



# MAINE TRACK CLUB

NEXT CLUB MEETINGS: July 15th, 1982-Thursday- 7:30P.M.-Public Safety Building.

August 12th, 1982-Thursday- 7:30P.M.-Public Safety Building.

CLUB RUN- 5:45 P.M. Swap'n Sell- 7-7:30 P.M.

AGENDA: 1. Vote on clothing colors. ( the green we now have is no longer available )  
2. Distribute Nike & Boston 82 Patches and Championship 10K group pictures. 3. Club clothing bought from Bailey's offered at reduced prices. 4. Review Portland City Council's concerns.  
5. Awards Committee for 1982. 6. Contribution Cape Elizabeth Track Fund. 7. Paula Allen-Nutrition Clinic.

RACES: 1. Olympia-5 mile-July 4th-Kiley Field-Eastern Prom-11 A.M. ( 1 mile- 10 A.M.)  
2. L.L.Bean-10K & 2 mile Fun Run- Freeport-July 4th- 8 A.M. 3. Four On The Fourth- 4 mile-July 4th- Bridgton Jr. High School- 9 A.M. 4. J.C.Penney-5 mile-Store-Lilac Mall-Rochester, N.H.-10 A.M. 5. Damariscotta River Oyster Festival-10K-9:30 A.M. 6. Windham Old Home Days-3.9 miler-Windham High School- July 10th- 9 A.M. 7. Officer Friendly Fun Run- 1 & 3 mile- ( children 6-16 ) Parks & Recreation Bldg( So.Portland Municipal School)- July 11th-6 P.M.  
8. Wormwood's 6th Annual Breakwater- 6.75 mile- Pine Point,Scarboro-July 11th- 8:30 A.M.  
9. Sri Chinmoy-3 mile- Brunswick High School-July 11th-8 A.M. 10. Paul Bunyon Marathon-Bangor-July 17th-6 A.M. 11.Horse Of A Different Color- 10 mile-July 17th ( Information-send self-addressed envelope to Horse Of A Different Color- 22 Deer St, Portsmouth,N.H. )  
12. Pat's Pizza Classic- 5.1 mile- Clam Festival-Yarmouth-July 17th-9 A.M. 13.\*John Fyalka Memorial-10K-Gorham-July 18th. 14. \* 350th Celebration Half Marathon-Portland Expo Bldg.- July 25th- 8 A.M. 15. Shop 'n Save- 5 mile- Deering Oaks Family Festival-July 31th- 10 A.M.  
16. Hancock Lobster Classic- 10.2 mile-Town Hall-July 31st- 9:30 A.M.

REVIEW-MAY MEETING: A super panel discussion on interval training by Mark Hoffmaster, Dennis Smith, Dick McPaul, Marge Podgajny, Jim Kein, Dave Paul, and Jim Babb. Everyone agreed as to their importance and should be done on a once-a-week basis. The panel also stressed even-pacing at about one minute faster than race pace. They pointed out that the pace should not be overly painful and not in a race-type atmosphere. Each person should do his or her own thing. Our intervals continue to be on Wednesday-6 P.M. Sharp. South Portland High School Track ( note this change) Each week we want a different member to volunteer to time so no one will have to miss more than one session. We have had great turn-outs. See you there!

BETHEL WEEKEND: John Keller won a really tough 10K (33:08) under extreme heat and continues to run better each time. Jim Babb won the  $\frac{1}{2}$  Marathon (1:16)- new record on a lengthened course from last year. Great runs by Mark Hoffmaster, Sean Keough, Bob & Barb Coughlin, Marc Welch, Joan Welch, Will Leschey, Marion Leschey, Ellie & Harvey Rohde, Dave Trussell, Grace Amoroso, Jim Kein, Dave Paul, Chris Kein, Arnold Amoroso, and Dave Conley. Next year, we hope to put on a Club Challenge weekend. Bob C. will contact other clubs and let them know the date so there will be as little conflict with other races as possible. The Bethel Inn offers a total family package and offers something for non-runners and runners alike. The food was great also! Kim and Harvey deserve a lot of credit ( plus Ellie & Roger) for all of their work in making both races highly successful in terms of organization. Kim & Roger also helped out on Saturday night with the 100 miler and then were back in Bethel to organize Half-Marathon Sunday morning. Those who have not helped this year should feel a little guilty. Let us all pitch in so those who have worked more than one race will not have to continue to do more than an equal share.

Mt. WASHINGTON RACE: The M.T.C. team consisting of Mark Hoffmaster, Larry Barker, and Jim Babb placed 6th overall in the race. Jim Babb ran another great race even though not completely ready when the gun went off. Next year let us see if we can do better.



# MAINE TRACK CLUB

RACES FOR 1983: We, as a club, do not have to put on as many races as previously, mainly because other clubs are doing more. We need to decide in Sept. or Oct. what our race schedule should be. The Club should focus on the races the members feel are important and do them in a high-quality manner that demands a real commitment. We also want to free our members up to enjoy running since many have worked three or more races already this year. Lastly, our Club does not need the money since our treasury is sound, unless the Club decides on a special need. So everybody think about races we should keep for 1983.

AWARDS COMMITTEE: The Club needs a member from each area to keep track on fellow members times in races( school age members- different age categories ) By keeping track of 1 or 2 categories, from now until November, you should have a solid candidate. The committee can also add or delete from last years categories. Please check with one of your training partners to see who will be the volunteer. Call Bob C. or see him at the meeting.

SUMMER OUTING: We need one or two members to set-up a family type outing. Last year, we went to a camp-ground for the day for cook-outs, softball etc. We should decide at the next meeting on the kind of outing we want, where, and when we want it. The Club will provide some of the refreshments and/or special prizes.

OFFICER FRIENDLY RACE: South Portland-July 11th-6 P.M. Needs some helpers. This race is for kids only ( 6-16) If interested, call BOB C. at 773-0807.

