40 to 50 nutrients on a daily basis including: water, carbohydrates, protein (9 essential amino acids), fat, electrolytes (sodium, potassium, etc.), vitamins (fat soluble and water soluble), minerals (3 major, 9 trace).
- There are ten "leader nutrients": protein, carbohydrates, fat, vitamins A, C, B1, B2, niacin, calcium, and iron; and four basic food groups: milk, meat, fruit-vegetable, and grain.
- In training, a runner can consume as many as 3,000 to 6,000 calories a day.
- Fat, salt, and sugar are common "undesireable excesses."

Some Dietary Guidelines

- Eat a variety of foods.
- Maintain ideal weight.
- Avoid too much fat, saturated fat, and cholesterol.
- Eat foods with adequate starch and fiber.
- Avoid too much sugar.
- Avoid too much sodium.
- If you drink alcohol, do so in moderation, i.e., two drinks daily.

Barbara then commented on "set point theory," i.e., a kind of natural resting place for weight contingent upon one's behavior (my interpretation). She also mentioned the new book, Eat to Win, by Dr. Haas.

Interesting facts were presented as follows:

<u>Body Fat</u>	<u>Male</u>	<u>Female</u>
Essential	3%	13%
Average	15-18%	25-28%
Athlete	10-15%	16-20%
Elite Athlete	5-8%	13-16%

MINUTES cont.

- Studies indicate that non-obese persons are about twice as physically active as obese persons. It is a matter of calorie intake and calorie output.
- Exercise includes parameters of intensity, duration, frequency, type of exercise, and should include warm-up and cool-down.
- A 150 lb. male needs approximately 56 grams of protein per day. A 120 lb. female needs approximately 44 grams of protein per day.
- Megavitamins that are water-soluble are not stored in the body; ones that are fat soluble can be stored.
- Eating honey, sugar, and soft drinks before running competitive races could (not necessarily do) result in a hypoglycemic reaction. A member of the audience inquired about fructose. Barbara responded that it has to be converted to glucose before it provides energy.
- Discussion relative to carbohydrate loading ensued. Many use the "loaf-load" regimen of 3 days of rest and carbs such as spaghetti, rice, potato, beans, and cereals.
- Fluid replacement during a race: drink cool plain water, about 1½ cups before an event and ½ cup each 10 to 15 minutes during a race. Afterwards, drink 2 cups of water for each pound of weight lost while running. Salt tablets are not necessary to replace salt lost while running because your next meal will have enough salt to take care of this.
- Caffeine prolongs endurance, enhances athletic ability, and increases fat utilization.
- ERG contains a small amount of concentrated glucose.

Good sources of further information relative to what has been covered herein are the Athlete's Kitchen, and Jane Brody's nutrition books.

Several questions were then posed by the audience.

The business portion of the meeting followed Barbara's presentation.

Announcements:

- John Connolly called Bob Jolicoeur to say that the Expo pictures/group photos of Casco Bay Marathon are available.
- Vice President Jane Dolley announced that the Casco Bay Marathon was firmed up - 7:00 a.m. start on October 13.
- Upcoming Speakers: June - Mike Perry of L.L. Bean, who will talk on kyacking the coast of Maine. July - Mike Aiken, a certified athletic trainer who will talk about preventing injuries. August - MTC's Alan Leathers on biking, training, and trips. September - Joseph M. Pechinski, Ed.D., Director of the UMO Physical Education Department's Human Performance Laboratory.
- Bob Jolicoeur announced that we obtained 17 new members in April, and that our Membership Chair, Bob Ayers, was moving to Albany, NY. It was acknowledged that Bob had done a superlative job in the few months he had been Membership Chair. The Club is looking for a replacement for him. Good luck and best wishes, Bob.
- Barbara Hamaluk showed us a new fitness booklet published by L.L. Bean, as well as their new line of running clothing.
- Charlie Scribner, MTC Race Director, asked for comments relative to upcoming races.
- John Keller (Bob Rice Memorial 11th running) needs 6 or 7 more helpers.
- Bob Coughlin (Terry Fox) needs 5 or 6 more helpers.
- Wes Rothermel discussed the Pat's Pizza Race in Yarmouth, July 20, stating he needed help and expertise with the shute, finish, times, and results. Race sponsors are interested in eventually certifying the course. Charlie Scribner thought that it would be a good race (400-500 runners) for the Club to pick up. Formally so moved, seconded, and passed unanimously.

MINUTES cont.

- MTC will be measuring the Maine National Bank course (it does need measuring).
- Back Cove - Not a whole lot is happening. \$8,000 more is needed. MTC donated \$500 from its Treasury and is helping with the Perfect 10K, all proceeds from which will go toward the path project.
- Sandy Wyman reminded the Club of the Special Olympics - Friday, Saturday, and Sunday, May 31-June 2. Volunteers are needed Friday afternoon, and all day on Saturday and Sunday.
- Gary Flick wrote a letter requesting help with the Muscular Dystrophy Run.

Additional Help Needed:

- Someone to coordinate with Doug Ingersoll on the Perfect 10K.
- Race Director for the October 6, 1985 Business Equipment Unlimited/Kidney Foundation Race.
- Race Director for the Turkey Trot (November 24th).
- More qualified race directors in general.
- More volunteers for all Club races.
- Volunteers for the Maine Coast Marathon.

Bob Jolicoeur reported on the Road Runners Club of America Convention in Atlanta, Georgia. Our bid did not win the convention site for 1986 (yet), and the bid was re-opened through June 15th. What was expected of the bid presentation was not communicated very clearly, and the RRCA Board was somewhat disappointed with the lack of details in Bob's presentation. However, Bob was encouraged to nail-down the specifics for the '86 convention and resubmit the MTC bid. He was given some good suggestions which he has already begun to act upon. Hosting the '86 RRCA convention will require a lot of work, but the Maine Track Club is definitely up to it. Bob will keep us up-to-date on his progress.

The meeting was adjourned at 9:07 p.m.

Phil Pierce, Secretary

Portland, Maine, Evening Express, Monday, May 6, 1985

Roundup

Husband, wife win marathons

PITTSBURGH (AP) — By taking a pleasant Sunday jog that lasted about 2½ hours, Lisa and Ken Martin earned nearly \$60,000 and a place in history.