RACE DIRECTOR's CHECK LIST: We need someone who has directed a race or more to put together a check-list for future race directors. This would be mailed to each director on next years race schedule, so that all the proper steps are followed. Any volunteers!

CLOTHING: The Club bought out the M.T.C. clothing left at Baileys. ( They were going to sell it at Old Orchard Beach this summer) Available- Women's tops-\$4.00, T-shirts-\$3.00, and 1 M.T.C. bag-\$9.00.

350 HALF MARATHON: This is the last newsletter before our Half-Marathon. Charlie & John would like to thank everyone who has signed up to help. Anyone who is running and has family members that would be willing to give a hand, it would be appreciated. All helpers should meet John Conley, in front of the Expo Building at 6:30 A.M., for assignments.

RACE DIRECTORS: Please check and have sponsors of races verify in writing that they want to be included in our 1983 schedule. This will be needed to avoid cancellation of their race.

HELPERS: Bethel Weekend- Dawn, Deane, Diane Vance, David Rohde, John and Gail Conley, Joan and Scott Welch, and Mary Jane Kanerer.

RACE RESULTS: Russ Connors had a remarkable race in the Me. National -27:41. PR's- Bob Coughlin-Me. Nat.-27:58- Barb Coughlin-Me.Nat.-33:48. Super runs by John Keller, Brian Flanders Jr., Werner Pobatschnig, Dick McFaul, Mike Towle, Barry Howgate, Steve Moriarty, Merle Hartford, Dave Rohde, George Nason, Steve Caron, Mike Collick, Harvey Rohde, Bob Payne, Larry Barker, Herb Strom, Kim Beaulieu, Peter Dube, Dave Trussell, John Conley, John Gale, Jeri Bugbee, Rick Strout, Randy Talbot, Warren Wilson, Dave Goodwin, Jeanne McDonald, Lucy Fortin, Sandy Utterstrom, Al Utterstrom, Jean Thomas, Marion Leschey, Ellie Rohde, Pam Twombly, Frank Morong, Dave Paul, Dave Silverbrand, Art Quint, Jim Babb, Ted Cunningham, Wilbur Holmes, Deana Vance. Maine-ly Ladies-4 mi.- Marge Podgajny, Jeri Bugbee, Pam Twombly, Robin Estey, Beth Pfeifle.



# MAINE TRACK CLUB

PROFILES: George Nason-South Portland. George is a telephone company technician. His running week consists of an average of 50 miles with a long run on the weekends and intervals on Wednesday nights. Running was originally a weight-loss venture for George but has evolved into an activity that produces a feeling of well-being and association with good people. George's running goals are to break 37 min. for 10K, qualify for Boston, and run the 50 miler at Brunswick. Out of a total of 20 races per year, George lists three favorites: Bailey's, Maine National, and Casco Bay. George does most of his running in South Portland, early in the morning.(5:30 A.M.)

Steven Hyde- South Portland. Steve is a 33 year old lawyer. Steve runs about 20 miles per week and lists his reasons for running as physical and mental fitness. His immediate running goal is to run a half-marathon. Steve runs generally at noon during the week on Baxter Blvd. and in the mornings on weekends in South Portland.

M.T.C.- Membership Patches- for all members \$3.00 at next meeting. ( 50 in the batch)-

Newsletter Committee: Call for P.R.'s or any other news. Barry Howgate, Grace Amoroso, Charlie Scribner, Bob Coughlin, John Conley, and Marion Leschey.

*Next Newsletter Meeting  
August 2nd 6P.M.  
Bob*



# Maine Track Club

AUGUST 12, 1982

CHECKBOOK BALANCE AS OF 7-15-82	\$1287.75
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## INCOME

J. FYALKA 10 K-36 RUNNERS  
CLOTHES

\$108.00
<u>125.31</u>
\$233.31

## EXPENSES

R. & R. PRINTING- NUMBERS  
CLOTHES  
BIG BROTHERS/BIG SISTERS-FYALKA RACE

\$15.40
106.92
<u>175.00</u>
\$297.32

CHECKBOOK BALANCE AS OF 8-12-82	\$1223.74
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*R. G. Manthorne*  
TREASURER 8-12-82



# Maine Track Club

NEXT CLUB MEETING: August 12th, 1982-Thursday-7:30 P.M.- Public Safety Building.

Club Run-5:45 P.M.- New Clothing Sale- 7-7:30 P.M.

AGENDA : 1. Arrangements for spaghetti supper prior to Casco Bay Marathon.  
2. Slide show of 350 Half-Marathon. 3. Marathon Training Casco Bay.

RACES: 1. Carroll Reed- 3 mile- Aug. 7th-9 A.M.- Civic Center- Race Director- Arnie Clark. Helpers are to arrive between 7:30-8:00 A.M. If you are not planning to run, please call Arnie to help. ( 985-3167 ) 2. T.A.C. State Championship Youth Race ( 9-18 ) Aug. 8th- 8:30 A.M.- Marathon Sports- Steve Mooney-Director- ( 282-2903 ) 3. Winthrop Lions Club Road Race- 9&4 mile- Aug. 8th- 10:00 A.M.- Maine Road Ramblers- ( very hilly course)- Call Bob C. for car pooling. 4. Hills Beach "By The Sea"- 3 mile- Aug. 8th-10 A.M.- Marathon Sports. 5. Second Annual No. Yarmouth Muster Day Race- 4 mile- Aug. 14th- 8:30 A.M.- Race Director- Rick Strout 6. Good Sports Run To The Coast- 10 mile- Aug. 22nd- 8:00 A.M.- Rob Jarrett-Race Director- Registration closes 7:30 A.M. sharp. Pre-registration is advised. ( Also our Club has been asked to handle the chute and registration that morning. If you are not running- please call Bob C. to help ( 773-0807 ) 7. South Portland Boy's Club- 2 mile -14 & under- 9:00 A.M.- 4 mile OPEN- 10:00 A.M.- Aug. 29th.