The Martins, from Mesa, Ariz., became the first husband and wife team to win individual titles in the same major marathon during Sunday's first Pittsburgh Marathon, which doubled as The Athletics Congress national championship.

They used similar strategy to do it, running neck-and-neck with their closest rivals until a strong finishing kick over the final mile allowed each to win by more than 10 seconds. Each won \$20,000 first-place money, plus \$3,000 for the TAC titles, and appearance money from a purse of \$190,000, the fourth largest for a U.S. marathon.

"It was something we were hoping to do, something we were pointing for," Lisa Martin said of the dual titles. "We have been saving money for a house and to start a family and this is a good start."

Neither Ken, 26, nor Lisa, 24, began their track careers as marathoners. Lisa, a native Australian, competed in the 400-meter hurdles; her husband, until late last summer, was a steeplechaser.

The Martins may have employed and executed nearly identical strategies, but the two had dissimilar feelings as they raced by Pittsburgh's three rivers, through its colorful ethnic neighborhoods and up and down its infamous hills.

Ken Martin's winning time in a men's field devoid of any of the current top 10 marathoners was 2:12:57, while Lisa won in 2:31:53 in a more competitive women's field.

□ **Overlooked health food—** potatoes. They're low in calories and sodium but high in nutrients such as carbohydrates, protein and potassium. Potatoes are particularly good for runners, who use up potassium. *Trap:* Eating processed, fried and stuffed potatoes. Loading potatoes with fat destroys most of the nutrients. *Steam or bake your spuds.*

The Runner, 1 Park Ave., New York 10016, 12 issues, \$18/yr.

RACE RESULTS

April Amble - April 27, 1985

Last month's listing of results for the April Amble 4-Miler neglected to note Gary Flick's PR in that race. Sorry, Gary. His time was 25:09. Joan Lavin's time of 29:16.04 was also a PR. Nice going!

China 10K Classic - April 27, 1985 - 164 Finishers

1. Stan Bickford	31:59	5. Brian Ladner	35:09
2. Peter Lessard	33:16	21. Peter Bastow	38:40
3. Steve Russell	34:34	39. Robin Emery Rappa	40:19*
4. Steve Dexter	34:34	91. Neal Workman	45:38

*First woman

Lake Waramaug 50-Miler - April 28, 1985

5. Kim Moody 6:05 What a performance by Kim!!
Zowie! Look-out, world!

Gorham race

APRIL 28, 1985

David Libby captured the recent Gorham Project Graduation three mile road race in a time of 15:19.

Libby is a student at the University of Southern Maine who lives in Standish.

Finishers in the race were: 2. Peter Grant, 15:20; 3. Joel Titcomb, 15:47; 4. Greg Dugas, 16:34; 5. Perry Seagroves, 16:40; 6. Eric Elliot, 17:12; 7. Tom Gadbois, 17:36; 8. Les Berry, 17:42.

9. Michael Beaudoin, 17:52; 10. Ken Fickett, 17:56; 11. Larry White, 18:12; 12. Albert Pulver, 18:10; 13. Patrick Roy, 18:21; 14. Gary Monroe, 18:39; 15. Cliff Knight, 19:01.

16. Andrew Haslan, 19:48; 17. Lawrence Boyd, 19:55; 18. Guy Furbush, 20:20; 19. Katti Towle, 20:29; 20. Bob Ferland, 21:08; 21. Patricia J. Rudman, 21:45; 22. Joe Denchy, 22:49; 23. Elliot Tracey, 23:22; 24. Sharon Cayer, 23:25; 25. James Henick, 23:37; 26. Janis Denchy, 24:18; 27. Chris Cabana, 26:11.

FALMOUTH LITTLE LEAGUE BENEFIT RACES Falmouth May 5th

Race #1 - 9 years and under 1/4 mile

1. Amy Parker 9	3:01:09*
2. Wesley Milliken 8	3:04:46
3. Elizabeth Kirner 8	3:08*
4. Ellen Parker 7	3:17*
5. Peter Owens 7	3:19
6. Kyle Milliken 6	3:25
7. Chris Ferland 8	3:28
8. Lisa Hastings 8	3:29*
9. James Cox 7	3:39
10. Meghan Owens 9	3:40*
11. John Pierce 7	3:45
12. Jeremy Cox 6	3:46
13. Marco Cedrone 4	4:15
14. Patrick Degas 3	4:23
15. Jill Pierce 6	4:29*
16. Nicholas Owens 3	5:45
17. Marie Provencher 4	*

Race #2 - 10 thru 15 years 1 mile

1. Mike Lyons 14	4:24:61
2. Heather Hastings 12	5:35:69*
3. Tim Nicely 15	5:42
4. Kurt Parker 12	6:16
5. Marc Ferland 10	6:57
6. Melissa Nicely 11	7:34*
7. Terrance Ivers 15	8:03
8. Juli Howard 11	*

This month's newsletter
courtesy of



Maine Savings Bank

Maine Sunday Telegram

May 5, 1985

With her world-class performance in the Lake Waramaug 50-miler in Connecticut last weekend, Moody secured a spot among the top female ultramarathoners in the world.

Her time, just five minutes shy of the women's world record, was the second fastest ultramarathon ever run by an American woman and the third fastest in the world.

But that's only part of it.

Moody, long recognized as one of the country's top ultramarathoners, ran the race only two weeks after finishing the Boston Marathon with her best time ever.

Terry Fox 5K - Bangor - May 5, 1985 461 Finishers

1. Gerry Clapper	14:24.6
2. Peter Millard	14:57
3. John Condon	15:32
4. Mike Gage	15:53
5. Steve Dexter	15:56
18. Kim Moody	17:29

Clapper, Moody set records in Fox run

BANGOR — Jerry Clapper and Kimberly Moody set course records Sunday in winning the Terry Fox 5K Run as part of a record 556-person field that raised more than \$2,000 for the Maine Division of the American Cancer Society.

Clapper did the course in 14:24, shattering Mike Gage's 15:12 record set last year. Gage finished fourth this year, behind Dr. Peter Millard and John Condon.

Moody finished in 17:29, breaking Robin Emery-Rappa's 18:01 record set two years ago. Emery-Rappa was second, almost a minute behind Moody, while Tam Millard of Windham was third.

RACE RESULTS cont.

Falmouth Little League Benefit Races cont.

Race #3 - Falmouth Four Miler

1. Peter Grant	21	20:39:11
2. George Towle	34	20:50
3. Gordon Scannell	32	21:02
4. Barry Fifield	28	21:16
5. Garry Leonard	28	21:36
6. Eric McNett	30	22:03
7. Guy Berthiaume	39	22:20
8. Joe Bennett	38	22:25
9. John Eldredge	30	22:35
10. Lee Allen	30	22:43
11. Denis Mancini	28	22:48
12. Dick Neal	38	22:52
13. Greg Dugas	30	23:06
14. Phil Vezina	25	23:16
15. Ray Johnson	37	23:34
16. Richard Campbell	44	23:36
17. Chuck Spear	24	23:37
18. John Strout	25	23:39
19. Randy Hastings	30	23:50
20. Denise Harlow	14	24:05:76*
21. Mike Lyons	14	24:07
22. Tony Owens	36	24:16
23. Tom Gadbois	29	24:17
24. James Cox	29	24:57
25. Martin Schiff	46	25:01
26. Jeff Frederick	36	25:03
27. Tom Guter	34	25:40

28. Gordon Chamberlain	47	26:13
29. Karen Dinsmore	20	26:22*
30. Harry Change	45	26:35
31. Carlton Mendell	63	26:43
32. Mike Esposito	28	26:53
33. C.V. Hutchins	42	27:00
34. Peter Holloway	42	27:05
35. Susan Stone	30	27:12*
36. Jane Dolley	36	27:56*
37. Joseph Esposito	26	27:59
38. Gary Collins	32	28:06
39. Nancy Lovetere	41	28:12*
40. Donald Penta	38	28:14
41. Tim Boyden	23	28:22
42. S. M. Hall	24	28:50
43. Guy Furbush	22	29:28
44. Alan Ramsdell	44	29:29
45. Russ Bradley	61	29:31
46. Dave Horne	48	29:43
47. Terri Morris	56	31:44*
48. Daphne Labbe	24	33:23*
49. Anthony Salvo	43	33:46
50. Donald Boisvert	29	34:02
51. Dee Nicely	45	34:58*
52. Sukanya Csenge	33	35:36*
53. Kandy Provencher	28	37:09*
54. Joe Wildman	47	43:29

Results courtesy of Philip Pierce &
Gerald Davis - Race Directors

Congratulations to Denise Harlow for setting a new course record, and to Susan Stone and Jane Dolley for taking their respective age-group categories.

I greatly appreciated the help of Brian Milliken, Frank Ferland, Maggie Soule, Ron Cedrone, and Art Quint who provided invaluable assistance.

Phil Pierce
Treasurer, Falmouth
Little League

Rocky Coast 10K - May 11, 1985 - 211 Finishers

1. Hank Pfeiffle	30:50	31. Ann-Marie Davee	39:22*
2. Bruce Ellis	33:58	43. Randy Hastings	40:42
3. Lance Guiliani	33:48	47. Vin Skinner	40:52
4. Jim Toulouse	34:21	146. Don Penta	49:11
5. Christopher Bovie	34:35	160. Joan Lavin	51:03

*First Woman

WINDHAM ROTARY FOUR MILE CLASSIC

Windham May 11th

1. Barry Fifield	21:42.8
2. Peter Grant	21:55
3. Don Barton	22:29
4. Harry Nelson	22:41
5. Guy Bertheaume	22:47
6. Bob Hunt	23:07
7. Tim Johnson	23:23
8. Raymond Rodney	23:55
9. David Smith	23:59
10. Lee Allen	24:03
11. Tom Gatchell	24:09
12. Phil Vezina	24:15
13. Greg Dugas	24:26
14. Robert Payne	24:29
15. Jeff Arsenaault	24:46
16. Frank Ferland	25:41
17. Terry Clark	26:00
18. Bill Paulisko	26:02
19. Ken Cole	26:21
20. Frank Knight	26:41
21. John Henry	26:45
22. Robert Harvey	26:47
23. John Jalbert	26:54
24. R.T. Grant	26:56
25. Rick Charette	27:10

26. Charles Gordon	27:28
27. Bob Cushman	28:04
28. Wayne Fordham	28:10
29. Jeff Lunt	28:19
30. Sam Elliot	28:30
31. Walter Smith	28:48
32. Andrea Elder	28:59*
33. John Driscoll	29:12
34. Fred Stone	29:48
35. Willie Fickett	29:56
36. Bill Haskell	30:06
37. Eliza Booth	30:11*
38. Ralph Bartholomew	30:16
39. Michelle Varney	30:17
40. Barry Lohnes	30:22
41. Jill Decker	30:28*
42. Beth Gleeson	30:52*
43. Bill Bennett	30:56
44. Edward Bregman	31:00
45. Joe Carlin	31:08
46. Philip Bartlett	31:14
47. Kim Nielsen	31:22
48. Ralph Bartholomew	31:22
49. Ralph Baxter, Sr.	31:35
50. W. Scott Decker	31:49

51. Frank Martin	31:53
52. John Driscoll	32:11
53. Dawn Bonvie	32:27*
54. Michael Davidson	32:43
55. Earle Harvey	32:43
56. John Caruso	33:12
57. Paula Carlin	33:19*
58. Tracy Roy	33:20*
59. James Stone	33:39
60. Alan Rmdell	33:45
61. Louis Devlin	33:52
62. Don Boisvert	34:00
63. Dave Marston	34:13
64. Eric Driscoll	34:22
65. Steve Carlin	34:37
66. Hugh Zwicker	34:48
67. Jim Henick	36:01
68. Sandra Berry	37:29*
69. O.K. Hammond	38:26
70. Paul McCourt	39:21
71. Frank Long	39:57
72. Kandy-Leigh Provencher	41:47*
73. Todd Vandenberg	42:56
74. Ray Kelso	43:07

Results courtesy of Peter Connolly
Race Director

RACE RESULTS cont.