COST-FREE WEEKEND: Russ Connors, with support of the Downeast Ski Club, has offered our members a cost-free weekend at their lodge in Bridgton, at the base of Pleasant Mountain. There are running trails, canoe rentals, mountain water slide, etc. available. Bring sleeping bags, blankets, and grills for the main course of your meal. Extras will be supplied by the MTC. Call BOB C. before Aug. 30th if planning on this weekend.

C.E. TRACK: We voted to donate the proceeds from a race to the track at Cape Elizabeth. Since the race was not held, MTC will donate \$100.00 to the Fund.

BETHEL CHALLENGE: June 25th is the date set for the Bethel Inn Challenge for 1983. All Clubs will be notified along with the Bethel Inn of this date. ( The clubs who responded felt this week-end date was the best).

FEE SCHEDULE SPONSORS: A proposed new fee schedule for '83 sponsors will be voted on and mailed out for the up-coming races next year.

RESULTS 350 HALF-MARATHON: John Keller 111:54, Werner Pobatschnig 113:07, Jim Babb 117:20, Mike Towle 120:31, Dick McFaul 120:45, Barry Howgate 120:54, Bob Coughlin 121:32, Marge Podgajny 122:10, Harvey Rohde 123:31, Mike Collierick 123:45, Jim Kein 126:34, Marty Donlon 127:38, Arnie Clark 129:04, Bob Payne 130:45, Doug Moreshead 131:01, Frank Morong 133:43, Mike Worden 133:50, Randy Talbot 133:56, Hubert Strom 135:58, John Gale 136:49, Margie Adams 137:52, Jerie Bugbee 138:15, Dave Conley 138:17, Barb Coughlin 138:39, Lloyd Cook 139:26, Dave Goodwin 142:26, Joan Welch 146:40, Marion Leschey 146:53, Jeanne McDonald 147:18, Lucy Fortin 149:30, Stephen Hyde 150:45, Ellie Rohde 151:54, Al Mack 158:36, Al Utterstrom 202:18

HELPERS 350 Half-Marathon: Dave Weatherbie, Marc Welch, Pam Trombley, John Doherty, Dave Harris, George Towle, John O'Malley, Barb Footer, Dave Strom, Barry Strom, Virginia Connors, Warren Wilson, Ken Curtis, Dave Manthorne, Donna Weatherbie, Lee Ann Manthorne, Jeanne Manthorne, Deron Weatherbie, Sue Weatherbie, Paul Nadeau, Leonard Sanborn, Merle Hartford, George Prescott, Debbie Payne, Steve Woodsum, Tom LaRocse, Marion Leschey, Joan Welch, Pete Halloway, Sandy Utterstrom, Jean Thomas, Dick Manthorne, Brian Flanders Jr., Dave Trussell, Arnie Amoroso, Grace Amoroso, Bob Caron, Brian St.Pierre, Ziggy Gillespie, Art Quint, Ted Cunningham



# Maine Track Club

P.R.'s- Rick Strout continues to run well. Me. National-6/27/82-31:32 ( 5 mile)  
L.L.Bean-7/4/82- 11:44 ( 2 mile), SRI Chinmoy-7/11/82-18:03 (3 mile)  
Scott Strout- Me.National-30:43, L.L. Bean (2 mile) 11:36.

Paul Bunyon Results: Russ Connors 2:59:32, Herb Strom 3:04:12, Dave Trussell  
3:37:00.

PROFILES: Larry Barker lives in Cape Elizabeth and is the controller at the Cumberland County Civic Center. His weekly mileage varies from 25-50 miles depending on the time of year and his immediate running goals. He makes frequent appearances at the Wednesday interval sessions and enjoys long runs on week-ends. Larry runs to stay in shape and to meet people. One of his 1982 goals is to break 3 hours at Casco Bay. Larry does most of his running from the Civic Center at noon.

COMMITTEE FOR OUTING: Merle Hartford needs more volunteers.

INTERVALS: WED. at 6P.M.- So.Portland Track.

NEWSLETTER COMMITTEE: Charlie Scribner, Grace Amoroso, John Conley, Barry Howgate, Bob Coughlin, Kim Beaulieu, Marion Leschey, Russ Connors.



# MAINE TRACK CLUB

NEXT CLUB MEETING: September, 14th, 1982-Tuesday- Public Safety Bldg.-  
at 7:30 P.M.

CLUB RUN- 5:45 P.M. sharp ( easy pace )

New Clothes can be purchased from 7-7:30 P.M.

AGENDA: Video films of interval sessions and Good Sports 10 mile Run To the Coast films.

RACES: 1. Corporate Heart Run- August 28th-Univ. of Me. gym- 8 A.M.- This is a fun run and donations go to the Heart Fund. Try to make it. Marge Podgajny is directing and /or helping. For information call Lifeline at U.S.M. 2. South Portland's Boy Club- August 29th- 2 mile starts at 10:30 A.M.- 10 K starts at 9 A.M. 3. Shrine Day - 5 mile- Sept. 4th- 8:45 A.M.- Windsor Fair. 4.\*Labor Day-10K- Sept. 6th- 10 A.M.-Gorham- Starts and finishes at Gorham High School- Director Mike Towle \$3.00 entry fee- \$1.00 under 18. 5. Mad Witch Half Marathon- Sept. 11th- 9 A.M. Brewer Auditorium. 6. Bar Harbor 13 miler- Sept. 18th- 10 A.M.-

PLEASANT Mt. OUTING: Sept 11th & 12th- If you are planning to go for Sat. or Sunday or for the week-end- you must make reservations with Bob C. (by August 30th). The Club is providing the extras only for pre-registered. REMEMBER- bring a grill, charcoal, and your main course for your family and guests. When you make your reservation, give your liquid refreshment preference: coke, pepsi, beer etc.

CASCO BAY MARATHON CLUB RUNS: now in progress. Call Sandy Utterstrom at 797-4710 or Bob C. at 773-0807 for the course and time for the week. These runs can vary in length as to how you feel.