May 12, 1985

Road-racing

Bob Rice Memorial 4-miler
 1. Paul Kehoe 20:38; 2. George Towle 21:09; 3. Gordon Scannell Jr. 21:24; 4. Michael Kimball 21:48; 5. John Tarling 22:04; 6. Joel Cratedou 22:06; 7. Dennis Weeks 22:07; 8. David Crawford 22:09; 9. Richard Neal 22:42; 10. John Eldredge 22:46; 11. Bob Provost 22:48; 12. Stephen Harriman 22:56; 13. Bob Coughlin 22:57; 14. Willard Fenderson 22:58; 15. Howard Chodbourne Jr. 23:34; 16. Brian Milliken 23:45; 17. Richard Campbell 23:51; 18. Don Best 23:59; 19. Bob Jolicoeur 24:02; 20. Mike Marino 24:15; 21. Jack Mercler 24:39; 22. Thomas Guler 24:55; 23. Joe Isora 25:00; 24. Ken O'Quinn 25:05; 25. Perley Haddock 25:21.
 26. Dick Marino 25:28; 27. Jeffery Frederick 25:42; 28. Eric Ellis 26:04; 29. Gary Monroe 26:10; 30. Ken Casey 26:20; 31. Peter Holloway 26:27; 32. David Peterson 26:33; 33. Maurice Cloutier 26:39; 34. Gordon Chamberlain 26:44; 35. David Lobbe 26:55; 36. Jerry Saint Amand 26:57; 37. Michael Esposito 26:59; 38. Dave Paul 27:08; 39. John Driscoll 27:11; 40. Frank Marong 27:12; 41. Gary Collins 27:23; 42. J. Scott Davis 27:29; 43. Dennis Currier 27:30; 44. Dennis Morrill 27:31; 45. Phil Jones 27:49; 46. Rick O'Brien 27:58; 47. Gayle Neppel 28:03; 48. Joe Esposito 28:13; 49. Dave Armstrong 28:17; 50. Jane Dolley 28:21.
 51. Barbara Coughlin 28:31; 52. Robert Dubois 28:32; 53. Chris Neagle 28:54; 54. Natalie Buzzell 29:20; 55. Lori Towle 29:48; 56. Mike Towle 30:17; 57. Mark Grossman 30:18; 58. Russ Bradley 30:30; 59. Cindy Andrews 30:32; 60. Ron Morong 30:43; 61. Bert Andrews 31:13; 62. John Caruso 31:24; 63. Donald Lewis 31:44; 64. Sandy Brown 31:51; 65. Susan Tolbol 32:53; 66. Wayne Feigenbaum 33:04; 67. Dana Dresser 33:27; 68. Bonnie Milton 33:28; 69. Dee Nicely 34:17; 70. Marie Wood 34:31; 71. Sue Friedrich 34:40; 72. Heidi Filz 34:40; 73. Wilbur Holmes 35:01; 74. Virginia Frederick 35:07; 75. Paul Monroes 35:18.
 76. Deanne Wood 35:54; 77. Lloyd Holmes 37:45; 78. Faith Fenderson 37:54; 79. Mary Ann Currier 38:37; 80. Joe Wildman 38:41; 81. Charles Serritel 40:47:55.

Bob Rice Memorial

John Keller, Race Director, wishes to thank the following helpers who made this race possible:

Russ Connors	Virginia Connors	Don Penta
Charlie Scribner	Kim Moody	Marion Leschey
Priscilla Jolicoeur	Phil Dube	Bob Perkins
Herb Strom	Ken Hutchins	Mike Reali
Vin Skinner	Sandy Wyman	Ken Dolley
Laurie Munson	Brian Alward	Steve Woodsum
John Gale	Jean Thomas	Rick Strout
Barbara Coughlin		

John and the Maine Track Club are also appreciative of the assistance received at the race from Mr. and Mrs. Robert Rice, Gene Coffin, and Portland High School coach, Ed Bogdanovich.

Togus National Hospital Week Races - May 12, 1985

5-Miler - 27 Finishers 1-Mile Fun Run - 14 Finishers

5-Miler

1. Bill Hine	26:57
2. Floyd Wilson	27:50
3. Jerry Allanach	28:55
4. Jeff Brown	29:10
5. David Barker	29:42
14. Phil Pierce	33:27

1-Mile Fun Run

1. Tony Mariano	6:03
2. Larry Wilson	6:34
3. Virgil Brown	7:13

Road racing

Terry Fox Race Results

Sunday, May 19

1. Gene Collin 19:43; 2. Peter Grant 20:23; 3. Gordon Scannell 20:42; 4. Ron Newberry 20:43; 5. John Tarling 21:26; 6. Joe Bennett 21:30; 7. Bob Hunt 21:35; 8. Wayne Clark 21:47; 9. Michael Lohly 21:53; 10. David Smith 21:54; 11. John Long 22:00; 12. Greg Dugas 22:22; 13. Joel Russ 22:26; 14. Howard Chodbourne 22:32; 15. Scott Gilbert 22:33; 16. Steven Merrill 22:39; 17. Phil Vezina 22:47; 18. Bill Fenderson 22:49; 19. John Jalbert 22:52; 20. Chase Prevost 23:06; 21. John Kestler 23:16; 22. Brian Daly 23:18; 23. Bill Phillips 23:24; 24. Tom Swan 23:29; 25. David Dowling 23:35.
 26. Jim Harmon 23:39; 27. Jim Garland 23:42; 28. Joe Isora 23:59; 29. Jeff Ringrose 24:10; 30. James Cox 24:07; 31. Ken Fickett 24:11; 32. Terry Clark 24:13; 33. John Mancure 24:19; 34. Martin Schiff 24:24; 35. Matt Mast 24:35; 36. Brian McCluster 24:37; 37. Thomas Bassols 24:44; 38. Frank Knight 24:54; 39. Douglas Moody 25:18; 40. William Whelan 25:27; 41. Gary Downs 25:39; 42. Bob Doble 25:42; 43. John Murchie 25:43; 44. Dennis Morrill 25:45; 45. Michael Esposito 25:49; 46. Karen Dinsmore 25:52; 47. Erik Weopke 25:54; 48. Frank Marong 25:57; 49. Rick Monette 26:02; 50. Charles Hutchins 26:09.
 51. Joseph Esposito 26:14; 52. Michael Warren 26:17; 53. Jerry Amond 26:19; 54. John Driscoll 26:25; 55. Dale Rines 26:32; 56. Louise Girard 26:37; 57. Ernest Dieckmann 26:38; 58. William Spraul 26:45; 59. Mark Doughty 26:50; 60. Barry Sloat 26:54; 61. John Driscoll 26:59; 62. Joe Hilloire 27:05; 63. Maureen Marin 27:06; 64. Ammondo Lambert 27:08; 65. Paul Monescollo 27:24; 66. Paul O'Amboise 27:28; 67. Jerry Budge 27:31; 68. Guy Furbush 27:37; 69. James Heil 27:38; 70. Kevin Duff 27:40; 71. Marty Rippe 27:41; 72. D. Craig Conedy 27:44; 73. Bill Bennett 27:54; 74. Frank Martin 28:03; 75. Sandy Dunbar 28:06.
 76. S.M. Hall 28:18; 77. Richard Coffey 28:21; 78. M.C. Holtham 28:21; 79. Alan Ramsdell 28:37; 80. Ralph Baxter 28:43; 81. Brian Wallace 29:19; 82. Chris Neagle 29:28; 83. Laurel Kane 29:29; 84. Susan Barnhart 29:43; 85. Terri Morris 30:10; 86. Tom Crosby 30:13; 87. John Caruso 30:25; 88. Mary Shantz 30:29.