LAST INTERVAL SESSION: August 25th. This will be a 1 mile run at your fastest pace. Dick Manthorne should have the video camera ready so the run can be taped

M.T.C. WOMEN RUNNERS: Jamie Gildard is coaching the U.S.M. women's track team and would like to have his team run against 7 or so M.T.C. women runners. If interested see Jamie or John Keller at the Club Meeting.

PICKERING WHARF 10K Classic-Salem, Mass. Hank Pfeifle came in second behind Bill Rogers. Hank's time 29:53- Bill Rogers' time-29:43. Maine runners did very well taking 4 of the top 10 places in a field of 800 runners. John "K" Keller was 9th in 31:38, just ahead of Danny Paul who finished 10th. The race started with thunder, lightning, and showers. The Masters from Maine also did well with John Noyes #3 in 33:42, Pete Connolly #6 in 35:28 and Bob C. #7 in 35:32. Next year try to make it as it is a great chance to meet top runners.

TOM PETERSON: deserves a great deal of thanks for all the effort he has made in getting the Club information on the Honolulu Marathon. Joan Welch is our contact person. Application forms are available. Thanks, Tom and continued success on and off the Road.

RACE RESULTS: Carroll Reed- 3 miler- 145 finishers- John Keller-14:37, Brian Flanders Jr.-14:49, Jim Babb-15:16, Dick McFaul-15:48, Virginia Connors-17:11, Mike Worden-17:31, Wayne Larochelle- 17:50, Rick Strout- 18:12, Barb Coughlin-19:37, Brian St.Pierre-24:36.

HELPERS-CARROLL REED : Dave Harris, Charlie Scribner, Frank Morong, Russ & Jean Connors, Bob Coughlin, Larry Barker, Joan Welch, John Conley, Barb Howgate, Jerry Roberts, Bruce Allen, John Porter, Laurie Munson, Randy Talbot, Marty Donlon, Warren Wilson, Dave Conley, Ken Curtis, Barb Coughlin, and Hurricane Gene Herrick.

No.YARMOUTH MUSTER DAY RACE- 4 miler- Brian Flanders Jr.-21:05, Jim Babb-22:17, Bob Payne-24:40, Scott Strout- 25:09, Pete Halloway-27:18, Lloyd Cook-27:47.

NEWSLETTER COMMITTEE: Please call one of us for any news, P.R.'s etc.  
Mike Towle, Grace Amoroso, Sandy Utterstrom, Bob C., Charlie Scribner, Barb Footer, Marion Leschey.



# Maine Track Club

NEXT CLUB MEETING: October 12th, 1982-Tuesday-Public Safety Building-7:30 P.M.

( Future meeting- Nov.10th-Wed. & Dec.8th-Wed.)

CLUB RUN: 5:45 P.M. CLOTHING SALE- 7-7:30 P.M.

AGENDA: General business (brief) followed by a round-table discussion on marathoning and running. Club members are invited to share their individual thoughts and ideas.

RACES: 1. AUTUMN GOLD 20K- State Championship & Team-Oct.2nd.-10 A.M.- Ellsworth Triangle. 2. USM LAW SCHOOL- Alumni & Students only- Oct.2nd. 3. CASCO BAY MARATHON-Oct.17th- 8:30 A.M. 4. GREAT PUMPKIN 10K- Oct.24th- Contact Stoddard Chaplin of Marathon Sports- Team Awards. 5. WESTBROOK KIWANIS CLUB 5 miler-Oct.30th- 10 A.M.-Westbrook Rec. Dept.- Arnie Clark-Director (985-3167) 6. BENJAMIN'S 10K-Oct.31st-12 Noon-Bangor. 7. AMERICAN PHYSICAL THERAPY ASSOC.-Nov. 7th-12 Noon-Ramada Inn-Contact Frank Gentile R.P.I.

OFFICERS FOR 1983: The next meeting we will include a new slate for our club's leadership. We also have chairpeople for different functions to be filled such as the newsletter, social events, races, banquet etc. Club members who volunteer for one of the committees do not have to work all 3 races for 1983. If you wish to be on any of these club committees, please let us know at the up-coming meeting. Remember, all club members, if they are fulfilling their obligation in the Club, will provide support in some form for the other members, such as, being in a clinic group, an officer, on a committee, or helping at three races. Please choose which you would prefer, as each member will be polled. If you wish, you may choose more than one activity. Let us all do our share so no one is over-burdened.

COMMITTEE VOLUNTEERS '83: Newsletter- Bob & Barb Coughlin, Marion Leschey, Al Utterstrom, Herb Strom, Jeanne McDonald, Charlie Scribner. Race- John Keller, Joan Welch, Charlie Scribner. Banquet-Merle Hartford, Brian St.Pierre, George Nason. Publicity-Mike Towle. Race Filming- Ted Cunningham. Clothing- Wes Rothermel, Bernard Ross. Helpers list- Ted Cunningham, John Keller, Laurie Munson. Race supplies- Charlie Scribner.

RACE DIRECTORS '83: Please call or come to the next meeting and sign-up if you would like to direct a race. Experienced club members will aid new directors. Next year, each director will have a list of members who volunteered as race helpers. Members who have already signed-up as directors are: Steve Rainsford, Bob Payne, Herb Strom, Dennis Smith, John Keller, Jamie Gildard, Barry Howgate, Charlie Scribner, and Bob Coughlin. Those who have signed-up as directors, should come to the next meeting, if there is a specific race you wish to direct. Races unclaimed will be given to whomever asks. We need everyone to share in this part of our club work. Are you doing your share?

AWARDS COMMITTEE '82: Comprised of Bob Payne, Brian Gilléspe, Brian St.Pierre, Steve Rainsford, Sandy Utterstrom, and Jeanne McDonald. They request that each club member pass along to them their comparative times, from '81 & '82, of a short, medium, and long race. Ex: Me.Nat. 5mi. or 10K, Bowdoin 10mi., & Casco Bay Marathon. They depend on each member forwarding this information at the Oct. or Nov. meeting.