Terry Fox - 4 Miles - May 19, 1985 - 116 Finishers

In addition to the 88 finishers listed to the left, the following additional runners completed the Maine Track Club's Terry Fox Memorial Race to help fight cancer:

89. Yvette Knight	30:34	104. Terrance Tarrell	32:47
90. Peggy Maniscalco	31:07	105. Kathleen Conley	32:59
91. Hugh Zwicker	31:27	106. Joyce Earle	33:03
92. Diane Hanscom	31:28	107. Michael Grant	33:09
93. Ed Barnhart	31:40	108. Alice McGrath	33:10
94. Andrew Sharp	31:43	109. Nancy Ulrich	33:18
95. Susan Wyka	31:43	110. Marie Wood	33:45
96. Laura Nickerson	32:06	111. Deborah Luhrs	34:19
97. Bonnie Milton	32:21	112. Patricia Monroe	35:05
98. Barbara Gros	32:23	113. Alison Berglund	35:18
99. Janice Kenny	32:37	114. Jane Walsh	35:27
100. Maggie Soule	32:42	115. Faith Fenderson	38:16
101. Linda Hirst	32:43	116. Terry Bonelli	2:27:16
102. Judith Petty	32:44	(Wheelchair)	
103. Lisa Inzirillo	32:46		

Running Camp at College of the Atlantic

Virginia Connors, Boston College XC Star, will be assisting Bob Booker's Maine Running Camp for adults August 18-24, 1985. Limit: 30 enthusiastic campers. Call 843-6262 for details.

4 miles

RACE RESULTS cont.

Terry Fox 4-Miler cont.

Bob Coughlin, Race Director, wishes to thank the following people who helped with the race:

Marion Leschey
Jane Dolley
Ken Dolley
Art Quint
Dr. Gilbert & Son
Ken Hutchins

Jill Ridge
Gary Monroe
Randy Smith
Nancy Cragin
Michelle Nappi
Orlando DeLogu

Kerry Chamberlin
Jean Chamberlin
Gordon Chamberlain
Kim Moody

Saco Defense Special Olympics 5 Miles - May 19, 1985 - 311 Finishers

Denise Harlow	29:30 Winner - Women's Open
Don Penta	35:36
Nancy Stedman	36:20 2nd in Age Group
David Horne	36:34
Russ Bradley	37:27 1st in Age Group

Joan Benoit, left, and Kenyan Ibrahim Hussein cross the finish line of the Bay-to-Breakers road race. Benoit set a new course record in 39:54.8. Hussein also set a new record.

Benoit sets record

SAN FRANCISCO (AP) — Kenyan Ibrahim Hussein won the 74th Bay-to-Breakers cross-city run for the second consecutive year Sunday and newcomer Joan Benoit set a record for women over a course she had never even seen.

Hussein also set a record, posting 34:53.3 for the 80,000-runner mob scene that started near San Francisco Bay, wound through the entire length of Golden Gate Park and ended on the edge of the Pacific Ocean.

Benoit completed the race in

39:54.8, ahead of defending champion Nancy Ditz of Menlo Park, Calif., 40:59.4, and third place Janine Aiello of San Francisco, 41:04.6.

Benoit, who broke four-time winner Laurie Binder's previous mark of 41:24, was also breathing easily after her first Bay-To-Breakers competition.

"It was a fun time," said the Olympic gold medalist, who never checks a course before a run.

"If I don't know where I'm going, I tend to run a little faster, I think," she said.



Maine Sunday Telegram, June 2, 1985

Larrieu-Smith first, Benoit 11th in NY

NEW YORK (AP) — Francie Larrieu-Smith, a one-time holder of 11 world records, outkicked Greta Waitz in the stretch and upset the Olympic marathon silver medalist from Norway Saturday in the 14th annual L'eggs 10-kilometer run. Joan Benoit, the Olympic marathon champion from Freeport, never was in serious contention and finished 11th in 33:57.

The 32-year-old Larrieu-Smith, of Denton, Texas, also a two-time Olympian, finished the 6.2 miles in 32 minutes, 23 seconds.

Waitz, of Norway, the defending champion and winner of the race five of the six previous years, was timed in 32:26. Aurora Cunha of Portugal finished third in 32:45, followed by Anne Audain, a New Zealander living at Boise, Idaho, in 33:19.