CASCO BAY SPAGHETTI SUPPER: Oct.15th-Portland Club-State Street. \$6.00/person. If you are planning on attending, please call Merle Hartford 774-1660, or see him at the next meeting.

BANQUET & HANDICAP RACE: Dec.11th- Red Coach Inn- 6 P.M. - 10 P.M.- \$8.95/person. ( all you can eat-cash bar ) Sign-up for the banquet and race at our next meeting. Special awards will be given at the race (club members only ). Handicap runners must give Bob C. their best 10K time by Nov. meeting or you will not be able to run. Also, we have to know the number of members planning on attending the banquet, so we can get the right size room. Payment will be expected when you arrive at the Red Coach Inn.

MTC EQUIPMENT: If you have not returned a jacket, wheel, or any other race equipment, please bring it to the meeting or return it to Charlie. We now require equipment given out to be returned to Charlie before passing on to the next person, so items do not get lost or misplaced. Arnie Amoroso will be purchasing 2 economical movie cameras, rather than 1 expensive one, so that 2 people can be at different places and film more of a given race. We hope to have both before Casco Bay so that the results can be shown at our banquet. If anyone has any experience on filming, please contact Bob C. or sign-up for the film committee. Glen Poland has provided Barry Howgate with some NIKE shoes. Give Barry your size if you are running 50 plus miles per week. Also, if you receive a pair, be sure to do what is asked of you or your name will be removed from the list.

AUTUMN GOLD RACE: If you are racing the Autumn Gold on Oct. 2nd, call Jan Griffin at the Ellsworth Area Chamber of Commerce to see if there are any more free motel rooms. Teams from the MTC will be given car-pooling money. Let us get a men's and women's team up there.

P.R.CITY: Dr. Richard McFaul has continued to improve and this year has been a great one for him. Recently, he completed the Clarence DeMar Marathon in 2:44 and the Bowdoin 10 miler in 55 min utes. Rick Strout has been running P.R.'s in almost every race. Boy's Club 10K-38:55 and Bowdoin 10 miler 1:07:43. We look for him to do very well at Casco. His son, SCott, continues to improve with a 37:44 in the Boy's Club 10K and 1:05:27 at Bowdoin 10 mi. Greg Parlin is coming on strong. He recently ran great times in the tough Winthrop 9.02 miler and Bowdoin 10 miler as did John Keller, Laurie Munson, and Barry Howgate. Marion Leschey ran 3:52 in the Clarence DeMar Marathon ( husband Bill ran 3:00:07- just missing breaking that big barrier). Ellie and Harvey Rohde ran both the Kingfield 10K and 3 mile Sugarloaf Climb and did great! ( Ellie says the mountain run is "crazy".) Bob Coughlin ran a 35:31 in the Kingfield 10K almost nipping his nemesis Dick McFaul who ran 35:30. MTC Womens team of Kim, Barb, and Ellie took first place at Kingfield.

FOOTNOTES: Kim Beaulieu has accomplished many noteworthy activities this year and is progressing towards other major goals. Her 2 marathons and a championship 50 miler within a 6 week span was a challenge met and successfully completed. Kim's goals educationally continue to progress with the same success as her running and this Fall will enter Boston U. for a masters program of two years duration. Her determination is only surpassed by her talent. If you missed the interview on T.V. between the Rowdies' ( a new club?) Charlie Gordon and Kim, you missed a great program. Kim's thoughtful answers and out-going personality lit up the show and even made Charlie seem good. These two really meshed well and the result was an enjoyable, sometimes humorous, but relevant and an entertaining program. Charlie made light of his contribution (as he should have) and gave most of the credit to Kim. Kidding aside, Charlie was very good-smooth, at ease, and very personable. We hope his talent in this area is not lost from the public. Best of luck Kim & Charlie. P.S. Charlie finally made the MTC newsletter. See what perseverance will do! Lucy Fortin and Jeanne McDonald are two girls who work very hard and finish very well. They have done intervals, short races, and marathons. Lucy said she has been running quite awhile, and just recently decided to enter the race scene. When you talk to either one, you know they have the racing fever that has caught most of us. Their enthusiasm and tough-minded running in all kinds of weather make both a sure bet to continue improving.

HELPERS: James Bailey X-Country- Mike Collierick, Dick Manthorne, Bob Quentin, Virginia Connors, John Keller, Dave Trussell, Laurie Munson, Joan Welch, Brian St.Pierre, Marc Welch, Lari St.Pierre, Ted Cunningham, Dave Conley, Dennis & Alice Smith, Grace & Arnie Amoroso, Lloyd & Joyce Cook, Ken & Jane Dolley, Lucy Fortin, Bob Payne, Jeanne McDonald, Wendy Twitchel, John Doherty, Eddie Crockett, Jell & Mel Paul, Jason Hamilton, Butch Towle, Charlie Scribner, and Kelly Blankhorne. Bowdoin 10 miler- Barbara Footer, Al & Sandy Utterstrom, Mike & Butch Towle, Chris & Kevin Kein, Charlie Scribner, Marc Welch, Joyce & Lloyd Cook, and Steve Rainsford. This was the best run race Rob Jarrett's group has had. He expressed a great appreciation to Barbara, Mike, and Charlie for showing up at 6 A.M. for pre-registration and for a great job in the chute and compiling the race award list. Our Club can use more of this type of worker & runner.

RACE RESULTS: Kingfield 10K- Greg Parlin 32:36, Dick McFaul 35:30, Bob Coughlin 35:31, Jim Kein 36:55, Kim Beaulieu 37:52, Steve Moriarty 39:16, Wes Rothermel 39:30, Ray Cooper 39:50, Kevin Kein 41:00, Harvey Rohde 41:54, Barb Coughlin 45:39, Ellie Rohde 48:22. Fastest Mile-So.Portland Track- A hardy group showed up to run. The weather was rainy, windy, and the track full of water. Other than that, it was great. Congratulations to the following for being both mentally and physically T-O-U-G-H. Bob Quentin 4:59, Bob Coughlin 5:18, Barry Howgate 5:24, Merle Hartford 5:27, Bob Payne 5:28, Rick Strout 5:50, Dave Paul 5:53, Dave Trussell 5:55, Dave Manthorne 5:59, John Conley 6:12, Jeff Paul 6:30, Jeanne McDonald 6:40, and Lucy Fortin 7:07.

PROFILES: Jim Babb-30 yrs.old-Westbrook. Jim combines long slow distance, cross country, and intervals into a weekly average of between 60-70 miles. Jim says that he runs to keep in shape and because he loves pain. His current running goals are to run a 32 minute 10K and a 2:30 Marathon. Of his 25 races run in 1981, his best results were Casco Bay(2:40)and Kingfield 10K (33:22). Although normally a very light drinker, Jim does occasionally enjoy combining drinking beer and running. Mark Hoffmaster-30yrs. old-Westbrook. Mark is a P.E. teacher, track coach, and swim coach at Westbrook Jr. High School. He runs between 40-70 miles a week including intervals and hills. Mark lists racing and personal discipline as his reasons for running and a sub 34 min. 10K as his next goal. His top two races have been the Foxboro Marathon(2:48)and St.Joe's 10 miler(58 min).Mark says that his most challenging runs have been the 1982 Mt. Washington Climb and the 1981 Sugarloaf Up-Hill Climb.

RENEWALS: 1983 dues-Dec.31st or sooner. New memberships from Sept.1st and after, carry through until Dec.31, 1983.

T.A.C. MEETING: We need 2-3 club members to go to the meeting along with Marathon sports. Please let Bob C. know, if you are interested.

ROWDY ULTRA: 50 miler-Nov.14th-7:30 A.M.- \$4.00 entry fee ( by Nov. 7th) \$5.00 after. Mail to: Sam Butcher,Box 445, So.Harpswell, Me. 04079.

CLUB INSURANCE: Do we have someone in the Club that has the experience/background to price liability for our members? IMPORTANT! Please let us know.

WELCOME NEW MEMBERS: Wes Rothermel, Bernard Ross, Stephen Demers, Alan Leathers, Laurie Munson, Marc Welch, and Wendy Twitchell.

CLUB RUNS: Payson Park-Sunday- 7:00 A.M.

OFFICE POSITIONS: Call Bob Payne at 655-4156 or Sandy Utterstrom at 797-4710 if you are interested in an officer position for 1983.

NEWSLETTER COMMITTEE: Bob Coughlin, Charlie Scribner, Marion Leschey, Grace Amoroso, Dave Paul, Barry Howgate.

# Maine Track Club



NEXT CLUB MEETING: November 17th, 1982-Wednesday-Public Safety Bldg.-7:30 P.M.  
Club Run- 5:45 P.M.

AGENDA: Officer's slate for '83-Casco Bay Marathon Film.

RACES: 1. Benjamin's 10K-Oct.31st-Bangor. 2. Lions Club-5.3 mi.-Nov.7th-11 A.M.  
Falmouth High School-\$2.00 pre-\$3.00 post. 3. 3rd Annual Veterans Day-Half-Marathon-10 A.M.-  
5K-10:15 A.M.-Nov.11th-Hodgkins School-Augusta. 4. Rowdy Ultra 50 mile-Nov.14th-7:30 A.M.-  
Brunswick. 5. Turkey Trot-5.8 mi.-Nov.21st-1:00 P.M.-Cape Elizabeth High School. 6. Thanks-  
giving Holiday Classic- 4 mi.-Nov.27th-11:00 A.M.-Portland Expo.

CLUB BANQUET: Red Coach Inn-Dec.11th- \$8.95 per person. Cash bar. Italian smorgasbord -  
plentiful quantities. This is a pre-paid event. Please send your check to Harvey Rohde,  
P.O. Box 64-Lovell, Me. 04051 by Dec.4th.

HANDICAP RACE: If you are planning to run this race on Dec.11th at 10 A.M., please fill out  
the brief slip at the bottom of the page and mail to Bob.C. or give this data verbally  
at the Nov.17th meeting. The race, this year, will be shorter and on a different course.  
New location will be announced at the next meeting.

RACE CALENDAR for '83: We need a sponsor,( Arnie, Where are you? ), for our 1983 club race  
booklet. We also can use a sponsor or two for some of our other races. Please call  
Bob C. or Bob Payne, if you know of any possibilities.

RACE DIRECTORS '83: If you plan on doing a race-please contact Grace Amoroso before or at the  
Nov.17th meeting. Also, a special thanks to Arnie Amoroso for all of his help in  
selecting and getting a good price for the Club's new audio-visual equipment.

SPAGHETTI SUPPER: Club members and non-members had a great time and dinner at the Portland  
Club. Hope you can make it next year.

CLUB EQUIPMENT RENTALS: Chute-\$25.00-Timer and a MTC operator-\$50.00. These prices are in  
effect unless the race is a school activity or a non-profit organization. If you are a  
MTC member and wish to borrow our equipment, the fee will be as stated.

MAINE MARINERS NIGHT: Nov. 20th-8:05 P.M. Let us gather a group together and go to the game  
and have a good time. If interested, call Barry Howgate (773-6947) before Nov.10th.

CASCO BAY FINISHERS: All finishers of the MTC will receive a special award with their time.  
Please call Bob Payne (1-655-4156) to make sure your name has not been missed. Also, if you  
can not make the award ceremony, your award will be mailed.