HOW TO WORK OFF YOUR CALORIES

FOOD	Minutes of Activity					
	CALORIES	WALKING ¹	BICYCLING ²	SWIMMING ³	RUNNING ⁴	RECLINING ⁵
Apple, large	101	19	12	9	5	78
Beer, 1 glass	114	22	14	10	6	88
Cake, 2-layer, 1/2	356	68	43	32	18	274
Cheese, cheddar, 1 oz.	111	21	14	10	6	85
Chicken, fried, breast	232	45	28	21	12	178
Milk, 1 glass	166	32	20	15	9	128
Milk, skim, 1 glass	81	16	10	7	4	62
Orange, medium	68	13	8	6	4	52
Pie, apple, 1/2	377	73	46	34	19	290
Hamburger	350	67	43	31	18	269

¹ Energy cost of walking for 150-pound individual = 5.2 calories per minute at 3.5 mph.

² Energy cost of riding bicycle = 8.2 calories per minute.

³ Energy cost of swimming = 11.2 calories per minute.

⁴ Energy cost of running = 19.4 calories per minute.

⁵ Energy cost of reclining = 1.3 calories per minute.

Maine Coast Marathon - May 26, 1985 - 760 Finishers

Thirty Maine Track Club members ran the Maine Coast Marathon on May 26, 1985. It was a cool, cloudy, sometimes drizzly morning that saw the winner come in at 2:28:45, and the last participant, Evelyn Havens, come in 760th at 5:18:04.

The cold caused some runners to stiffen up, even cramp. The first-aid tents were busy mostly rubbing down runners and massaging legs after the race.

Also seen at the race working the course and/or providing support and encouragement to the runners were: Marion Leschey, Jane & Ken Dolley (biking and photos), Art Quint, Charlie Scribner, Patricia Rulman, and Joan Welch.

The top ten and MTC member finishers were as follows:

1. Scott Mason	2:28:45	275. Jerry Roberts	3:17:19
2. Gene Coffin	2:29:55	303. Hubert Strom	3:20:00
3. Rock Green	2:30:44	324. David Trussell	3:22:01
4. Joseph McGuire	2:30:59	401. John Conley, Jr.	3:29:36
5. Jim Toulouse	2:31:10	402. Ronald Cedrone	3:29:45
6. Thomas Amiro	2:31:14	447. Vincent Skinner	3:35:31
7. Lance Guliani	2:32:18	504. William Davenney	3:43:24
8. John Lisak	2:33:42	546. Barbara Coughlin	3:49:29
9. Donald Hennigar	2:35:46	571. Elaine Regina	3:52:33
10. Larry Skinner	2:35:55	588. Joan Lavin	3:54:53 (1st)
46. Kim Moody	2:47:57	597. Jean Thomas	3:56:15
68. Bob Coughlin	2:52:20	614. Widgery Thomas	3:58:14
117. Bob Payne	2:59:39	631. Gay Thomas	4:01:32 (1st)
128. Bob Jolicoeur	3:01:28	636. Bernard Ross, Sr.	4:02:53
181. Joel Titcomb	3:07:58	642. James Harmon	4:03:32
189. Michael Reali	3:08:57	648. Robert Cushman	4:04:23
215. Alan Leathers	3:11:16	661. Raphael DePrez	4:07:36 (1st)
224. Dick Lajoie	3:11:57	668. Joseph Croteau	4:09:31
259. Alburn Butler	3:15:56	708. Sandra Utterstrom	4:27:02
265. Philip Pierce	3:16:24	755. Ted Cunningham	5:01:44 (1st)

Congratulations to all MTC members who completed the race, and special congrats to incredible Kim Moody who was the first MTC finisher and 46th overall, and only a few weeks after the ultra. Special recognition also goes to Bob Coughlin who was the first MTC male to finish in a great time of 2:52:20. As Bob Coughlin often says, "MTC not only stands for Maine Track Club, but also stands for 'Mighty Tough Crowd'."

Dick Lajoie improved his time from 4:22 last year to 3:11 this year which has got to stand as "most improved" in the record books of the MTC. By contrast, Bill Davenney's time this year was the same as last year's: 3:43. At least four members ran their first marathons, including Joan Lavin, Gay Thomas, Ralph DePrez, and Ted Cunningham. Ted has already submitted his application for the Casco Bay Marathon. I guess he's hooked!

Quotes from James F. Fixx 1985 Calendar - On Marathon Running

- To rest thoroughly after a marathon, cut down on mileage and intensity for at least a month. More rest is even better.
- If you find marathons too strenuous, try a 100-mile race. Participants report that the slower pace makes such races less arduous than shorter distances.

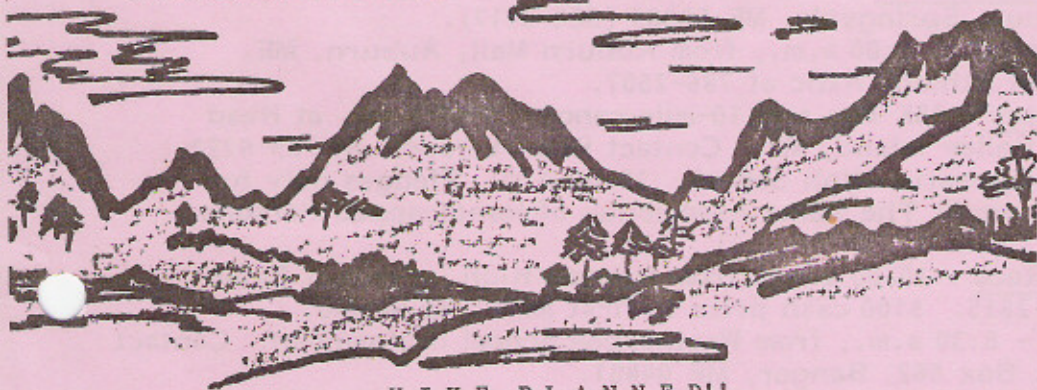
RACE RESULTS cont.

Holyoke, Massachusetts

Sandy Wyman ran a 3:29:35 and captured 2nd place for women at the Marathon of Champions.

Springfield Institution for Savings sponsors the event, and provides two \$250 gift certificates to the winners. Actually, Sandy said they should call the race "Holy Joke" because "the whole race is a joke." There were only 50 participants this year, including 6 women.

The last 4 miles were uphill and into the wind, finishing at Mountain Park. Sandy does not recommend this one even though she found the last few miles exciting for her, passing the third woman, then being passed by another woman at mile 23, catching her again at mile 25, and finishing ahead of the third woman by 45 seconds. Sounds good to us, Sandy.