RACE RESULTS: Casco Bay Marathon-Greg Parlin-2:33:36, Werner Pobatschnig-2:38:08, Dick McPaul-  
2:44:41, Bob Coughlin-2:51:10, Russ Connors-2:52:24, Kim Beaulieu-2:52:59, Barry Howgate-  
2:53:48, George Prescott-2:55:46, Bob Payne-3:01:48, Ken Curtis-3:07:22, Bob Quentin-  
3:08:03, Larry Barker- 3:08:54, Doug Moreshead-3:10:09, Scott Strout-3:12:16, Alan  
Leathers-3:13:20, Randy Talbot-3:22:40, John Conley-3:22:50, Dave Trussell-3:24:03, Mike  
Worden-3:26:53, Arthur Chapman-3:27:28, Steve Woodsum-3:30:08, Lucy Fortin-3:38:07, Barb  
Coughlin-3:38:21, Harvey Rohde-3:47:13, Dick Manthorne-3:47:34, Warren Wilson 3:50:34,  
Jane Dolley-3:53:41, Dave Conley 4:00:41, Lloyd Cook-4:02:38, Al Mack-4:10:01.

Handicap Race-Dec.11th-10 A.M. NAME: \_\_\_\_\_ Best 5 mile time '82 \_\_\_\_\_

Mail: Bob C. 38 Kenneth Rd. So,Portland,Maine ( Remember, Bob checks! )

N.Y.C. Marathon: Congratulations to Al Utterstrom-4:19, Sandy Utterstrom 4:16, Jean Thor  
3:56, Marge Podgajny-2:50, Steve Podgajny- 2:34, Peter Millard-2:26.

Manjoy Hill Race- The Galloping Ghosts found another closet race. Jim Babb and Mark Hoffmaster raced against the local nurses and part-time joggers and nosed-out a 200 lb. red-head for 1st place. Congratulations!

Triple C Championship: Lisa Wakem won for the girls. Jeff Pomroy won for the boys.

PROFILES: Al Utterstrom: Al is General Manager and Vice President of Maine Leasing, Inc., a truck leasing company. Al trains at a moderate pace with some speed work. His reasons for running are to lose or maintain weight. Al's goal for '82-'83 is to break 4 hours in the marathon. Al runs 15 races per year and lists as his top races Bowdoin, Nike, and Casco Bay. Al is an early-bird runner- 6:00 A.M. during the week and 7:00 A.M. on weekends.

NEWSLETTER COMMITTEE '83: For next months newsletter, please see Bob C. at the Nov.17th meeting, for location and time of newsletter meeting.

CLUB RENEWALS: Please send your check to Dick Manthorne by Dec.30th. If you join, as in the past, you are expected to serve in one or more of the following areas: 1. Helper at 3 races. 2. Officer. 3. Committee work. 4. Clinics. Please fill in the form below.

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NAME:

ADDRESS:

PHONE:

CLUB CHOICE OF WORK:

FEE ENCLOSED:

FEES: \$30.00 - New Members.

\$15.00 - Renewal-single.

\$10.00 - 21 yrs. & under.

\$15.00 - Family renewal.

\$20.00 - For any family member who joins if their family is already in the Club.

Mail to: Dick Manthorne-52 Columbus Rd. Cape Elizabeth, Maine 04107.

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CROSS-COUNTRY SKI RACE: For those interested. American Ski Marathon-60K-Feb 5, 1983-  
Ripton, Vt.-Goshen, Vt. For information, contact Grace Amoroso (967-3430) or  
American Ski Marathon c/o Blueberry Hill, Brandon, Vt. 05733. Tel. 802-247-6535.



# Maine Track Club

## THE FRONT RUNNER

Everyone knows the winner. His position in the race keeps him conspicuous. The crowd, awed by his excellence, returns weekly to pay tribute to this talent and tenacity.

There is another runner very few recognize. This individual runs far ahead of the winner - not minutes ahead but hours and sometimes days. He measures the distance precisely, plans his water stops carefully and steps across the finish line long before the cheering crowd arrives. He is the front runner.

Six years ago, Bob Coughlin, uninspired by Sunday afternoon football, put foot through South Portland towards Scarborough. His brisk early pace quickly became torture as he limped toward home. Overweight, middle aged and with little endurance, his rehabilitation started. Each week bought an extra mile. Five miles turned into ten miles; then the marathon and eventually the 50 mile run. He illustrated Emerson's thought that nothing worthwhile could be accomplished without enthusiasm. As a school principal he understood how enthusiasm generated more enthusiasm. More and more runners joined the long Saturday morning run through Cape Elizabeth extending themselves to distances fit for the marathon.

Choosing Bob as our Maine Track Club president was easy and logical. He understood clearly that participation was winning and the finish line was a celebration for everyone. The payoff from running was obvious, but needed advertising which he did by encouraging all ages and speeds to keep moving. He pressed the newspapers to publish race results beyond the first twenty finishers. That request was initiated for others as Bob's performance was always visible in that top group. In the Master's division, his effort became polished with two hour and fifty minute marathons.

Bob's term as president ends in December. He emphasized that organizations, like races, are not sustained by any one individual. The members of the Maine Track Club and others throughout the state extend our effort and appreciation to Bob for his untiring contribution.

MAINE TRACK CLUB, 1. Club is to handle timing and finish area of the Turkey Trot.  
Director will be Warner Fobush.  
List of officers: Pres. Dick McPaul



# Maine Track Club

NEXT CLUB MEETING: DECEMBER 8th, 1982-WEDNESDAY-PUBLIC SAFETY BLDG.-7:30 P.M.

Club Run: 5:45 P.M. Clothing Sale: 7-7:30 P.M. Future Meeting: Jan. 12th-Wed.

- AGENDA:
1. Discussion on Cold Weather Running, Training, and Gear.
  2. Final details on Club Banquet-Red Coach.
  3. Sign-up for regular weekend Club Runs-all levels.

RACES: January 2nd, 1983- Village Cafe 10K- 12 Noon- SMVTI-Race Director-Dennis Smith

HANDICAP RACE: Any member planning on running the 5 mile handicap race is to call in their best 5 mile time to Bob C.-773-0807 or see him at the meeting. The race starts at 10 A.M. on Dec. 11th-Sat. Registration is from 8:30 A.M. at the Cape Elizabeth High School Cafeteria.