HIKE PLANNED!!

For those who like to enjoy the mountains and have a good work-out at the same time, a hike up Carter Dome and into Carter Notch is planned for Saturday, June 15th. Carter Dome, at 4832 feet, towers over Wildcat Mountain and affords beautiful views of the Presidentials, as well as other ranges. It is 5.2 miles to the summit and 5.3 miles on the return loop. This is a good chance to tune up for the run up Mt. Washington or just for a day hike with friends. The trail head is off Route #16, Gorham, New Hampshire.

Please call Michael Reali at 774-1431 (work) or 767-5218 (home) if interested.

Eighth annual Casco Bay Marathon date set

The date has been set for the eighth annual Casco Bay Marathon.

On Sunday, October 13, 1985 at 7:00 AM, runners will begin from the Portland Exposition Building and proceed north along the coast from Portland, passing through Falmouth, Cumberland and Yarmouth. Having reached the halfway point of the 26 mile, 385 yard race, runners will return by rural Middle Road with the final stretch following the shoreline of Portland's Back Cove.

The certified race annually draws an average of 600 entrants from across the United States and Canada. Registration for the event, which is open with no required quali-

fying times or previous marathon experience, closes October 5, 1985, and participation in the Casco Bay Marathon is limited to 1,500 entrants.

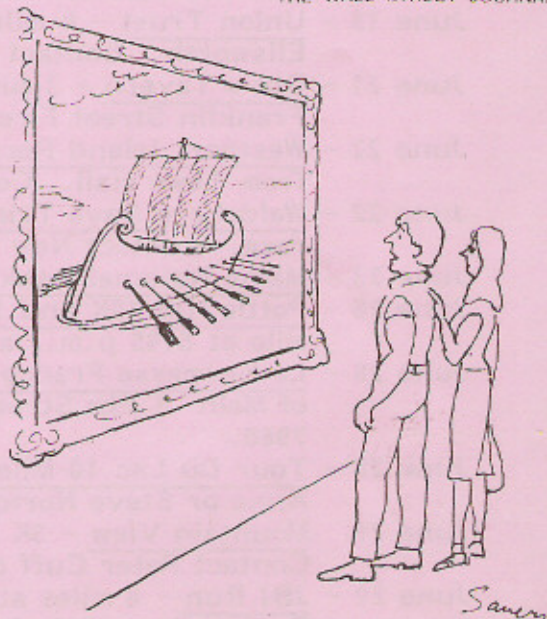
Annually sponsored by Union Mutual, the theme of the Casco Bay Marathon, as endorsed by a life and health insurer, is health promotion and the health benefits of regular cardiovascular exercise.

The Casco Bay Marathon record, set in 1981, is held by Dr. Kurt Lowenstein, a Hampden Highlands, Maine resident, who ran the course with a time of 2:20:16. Portland's Marjorie Podgajny, 1981 Women's Division winner, holds the women's record with a time of 2:49:36.



Mary Decker and husky hubby, Richard Slaney

THE WALL STREET JOURNAL



"It's apparently some early type of workout machine."

UPCOMING RACES - MAINE

- June 8 - Camp Ketcha 5-Mile Run - 10:00 a.m., Camp Ketcha campgrounds, 336 Blackpoint Road, Scarborough. Contact Bill Trefethen at the Camp.
- June 8 - Triathlon - 10:00 a.m., at Recreation Dept., in Caribou. Contact Kathy Mazuchelli of Aroostook Musterds.
- June 8 - Bar Harbor Spring 5K and Fun Run - Fun Run, 9:45 a.m., 5K race, 10:30 a.m., at Haskell's Sporting Goods, 43 Cottage Street, Bar Harbor. Contact Mount Desert Island YMCA for more info.
- June 8 - Gray Old Home Days - 2 miles at 8:30 a.m., at Newbegin Community Center, Rt. 100, Gray, ME. Contact Gray Town Office.
- June 8 - Governor Baxter Island - 3 miles at 10:00 a.m., at Mackworth Island. Contact Tim Burgdoff at 781-3165.
- June 9 - Officer Friendly Children's Run - Contact Bob Coughlin (MTC).
- June 9 - Papa Gambino's - 5K Run for Hunger. 1:00 p.m., at John Bapst High, Broadway, Bangor, ME. Contact Gary Stover, 238 Parkview Avenue, Bangor, ME 04401.
- June 9 - Sanford Unitarian Road Race - 4 miles, 8:00 a.m. Contact Paula Lepore, 14 Greenaway Avenue, Springvale, ME 04083 (324-0417).
- June 9 - Solstice Strut - 4 miles at 9:00 a.m., from Auburn Mall, Auburn, ME. Contact Auburn Mall Athletic Attic at 786-2507.
- June 9 - The Great Maine Race - 15K run and 10-mile canoe. 9:00 a.m., at Head of Mackerel Cove, Bailey Island, ME. Contact Robert Waddle at 725-6222.
- June 15 - Walk 'N Roll 10K - Cheverus High School. 12:00 p.m. Pledges only for this fundraiser to benefit The Maine Association of Handicapped Persons. Contact 774-4360.
- June 15 - Hermon 10K Road Race - 10:00 a.m., from Hermon High. Contact David L. McIntire at 848-2615. \$100 cash prize to first male and female.
- June 15 - Hampden 8.5 Miler - 8:30 a.m., from Weatherbee School in Hampden. Contact Skip Howard, P.O. Box 562, Bangor, ME 04401.
- June 15 - Lions ½ Marathon - 9:00 a.m., Bicentennial Park, Presque Isle. Contact Eddie St. John of Aroostook Musterds.
- June 15 - Nubble Light Runaway - 9:00 a.m. 3-mile Fun Run and 10:30 a.m., 10K at York High School. Contact York Recreation Dept., at 363-2723.
- June 15 - The Great Bandid Race - 4-mile race or 8-mile walk at Massabesic High School, Waterboro, ME. Walkers start at 8:00 a.m., racers at 10:00 a.m. Call 247-4425 for info.
- June 15 - Union Trust - 4-miler at 9:30 a.m., Union Trust Co., on State Street, Ellsworth. Contact race committee at 667-2504.
- June 21 - Doc's Tavern - 3 miles at 7:00 p.m. Report to Doc's Tavern located behind Franklin Street Fire Station, Biddeford. Contact Mike Dineen at 282-3619.
- June 22 - Westport Island Recreation Committee - 3.75-mile road race. 10:30 a.m., from Town Hall. Contact Loren Arford at 882-6350.
- June 22 - Waldoboro Days Triathlon - 10K road race, 3-mile canoe, and 24-mile bike race. Contact New Hope for Women, Inc., at 594-2128.
- June 23 - Maine National Bank - 5 miles. Contact Mike Stone at Maine National.
- June 26 - Pottle Hill 10K and 1-Mile Fun Run (Wednesday) - 10K at 6:30 p.m., 1-mile at 5:45 p.m., at 73 Main Street (Town Square), Mechanic Falls, ME.
- June 28 - La Kermesse Franco-Americaine - 3-mile road race at 5:30 p.m., at corner of Main & Elm Streets, Biddeford, ME. Contact Michael Surran at 499-7960.
- June 29 - Tour Du Lac 10-Miler - 8:00 a.m., from Bucksport High School. Contact Anne or Steve Norton at 469-2189.
- June 29 - Mountain View - 5K at 9:00 a.m., Limestone High School, Limestone, ME. Contact Peter Cuff of Aroostook Musterds at 325-4541.
- June 29 - JBI Run - 4 miles at 8:45 a.m., SMVTI, South Portland. Contact Walter Burke, Jr., at Jackson Brook Institute, or South Portland Chamber of Commerce.