CLUB BANQUET: Red Coach Inn-Dec.11th-Sat. \$8.95 per person- pre-paid event. Happy hour- 6 P.M.-cash bar. Send your check to Harvey Rohde-P.O. Box 64-Lovell, Me. 04051. Promptly!!

CLUB RENEWALS: Deadline for dues is Dec.31st. Please fill in the form below.

<u>NAME</u>	<u>ADDRESS</u>	<u>PHONE</u>
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CLUB CHOICE OF WORK- Check one or more

1. Helper at 3 races.
2. Officer.
3. Committee work.
4. Clinics.

FEES: \$30.00-New Member

\$15.00-Renewal-single

\$10.00-21 yrs. & under

\$15.00-Family renewal.

\$20.00- For any family member who joins if their family is already in the Club.

MAIL TO: Dick Manthorne-52 Columbus Rd. Cape Elizabeth, Maine 04107

RACES FOR 1983: Race schedule is enclosed. All MTC members are to sign up to work at 3 races and send the form back to Charlie. Each member should try and do this as soon as possible so the Race Directors can get started on organizing their races.

SUMMARY LAST MEETING: 1. Club is to handle timing and finish area of the Turkey Trot. Race Director will be Werner Pobotschnig.

2. Election of officers: Pres. Dick McFaul

Vice Pres. John Conley

Secretary -Barry Howgate

Treasurer- Dave Trussell

3. Welcome New Members: Bob Handy

Donna Roberts

John Gleason Pete Howell

George Nadeau

George Knapp

Konrad Marchaj Ken Hutchins

4. Club is looking for varied social events for this winter.
5. Thank you to Sandy & Al Utterstrom, Mike Towle, and Jean Thomas for working at the Falmouth Lions Race.
6. Meeting concluded with films of the Casco Bay Marathon.

RACE RESULTS: GREAT PUMPKIN 10K

Mark Hoffmaster	34:12	Kim Beaulieu	37:07
Bob Coughlin	35:38	Bob Payne	37:08
Mike Towle	35:58	Barb Coughlin	42:45
Bob Quentin	36:28	Dave Goodwin	44:44
Arnie Amoroso	36:54	Lucy Fortin	45:45

REGIONAL AAU CHAMPIONSHIP at Beacon, N.Y.

9-10 yr. boys 1.8 mi.	Dave Manthorne	11:09 (won age group)	Dan Lampert	11:56
	Scott Loomis	11:32	Bobby Martin	12:02
	Dave Wakem	11:44	Jon Karsch	13:14
	Andrew Karsch	11:55		
11-12 yr. boys 1.8 mi.	Jeff Paul	11:38		
15-16 yr. boys 3.1 mi.	Jeff Pomroy	17:03		
15-16 yr. girls 3.1 mi.	Lisa Wakem	19:37		
17-18 yr. girls 3.1 mi.	Virginia Connors	18:47 (won age group)		

THANKSGIVING HOLIDAY CLASSIC 4 miler

Werner Pobotschnig	20:01 (winner)	Pete Holloway	25:31
Brian Flanders	20:50	Barb Coughlin	27:23
Bob Coughlin	22:28	Jane Dolley	28:30
Bob Quentin	22:59	S. Utterstrom	32:36
Barry Howgate	23:18	Charlie Scribner	36
Ken Curtis	23:25	B. St. Pierre	36:08
Larry Barker	23:38		

Osprey Ocean Run 10K Freeport Ray Cooper 38:07

Foxboro Marathon Jane Dolley 3:44

NIAA National Championship-Kansas Rick Garcia was 47th

Kinney Regionals in NYC-Virginia Connors & Chris Kein

Rowdy 50 miler Kim Beaulieu & Dick McFaul 6:22:56

MTC DONATION: Club gave a total of \$400 (from 350 ½ Marathon) to the following runners, to assist them, when they run in the National AAU Cross Country Championship in Kansas City on Dec. 4th. (Dave Manthorne, Lisa & Dave Wakem, Jeff Pomroy, and Virginia Connors.)

SAFETY TIPS: **Be safe, or sorry**

Nobody wants to become a human paint remover for an oncoming Buick. As many as 100 runners may have been killed in car accidents in 1981 while running. Such statistics are one reason why serious runners take precautions when running on public roads—running single file, hugging the shoulder of the road, facing traffic and, if they run at night, wearing reflective clothing, front and back.

It's one thing, however, to take precautions, and quite another to have precautions thrust upon you by politicians. Early in September, the town of Mill Neck, Long Island—a small suburb of New York City with long winding roads and no street lights—passed an ordinance requiring runners to run single file, hug the shoulder of the road, face traffic and wear clothing at night, or face fines of up to \$250 and jail terms of up to 90 days.

Fred Lebow, whose New York Road Runners Club holds memorial runs for runners killed on the road and is very serious

about highway safety, was none too impressed with the Mill Neck ordinance. "It just shows that politicians want to get on the coattails of running," he said. He added: "We as runners should be conscious of good taste and safety. Don't run in cemeteries. Don't wear revealing clothing in religious neighborhoods. Don't be boisterous."

Not being boisterous is not, of course, a particularly effective safety measure. Unless one is seeking safety from the quick pens of over-protective town councils.

—Robert Barnett

NEXT NEWSLETTER MEETING: Jan. 5th-Wed.- 6 P.M.

NEWSLETTER COMMITTEE: Dave Paul 774-4089, Jeanne McDonald 781-5122, Barry Howgate 773-6947, Bob & Barb Coughlin 773-0807, Charlie Scribner 772-5781, Herb Strom 799-7705, Dick McFaul 799-4708, Marion Leschey 772-0740-799-3813, John Conley 799-6378, Dick Manthorne 799-6193.