UPCOMING RACES cont.

- June 30 - 8-Mile Perimeter Road Race - 8:00 a.m. Contact Bob Laberge, Naval Air Station, Brunswick, ME 04011, or call 921-2162.
- June 30 - Heritage Run - 5-mile XC race and 1-mile Fun Run. 4:00 p.m., from Norland's Heritage Farm in Livermore. Contact Cliff Hannon at 645-2719.
- July 4 - L.L. Bean's 10K & 2-Miler - 7:30 at the store in Freeport. \$3 fee. T-shirts and refreshments for all. Contact Brian Brewer, Sr., L.L. Bean, Freeport, ME, 865-4761 ext. 2095 (Maine Coasters).
- July 4 - 5 on the 4th - 9:00 a.m., at Bill's Mini Mart in Houlton. 5-miler directed by Fred Putnam (Aroostook Musterds).
- July 4 - Greater Bangor Fourth of July 3K - "Maine's Fastest Road Race." 1:00 p.m., from Brewer Auditorium. Run in front of the largest crowd of spectators in the state. Contact Maine Running & Outing magazine, P.O. Box 259, E. Holden, ME 04429, or call 843-6262.
- July 4 - Four on the Fourth - 9:00 a.m., from Bridgton High, Depot Street, Bridgton, ME. Contact Jay & Loraine Spenciner, RFD 2, Box 2, Bridgton, ME 04009.
- July 4 - Four on the 4th - 4 miles at 10:00 a.m., from York High School. Contact York Recreation Dept., at 363-2723.
- July 4 - Stonington Six 10K & 1.5-Mile Fun Run - 8:00 a.m. from Stonington Elementary School. Contact Dick Powell at 667-3507.
- July 4 - Thomaston 10K Road Race - 8:30 a.m., from behind the Thomaston stores. Contact Pam Cuthbertson at 354-6761.
- July 4 - Bath Heritage Days - 1.5-mile Fun Run and 5-mile race at 8:30 a.m., at City Hall on Front Street. Contact Bath Rec at 443-4761.
- July 6 - Celebrate Gorham '85 Road Race - 3 miles at 9:00 a.m.; 1.5 miles for children 12 years and under at 8:30 a.m. Contact Gorham Arts Council, P.O. Box 126, Gorham, ME 04038.
- July 6 - Perry to Eastport - 7.2 miles at 10:00 a.m. Report to the Eastport Municipal Auditorium by 9:00 a.m. Contact Dennis M. Cline, RFD Box 48, Eastport, ME 04631.
- July 6 - Funland 5K - 10:00 a.m., from Funland Park in Caribou. Mike Bosse, Race Director (Aroostook Musterds).
- July 6 - James Bailey Gardiner Common Road Race - Certified 5 miles at 8:00 a.m., Gardiner Common. Contact Russ Martin, 31 Cedar Street, Augusta, ME 04330, or call 622-1258 (Maine Road Ramblers).
- July 7 - Portland Rotary Triathlon - (Bike, run, canoe) - Back Bay, Portland. Contact Charlie Scribner (MTC).
- July 14 - Portland's Perfect 10K & Fun Run - 10K at 8:00 a.m.; 2-mile Fun Run at 9:30 a.m., at Athletic Attic, Back Cove, 295 Forest Avenue, Portland. Contact Doug Ingersoll at the store.
- July 28 - Maine Event Triathlon - 10:00 a.m., at Gardiner Junior High School. Contact Maine Road Ramblers, P.O. Box 264, Augusta, ME 04330.

UPCOMING RACES -OUTSIDE MAINE

- June 8 - 1985 Artisan Outlet Market Square Day 10K - 10:00 a.m. Register at JFK Recreation Center, Parrott Avenue, Portsmouth, NH. Report prior to 9:30 a.m. Contact (603) 431-5388.
- June 8 - Covered Bridge Foot Race - 10K at 10:00 a.m., Jackson, NH, at the Jackson Covered Bridge. Contact Bob Wentworth at (603) 383-4344.
- June 9 - AIC Centennial - 5 miles at 11:00 a.m. Start at Butova Gym on Roosevelt Avenue, Springfield, MA.
- June 15 - Waltham Masters and Submasters Track and Field Invitational - 11:30 a.m., at MIT, Cambridge, MA. 100 through 3,000 meters. Each participant up to 3 events. Contact Waltham Track Club at (617) 893-3828.
- June 22 - Mount Washington Road Race - 7.6 miles base to summit. Contact Bob Teschek at (603) 863-2537.